



ADVENTURE ALLIES

JOIN ADVENTURE ALLIES!

EMBARK ON A SIX-WEEK JOURNEY OF MOVEMENT AND CREATIVITY!

LED BY JASMINE PICKETT, AN EXPERIENCED SPORTS PSYCHOLOGY COACH AND CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, ADVENTURE ALLIES OFFERS GIRLS AGED 9-11 AND 12-14 AN EXCITING PROGRAM THAT COMBINES PHYSICAL ACTIVITIES WITH CREATIVE EXPLORATION.

WHAT WE OFFER:

- **DYNAMIC ACTIVITIES: OBSTACLE COURSES, CREATIVE SPORTS GAMES, AND SENSORY EXPLORATIONS.**
- **EXPERT GUIDANCE: OVER 15 YEARS OF EXPERIENCE IN YOUTH ATHLETIC DEVELOPMENT.**
- **HOLISTIC APPROACH: ENHANCING BOTH MENTAL AND PHYSICAL WELL-BEING THROUGH FUN, ENGAGING SESSIONS.**

PROGRAM DETAILS:

- **AGE GROUP: GIRLS 9-11 & 12-14**
- **DURATION: 6 WEEKS: ONE, 60MIN SESSION PER WEEK**
- **LOCATION: 805 AEROVISTA PL. SUITE 203
SAN LUIS OBISPO, CA 93401**

DATES/TIME: 9-11 AGE GROUP

- **OCT. 1: 4-5PM**
- **OCT. 8: 4-5PM**
- **OCT. 15: 4-5PM**
- **OCT. 22: 4-5PM**
- **OCT. 29: 4-5PM**
- **NOV. 5: 4-5PM**

DATES/TIME: 12-14 AGE GROUP

- **OCT. 2: 4-5PM**
- **OCT. 9: 4-5PM**
- **OCT. 16: 4-5PM**
- **OCT. 23: 4-5PM**
- **OCT. 30: 4-5PM**
- **NOV. 6: 4-5PM**

READY TO EXPLORE? SPACES ARE LIMITED! SIGN UP NOW AND DISCOVER HOW YOU CAN JOIN THE ADVENTURE.

**FOR REGISTRATION, PLEASE VISIT
WWW.COASTALLIEDHEALTH.COM**

**FOR PROGRAM DETAILS AND QUESTIONS, PLEASE CONTACT
JASMINE PICKET: JAZZYFIT.SLO@GMAIL.COM**