



Boston's girls ages 11-14 are invited to attend the All Girls Sports Festival, a wonderful four day event that gives participants the opportunity to explore and learn new sports and fitness activities and take part in valuable personal development workshops. Workshops are focused on promoting overall health and well-being of girls and cover topics such as nutrition, exercise and healthy lifestyle choices. Sports may include: tennis, double Dutch, step dance, track & field, rugby, basketball, cheerleading, swimming, & soccer. This program is FREE and includes daily lunch.

This four day event will take place at both locations: (see registration link for schedule)

Reggie Lewis Track & Athletic Center
@R.C.C.
1350 Columbus Ave., Roxbury

BCYF Madison Park Community Center
Building #4
55 Malcolm X Blvd., Roxbury



Movement Activities



Sports & Fitness Clinics!



Health & Wellness Workshops!



To register go to <https://apm.activecommunities.com/cobparksandrecdepart>. More about Boston Parks & Recreation by visiting: www.boston.gov/parks
For additional information on this event contact Barbara Hamilton, Program Manager, at 617-961-3093 or barbara.hamilton@boston.gov.