

# SMART GIRLS

**WHO:** Experienced Ladies (who get senior discounts at restaurants)  
& Young Ladies in Middle School

**WHAT:** Based on the model of Amy Poehler's Smart Girls, we're forging intergenerational bonds between middle school girls and ladies with lots of life experience.

We'll have snacks, get to know each other, and take time to be inspired.

Let's explore fun things like self esteem, healthy relationships, giving back, our community, self sufficiency, and friendship.

\*To learn more about Amy Poehler's project, check out their website: <http://amysmartgirls.com/>

**WHEN:** 3rd Mondays, after school til 5:00  
starting 3/16/15

**WHERE:** Lakeview Center, Upstairs  
401 Laurel Circle Drive (Lake Tomahawk)

**COST:** Free (donations accepted, to help pay for snacks and materials)

## HOW TO REACH US:

Jill Edwards, Health Programs Administrator

828-669-2052 / [jill.edwards@townofblackmountain.org](mailto:jill.edwards@townofblackmountain.org)

Brittany Williams, Recreation Program Supervisor

828-669-8610 / [brittany.williams@townofblackmountain.org](mailto:brittany.williams@townofblackmountain.org)

## THE RULES

### KEEP IT CLEAN.

We avoid obscene, vulgar, lewd, racist, or inappropriate language.

### DON'T THREATEN OR ABUSE.

Threats of harming another person will not be tolerated.

### BE TRUTHFUL.

Don't knowingly lie about anyone or anything.

### BE NICE.

No racism, sexism, ageism, or any sort of -ism that is degrading to another person.

### SHARE.

Participate in activities, tell others about your experiences.

## RULE OF 3

Experienced ladies will help support the "rule of 3", that no one be left alone with a child.



## SMART GIRLS *Advanced Girl Form*

Participant's Name: \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Areas/Topics of Special Interest: \_\_\_\_\_

\_\_\_\_\_

## AGREEING TO PARTICIPATE

During SMART GIRLS you will be expected to participate in activities, supervised by Recreation Staff, which may include but are not limited to:

- Arts & Crafts
- Food Preparation
- Active Games & Outdoor Events
- Use of Equipment
- Excursions to Nearby Points of Interest
- Discussions About Life

We will let you know ahead of time if there is a special activity outside of these common experiences so you may plan accordingly, including any events that require money or different meeting times.

These activities will be conducted as a group that includes middle school girls, other "senior" ladies, and recreation staff. Each participant must agree to the rules, listed on the attached form. Please review these rules before registering for SMART GIRLS, and sign below that you agree to these rules.

Participant's Signature: \_\_\_\_\_

## MEDICAL INFORMATION

Please list any pertinent medical information or history this participant may have which the Smart Girls leaders should be aware of (i.e. food/plant allergies, heart condition, disabilities, etc.):

## WAIVER

I acknowledge that my child is not covered by any medical insurance policy of the Black Mountain Recreation & Parks Department or the Town of Black Mountain. In consideration of Black Mountain Recreation Department allowing the use of its facilities and participation in Town sponsored or operated programs, I do release the Town of Black Mountain and Black Mountain Recreation and Parks, their officers, agents, or employees from all liability, demands or claims for loss, damage, or injury resulting from participation in the above named activity and do hereby give consent for emergency treatment. I further state that I have read the foregoing release and covenant not to sue, know the contents thereof and sign the same as my own free act. The undersigned also consents to the use of any photographs or videos of the participant's activities in the above described program for promotional or informational purposes.

*Participant's Signature*

*Date:*