



A weekend adventure with your daughter awaits!

Enjoy quality time with your daughter and experience the multi-award winning Daughters and Dads program developed by the University of Newcastle, filled with traditional camp adventure activities.

OUR DAUGHTERS AND DADS WEEKENDER PARTICIPANTS:

- Enjoy quality one-on-one time together
- See daughters develop confidence and skills in a range of sports
- Have fun being active together with fun dad-tested activities
- Learn about building self-esteem and resilience in girls



DAUGHTERS AND DADS WEEKENDER PROGRAM INCLUSIONS

- A two-night weekend stay at Lake Keepit Sport and Recreation Centre. Each dad and their daughter will have a private room at our scenic centre and your stay includes all outdoor recreation activities and meals
- Our fun practical sessions focus on rough and tumble play, sport skills, and fitness
- Our theory sessions focus on building confidence, self-esteem, and resilience in girls
- The emphasis is on fun and the program caters for all physical activity and skill levels
- Daughters and dads both receive a program t-shirt, drink bottle and activity book

WHEN	PROGRAM TYPE	WHERE	COST
5.30pm Friday 28 May - 3.00pm Sunday 30 May	Weekender	Lake Keepit Sport and Recreation Centre National Fitness Camp Road, Tamworth NSW	\$208 dad/carer \$153 daughter

*Father or significant male role models/father-figures are welcome

*Daughters should be primary school aged, minimum of five years old

To book your place visit:

 sport.nsw.gov.au/daughtersdads

or for more information call 13 13 02

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