

Dirt Divas is a mountain bike and empowerment program for middle school girls. The program is all about fun, friendship, and adventure but it's also about much more than that. Dirt Divas is designed to cultivate confidence, courage, and leadership through outdoor adventure and a supportive environment. Combining a dynamic staff of positive female role models, bicycle mechanics, environmental stewardship, community building, inner reflection, creative arts activities, and activities on subjects such as media literacy and body image, Dirt Divas teaches girls that the possibilities of who they are and what they can do are endless.

2012 DIRT DIVAS SCHEDULE

MONDAY-FRIDAY, 9:00-4:30 PM

- June 18-22: Glover (Glover Community School*)
 - June 25-29: Montpelier (Community Connections*)
 - July 2-7 (7/4 off): Morrisville (Unbound*)
 - July 9-13 : Burlington (Burlington After School*)
 - July 23-27: St. Johnsbury (St. Johnsbury Rec. Dept.*)
 - July 30-August 3: Hardwick (REACH!*)
 - August 5-10: East Burke Overnight
- *Program partner

WHAT HAPPENS AT DIRT DIVAS:

- ★ Mountain bike skills practice
- ★ Riding bikes on a fun trail
- ★ Games and team building
- ★ Arts and self-expression activities
- ★ Swimming at local swimming holes
- ★ Activities on media, gender identity, body image and leadership
- ★ Yoga and self defense
- ★ Hanging out with an awesome group of friends
- ★ Plain old fun—every day!

Vermont Works for Women is a nonprofit organization founded in 1987 to help women and girls recognize their potential and explore, pursue, and excel in work that leads to economic independence.

VERMONT WORKS FOR WOMEN PROGRAMMING FOR GIRLS IS EXPANDING!

Girls Move Mountains (Dirt Divas' former home) recently merged with Vermont Works for Women. Because of this exciting new partnership, Dirt Divas and Rock & Adventure are now sisters to Vermont Works for Women's trades and science, technology, engineering, and math (STEM) programs like Rosie's Girls and Women Can Do. We are also developing new programs for high school aged young women along with other exciting offerings. For more information, please visit our website www.vtworksforwomen.org.



A Program of:



107 North Main Street, Suite 20, Barre, Vermont 05641
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Dirt Divas is made possible by generous support from individuals, corporations, and foundations.

www.vtworksforwomen.org



A Program of
Vermont Works for Women

MOUNTAIN BIKE & EMPOWERMENT PROGRAM 2012



“At Dirt Divas you can be completely comfortable being yourself.”

- Dirt Diva age 12



Illustration left: Jess Graham



Q&A

WHY GIRLS?

Growing up as a girl isn't always easy and it can be helpful to have a safe space to learn, grow and try new things. All girls learning environments give girls a chance to shine, be in the spotlight, take positive risks, and gain important leadership skills.

WHY MOUNTAIN BIKING?

Evaluations of past Dirt Divas programs show that mountain biking can have a positive impact on girls. It gets them outside, active and doing an activity that builds both a strong body and a strong mind. The ups and downs of mountain biking are a lot like life and we find girls carry the lessons they learn on their bikes back to their everyday lives outside the program.

WHAT ABOUT SAFETY?

Safety is our very first priority and we have an excellent track record in this regard. However, it is important for you to know that there are inherent risks associated with mountain biking, swimming and being outdoors. We do our absolute best to manage and minimize these risks, but they cannot be eliminated entirely.

HAVE MORE QUESTIONS?

Contact us at (802) 622-0400 x151 or dirtdivas@vtworksforwomen.org.

APPLY

Download our application at www.vtworksforwomen.org or contact us at 802.622.0400, x151 or via email at dirtdivas@vtworksforwomen.org.

TUITION

Tuition is on an income-based sliding scale. No one will be turned away due to lack of funds.

EQUIPMENT

If you have your own mountain bike and helmet, great! If you don't, we will provide you with both at no charge.

OUR STAFF

We hire women who are experienced educators, fantastic role models, and competent instructors. Each of them brings unique life experience and energy to the program and the girls. All instructors are certified in Wilderness First Aid and CPR.



“My daughter gained self-confidence and inner strength in this one short week.” - Parent of a Dirt Diva