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# Harbour Sport Girls Motion Programme

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 Harbour Sport Girls Motion Programme

Co-authored by Harbour Sport - He Toa Taua

**Hear from the Programme Coordinator Mac Carrascosa about WHY the Girls Motion Programme is important for young wahine and how learning to be in a gym environment is good for self confidence.**



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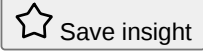
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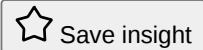
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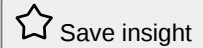


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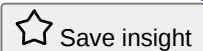


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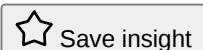
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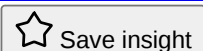
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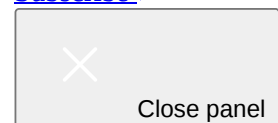
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