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## THE BIG SISTER PROJECT

Places Leisure are partnering up with Women In Sport and Hey Girls to deliver the Big Sister project, a programme designed to help all girls achieve their goals, whatever they may be.

They are offering free three month onsite memberships to girls between 9 and 15 years of age, which include:

- Unlimited gym, which includes a 1:1 gym induction (11-15 year olds)
- Unlimited swimming
- Selection of group workout classes
- Friendly on-site team, to support you through your activity
- Free period products and advice
- Free access to Places Locker App and Virtual Studio which includes a Big Sister channel, chats and general advice

