

# The fun starts here



 **Rainbows**

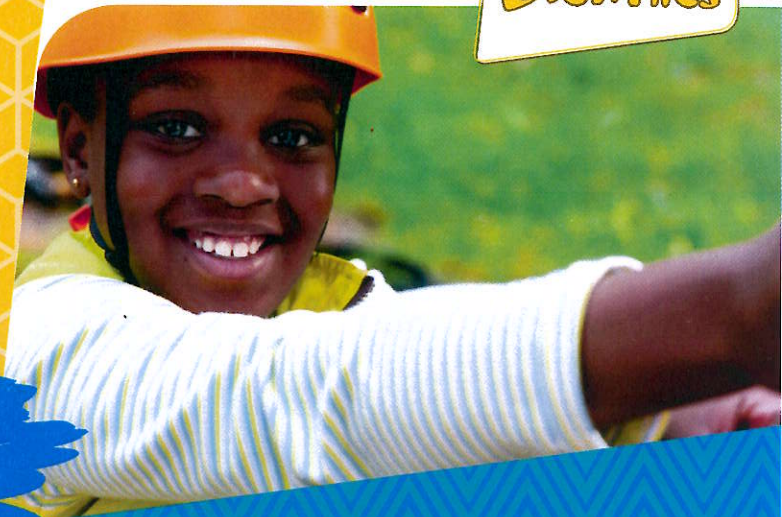
**Rainbows** learn by doing - they get their hands dirty, do sports, arts and crafts, and play games.

For girls aged 4 to 7  
(5 year olds in some areas)

**Brownies** offers girls exciting opportunities to take on new challenges, make brilliant friends and discover the world around them.

For girls aged 7 to 10

 **Brownies**



*'I got to do activities and things I wouldn't normally do and meet new people.'*

Lauren, Guide



 **Guides**

**At Guides** you can explore new places, get involved in leadership opportunities and learn a huge range of new skills.

For girls aged 10 to 14

**In Rangers** you'll have exciting opportunities to travel the world, get your voice heard, support your community, and build skills for the future.

For young women aged 14 to 18



 **RANGERS**

# Join us today

[girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)  
or call **0800 169 5901**



WE DISCOVER, WE GROW

**Girlguiding**



## Guides\*

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