

Girls on the Run is for **EVERY** girl.



SIGN UP TODAY!

TIME: M/TH 5:15pm - 6:30pm

AGE/GRADE: 3rd - 5th

FEES: \$150

AUGUST 26th - November 3rd

LOCATION: East Studio

Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th grade girls through interactive lessons and running activities. The season ends with the girls running the Thunderbridge road race!

Registration includes

- ◆ 20 lessons led by trained GOTR Coaches
- ◆ All program materials and handouts
- ◆ An official GOTR T-shirt
- ◆ A water bottle
- ◆ Registration for the GOTR 5K Celebration
- ◆ A healthy snack at every practice
- ◆ Empowering lessons to last a lifetime!