



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



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 3 - 5 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.

Why it Matters

IT'S FUN. IT'S EFFECTIVE.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

WHEN: Monday and Fridays starting February 4th for 10 weeks. The team will meet from 3:15 pm – 4:45 pm.

CONTACT: Tracy King, Program Manager at 407-704-8356 or tracy.king@girlsontherun.org.

WHERE: Art room #09-001

REGISTER: Visit gotrcentralflorida.org to register! Registration closes on February 11th at 5 pm.

FEE: \$165.00 *Sliding Scale and Payment Plans Available!*

Find more details at www.gotrcentralflorida.org or contact us at tracy.king@girlsontherun.org or 407-704-8356