



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.

Registration Opens: Now- March
Program Starts: Week of March 9
When: Mondays and Wednesdays 3:30-4:45 PM
Program Location: Holy Name Catholic School
Program Fee: Now-3/9: \$145
5K Celebration: Sunday, May 17
Financial Assistance is Available
Contact: Erin Hitchcock
ehitchcock@ymcadetroit.org

| 248-644-9036

LEARN MORE AND REGISTER TODAY AT WWW.GOTRDETROIT.ORG





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DO YOU WANT TO



MEET NEW FRIENDS?



ACCOMPLISH BIG THINGS?



HELP OTHERS IN YOUR COMMUNITY?



HAVE SO MUCH FUN?

JOIN *Girls on the Run!*
LEARN MORE AT www.gotretroit.org

