



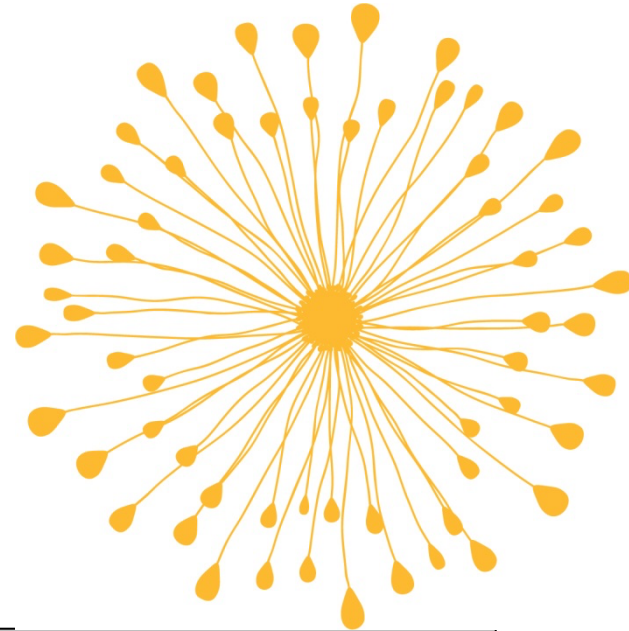
# Girls on the Run is so much fun!



We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum, which creatively integrates running.

## What is Girls on the Run?

- \*An afterschool program for 3<sup>rd</sup>-5<sup>th</sup> grade girls
- \*Meets twice a week for **8** weeks
- \*Small teams of 8-16 girls
- \*Teaches life skills through dynamic, conversation-based lessons and running games
- \*Curriculum is taught by certified Girls on the Run coaches.
- \* Me + Relationships + Community: Lessons include three parts: understanding ourselves, valuing teamwork and understanding how we connect with, and shape, the world at large.



**Girls on the Run**  
**Online registration begins January 31, 2022 at 11:00 AM**

**Who: Girls in 3<sup>rd</sup>-5<sup>th</sup> grade**  
**Season: February 28 – April 29, 2022**  
**When: Monday and Wednesday 3:15 PM-4:45 PM**

**Registration includes 20 lessons,  
t-shirt, water bottle & 5k registration.**  
**Scholarships available based on a sliding scale.**

For more information  
email [gotrsga@gmail.com](mailto:gotrsga@gmail.com)  
call 229-234-7425

[www.girlsontherunsouthgeorgia.org](http://www.girlsontherunsouthgeorgia.org)

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