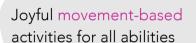


Your girl's future is built on the confidence she has today.

The Girls on the Run program focuses on the whole person-mind, body and social connection. The evidence-based curriculum includes:



Relevant group discussions that teach life skills and critical thinking



Setting goals in preparation for a celebratory 5K



Trained coaches who teach the importance of nurturing emotional health

Lessons that create a sense of belonging and acceptance to make a welcoming place for all



IN A RECENT SURVEY, 98% OF PARTICIPANTS REPORT THAT THEY: HAD FUN AT PRACTICE

Get involved with a program that inspires leadership, healthy habits, and new friendships all at once.





FELT THAT THEIR TEAMMATES SUPPORTED THEM





LEARN MORE!





Build confidence that lasts a lifetime.



Designed to inspire and include all girls

Run, hop, roll, walk, push, or skip participants can move in a way that is right for them and at their happy pace.



Season starts: Week of September 16th Season end: December 8th

Registration Period: August 12th - September 20th Registration fee: \$170

Scholarships are available for families to select directly on the program registration!

Learn more! https://www.gotrgreaterclt.org

CONTACT

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