



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

Girls on the Run is an after school program like no other!

Twice per week for 10 weeks, participants will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th graders through interactive lessons and movement activities. The season ends with a celebratory 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*

SEASON DETAILS: RITTENHOUSE TEAM AT SCHUYLKILL RIVER PK

Program starts: **Week of September 16**

Teams meet: **Mon & Weds, 4-5:30pm**

OR

Tues & Thurs, 4-5:30pm

End of season 5K Fun Run: **December 8**

Scan to register your child or for more info about Girls on the Run:



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