



# 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 2018 independent study conducted by Positive Youth Development expert Maureen R. Heltz, Ph.D.

**Registration Opens: Feb. 15**  
**Program Starts: Week of March 19**  
**Program Fee: See reverse side**  
**Financial Assistance is Available**  
**Contact: Christa Vander Leest**  
christa.vanderleest@girlsontherun.org | 515.224.9901 x251

LEARN MORE AND REGISTER TODAY AT [WWW.DMYMCA.ORG/GIRLSONTHERUN](http://WWW.DMYMCA.ORG/GIRLSONTHERUN)

# Huxley Parks and Recreation

## Girls on the Run

**Who:** 3rd-5th grade Girls

Team size is limited to 15 and filled on first come first serve basis. A girl who is absent more than 4 times may be removed from the program. Participants must commit to both practices each week and attend the practice in its entirety.

**Season begins:** March 19

**End of Season 5K:** May 24 at 6:15 PM at Water Works Park

**Meeting days and times:** Monday & Tuesday 5:30-6:45 PM at 3 C's Community Center

**Cost:**

- Free lunch \$25
- Reduced lunch \$75
- Full Lunch \$150

Additional assistance available upon request

For more information:

[www.dmymca.org/girlsontherun](http://www.dmymca.org/girlsontherun)

Girls on the Run of Central Iowa is a program of the Walnut Creek Family YMCA

515.224.9901 x251 or

[christa.vanderleest@girlsontherun.org](mailto:christa.vanderleest@girlsontherun.org)

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