



Girls on the Run program is back at AGIS!

Meeting in small teams twice each week, our trained, volunteer coaches inspire girls to build confidence and other important life skills through dynamic, interactive lessons and physical activity. The season culminates with a fun, non-competitive 5k that everyone does together – walking or running. Your child does NOT have to be a runner to participate. We will all work together to create healthy habits and learn how to become runners (or walkers!) in a safe, welcoming environment.



Mind + Body Connection

Our lessons focus on building social, emotional and physical skills in girls while encouraging healthy habits for life.

BUILDING
CONFIDENCE!

Confidence through Accomplishment

Each season comes to an end with a joyful and fun non-competitive 5K. This culmination gives girls a tangible sense of accomplishment and the confidence to be the author of her story.



Program Details:

Who: 3rd, 4th and 5th grade girls attending AGIS

When: Tuesdays and Thursdays, after school from 3:30pm – 5:00pm @ AGIS

Season starts Tuesday, 2/28 and ends Thursday, 5/18

Cost: \$195 (Scholarships available based on family need)

For more information, please contact Heather Dolan, Site Liaison & Coach at:

heatherabdolan@gmail.com or to register your child today, please go to:

<https://www.gotrpa.org/3rd-5th-grade-program-details>

NOTICE: This activity is not a school district activity and is not sponsored or endorsed by the Avon Grove School District. Any school district employees participating in the activity are doing so in their individual capacities and not as employees or agents of the school district. No student is required to participate in this activity and participation shall be voluntary. The school district has no control over or responsibility for this activity.



¡El programa Girls on the Run está de elta en AGIS!

Reuniéndose en equipos pequeños dos veces por semana, nuestros entrenadores voluntarios capacitados inspiran a las niñas a desarrollar confianza y otras habilidades importantes para la vida a través de lecciones dinámicas e interactivas y actividad física. La temporada culmina con una carrera de 5 km divertida y no competitiva que todos hacen juntos, caminando o corriendo. Su hijo NO tiene que ser corredor para participar. Todos trabajaremos juntos para crear hábitos saludables y aprender a ser corredores (¡o caminantes!) en un entorno seguro y acogedor.



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Detalles del programa:

Quién: 3rd, 4th and 5th niñas de grado que asisten AGIS

Cuándo: Martes y jueves, después de clases de 3:30pm – 5:00pm @ AGIS

La temporada comienza el martes 28/2 y finaliza el jueves 18/5

Cost: \$195 (Becas disponibles según la necesidad de la familia)

Para obtener más información, póngase en contacto **Heather Dolan**, Sitio web de enlace y entrenador at: heatherabdolan@gmail.com Para registrar a su hijo hoy, vaya a:

<https://www.gotrpa.org/3rd-5th-grade-program-details>

***** El espacio es limitado y el registro finaliza pronto!*****

AVISO: Esta actividad no es una actividad del distrito escolar y no está patrocinada ni respaldada por el Distrito Escolar de Avon Grove. Cualquier empleado del distrito escolar que participe en la actividad lo hace en su capacidad individual y no como empleados o agentes del distrito escolar. Ningún estudiante está obligado a participar en esta actividad y la participación será voluntaria. El distrito escolar no tiene control ni responsabilidad por esta actividad.