



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



Girls on the Run is an afterschool program like no other!

Twice per week for 16 sessions, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls 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*

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

SEASON DETAILS

Registration Dates: **11/01/23 - 12/15/23**

Online Registration: **gotrpa.org**

Program: **2/26/24 for 8 weeks**

Mon & Weds 3:30PM - 5:00PM

at Avon Grove Intermediate

Spring 5K: **5/4 or 5, at Subaru Park**

Program Fee: **\$205**

Financial assistance and payment plans are available within registration.

Contact: **info@gotrpa.org**

NOTICE: This activity is not a school district activity and is not sponsored by or endorsed by the Avon Grove School District. Any school district employees participating in this 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.

Learn more at **www.gotrpa.org**.