



# Girls on the Run

## Waterfront Park South Amboy

Girls on the Run (GOTR) is a Social and Emotional Wellness program for 3rd - 5th grade girls. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event on November 20th. in downtown Somerville.

### GOTR PROGRAM GOALS:

- Unleash confidence through accomplishment
- Establish a lifetime of health and fitness
- Allow every girl to recognize her inner strength
- Inspire girls to define their lives on their own terms
- Make new friends
- Build their inner confidence
- Celebrate what makes them unique

**Who:** Girls in Grades 3-5

**When:** Starts 9/20-11/20

**Days:** Tuesdays & Thursdays

**Times:** 5:00-6:15PM

**Fee:** **\*\*\$30.00 program fee** due to a generous grant from the South Amboy Municipal Alliance. The regular program fee is \$155.00  
*Scholarships are available by reaching out to [Lynn.Sherman@GirlsontheRun.org](mailto:Lynn.Sherman@GirlsontheRun.org)*

The 5K is a separate registration fee of \$30. Information will be sent when the season starts. Friends and Family are encouraged to sign up and run!

**REGISTER ASAP AS SPACE FILLS QUICKLY**

Register here or scan QR Code:

<https://www.pinwheel.us/register/index/cnjfall22>



[www.gotrcnj.org](http://www.gotrcnj.org)



SCAN ME

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