



Girls on the Run

Waterfront Park South Amboy- Spring 2021

INSPIRING EVERY GIRL'S INNER SUPER POWERS

Girls on the Run 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. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their inner confidence and celebrate all that makes them unique. **5K Details to follow!**

Who: Girls in 3rd- 5th grades
When: April 13th- June 5th.

Days: Tuesdays & Thursdays
Times: 5:00-6:15 pm
Fee: \$100**

****Scholarships may be available contact Lynn Sherman below.**

Register online at:
<https://www.raceplanner.com/register/index/gotrcnjspring2021>

Use the drop down menu to register for the school or location your daughter will be enrolling in.

Register by April 5, Space is limited.

www.gotrcnj.org

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