

Join Girls on the Run this Spring!



Mondays & Wednesdays

4:15 - 5:30pm @

Lakeland Hills Family

YMCA

Registration opens on March 15th

Season cost is \$210

(+ 5K run entry fee)

***financial aid is available**

Girls on the Run is a nonprofit youth development program for girls in 3rd-5th grade that uses running as a tool to promote physical, social, and emotional growth. We teach life skills through dynamic interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a 5K run.

Join us!

To register, visit girlsontherunnj.org

Questions? Email: anne@girlsontherunnj.org



learn. dream. live. run.™