



Did you hear?

GIRLS ON THE RUN IS COMING TO Polliwog!

Girls on the Run is a transformational learning program for 3rd to 6th grade girls. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Girls build confidence through dynamic, conversation-based lessons and fun running games. Girls do not have to be runners to enroll, learn and have fun! The program culminates with a celebratory 5K event on Sunday, May 21st. Every girl enrolled in the program receives:

- GOTR Water Bottle
- GOTR T-Shirt
- 5K Event Finisher's Medal
- Registration to the 5K
- An End-of-the-season Team Celebration
- A Lifetime of Healthy Habits!



Spaces are limited.

Register early to reserve your spot!



**Starts Saturdays
March 11th**

Meets SATURDAYS 9:00-11:30AM

**10 Week Program
Fee Only \$225**

**REGISTER AT
www.gotrla.org
Before March 6th**

**(626) 590-4770
program@gotrla.org
556 S. Fair Oaks Ave, #101-307
Pasadena, CA 91105**



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