



# Girls on the Run is for EVERY *girl*!



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

Twice per week for 10 weeks, 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 on May 21st at American Family Field.



## *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.

### SEASON DETAILS

**Lottery Registration: February 13-19**  
Following the lottery, first come, first served registration if space remains.

**Program Starts: Week of March 6th**

**Practice schedule:**  
**Mondays and Thursdays 2:45 to 4:00**

**Contact:**

[domzil@st-alphonsus.org](mailto:domzil@st-alphonsus.org)

**Fee: \$175**



### FINANCIAL ASSISTANCE

We are committed to making Girls on the Run accessible to all girls. Thanks to generous donors and community supporters, program scholarships are available to any girl who needs it. Families can select a payment plan during the registration process. Anyone unable to pay the full fee can simply enter the amount they are able to pay, \$20 or more, and receive financial assistance automatically and confidentially. Please contact the Girls on the Run Southeastern Wisconsin program team at [program@girlsontherunsoutheasternwi.org](mailto:program@girlsontherunsoutheasternwi.org) regarding financial assistance.

Learn more and register at  
[www.girlsontherunsoutheasternwi.org](http://www.girlsontherunsoutheasternwi.org)