

GIRLS ON THE RUN

Spring 2020 afterschool Positive Youth Development Program for 3rd - 5th grade girls. Registration open November 1 – December 13, 2020



During our 10-week season, the lessons focus on **SELF-CONFIDENCE**, building **RELATIONSHIPS**, and increasing **PHYSICAL ACTIVITY** while learning important life skills such as **MANAGING EMOTIONS, RESOLVING CONFLICT** and **INTENTIONAL DECISION MAKING**. Season culminates with a celebratory 5K event.

We invite girls with ALL abilities (physical, social or emotional) to participate.

Register online using a computer or mobile device: www.gotrpa.org

Sliding Scale Registration Fee: \$25 - \$180

(Financial assistance and flexible payment plans are available in the online registration.)

Location: Ellis Athletic Center at the Ellis Preserve

Season begins: week of March 2nd

Meeting days/times: Tues & Thurs 4:15-5:45pm

SAVE the 5K DATE: Saturday, May 30, 2020

Girls will meet twice per week and must be able to participate in the *entirety* of *both* lessons each week.

Questions? Please call 215-540-0813 or email info@gotrpa.org