



NEW CANAAN YMCA

GIRLS ON THE RUN

EMPOWERING GIRLS IN GRADES 3-5

About Girls on the Run

Girls on the Run is a National non-profit character development program that encourages pre-teen girls (grades 3-5) to develop self-respect and healthy lifestyles through running. The mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. Each session will include a group exercise, with emphasis on teamwork, and culminates in a 5K (3 mile) running event.

- Program meets twice per week for 10 weeks
- Registration opens March 2, 2020 at noon via our website.



Girls on the Run Fairfield County

The New Canaan YMCA is proud to serve as the host for Girls on the Run Fairfield County, serving over 1,700 girls in 25 schools.

GOTR @ Holmes Elementary School—Spring 2020

- Meets: Mon & Fri 7:45—8:45 AM
- Dates: 3/16—6/1
- Program fee: \$170
- 5K event fee is separate
- To request financial assistance contact: Diana Riolo 203.966.4528 X185
- Questions: Contact Mary Bentley at mary.bentley@girlsontherun.org

To learn more visit:

www.girlsontherunfairfield.org