

BECOME A GIRL N THE RUN!

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum, which creatively integrates running.

If you're a Salesian Club member in 3rd, 4th or 5th grade, you're invited to join us. And so are all of your friends. You're sure to have fun, even if you don't love running.

With Girls on the Run you'll:

- Make new friends, and enjoy old friends more.
- Learn how to eat well to feel good about YOU.
- Take part in games that help you feel positive and excited about tomorrow.
- Do things you never thought you could do, like run (skip or walk) a 5K.



Salesian Boys & Girls Club Team Details

DAYS & TIMES:

Tuesdays & Thursdays, 3:30pm to 4:45pm
(plan to attend both days)

DATES: March 6th - May 6th

COST: \$275

INCLUDES: 18 Lessons, t-shirt and water bottle, healthy snacks and entry to season-ending Girls on the Run 5K Sunday, May 6th.

Team may fill before deadline.

Apply online before February 8th.



And that's just for starters!
So mark your calendars,
get set, go to the website
and enroll today!
www.gotrbayarea.org

