



# Girls on the Run

## Hilburn Academy



**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 3 - 5 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.**

### 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.



Girls who were the least active at the start of the program increased their physical activity by more than **40%\***



**97%** of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

### Online Registration is OPEN!

**Registration is first come, first serve**

**Program dates: September 24 - December 12**

**Days: Tuesdays/Thursdays: 3:30-4:45pm**

**Program Fee: \$205- Payment Plans Available**

**Site Coordinator: Leah Smith**

**Email: [lsmith18@wcpss.net](mailto:lsmith18@wcpss.net)**

**LEARN MORE AND REGISTER TODAY AT [WWW.GOTRTRIANGLE.ORG](http://WWW.GOTRTRIANGLE.ORG)**