



# YOU CAN MAKE A DIFFERENCE IN THE LIFE OF A GIRL...BE A COACH!

Fun, life-changing after school programs for girls in grades 3 – 8. Programs combine training for successful completion of a 5K with lessons that develop and build self-esteem. Volunteers are needed at many schools throughout Chester County. Each site requires at least 2 coaches.



If you are interested in learning more about this amazing opportunity, contact Sarah Bender at [sbender@ymcagbw.org](mailto:sbender@ymcagbw.org), or call 610-363-9622 ext 2922

Coaches DO NOT have to be elite runners

Head coaches must be 18, but younger junior coaches are welcome too.

Program meets 2 times a week starting March 14 through June 4.

The Girls on the Run 5K will be held on Saturday, June 4th in West Chester

Coaches must attend coach training

Coaches receive all necessary materials and support throughout the program.

Teams of coaches encouraged. It's fun to coach with a friend.

**YMCA OF GREATER BRANDYWINE** [www.ymcagbw.org](http://www.ymcagbw.org)

ASSOCIATION OFFICE One East Chestnut Street, West Chester, PA 19380 610-643-9622 BRANDYWINE YMCA 295 Hurley Road, Coatesville, PA 19320 610-380-9622 JENNERSVILLE YMCA 880 West Baltimore Pike, West Grove, PA 19390 610-869-9622 KENNETT AREA YMCA 101 Race Street, Kennett Square, PA 19348 610-444-9622 LIONVILLE COMMUNITY YMCA 100 Devon Drive, Exton, PA 19341 610-363-9622 OCTORARA PROGRAM CENTER 104 Highland Road, Suite 1, Atglen, PA 19310 610-593-9622 OSCAR LASKO YOUTH PROGRAM CENTER One East Chestnut Street, West Chester, PA 19380 610-696-9622 UPPER MAIN LINE YMCA 1416 Berwyn-Paoli Road, Berwyn, PA 19312 610-647-9622 WEST CHESTER AREA YMCA 605 Airport Road, West Chester, PA 19380 610-431-9622 Y AT GREAT VALLEY 10-20 Liberty Boulevard, Malvern, PA 19355 610-644-6575