



REGISTER NOW!

A fun life-changing after school program for girls in 3rd to 5th grades

Shamona Creek Elementary School

Wednesdays and Thursdays from 3:30-4:45pm

Girls on the Run is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Meeting twice a week in small teams, we teach life skills through dynamic, conversation-based lessons and running games. The 20-lesson curriculum is taught by trained



Girls on The Run coaches. At each

season's conclusion, the girls and their running buddies, complete a celebratory 5k running event

The 10-week program starts the week of March 14 and ends June 4. The culminating event of the spring season is the **Girls on the Run 5K** which will be held in West Chester on Saturday, June 4.

- **EARLY BIRD pricing 2/8-2/21**
- **On February 22, ALL prices increase by \$10.**
- Multi-Person Membership: \$140 Single-Person Membership: \$150 Community Participant: \$165
- Reduced Registration Fees if you qualify for Free & Reduced Lunch at school.
 - Multi-Person Membership: \$70 Single-Person Membership: \$80 Community Participant: \$95
 - Proof of qualification required. (Copy of acceptance letter for free & reduced lunch program.)
 - Must register in person at your Y branch.
 - **Additional FINANCIAL ASSISTANCE IS AVAILABLE – Apply at your nearest YMCA of Greater Brandywine branch prior to registration.**
- **Registration is first-come, first-served, teams fill fast!**
- **Question? Email Sarah Bender at Sbender@ymcagbw.org**



Everyone is encouraged to register online at:
<http://www.ymcagbw.org/girls-on-the-run/registration>

YMCA OF GREATER BRANDYWINE 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