



REGISTER NOW!

A fun, character developing after school program for boys in 3rd to 5th grades!

Shamona Creek Elementary School

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

STRIDE is a FUN and exciting fitness and running program for boys in 3rd to 5th grade. The program encourages boys to exhibit excellence in character in all aspects of their lives, make healthy choices, and build confidence by leading them with a curriculum that incorporates discussion, games, and fun running workouts that build endurance, so the boys can successfully complete a 5k at the end of the season. Teams meet twice a week for 75 minutes, and are led by trained coaches. Throughout the program, the focus is on doing one's personal best, not competing with each other. The boys learn the importance of making good decisions, being a good friend, working as a team, setting goals and working to achieve them.

The 10 week program starts the week of March 14 and ends June 4. The culminating event of the fall season is the **YMCA STRIDE Challenge** held in West Chester on Saturday, June 4. Completing the 5k gives the boys a great sense of achievement as well as a framework for setting and achieving their goals.

Registration
Opens
Monday,
February 8

- **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/stride/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 **OCATORARA 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