



Unleash her confidence!

Give your girl the opportunity to connect, grow and thrive! Girls on the Run establishes lifelong healthy habits and instills critical social-emotional skills **at a time when girls need it most.**

How does it work?

Twice a week for 8 weeks, trained and caring coaches lead your girl and her team through an empowering, confidence building program that will keep her active and strong! Together, we'll explore topics like making friends, understanding emotions, practicing positivity, and celebrating differences. Through fun games, great discussions, creative activities, and physical exercise, she'll develop tools to become stronger in mind, body, and spirit!



More than a Running Program

Unlike other programs, Girls on the Run combines both social-emotional learning and physical activity

The program fee includes:

- + 16 interactive lessons led by trained Girls on the Run coaches
- + An official Girls on the Run t-shirt
- + Girls on the Run swag bag and water bottle
- + End of Season 5K Event, entry fee, and finisher's medal
- + Friendships, fun and lessons to last a lifetime!

Program Fee:

- + \$150 for 8 weeks/16 lessons
- + Less than \$10 a lesson!
- + Payment plans & Financial assistance available during online registration process

Use discount code EARLYBIRD21 for 25% off program fee*



Scan QR code to learn more or register

Register Online: August 6th-September 6th

Season Schedule:

Lesson Times: T/Th from 3:15-4:45

Location: Campus School

Head Coach: Allison Buchanan

Start Date: Tuesday, September 7th

Season Dates: September 7th-November 13th

End of Season 5K Celebration: November 14th, 2pm

*offer expires August 22nd

Register her today! | www.gotrmemphis.org