



Girls on the Run

Perrine Park Piscataway 3^{rd.} - 5^{th.} Grade Girls

Girls on the Run (GOTR) is a Social and Emotional Wellness program for 3rd - 5th grade girls. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event on June 11th in downtown Somerville.

GOTR PROGRAM GOALS:

- Unleash confidence through accomplishment
- Establish a lifetime of health and fitness
- Allow every girl to recognize her inner strength
- Inspire girls to define their lives on their own terms
- Make new friends
- Build their inner confidence
- Celebrate what makes them unique

Who: Girls in Grades 3-5

When: Starts 4/4(10 weeks twice a week)

Days: Tuesdays & Thursdays

Times: 5:00-6:15PM

Fee: **Please go to the registration link for Fee Information

****Scholarships may be available by reaching out to Lynn.Sherman@GirlsontheRun.org**

The 5K is a separate registration fee of \$30. Information will be sent when the season starts. Friends and Family are encouraged to sign up and run!

REGISTER ASAP AS SPACE FILLS QUICKLY

Register here or scan QR Code:

<https://www.pinwheel.us/register/index/CNJSpring23>



www.gotrcnj.org



SCAN ME

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