



Central Elementary

Who: Girls in grades 3-5

When: Week of 9/23-11/24

Days: Tuesday & Thursday

Time: 3:15 - 4:30 PM

Fee: \$155

Girls on the Run 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.

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



The 5K is a separate registration. Information will be sent when the season starts. The race fee is \$30

REGISTER FOR THE PROGRAM AS SOON AS POSSIBLE - SPACE FILLS QUICKLY

Scan the QR code or click here: <https://www.pinwheel.us/register/index/CNJFall24>

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