



# GIRLS ON THE RUN

## Register today!



To learn more or register, visit [www.ymcagbw.org/gotr](http://www.ymcagbw.org/gotr)

**Chadds Ford Elementary:**  
**Tuesday and**  
**Thursday/3:45 – 5:15**

**September 1**  
**Fall registration begins**  
**September 18**  
**Fall season begins**  
**December 2**  
**Girls on the Run 5K**



**Sign up to be a GOTR Coach!**  
**It's fun and rewarding.**

**A fun, life-changing afterschool program for girls, grades 3-8.**

Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The 10-week program focuses on building self-esteem and improving emotional and physical health. The girls are empowered with a greater sense of self-awareness, a sense of achievement and a foundation in team building to help them become strong, content and self-confident women.

**EARLY BIRD pricing 9/1-9/17. Price increases by \$10 on 9/18.**

- Member: \$140
- Non-Member: \$165

- Reduced Registration fees if you qualify for Free & Reduced Lunch at school.
  - 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!
- **Questions?** Email or call [sholinsky@ymcagbw.org](mailto:sholinsky@ymcagbw.org) or 610-643-9622 ext 2138!