



GIRLS ON THE RUN

Register today!



To learn more or register, visit www.ymcagbw.org/gotr

Pocopson Elementary:
Wednesday and
Friday/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 or 610-643-9622 ext 2138!