

We inspire girls to be *joyful, healthy & confident* using a fun, experience-based curriculum which creatively integrates running.



**GOTR will be offered to girls in grades 3-5 in the spring of 2016  
Hosted by the Ocean Community YMCA Mystic Branch**

**Program Information:**

**GOTR Site:** Mystic YMCA

**Days:** Tuesdays and Thursdays

**Time:** 4-5:30pm

**Program Start:** March 8th, 2016

**Program Registrations:**

January 25<sup>th</sup>- February 8th

**Scholarship Applications:**

January 11<sup>th</sup>-23rd

All forms can be found on our website under "get involved".

Please contact Council Director, Sarah Lafayette with any questions, [sarah.lafayette@girlsontherun.org](mailto:sarah.lafayette@girlsontherun.org)

Visit our website for more information  
[www.gotrsect.org](http://www.gotrsect.org)

Like us on  [www.facebook.com/gotrsect](http://www.facebook.com/gotrsect)

**Girls on the Run** is an experiential afterschool program that uses the power of running to prepare girls for a lifetime of respect and healthy living. The curriculum creatively incorporates training for a 5k with lessons that encourage third through eighth grade girls to develop essential life skills.

Through interactive activities such as running, playing games, and discussing important issues, participants experience the joy of simply being themselves! During the 10 week program, girls are empowered with a greater sense of self-awareness, a foundation in team building and a sense of achievement. The lessons inspire them to be strong, contented and self-confident young women who intentionally choose an authentic and healthy lifestyle.

Each session is led by trained coaches who **guide and mentor girls through a fun and uplifting curriculum**. Coaches teach specific life lessons such as dealing with body image and the media, resisting peer-pressure, making healthy decisions and contributing to their community. Along the way, the girls train together to walk or run in a 5k (3.1 mile) event.

Our program is fee based and we offer scholarships on a sliding scale based on income. Please contact us if you would like more information or visit our website.

