



*Give your girl the opportunity to establish lifelong healthy habits and critical social-emotional skills at a time when girls need it most!*

**After-School  
Program for  
3rd - 5th Grade  
Girls!**

Through safety and physical distancing modifications and the ability to seamlessly shift to and from in-person and virtual programming, our trained and caring coaches are ready to lead your girl and her team through an empowering, confidence-building program that will keep her active and strong!

**REGISTER TODAY AT: [www.GOTRSouthernUtah.org](http://www.GOTRSouthernUtah.org)**

### ***What Girls Get from the Program***

- Increased self-confidence
- Opportunity to develop healthy relationships, make intentional decisions and resolve conflict
- A safe space where girls can connect, grow and learn with their peers
- Journal, T-shirt, Water Bottle, Healthy Snack
- A celebratory end-of-season 5K event
- More than a running program!

**Program Starts: September 29th, 2020**

**Program Duration: 8 Weeks; 16 Lessons**

**Location: Arrowhead Elementary**

**Program Fee: \$150**

**Financial Assistance is Available**

**Contact: Melissa Miller**

**[melissa.miller@girlsontherun.org](mailto:melissa.miller@girlsontherun.org) | 435.703.0299**

**Tuesday & Thursday 3:30 - 5:00pm**

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