



2022 Spring Program • April 4 - June 4



Girls on the Run is for **EVERY** girl.

Girls on the Run is an after school program like no other!

At Girls on the Run, we believe every girl deserves a place to grow, connect and shine. Twice a week for 8 weeks 3rd-6th girls have fun, make friends, increase their physical activity and learn important life skills through interactive lessons and running activities.

The season ends with a 5K Celebration on June 4th at Sugar House Park!



PROGRAM INCLUDES

- 8 weeks of fun, dynamic practices
- 16 lessons delivered by trained coaches
- Girls on the Run t-shirt & water bottle
- Personal journal, supplies & materials
- 5K race bib & finisher medal
- Running shoes for those in need

TEAM: Nibley Park School

PRACTICE: Wednesdays (3:15-4:30 p.m.) & Fridays (1:45-3:00 p.m.)



We NEVER turn a girl away for inability to pay.

Scholarships are available for anyone in need. To learn more, visit www.girlsontherunutah.org/scholarships.

VISITA NUESTRO SITIO WEB EN ESPANOL
WWW.GIRLSONTHERUNUTAH.ORG/ES/INICIO