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



Girls on the Run is an afterschool program like no other!

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd through 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Why it matters **It's fun. It's effective.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SPRING 2023 SEASON DETAILS

Join the team at Canyon Creek!

Program Starts: **3/20/23**

Practices: **Mon/Thurs, 7:45-9:15 AM**

Registration Fee: **\$200 (Multiple levels of financial assistance available for any girl who needs it)**

5K Event: **Sunday, 6/4/23 (Location to be determined)**

Learn more at www.girlsontherunsno.co.org

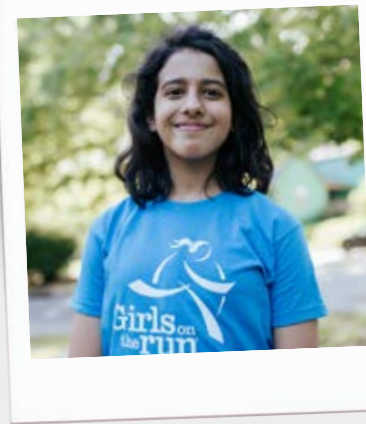


Girls on the Run es para **TODAS** las niñas



¡Girls on the Run es un programa extraescolar como ningún otro!

Dos veces por semana durante 8 semanas, niñas de todas las capacidades se divertirán, harán amistades, aumentarán sus niveles de actividad física y aprenderán habilidades importantes para la vida. Entrenadoras capacitadas y atentas guían a las niñas de 3 a 5 grado a través de lecciones interactivas y actividades que requieren correr. La temporada termina con una carrera de celebración no competitiva de 5 km.



Por que es importante

Es divertido. Es eficaz.

La participación en Girls on the Run transforma las vidas de las niñas ayudándolas a confiar en si mismas, desarrollar relaciones sanas y sentirse bien consigo mismas, tanto interna como externamente.



Las niñas que estuvieron menos activas al inicio del programa, aumentaron su actividad física en más del 40 %*



El 97 % de las participantes dijo que aprendió habilidades críticas para controlar las emociones, resolver los conflictos, ayudar a los demás o tomar decisiones intencionales*

DETALLES DE LA TEMPORADA DE PRIMAVERA

Únete al equipo de Canyon Creek!

Comienza: 3/20/23

Practicas: lunes/jueves, 7:45-9:15 AM

Costo del programa: \$ 200 (múltiples niveles de asistencia financiera disponibles para cualquier niña que lo necesite)

Evento de 5K: domingo, 6/4/23 (Lugar por determinar)

*Los resultados se basan en un estudio independiente realizado en 2016 por la experta en desarrollo positivo de los jóvenes, Dra. Maureen R. Weiss, Ph.D.