Girls on the Run is for EVERY girl

Registration is Open!

Girls on the run lehigh valley & pocono

Confidence starts here!

Girls on the Run is an after-school program that inspires girls to be joyful, healthy, and confident through fun, movement-based lessons, meaningful conversations, and physical activity. Each season helps participants build confidence, develop life skills, and celebrate what makes them unique.

Be joyful.
Be healthy.
Be confident.

Program Details

- School: Pleasant Valley Intermediate
- Grades: 3rd-5th
- Practices: Tu/Th 3:30-5:00pm
- Season Starts: mid-September
- End-of-Season 5K: 11/22 at 11am
- Program Cost: $20-$185

✦ Flexible payment options are available.

✦ Refunds are not issued after 1st practice.

Everything she receives:

- Two practices a week for 8 weeks
- Research based curriculum facilitated by trained coaches
- Official Girls on the Run t-shirt
- water bottle, cinch sack, healthy snack
- 5K registration
- End of season 5K Celebration medal
- Celebration gift

Everything she gains:

Confidence

Resilience

Healthy habits

Leadership Skills

Positive Friendships

Emotional well-being

A lifelong belief in herself

Attendance matters!

Girls on the Run is a team experience and each lesson builds on the one before it. Attending practice should be a priority so that participants receive the benefits of the program.

READY TO JOIN US?
Registration is easy!

To register or learn more visit our website at www.gotrlehighpocono.org

SCAN TO REGISTER

REGISTER EARLY!
SPOTS MAY BE LIMITED.

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