

# Sacred Heart Elementary Girls on the Run

**Who:** 3rd-5th grade Girls

Team size is limited to 20 and filled on first come first serve basis. Please note a girl who is absent more than 4 times may be removed from the program. Participants must commit to both practices each week and attend the practice in its entirety.

**Season begins:** Week of Feb. 18

**End of Season 5K:** May 14 at 6:30 PM at Water Works Park in Des Moines

**Meeting days and times:** Monday 2:45-4:00 PM & Wednesday 3:00-4:15 PM at Sacred Heart Elementary

**Cost:** \$150

Assistance is available and is based on the free or reduced lunch qualifications:

- Free lunch \$25
- Reduced lunch \$75
- Full Lunch \$150

Additional assistance is available by contacting [christa.vanderleest@girlsontherun.org](mailto:christa.vanderleest@girlsontherun.org).

No girl is turned away due to the inability to pay.

**Program cost includes:** 20 lessons conducted by at least two certified GOTR Coaches (25 hours of instruction), an official GOTR t-shirts, participation in the season-ending 5k for your GOTR participant, a water bottle, a snack at each practice & a 5k finisher's medallion.

For more information:

[www.dmymca.org/girlsontherun](http://www.dmymca.org/girlsontherun)

Girls on the Run of Central Iowa is a program of the Walnut Creek Family YMCA

515.224.9901 x251 or

[christa.vanderleest@girlsontherun.org](mailto:christa.vanderleest@girlsontherun.org)

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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 3 - 5 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 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 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D

**Registration Opens: January 15 at 8 AM**

**Program Starts: Week of Feb. 18**

**Program Fee: See reverse side**

**Financial Assistance is Available**

**Contact: Christa Vander Leest**

**christa.vanderleest@girlsontherun.org | 515.224.9901 x251**

**LEARN MORE AND REGISTER TODAY AT [WWW.DMYMCA.ORG/GIRLSONTHERUN](http://WWW.DMYMCA.ORG/GIRLSONTHERUN)**