



Girls on Track is coming to League Academy!

Girls on the Run is a transformational physical activity based positive youth development program for girls in 3rd-8th grade. The program uses the power of running to inspire girls to be joyful, healthy and confident. Through dynamic, interactive lessons and running games, participants nurture their social, emotional, mental, and physical wellbeing and develop important strategies and skills to help them navigate future life experiences. The goal of the program is to unleash confidence through accomplishment while helping girls establish a lifetime appreciation of health and fitness.

Girls on Track meets twice a week for 11 weeks and culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event.

**The fall 2014 season will run at League Academy on Tuesdays and Thursdays, 3:30-5:30pm from Sept. 18 – Dec. 9, 2014.**

The program fee is \$199. Scholarships are available.

To learn more or register, visit [www.ghs.org/girlsontherun](http://www.ghs.org/girlsontherun), call 455-3252, or email [girlsontherun@ghs.org](mailto:girlsontherun@ghs.org)