

learn
dream
live
run.



Girls on the Run® is an experiential learning program for 3rd—5th grade. The 10 week program, meeting twice a week, challenges and encourages the girls, whatever their fitness level with warm-ups, running workouts and games which teach important life skills.

- The sessions focus on life lessons in areas such as physical health, respecting yourself, nutrition, dealing with peer pressure, team work, community involvement and much more.
- The girls choose and conduct a community service project.
- They complete a 3.1 mile running event

CLASSES BEGIN:

September 14, 2010

Class times:

Tuesday & Thursday 4:30 —6:00 pm

Cooper Fitness Center

7910 Collin McKinney Pkwy

McKinney, TX

TO REGISTER:

Register at cooper fitness center.

Class fee is \$120

Scholarships available through Council Director for more information call 972-849-4668

For questions please visit our website: www.gotrdfw.org
or call Janette Steinheimer at 972-849-4668

