

Hoerner YMCA

Girls on the Run

Who: 3rd-5th grade Girls

Team size is limited to 15 and filled on first come first serve basis. A girl who is absent more than 4 times may be removed from the program. Participants must commit to both practices a week and attend the practice in its entirety.

Season begins: March 20

End of the Season 5K: May 26

Meeting days and times: Tuesday & Thursday 3:30-4:45 PM at the Hoerner YMCA

Cost: \$75

Additional assistance available upon request

This program is partially funded by a grant from the Lee County Youth Services, Inc.

For more information:

www.dmymca.org/girlsontherun

319-524-6724

This program is not affiliated with the Keokuk Community School District. Please direct all inquiries to the Hoerner YMCA at 319-524-6724.



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: Jan. 15

Program Starts: March 20

Program Location: Hoerner YMCA

Program Fee: \$75

Financial Assistance is Available

hoernerymca@gmail.com | 319.524.6724

LEARN MORE AND REGISTER TODAY AT WWW.DMYMCA.ORG/GIRLSONTHERUN