

JOIN **GIRLS ON THE RUN** AT Arlington Science Focus (virtually)!



WHAT IS GOTR?

- Positive youth development program for girls in grades 3-5
- Team of 6-20 girls
- 8-week curriculum teaches girls to be strong, confident, and healthy
- Discuss topics like positive thinking, standing up to peer pressure, positive body image, and healthy relationships
- Celebratory 5K event to end the season- open to friends and family!

WHAT'S INCLUDED?

- 16 GOTR sessions
- Program led by trained volunteer coaches (remotely)
- Girls on the Run t-shirt
- Water bottle
- Entry into end-of-season 5K event
- 5K completion medal

PROGRAM FEES

Standard Price: \$140
Military Discounted Price: \$120
Sibling Discounted Price: \$120
Coach Family Discounted Price: \$88
Reduced Lunch Discounted Price: \$60
Free Lunch Discounted Price: \$18

PAYMENT PLANS & FINANCIAL ASSISTANCE AVAILABLE

Call Girls on the Run for more info: 703-273-3153 or visit www.gotrnova.org for a financial assistance request form. Financial assistance plans are available for every girl.

REGISTER ONLINE

August 31 – September 22
www.gotrnova.org

FALL 2020 SEASON

September 28 – November 20

PRACTICE INFO

Location: Online!
(Video platform TBD)

Days: Monday & Wednesday

Time: 8:00am-8:45am

Head Coaches:
Emily McKean
Shannon Noble

