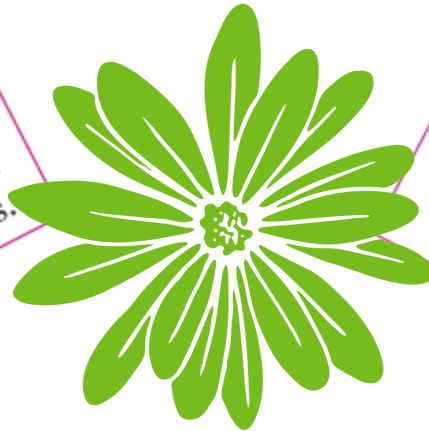# It's time for
Girls on the Run at General Nash!

Calling all 3rd to 5th grade girls! The Girls on the Run experience-based curriculum which creatively integrates movement and running consists of *two* 90-minute sessions every week February – May. We encourage families to register ONLY if their child can participate BOTH days each week for the full lesson.

Findings from a recent independent study conducted by Dr. Maureen Weiss, Ph.D., University of Minnesota, showed that Girls on the Run is effective in teaching important life skills.

Almost all girls (97%) said they learned critical life skills including managing emotions, resolving conflict, helping others and making intentional decisions at Girls on the Run that they are using at home, at school and with their friends.

Online registration is open Nov 1 through Dec 13, 2017. The amount of girls per team is limited. Therefore, some teams may require a lottery to be run for the Spring 2018 season.

We strive to have every girl participate in our program regardless of ability to pay. Registration Fee $175. Financial aid application available at www.gotrpa.org. Please click *Learn More* and then proceed to the tab *Fees and Financial Application*.

Season begins: February 26, 2018
Location: General Nash Elementary
Meeting days/times: Mon & Thurs 4:00-5:30
5k Date: Sunday, May 20, 2018

Questions at 215.540.0813 or info@gotrpa.org

Register at www.gotrpa.org