

# STRONG STARTS HERE

⚡ brain    💖 heart    ☀️ social    🌟 body    🦋 spirit



**GIRLS ON THE RUN OF NOVA**

**Girls on the Run**

**Sponsored by: Wakefield Forest PTA**

- Youth development program for girls grades 3-6
- Teams of 8-20 Girls
- 10-week curriculum teaches girls to be strong, healthy, and confident
- 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!

[www.gotrnova.org](http://www.gotrnova.org)

## HOW TO REGISTER

Register online via our homepage:

[www.gotrnova.org](http://www.gotrnova.org)

**August 14th**

through

**September 15th**

**Fall 2023 Season**

September 11 - November 21

## PROGRAM FEES & FINANCIAL ASSISTANCE

**Standard Program fee: \$185**

**Coach Family Discount: \$120**

**Military Discount: \$160**

**Sibling Discount: \$160 for second child**

**Fees for Qualifying Families with**

**Financial Need: \$22 or \$75**

## Season Details

**Practice Location** Wakefield Forest Fields

**On:** Tuesday & Thursday

**From:** 7:15am **to** 8:30am

**Your Head Coach is:** TBD