



GIRLS ON THE RUN FALL 2022



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 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory site-based 5K event.

REGISTER



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.

LOCATIONS

- Cleveland: M/W 4:00-5:15PM
- Kenwood: M/W 3:45-5:15PM
- Prairie Creek: M/W 2:45-4:00PM
- Lemme: M/F 3:15-4:30PM
- Lincoln: T 3:00-4:15PM/Th 2:00-3:15PM
- Longfellow: M/W 5:00-6:15PM
- Wickham: T 3:00-4:15PM/Th 2:00-3:15PM
- North Liberty Community Site:
M/F 3:45-5:00PM
- Oak Hill: M 3:30-4:45PM/W 1:30-2:45PM
- Herbert Hoover (WB): M/Th 3:30-5:00PM
- West: M/Th 3:30-5:00PM
- Jesup: T/Th 3:30-5:00PM

SEASON DETAILS

Registration Opens: August 8, 2022

Program Starts: Week of September 6

OR September 12 (varies by site)

Program Fee: \$170

Financial Assistance is available on a sliding scale.

Contact: Abbie Reuter
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To see the most accurate list of sites,
visit girlsontheruniowa.org/locations

Learn more and register at www.girlsontheruniowa.org