

Girls on the Run

at the Alexander F. Jankowski Community Center in Perth Amboy

"We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running."

Girls on the Run is a transformational learning program for girls in grades 3-5. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their inner confidence and celebrate all that makes them unique.

***Girls will participate in the Girls on the Run 5K on November 19th in Somerville.
The Girls on the Run 5K is open to the public and families are encouraged to run.***

Register online at:

<https://www.raceplanner.com/register/index/GOTRFall2017Program>

Space is limited, register by September 20th

Please click the drop down menu and register for the school or location your daughter will be enrolling in.

For more registration, contact Lisett Lebron at 732-442-0384 or by email at lisett@partnernj.org

For more information about GOTR, contact Donna York at donna@girlsontherun.org

Who: Girls in Grades 3-5

Days: Monday & Wednesday

When: September 20 – November 19

Time: 4:30-6:00PM

Fee: The program is sponsored by the City of Perth Amboy, the Recreation Department and The P.A.R.T.N.E.R Organization



CITY OF PERTH AMBOY
THE HONORABLE MAYOR WILDA DIAZ

