



Girls on the Run of the Coastal Carolinas



A program of the
Wilmington Family
YMCA



Girls on the Run of Coastal Carolina is a program for girls in 3rd through 8th grade. This 10 week program is dedicated to helping girls climb out the “girl box”. Girls on the Run uses a 20 lesson curriculum designed to promote good choices for a lifetime of self respect and healthy living. Through the power of running, interactive activities and discussions, participants learn how to celebrate being a girl!

Goals for each girl include:

1. Complete a 5k run/walk event
2. Have a stronger sense of identity
3. Learn the advantages of peer group support
4. Learn to stand up for herself in a healthy manner
5. Have an improved body image
6. Participate in a community project

PROGRAM FEE

YMCA Members \$50.00
Program Participants: \$ 60.00
10 Week Program
(2 days a week)

Financial Assistance is available. Visit The YMCA website at www.wilmingtonfamilyymca.org/gotr
Or contact your coach for an application.

Please make check payable to:
Wilmington Family YMCA
2710 Market St
Wilmington, NC 28403

Program Information:

Program start date:

Practice Times:

5k Race:

Site Contact:

Email:

Phone:

Payment due by:

Fee Includes:

- 10 weeks of curriculum based lessons
- Trained coaches
- Lesson materials
- Program T-shirt
- 5K Registration
- End of season celebration
- Water bottle

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