

# Building Strong Girls



brain



heart



social



body



spirit



## Girls on the Run of NOVA Girls on the Run

*Sponsored by the  
Kent Gardens 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 run** to end the season. Open to friends and family!

## How to Register

Register online via our homepage  
[www.gotrnova.org](http://www.gotrnova.org)

**August 22**  
through  
**September 19**

**Fall 2016 Season**  
September 26 - December 9

## Program Fees & Financial Assistance

**Program fee:** \$175

**Coaches' Daughters:** \$110

**Military Discount:** \$150

**Sibling Discount:** \$150 for second child

**Fees for Qualifying Families with Financial Need:** \$22 or \$75

## Season Details

**Practice Location** Kent Gardens Playground (site)

**On:** Tuesday & Thursday (days)

**From:** 3:45 to 4:45 (time)

**Your Head Coach is:** TBD