

# Strong Starts Here



brain



heart



social



body



spirit



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

- 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!

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

## How to Register

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

**January 27**  
through  
**February 25**

**Spring 2020 Season**  
March 2 – May 20

## Program Fees & Financial Assistance

**Standard Program fee:** \$175

**Coach Daughter/Coach Family Discount:** \$110

**Military Discount:** \$150

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

**Fees for Qualifying Families with Financial Need:**

\$22 (Free Lunch) or \$75 (Disc. Lunch)

## Season Details

**Practice Location: Wakefield Forest ES**

**On: Tuesdays & Thursdays**

**From: 7:00AM to 8:30AM**