

GET INTRODUCED TO THE SPORT OF
RUNNING

GIRLS IN STRIDE RUNNING CLUB

AGES 6-14 \$75 Runs March 28th - May 16
Non - Competitive Program



This program is designed to introduce girls to the sport of running, help them gain confidence, build self-esteem, and lead them to a path of health and fitness. This program focuses on using games and drills that make running fun, while also improving athletic performance for those who play other sports.