



our girls say

"I WANT TO CHANGE THE WORLD BY DOING BIG THINGS."

- Leah, 5th grade

Girls on the Run Los Angeles
TEAM LOWELL

MONDAYS
3:15pm-4:45pm
THURSDAYS
2:45pm-4:15pm

Register Online
www.gotrla.org/program-registration
Space is Limited to 15 Girls
Registration Opens: JAN 29
Program Runs: FEB 26-MAY 12
5K Celebration: 1st Weekend May

Girls learn specific skills

They can use at home, at school and in their community



MANAGE EMOTIONS



RESOLVE CONFLICTS



HELP OTHERS



INTENTIONAL DECISION-MAKING

10 Week Program
Scholarships Available **\$250**

Our award-winning physical activity-based positive youth development program (PA-PYD) fosters social-emotional learning among peers, bolsters confidence, and strengthens self-image. Trained coaches lead a team of girls through our research-based curricula that includes dynamic discussions and fun activities. The program concludes with a celebratory 5K Event (3.1 miles) for the whole family. Practices held at Marne Stadium Park. Coaches will meet girls on Lowell Playground; parents will pick up from Lowell Playground. No running skills needed. Open to all girls in 3rd-5th grade.

Alyson Ellis, Olympian Gold Medalist

**LIFE COMES AT GIRLS FAST.
HELP THEM FIND THEIR PACE.**

THANK YOU TO OUR NATIONAL PARTNERS!



This activity is neither sponsored nor endorsed by the LBUSD or any of its schools. Any child that is picked up late is the sole responsibility of Girls on the Run, not Lowell Elementary.