

Girls on the Run

After-School Program

At Girls on the Run of NOVA, we are creating a community of girls empowered to be their best, by teaching them the skills they need to be strong, confident, and healthy women. The 10-week curriculum teaches girls to be strong, healthy and confident while discussing topics like positive thinking, standing up to peer pressure, positive body image, and healthy relationships. At the end of the season, a celebratory 5K run takes place and is open to friends and family.



KINGS PARK & KINGS GLEN PTA
Two Schools, One Community

Questions: Contact Britta
educomm@kpkgpta.org

Opportunities offered by organizations other than Fairfax County Public Schools are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent, or a specific school. These opportunities may utilize technology tools that have not been assessed by the Fairfax County Public Schools Department of Information Technology. Students should gain permission from their parent or guardian before engaging in any non-FCPS enrichment opportunity and families should review the Terms of Service, User Agreements, and Privacy Policy for any technology platform that the enrichment opportunity may use before participating.

Fairfax County Public Schools does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to all clubs and activities.



brain



heart



social



body



spirit

Strong Starts Here



Girls on the Run of NOVA

Girls on the Run

Sponsored by: The Kings Park PTA

Youth development program for **3rd grade girls**

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

How to Register

Register online via our homepage:

www.gotrnova.org

Registration Open
February 5 - March 15

Spring 2024 Season

March 4 – May 19
(no practice over Spring Break)

Program Fees & Financial Assistance

Standard Program fee: \$185

Military Discount: \$160

Sibling Discount: \$160 for second child

Qualifying Families with free or reduced lunch: \$22 or \$75

For questions email info@gotrnova.org
or call 703-273-3153

Season Details

Practice Location: Kings Park ES

On: Tuesdays & Fridays

From: 3:30 pm to 4:45 pm

Your Coaches: Kathleen Beigh, Shelley Miller,
Kaetty Saravia, and Alison Alford