



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Girls on the Run®

Confidence. Self awareness. FUN! Girls on the Run is an innovative curriculum designed exclusively for pre-teen girls. This great curriculum includes running workouts, and games that teach important skills such as how to make healthy decisions and resolve conflicts. The workouts will prepare the girls for a 5K run/walk event while challenging and encouraging each girl, whatever her fitness level. Through this group with supportive coaches, girls are provided positive peer group experiences and role models for healthy living.

When

Tuesday / Friday at 3:45-4:45 PM
12 Week Session beginning Tuesday, March 5th, 2013

Age

3rd – 4th grade Girls

Where

Grimes Community Complex

Contact

Chelsey Bowermaster; Girls on the Run of Polk County
515.224.9901 ext 222; chelsey.bowermaster@dmymca.org

***New*: Check us out on the Walnut Creek Family YMCA Facebook page for updates and photos throughout the season!**

Program Fee

Participants of Girls on the Run® and their families choose a program fee ranging from \$0 to \$100. Girls participate equally in the program regardless of the fee selected. The actual out of pocket cost to the GOTR program is approximately \$100 per girl for the twice per week, ten week program. \$100 covers the full cost of one child's participation. The following scale is provided for families to choose what they believe they can afford, with the realization that by contributing as much as they can afford, families are helping realize the vision for all girls to participate. Families who have the ability to and are interested in supporting the program beyond the \$100 will have an opportunity to sponsor additional girls as well on the participant registration form on the reverse side.

Level I - \$76 - \$100
Level II - \$51 - \$75
Level III - \$26 - \$50
Level IV - \$ 0 - \$ 25

Registration Deadline

March 7th, 2013; Paperwork and payment is turned in at the Walnut Creek Family Y.

WALNUT CREEK FAMILY YMCA

948 73rd Street West Des Moines, IA 50312

P 515 224 1888 www.dmymca.org



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Council Name: Girls on the Run-Polk County
Site Location: Polk County- Greater Des Moines Area

Participant Information:

Participant Name:	Date of Birth:	
Home Address:		
City:	State:	Zip:
Mother's/Guardian's Name:	Work Phone:	Mobile Phone:
Mother's Work Address:		
Father's/Guardian's Name:	Work Phone:	Mobile Phone:
Father's Work Address:		

Emergency Contacts (contacted only after efforts to reach parent/guardian fail):

Contact #1:	Work Phone:	Mobile Phone:
Relation to Participant:		Email:
Contact #2:	Work Phone:	Mobile Phone:
Relation to Participant:		Email:

Allergies/Medications:

Allergies (please list any/all allergies participant has experienced):
Medications (please list any/all medications participant is currently taking):
Any special physical or medical problems student has:

Insurance Information:

Is participant covered by insurance? <input type="checkbox"/> YES <input type="checkbox"/> NO	Carrier/Plan Name:
Name of Insured:	Group #:
Relationship to Participant:	Policy #:

I have fully read the permissions and releases printed on the back of this document, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Participant's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant, and this permission and release is binding on me and my executor, administrators and heirs.

Guardian Name (please print): _____

Guardian Signature: _____ Date: _____