

Girls on the Run Girls on Track -2010

The Bridgewater Recreation Department is looking for interested coaches for these popular programs!

Please contact us for more information regarding coaching. There is a mandatory course for all coaches to take. The next course will be sometime in the New Year 2010. Call (908) 725-6373 or email recreation@bridgewaternj.gov today to get more information and be registered as a volunteer coach for the Spring 2010 Girls on the Run & Girls on Track programs!

Girls on the Run is a 10 week experiential running program for Bridgewater-Raritan girls in grades 3 – 5. The Program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves.

The emphasis is not on running but on having fun! The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three.

WHO: Girls in grades 3 – 5 Bridgewater-Raritan Residents only!
WHEN: Two nights a week April - June (i.e. Mondays & Wednesdays)*
TIME: 6:30pm to 7:30pm*
WHERE: To be announced
COST: To be determined
RACE DAY: To be announced

Dates, times and locations subject to change pending registration, permits...

Girls on Track is a 10 week experiential running program for Bridgewater-Raritan girls in grades 6 - 8. The Program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves.

The emphasis is not on running but on having fun! The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three.

WHO: Girls in grades 6 - 8 Bridgewater/Raritan Residents only!
WHEN: Two nights a week April – June (i.e. Tuesday & Thursday)*
TIME: 7:00pm to 8:00pm*
WHERE: To be announced
COST: To be determined
RACE DAY: To be announced

* Dates, times and locations subject to change pending registration, permits...*

For more information about Girls on the Run & Track visit www.girlsontherun.org.

