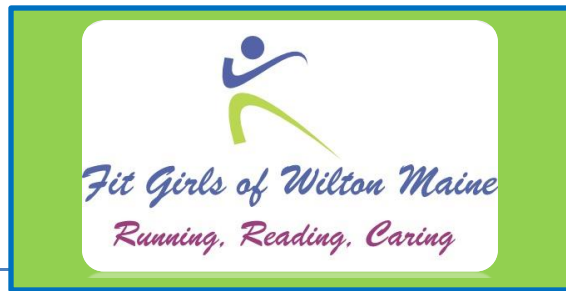


# BE A FIT GIRL SPRING 2018



**What:** The Fit Girls Fitness Program is a running and reading program for girls in 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grades that builds self-esteem and confidence, and helps girls connect with and give back to their community. The program consists of non-competitive workouts designed to gradually and safely build endurance to run or walk the 5k (3.1 miles) race distance. Each session also includes a “great book of the day” discussion and activity that features a positive message. At the end of the season, girls participate in a local 5k race as they celebrate both fitness and community.

**Costs:** The program is funded through grants and donations and there are **no additional costs to the girls to participate**. The girls will need a pair of good fitting running shoes. We provide each girl with a Fit Girls water bottle and tee shirt.



**When:** The Fit Girls will meet:

**\*Cape Cod Hill School on Mondays from after school-4:30 beginning April 2**

**\*Academy Hill School on Tuesdays from afterschool- 4:30 beginning April 3**

**\*Cascade Brook School on Thursdays from afterschool -4:30 beginning April 5 (6<sup>th</sup> grade girls meet at 2:10 at Cascade Brook)**

For questions about this program, please contact Deb Aseltine, Director at 645-9648

or e-mail: [wiltonfitgirls@gmail.com](mailto:wiltonfitgirls@gmail.com). Also, please visit our website: [www.fitgirlsofwiltonmaine.org](http://www.fitgirlsofwiltonmaine.org)

## REGISTER TO PARTICIPATE

Please register my daughter for Fit Girls program! Please complete and leave in the office at school. (Once signed up, information will be mailed or e-mailed with permission and emergency contact forms. These two forms will need to be turned in on the first day of the program. If your girl participated in the fall, the permission waiver and contact forms are valid through the spring program.)

Name of Fit Girl \_\_\_\_\_ Grade spring 2018 (please circle) 4 5 6

School (please circle one) Cape Cod Hill Academy Hill Cascade Brook Mt. Blue Middle School

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name of parent: \_\_\_\_\_ Signature of parent/guardian: \_\_\_\_\_

Fit Girls of Wilton, Maine is a Maine non-profit corporation and qualifies as a tax-exempt organization under Internal Revenue Code Section 501 (c)(3).

**This is not a Mt Blue RSD sponsored event**