

JOIN SPRING FIT GIRLS



We are very excited to announce the registration for our spring program. For the past 12 years, Fit Girls has been providing girls with a way of staying active and healthy, making friendships, and having fun. Our plans are to be in-person and create a fun and safe experience for girls.

Fit Girls is a running and reading fitness program for girls in 4th and 5th grades

- The after-school spring program is offered beginning at:
Cape Cod Hill School on Mondays, starting April 3
Academy Hill School on Tuesdays, starting April 4
Cascade Brook School on Thursdays, starting April 6
- Each week, the girls will engage safely in lively and engaging warm up activities surrounding a great book; stretching exercises; fun games; and learning to run and walk safely to build endurance to participate in a spring 5K in late May
- Our program is offered outdoors at the school sites, with snacks provided and run by volunteer coaches
- Once registered, the girls and families will receive a Fit Girls Handbook outlining the program, the schedule, and the expectations.
- 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.

PLEASE GO TO OUR WEBSITE FOR REGISTRATION:

www.fitgirlsofwiltonmaine.org

If you need assistance with registration or for questions,
please email: wiltonfitgirls@gmail.com

REGISTRATION DEADLINE is March 20, 2023

The program listed above is not an RSU 9 sponsored activity, however, this flyer is being distributed in the local schools as a community service. All costs associated with this flyer are paid for by Fit Girls of Wilton Maine