



Who we are: A running program for girls in 4th, 5th and 6th grade that promotes self esteem, builds confidence and promotes a healthy lifestyle.

Where do we meet: * NEW this year* Swampscott High School

When: Monday's & Wednesday's 3:00-4:30
1st will be **Wednesday September 6th**

What you need to bring: Energy, a great attitude, water, wear appropriate running clothes and of course your running sneakers! *PLEASE* do not let your daughters wear "Fashion" sneakers - no Converse All Star, no Adidas Shell Toes etc. This is for their safety!

Registration: \$60 (for training program, race entry, program supplies and Fit Girls shirt). **Registration opens on August 14th**

Register at <https://fitgirlsmhd.wufoo.com/forms/z1qzmq281y0nxs/>

How to contact us: fitgirlsswampscott@gmail.com

Text us - Jean @ 617.650.4146 or Corinn @ 617.827.6500

Fit Girls Run Club Swampscott on Facebook

Fit Girls are on Instagram! @FitGirlsSwampscott

<http://fitgirlsrclubswampscott.blogspot.com/>

IMPORTANT DATE * Mark your calendars NOW* Sunday, October 15th, 2017 - Miles For Kyle 12th Annual Run/Walk - this is what we train for!