



Volunteer Coaches Needed

Educating and preparing girls for a lifetime of self-respect and healthy living.

The goal is to empower all girls to:

- Have a stronger sense of identity
- Give and receive support from a group
- Have a healthy body image
- Be able to stand up for herself in a healthy manner
- Complete a 3.1 mile running event



Who is the program for?

- All girls in grades 3,4, & 5
- Girls who want to have fun and play running games
- Girls of all athletic ability

For more program info:
www.gotrchicago.org



Volunteers should have experience or interest in working with children and promoting healthy lifestyles.

Other qualifications include: women ages 18 or older, and able to provide personal and professional references!

Location: Field House Sports and Fitness Center at Hinkston Park
800 North Baldwin Waukegan, IL

Dates and Times: March 6-June 2, Tuesdays and Thursdays from 4-5pm
5k Race is on June 2 at Montrose Harbor in Chicago!

**For more information contact Dayna Wick at 847-782-3625
before February 15, 2012**

WAUKEGAN PARK DISTRICT