

Girls on the Run--Fall 2010

(for 3rd through 6th grade girls)

Girls on the Run of Southeastern Michigan, a non-profit program for 3rd through 6th grade girls, is offering an afterschool program in Dexter this fall. The trained volunteer coaches lead girls through a ten week program where they use fun running games and activities to help girls learn about expressing themselves, making good choices, creating healthy habits and serving their community.

Over the course of the ten-week season the girls train together to participate in a non-competitive 5k (3.1 mile) run. The girls complete the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image and an understanding of what it means to be part of a team. All shapes, sizes and abilities are celebrated and welcome! Register quickly because enrollment is limited. Creekside students registered for this program can ride the bus after school up to Wylie. For more information about Girls on the Run, to volunteer, or to apply for a scholarship, log onto www.girlsontherunsemi.org.



Dates: Tuesdays and Thursdays, September 21-December 2 (no class Nov. 23 & 25)

Time & Location: 3:20-4:50 pm; meet at Wylie Room 215

Fee: \$125. Includes: 20 lessons, a healthy snack at each lesson, GOTR T-shirt, water bottle, and an entry in the New Balance Girls on the Run 5K on Sunday, November 21, 2010.

Class Code: #67

Register by: Monday, September 13, 2010

HOW TO REGISTER: Please fill out the Family Account and the Girls on the Run Registration Forms below. If you have already filled out a family account form, thank you! You are already in our database. Please note that all families must fill out the account information, even if you don't plan to register online. REGISTER BY Sept. 13. After that, call 734-424-4180 for class availability. You can register in three ways:

1. ONLINE at www.onlinedexter.com if your family account is already set up and you have received your password. Search by class code (see above).
2. MAIL: Send this completed form with check or charge payment to Dexter Community Services, 3060 Kensington, Dexter, MI 48130. You may also deliver registrations to our office, located in the lobby of Dexter Pool.
3. FAX: Charged registrations may be faxed to 734-426-9515.

If you have questions or need assistance registering, call Dexter Community Services at 734-424-4180.

FAMILY / INDIVIDUAL ACCOUNT REGISTRATION

HEAD OF HOUSEHOLD: Full Name _____ Birthdate _____ Male ___ Female ___

FAMILY INFORMATION: Street Address _____ City/Zip _____

Home Phone (____) _____ Cell / WorkPhone (____) _____ Primary email (print) _____

ALL ADDITIONAL FAMILY MEMBERS (including student below)

Full Name _____ Birthdate _____ Male ___ Female ___

Full Name _____ Birthdate _____ Male ___ Female ___

After your family account is entered, we will email you a password you can use for future online registrations.

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Student's Name _____ Class Name _____ Class Code # _____ Phone _____

Circle T-shirt size: Med Youth (10-12) Lg Youth (14-16) Sm Adult Med. Adult Lg Adult XL Adult

Photographs are sometimes taken in our programs and may be used in Dexter Community Services promotional material (brochures, fliers, website, etc.) Children are never identified by name. Contact our office if you would prefer your child not be photographed. I certify that I am aware of the inherent risks in the above activity, that my child is physically capable of performing the normal activities related to the activity and that I assume full responsibility for accidents arising out of circumstances not under control of the Dexter Community Schools and/or its agents.

Print Cardholder's Name _____ Parent or Guardian's Signature _____

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Date Card Expires _____

Visa

Mastercard

Pin number (back of card) _____

Cardholder's Signature _____