



**Fridays for 8 Weeks**

**12:15 to 1:00 pm April 17th to June 5th**

**(No class on April 10th during Spring Break)**

# "Are You Shining" Run Club

At "Are You Shining" Empowerment Run Club, we pair fitness with research on the Growth Mindset. In helping students be more active, we teach them physical skills, but most importantly we teach them Resilience and Optimism. Through a variety of fun, active games, your children will work on their character skills. They will strengthen their positive-self talk, learn to set high goals, and deal with setbacks. They'll work on integrity and teamwork and on many other necessary skills for happy and successful lives. These lifelong skills begin in early childhood, which starts at the pre-school level (our programs start at age 3).

*Learn resilience, growth mindset & build physical skills!*



Coach Ludka is a former high-school teacher, a private tutor, and a summer camp instructor. She has worked with children of all ages and abilities and she can't wait to share her enthusiasm with your little ones! She also has an active 2-year-old boy of her own and hopes he, too, will grow into a strong and positive person, just like your children!

**8 CLASSES for \$176**

**To Enroll: Please write your child's name here \_\_\_\_\_**

**And attach payment here by Check or Credit Card. Give this flyer to your teacher from your car or directly to the office.**