

# EAST ELEMENTARY RUNNING CLUBS

## GIRLS' WE RUN

This club is for 4th grade girls. We Run educates students about the importance of overall health and wellness. We meet Mondays and Thursdays 3:30-4:30 for 6 weeks each semester, beginning in October and again in February ending with the Milk Mustache Dash.

Our focus is to set and reach running goals while encouraging and empowering each other. Contact Allison Broderick (573-243-5271) for more information.

## BOYS' BOOTCAMP

This club is for 4th grade boys. Boys' Bootcamp educates students about the importance of overall health and wellness. We meet Mondays and Thursdays 3:30-4:30 for 6 weeks each semester, beginning in October and again in February ending with the Milk Mustache Dash.

Our focus is to instill fitness, fun, and character building. Our mission is to increase self esteem and confidence. Contact Ashley Seabaugh (573-243-5271) for more information.