

Find FRIENDS and JOY IN MOVEMENT

That's the power of

heart & sole

A program to help every girl strengthen their mind, body and spirit through interactive lessons, physical activity, and team discussions on relevant topics.

Heart & Sole is a unique program just for girls! ✨
Get to know yourself and others through
interactive lessons, team discussions and fun
physical activities.

Girls on
the run®

Each season, Heart & Sole participants learn:



How to embrace who they are, both on the inside and outside



Strategies to become independent and critical thinkers



Skills to write their own stories



Tools to find inner strength through physical activity

Online Registration
Open Now!



For more information and to register, visit
www.gotrmidstatepa.org

York Suburban Middle
School Team

Season Starts: Week of September 29
Practices: Wednesday's 3:00-5:00 PM
5K Celebration: December 6 at York College
Flexible, Affordable Payment Options Available!

Questions? Contact

Mrs. Wawrzyniakowski, Coach & Site Liaison
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717-885-1260 ext. 6033

The school district neither encourages nor discourages a student's participation in the activity described herein.