



Heart & Sole is an afterschool program like no other!

Girls will have fun, make friends, increase their physical activity, and learn important life skills



This year's adapted program is safe and flexible for our community so that girls can **connect** with their peers. We are excited to have the flexibility to seamlessly **transition between in-person and virtual programming if needed. Practices will follow all COVID-19 safety guidelines outlined by the school.**

Our qualified and trained Coaches guide girls through research-based life skills curriculum. **The curriculum contains lessons that are filled with physical and nonphysical activities that ALL girls can participate in!**

Right now, **girls need this more than ever!**



WHEN IS THE PROGRAM?

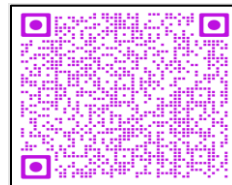
- Mondays/Wednesdays 4:30pm-6:00pm, April 5th-June 3rd.
- Parents are responsible for providing transportation to and from practices. The practices will be held at GRANGE PARK-Pavilion #1. 360 Grange Road Allentown, PA 18106.
- June 3rd will be our celebratory 5k event. Stay tuned for more details!

WHO CAN SIGN UP?

- Girls-6th-8th grade

HOW DOES A GIRL REGISTER?

- Online starting 3/1 @ www.gotrlhighvalley.org or you may scan the QR code below.
 - Registration will be first come, first serve. The roster will close at 15 girls. Do not wait!



What is the cost?

- sliding scale based on household income, \$10-\$155
 - Full and partial scholarships available

We have never turned a girl away based on her inability to pay the registration fee.

Each Girl receives the following with her registration:

- Individual Cinch Sack to store all her program materials
- Curriculum Journal
- Program Shirt
- 5k Shirt
- Registration into our end of season celebration 5k
- Girls on the Run Face Mask

Questions? Please contact jessica.yunker@girlsontherun.org or 484-431-7564.

The Parkland School District does not sponsor or sanction this program/event/activity