

Not Affiliated with Penn Manor School District

Find **FRIENDS** and **JOY IN MOVEMENT**

That's the power of



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.

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

We do not turn girls away for inability to pay. Financial assistance options are available to help make the program accessible to everyone - no questions asked, and no forms to fill out. Families are encouraged to pay what they can based on their circumstances. During online registration, type in any amount between \$10 and \$230 in the blue box on the Check Out Page titled "Payment Adjustment" and confirm your total has changed before submitting the registration. A payment plan is available for all registrations.

Fee Waiver - \$0 **Please contact khoman@gotrlancaster.org or call (717) 429-6184 to inquire about fee waivers**

Conestoga Elementary
6th-8th Grades

Practice Day: Wednesday

Practice Time: 3:30-5:30

Season Begins: Week of March 9th

Season Ends: GOTR 5K - Saturday, May 16th -
Greenfield



Scan me!

**Girls on
the run®**

Learn more and sign up today!



gotrlancasterlebanon.org

Questions? - Contact - Cassie Sauder - cassiedanae@gmail.com

Registration opens February 7th