

I RUN LIKE A GIRL, TRY TO KEEP UP

Join Heart & Sole beginning March 14 at Santa Margarita
Mon 3:00-4:30, Wed 12:45-2:15

Twice a week for 8 weeks become part of a unique team of girls in 6th-8th grade! Cultivate your strengths and be your best self. Learn how to unlock your amazing potential! End the season with a celebratory 5K event on May 15th at Crown Point Park

Register online today!

Program Fee: \$225

Registration fees includes:

- Personal journal
- Heart & Sole t-shirt & water bottle
- 16 lessons (90 min each lesson)
- 5K registration & finisher medal

COME AS YOU ARE

heart & sole



Financial assistance to anyone who needs it.
It's our mission to never turn a girl away.
Contact scholarships@gotrsd.org

Questions?

program@gotrsd.org

Visit

www.gotrsd.org/Program-Registration

Call

(619) 813-9020

I RUN LIKE A GIRL, TRY TO KEEP UP

Join Heart & Sole beginning March 14 at Santa Margarita
Mon 3:00-4:30, Wed 12:45-2:15

Twice a week for 8 weeks become part of a unique team of girls in 6th-8th grade! Cultivate your strengths and be your best self. Learn how to unlock your amazing potential! End the season with a celebratory 5K event on May 15th at Crown Point Park

Register online today!

Program Fee: \$225

Registration fees includes:

- Personal journal
- Heart & Sole t-shirt & water bottle
- 16 lessons (90 min each lesson)
- 5K registration & finisher medal

COME AS YOU ARE

heart & sole



Financial assistance to anyone who needs it.
It's our mission to never turn a girl away.
Contact scholarships@gotrsd.org

Questions?

program@gotrsd.org

Visit

www.gotrsd.org/Program-Registration

Call

(619) 813-9020