



heart & sole

at COL. Fred Cherry Middle

Tuesdays & Thursdays
2:00pm - 3:30pm

SEASON STARTS SEPTEMBER 19TH

Online registration is now open!

gotrhr.org

Space is limited!

**PROGRAM FEES ARE BASED ON
FAMILY INCOME AND HOUSEHOLD SIZE**

LEARN MORE

Contact Ali Bowen,
Program Director:

 ali@gotrhr.org

 757-378-6476

Visit our website:



Our Heart & Sole team is open to all girls in the 6th grade. We meet twice a week over 10 weeks for a total of 20 lessons.

GIRLS WILL:

Make friends

Increase physical activity levels

Learn important life skills

Train for and complete a 5k!

INCLUDED WITH REGISTRATION:



OUR DYNAMIC ACTIVITIES AND DISCUSSIONS COVER:

- Empathy
- Setting boundaries
- Understanding emotions
- Resolving conflict
- And **more!**