



joyful



healthy



confident

Heart & Sole BE TOTALLY YOU!

What is Heart & Sole?

- ★ Heart & Sole is a **life-changing** character development program for girls in 6th-8th grade.
- ★ The Heart & Sole curriculum addresses the whole girl—body, brain, heart, spirit and social connection—and builds important life skills.
- ★ Heart & Sole creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop skills that will help them as they move through adolescence and beyond.

A Heart & Sole team consists of 8 - 12 girls, led by trained coaches. Registration costs include *all* curriculum materials, entry in the end of season 5k, program and event t-shirts, water bottle and finisher medal.

Follow us on social media for updates on programming, coaching, special events and more!



gotrtriangle



gotrtriangle



gotr_triangle

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heart & sole

Fall Registration opens
August 29th!

Register online at
www.gotrtriangle.org

*Scholarships available at all
locations!*

The Fall Heart & Sole
Season runs from
September 25th - December 7th.

The end of season 5k will be
held on **December 9th.**

Wakefield Middle School
Tuesdays and Thursdays
3:30pm - 5:00pm

For more information, please
contact Christina Levey at
clevey@wcpss.net



MEASURING THE VALUE OF HEART & SOLE

SOME SCHOOL ACTIVITIES ARE FREE. WHY IS THERE A FEE FOR HEART & SOLE?

Although we typically bring Heart & Sole right to your school, Heart & Sole is an independent, nonprofit organization – *not a school-sponsored activity*. We depend on registration fees, along with support from individual donors, corporate sponsors, PTO/PTSAs, and local foundations to make Heart & Sole a high-quality experience for your daughter.

WHAT DOES THE REGISTRATION FEE INCLUDE?

- Twenty 90-minute lessons led by trained Heart & Sole coaches
- An official Heart & Sole t-shirt and water bottle
- Registration for the Heart & Sole 5k celebration
- A 5k finisher's medal
- All program materials, handouts, lap counters and stickers
- Facility use fees
- Ensure participant safety with liability insurance, and background checks for every volunteer
- CPR/First Aid training for coaches
- Recruit, train and retain high-quality coaches and staff
- Pay licensing fees to utilize a fun, unique and research-based curriculum
- Ensure that ALL girls have a chance to participate despite financial ability

Heart & Sole is for every girl. Since our inception, we have **NEVER** turned a girl away based on her inability to pay the registration fee. About 1 in 3 Heart & Sole participants receive full or partial scholarship to participate in our program.

HOW DOES HEART & SOLE COMPARE?

Heart & Sole is a positive-youth development program which offers enriching activities similar to club sports or group lessons.

Piano/Violin:
(20 half-hour lessons) \$525*

Dance Lessons:
(16 90-minute lessons) \$415*

After-school care:
(20 Days) \$370*

Gymnastics:
(20 1-hour classes) \$300*

Ice Skating:
(20 half-hour lessons) \$260*

Heart & Sole:
(20 90 minute lessons) Sliding scale from \$20-\$205 with no girl ever turned away

Soccer:
(1 season of U10) \$175*

Little League Softball:
(1 season of U10) \$115*

**Every activity except Heart & Sole requires additional purchase of equipment (cleats, uniform, leotard, etc.)*