Heart & Sole is for any girl brave enough to be herself. Join us for a journey that will empower you to tap into your strengths and learn new life skills. Every week, we'll run, laugh and learn about what makes each other tick. The program ends with a celebration of how far you've come... and a 5K that will remind you that you can crush any goal you set your mind to.

Registration Opens
February 9, 2021

Season Starts
Week of March 15th
Teams meet twice a week

End of Season Celebration
Saturday, May 15, 2021

Practice Location: Mentor United Methodist Church
*Delivery Model: Hybrid
Days & Times: Tues & Thurs / 4:15-5:30
Open to girls in grade: 6th - 8th
Contact: Bev Lee, 440-666-2058
Beverly.k.lee@gmail.com

*Delivery Model determined by site.
Virtual: All sessions will be 100% virtual. Supplies will be mailed directly to participants. Lessons are 45-60 min.
Hybrid: Sessions will be in-person. Should your location close, lessons will continue on the same schedule, but will shift to virtual.

Register online at www.gotrneo.org or by phone at (234) 206-0786

@gotrnortheastohio

Registration fees are based on a sliding scale and scholarship funds are available to all participants in need. Contact us at 234-206-0786 to learn more!