

BE A FORCE OF NATURE

Come as you are. Become part of a unique team of girls.

And unlock your amazing potential. Join Heart & Sole, an after school program for 6th to 8th graders, where you can cultivate your strengths and be your best self.

Big Spring Middle School - Heart & Sole

What to Expect

Be relentless. Heart & Sole is for any girl brave enough to be herself. Join us for a 10-week program 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
August 26.

Scan or visit
gotrmidstatepa.org
to register!



Registration Opens: August 26

Program Starts: September 23

Practice Times: Mondays from 3:00 - 5:00 PM

5K Celebration: November 24 at HACC

Contact: Ms. Jessica Sprecher
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