

Waukee YMCA Heart & Sole

Who: 6th-8th grade Girls

Girls on the Run/Heart & Sole is not about who gets to the finish line first; it's about participating and completing the incredible experience it offers.

What is Heart & Sole?

Heart & Sole is an **afterschool club for middle school girls who are proud to be exactly who they are.** The curriculum **combines physical activity and life skills** that focus on allowing a safe space for girls to explore and try new things, acquire tools and strategies to help them navigate through life, and celebrate their accomplishments. The Heart & Sole curriculum is rich with themes girls can relate to, **addressing the whole girl—body, brain, heart, spirit and social connection**—and building important life skills such as team building, developing a support system, boundary setting, asking for and providing help, and more.

Messaging for Girls

- Our 6-8 grade afterschool club is for girls who are proud to be exactly who they are!
- We provide you with the tools and the space you need to help you learn more about yourself, explore new ideas, and develop skills that will help you now and in the future.
- Every week, you can run, walk, skip, jump, push or roll while you connect with other girls as unique as you.
- The season ends with a fun 5K event where you can celebrate everything you have accomplished.

Messaging for Parents

- Our program facilitates ways for 6th to 8th grade girls of all abilities to gain confidence, build social skills, and realize their incredible potential.
- Prior to the start of the program, volunteer coaches participate in coach training, which prepares them to build relationships with girls, create a positive and inclusive environment, and support individual improvement.
- Each team of approximately 8-15 girls is led by two or more trained and caring coaches.

A girl who is absent more than 4 times may be removed from the program. Participants must commit to both practices each week and attend the entire practice.

Season begins: Week of February 24th

End of Season 5K: Sunday, May 10th at 2:30pm at Principal Park

Meeting days and times: Waukee YMCA T/Th 5:30-6:45 PM

Register at: www.dmyymca.org/girlsontherun

Cost: \$150

Assistance is available and is based on the free or reduced lunch qualifications:

- Free lunch \$25
- Reduced lunch \$75
- Full Lunch \$150

Additional assistance is available by contacting christa.vanderleest@girlsontherun.org.

No girl is turned away due to the inability to pay.

Program cost includes: 20 lessons conducted by at least two certified GOTR Coaches (25 hours of instruction), an official GOTR t-shirt, participation in the season-ending 5k for your GOTR participant, a water bottle, a snack at each practice & a 5k finisher's medallion.

The Heart & Sole curriculum was developed by Girls on the Run International to meet the unique needs of middle school girls. Rich with themes girls can relate to, the curriculum addresses the whole girl—body, brain, heart, spirit and social connection—and builds important life skills. Heart & Sole is accessible to all girls regardless of athletic ability or fitness level and considers the range of ages and varied experiences of middle schoolers.

For more information:

www.dnymca.org/girlsontherun

Girls on the Run of Central Iowa is a program of the YMCA of Greater Des Moines
515.224.9901 x251 or christa.vanderleest@girlsontherun.org

This is not a Waukee Community School District publication. It is being distributed through the school district as a community service of the district to inform you of other community activities or services available.