

LOOKING FOR A FALL AFTER-SCHOOL ACTIVITY?

Our research-based middle school program has gone virtual! Twice a week, girls and coaches connect, build confidence, get active and have fun!



GRADES 6TH-8TH

Team A: Mon/Wed, 4-5pm
Team B: Mon/Wed, 6-7pm
Team C: Tues/Thurs, 4-5pm
Team D: Tues/Thurs, 6-7pm



Registration for our special, virtual Fall 2020 Season is open!

We have four middle school Heart & Sole teams for girls in 6th-8th grades. Teams are open to all girls in Snohomish County.

Our fun, research-based programs have been adapted for virtual lessons where girls and coaches connect, build confidence, get active and have fun!

Our 8-week season runs Oct. 12- Dec. 5. Teams meet online with trained coaches twice each week for 60 minutes and finish the season with our Celebration 5K on Dec. 5th. The Edmonds School District doesn't sponsor or endorse the activity and/or information contained in this material.

Space is limited, so register now to reserve a spot for your girl!

To register, visit www.GirlsontheRunSnoCo.org