



Join the adventure at Running & Reading Club!

We are so excited to be back!

The Running & Reading (R&R) Club is an after-school program for grades 1-6. The R&R Club strengthens children's mental health by combined physical activity, literacy support, & social emotional learning.

In-Person

- 2 hours, 1x/week for 32 weeks (Oct-Jun)
- 45 minutes of physical activity
- 20-minute "Word of the Day" Social-Emotional Learning (SEL) component
- 45 minutes of reading/literacy, individually and in groups with volunteer "coaches"
- Year-end 5K R&R Challenge

Online

- 30-40 minute sessions, 2x/week in "hubs" (8-10 students; 2-3 coaches)
- Builds deeper connection between volunteers and participants
- Sessions include fitness, literacy, & mentoring with emphasis on Social Emotional Learning
- An interactive, accessible platform



START2FINISH

Empower kids for life

It's FREE, with lots of prizes to win!



Limited space - signup today!
<https://bit.ly/s2fregistration>



@S2Fonline and @s2f_clubonline