

FALL 2022 AFTER SCHOOL PROGRAM IN THE LOWER SCHOOL



The Convent of the Sacred Heart offers an After School Program for students in the Lower School. There is a limit to the number of children who can be enrolled in each activity.

During Summer vacation, class enrollment will be determined. Parents will be notified concerning a student’s acceptance or wait list status for her desired class(es).

- A class may be canceled if a minimum number of students do not register for it.
- All fees include a snack.
- After School activities do not meet on school holidays or early dismissal days.
- Students are not allowed to bring play dates to the After School Program.
- Children are expected to be picked up promptly when the activity ends. **Students who are late being picked up (greater than 15 minutes) will be placed in Extended Day and a fee will be charged.**

MONDAY

HARRY POTTER for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Conjure liquid luck, grow a mini mandrake, create a messenger owl and more as you continue to explore more wizardry wonders.

HOMEWORK’S DONE! for Grade 1

Teacher: Ms. Veronica Sanabani
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Wouldn’t it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the guidance and support of a teacher and the company of your peers.

HOMEWORK’S DONE for Grades 2, 3, 4

Teacher: Ms. Yedifer Piña
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Wouldn’t it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the guidance and support of a teacher and the company of your peers.

INTRODUCTION TO RUNNING! for Grade 2

Teacher: Ms. Katie Amodio & Ms. Katie Nelson
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class will instruct the girls in age-appropriate running techniques using warm-up and fitness games. Emphasis will be on safety and fun!

MUSICAL THEATER for Grades 1, 2

Teacher: Applause teachers
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class is a perfect blend of musical theater training, character exploration and fun theater activities. Students will also learn vocals and choreography to popular Broadway songs.

ROBOTICS for Grades 1, 2

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Fee: \$595 Materials Fee: \$50
Students get hands-on experience learning about gears, motors and energy while building projects! Students will build creativity and develop problem-solving skills while learning concepts in engineering and robotics.

SCIENCE for Grade 3

Teacher: Upper School students
Hours: 3:15 - 4:00 pm
Join the Upper School students in a fun afternoon of hands-on projects and experiments!

SEWING for Grade 1

Teacher: Ms. Catherine Rowland
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Girls enjoy a relaxing class working on simple sewing projects. They will make bags, dolls’ quilts, hair bands and stuffed animals!

WEAVING and TEXTILE ART for Grades 2, 3, 4

Teacher: Ms. Holly Brown
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Students will experience the wonders of weaving through a variety of techniques and materials. With portable loom and bright yarn, we will create woven wall hangings. Students will use print techniques to create original textiles with their own motifs and patterns, explore principles of repetition, pattern, scale and geometry.

TUESDAY

CHESS for Grades 1, 2, 3, 4

Teacher: Ms. Rebecca Taxman
Hours: 3:30 - 4:30 pm
Class Fee: \$595
In this class, students will be exposed to all the basics of chess in a fun and noncompetitive atmosphere. The girls will be taught how pieces move and the use of a chess clock. They will learn basic chess strategies, openings, tactics and problem-solving skills.

EARTH SCIENCE for Grades 1, 2

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Through the foundations of biology, zoology, geology, oceanography and more, we’ll learn all about how our planet works and the things that live here with us! Everything from bumblebees to blue whales, volcanoes to vortexes.

HIP HOP for Grades 2, 3, 4

Teacher: Ms. Abbie Ruff
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class features kid-friendly routines based on original Hip Hop choreography. The instructor will break down the steps, and add games, activities and cultural elements into the lessons. Come dance the afternoon away.

HOMEWORK’S DONE! for Grades 2, 3, 4

Teacher: Mrs. Larissa Lanni
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Wouldn’t it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the guidance and support of a teacher and the company of your peers.

MINECRAFT CODE: HARRY POTTER for Grades 1, 2

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Students will learn to code while exploring an interactive Harry Potter world in Minecraft. Every class is a new adventure and opportunity to put coding fundamentals into action!

SEWING for Grade 1

Teacher: Ms. Catherine Rowland
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Girls enjoy a relaxing class working on simple sewing projects. They will make bags, dolls’ quilts, hair bands and stuffed animals!

SPY KIDS! for Grades 2, 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
This class will get the girls using their critical thinking and detective skills with spy themed activities, all leading up to solving a weekly mystery! We will engage the students in classic spy-skills and lots of teamwork.

TAP for Grades 1, 2, 3

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Enjoy the fun of tap dancing while building strong dance techniques! We will focus on rhythm skills, spatial awareness, flexibility and strength. Dancers will learn tap vocabulary and some classic choreography of the art form.

OFF CAMPUS

LACROSSE for Grade 2 (Central Park)

Teacher: Ms. Fennelley Land and Ms. Kelly Reid
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Lacrosse is the fastest growing sport in the U.S. The girls will be instructed in the fundamentals of lacrosse such as cradling, scooping, passing, shooting, defense and team play. **Equipment needed: lacrosse stick, goggles and mouth piece.**

SOCCER for Grades 1, 2 & 3, 4 (Central Park)

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Students will learn and practice the fundamentals of soccer dribbling, passing, shooting and team play. **Equipment needed: sneakers.**

WEDNESDAY

DIVE INTO ART! for Grade 1

Teacher: Ms. Jennifer Simon
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Let your imagination soar in the art studio! Students will create original works of art using a variety of fun and creative techniques including drawing, collage and crafting.

FIBER ARTS for Grades 1, 2, 3

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Crocheting, cross-stitching and crafting! From the basics of sewing on a button to weaving, and macrame, we’ll cover the world of textiles in this fun and express class!

IMPROV THEATER for Grades 1, 2

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Students will learn basic improv skills, play games and develop communication performance skills. This class helps to build confidence and learning to work together as a group!

MATH ENRICHMENT for Grades 3, 4

Teacher: Ms. Yedifer Pina
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class will focus on math concepts and honing math skills. This class is for girls who are working at grade level and above.

MATH SUPPORT HOMEWORK for Grades 3, 4

Teacher: Ms. Sarah Kadzakumanja
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class is for 4th grade students who require math support to complete their nightly math homework independently. This class will review daily lessons, retouch upon important math concepts and complete nightly math homework.

MINDFULNESS for Grades 1, 2 & 3, 4

Teacher: Ms. Rachel Tenenbaum
Hours: 3:30 - 4:30 pm
Class Fee: \$595
In this class, students will learn mindfulness practices to help them express themselves creatively and work cooperatively. The girls will be introduced to breathing practices and mindfulness strategies, games and self-calming techniques and basic Yoga poses.

ROBOTICS for Grades 3, 4

Teacher: T.B.A.
Hours: 3:00 - 4:00 pm
Fee: \$595 Materials Fee: \$50
Students get hands-on experience learning about gears, motors and energy while building projects! Students will build creativity and develop problem-solving skills while learning concepts in engineering and robotics

RUNNING CLUB! for Grades 3, 4

Teacher: Ms. Lori Ayanian and Ms. Sarah Yim
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class will instruct the girls in age-appropriate running techniques using warm-up and fitness games. Emphasis will be on safety and fun!

OFF CAMPUS

SWIM CLUB Grades 1, 2, 3

Teacher: Cardinal Swim Club Coaches
Hours: 3:15 - 5:00 pm
Class Fee: \$625
This program is an advanced swim class to introduce 1st and 2nd graders to competitive swim skills, including the four strokes, diving and introduction to flip turns. Students should be able to swim 50 yards unassisted. **Students should be picked up promptly at 5:00 pm at 406 East 91st Street. (Girls will walk over to 406 with a chaperone.)**

THURSDAY

AFFINITY GROUP for Grades 1, 2, 3, 4

Teacher: Ms. Anastazia Neely & Ms. Marielena Quintanilla
Hours: 3:30 - 4:30 pm
Our LS affinity group provides an opportunity for LS students of color to celebrate their shared identities, strengthen their sense of belonging, and enrich our inclusive community. Through read alouds, craft/virtual projects, circle shares, dance parties, and other activities, participants can connect with students of color from other grades and classes. Please note: This group is open to those who identify their racial/ethnic background as Black/ African American, African, Asian, Pacific Islander, Southeast Asian, First Nations, Latinx/Hispanic, Greater Middle Eastern, or Multiracial.

FENCING for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
The girls will learn the fundamentals of en garde, lunging, and parrying in a fun and safe environment. Foil and equipment provided! Please wear your sneakers.

HOMEWORK’S DONE for Grades 2, 3, 4

Teacher: Mrs. Larissa Lanni
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Wouldn’t it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the guidance and support of a teacher and the company of your peers.

IMPROV THEATER for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Students will learn basic improv skills, play games and develop communication performance skills. This class helps to build confidence and learning to work together as a group!

INTRODUCTION TO RUNNING!

for Grade 1
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Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class will instruct the girls in age-appropriate running techniques using warm-up and fitness games. Emphasis will be on safety and fun!

iPIANOLAB for Grades 2, 3, 4

Teacher: Mr. Steve Catanzaro
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
iPianolab is a fun way to learn piano keyboard right at school. iPianolab sets up a portable keyboard lab with keyboard and headphones for each student. The girls will learn all the keyboard basics while learning to play songs they love. The class includes free access to iPiano’s web site to watch tutorials of all the lessons and songs including fun interactive learning games

LET’S BUILD SCULPTURES for Grades 1, 2, 3, 4

Teacher: Ms. Holly Brown
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Students will engage in a variety of 3-D building techniques and materials. We will explore working with wood, cardboard, found objects, dioramas and textiles in this class. Themes will focus on a variety of artists working in these areas.

PLAY PRODUCTION! for Grades 2, 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Join us for an interactive and immersive theatrical experience! This theater class will explore the fundamentals of stage production. We’ll touch on performance and stage presence, writing and storytelling, costume concepts and more.

THE STOCK MARKET GAME! for Grade 4

Teacher: Mrs. Maureen Cook
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Join our online simulation of the stock market! Girls will be given a virtual \$100,000 to invest while learning how to create a portfolio, trade, buy and sell stocks. Working with partners, students will develop and enhance skills in leadership, problem solving and team building.

OFF CAMPUS

LACROSSE for Grade 1 (Central Park)

Teacher: Ms. Roni Radcliffe
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Lacrosse is the fastest growing sport in the U.S. The girls will be instructed in the fundamentals of lacrosse such as cradling, scooping, passing, shooting, defense and team play. **Equipment needed: lacrosse stick, goggles and mouth piece.**

FRIDAY

CODING for Grades 1, 2

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Materials Fee: \$50
Learn to speak your computer’s language. This class uses a combo of fun games, tech sites, and hands-on projects to engage all learning types! Coding teaches you how to think!

MINECRAFT CODE: World Adventure for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595 Material Fee: \$50
This class will explore new worlds within the Minecraft realm. Students will learn to move, build, and code while visiting exciting places including ancient Egypt, Tokyo and the wizarding world of Hogwarts. Students use their knowledge and creativity to design their own projects.

GYMNASTICS for Grades 1, 2

Teacher: Ms. Abbie Ruff
Hours: 3:30 - 4:30 pm
Class Fee: \$595
This class emphasizes learning beginner skills that increase fitness in a fun environment. Students develop confidence as they enhance their skills in tumbling and on the balance beam, uneven bars and vault.

ON-CAMERA ACTING for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: \$595
Lights, camera, action! This cinematic course focuses on acting techniques and audition skills. Learn the basics of playing to the camera!

OFF CAMPUS

GROUP ICE SKATING AT CHELSEA PIERS (Indoor Rink) for Grades 1, 2, 3, 4

Teacher: Chelsea Piers Instructors
Hours: **3:15 - 6:00 pm (Bus leaves at 5:15 pm)**
Class Fee: \$795
In this activity girls participate in a group skating lesson and a “free skate” session. The fee includes lesson, ice skate rental and helmet. **Sacred Heart chaperones accompany the children to the rink and back to school on a Sacred Heart bus.**

PRE TEAM SWIM CLUB Grades 3, 4

Teacher: Cardinal Swim Club Coaches
Hours: 3:15 - 5:00 pm
Class Fee: \$625
This program is for students who want to develop their competitive swim skills. Participants should come with competency in three of the four strokes and have an interest in racing. **Students should be picked up promptly at 5:00 pm at 406 East 91st Street. (Girls will walk over to 406 with a chaperone.)**

FALL 2022 Calendar

SEPTEMBER

Monday	19, 26
Tuesday	20, 27
Wednesday	21, 28
Thursday	22, 29
Friday	23, 30

OCTOBER

Monday	3, 17, 24, 31
Tuesday	4, 11, 18, 25
Wednesday	5, 12, 19, 26
Thursday	6, 13, 20, 27
Friday	14, 21

NOVEMBER

Monday	7, 14, 21
Tuesday	1, 8, 15, 22
Wednesday	2, 9, 16, 30
Thursday	3, 10, 17
Friday	4, 11

DECEMBER

Monday	5
Tuesday	-
Wednesday	-
Thursday	1
Friday	2, 9

Contact: Patricia Sweeney
psweeney@cshnyc.org

Convent of the Sacred Heart
1 East 91st Street

Registration for Fall 2022 please go to:

<https://lowerschoolafterschool.campbrainregistration.com/>

-- Create an account and password

-- Select your after school class/es

-- Use your Credit card to pay (VISA, Discover and Mastercard only) NO American Express