

FALL 2019 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).

- **No applications will be accepted over the telephone.**
- A class may be canceled if a minimum number of students do not register for it. Requests are honored in the order they are received.
- Registration will not be accepted if there are outstanding After School Program balances with the business office for prior semesters.
- A bill for the activity for which your child is registered will be sent to you. **Please do not send any payment with the application.**
- 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.**
- Financial aid is available to those who qualify.

MONDAY

CHESS BUDDIES! for Grades 1, 2, 3, 4

Teacher: Ms. Rebecca Taxman

Hours: 3:30 - 4:30 pm

Class Fee: \$525

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.

CHEM KIDZS for Grades 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Students continue the fun with chemical experiments and learn what makes them work. Instructors guide students down the road of chemistry, exploring thermochemistry, chemical bonding, solutions and more.

CLAY and SCULPTURE for Grades 1, 2, 3, 4

Teacher: Mrs. Mary Boulton-Haling

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Students will create ceramic figurative work using a variety of glazing methods. The objective of the class is to introduce students to a variety of materials and skills, enabling them to create in three dimensions.

GYMNASTICS -- ADVANCED for Grades 2, 3, 4

New

Teacher: Ms. Courtney Conner-Gardini

Hours: 3:30 - 4:30 pm

Class Fee: \$525

This class is for students who want to put in more time with conditioning and stretch. The girls must be able to do backbends and solid handstands on their own. The class will focus on progressing onto hand-springs, front and back walkovers and flat backs on the vault.

HOMEWORK'S DONE! for Grades 2, 3, 4

Teacher: Mrs. Maureen Cook

Hours: 3:30 - 4:30 pm

Class Fee: \$525

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. **(Also offered on Wednesday and Thursday.)**

HOMEWORK'S DONE! for Grade 1

Teacher: Ms. Meghan Urschel

Hours: 3:30 - 4:30 pm

Class Fee: \$525

Individual help with homework for girls in the first grade!

IRISH DANCING for Grades 1, 2, 3, 4

Teacher: Ms. Alice Ann Robinson

Hours: 3:30 - 4:30 pm

Class Fee: \$525

Students will learn traditional and original Irish dance steps. Using various jigs and reels, students acquire an understanding and appreciation of Irish music. Let's not forget Irish dancing is fun!

MINDFULNESS for Grades 1, 2, 3, 4

Teacher: Ms. Rachel Tenenbaum

Hours: 3:30 - 4:30 pm

Class Fee: \$525

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.

SEWING for Grade 1

Teacher: Ms. Catherine Rowland

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Girls enjoy a relaxing class working on simple sewing projects. They will make bags, dolls, quilts, hair bands and stuffed animals!

STUDIO PAINTING for Grades 1, 2, 3, 4

Teacher: Ms. Emily Palmer

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Students will explore a variety of painting media in this class! They will work from both observation and imagination using a variety of materials such as water color, tempera and acrylic paints.

OFF-CAMPUS

BASKETBALL for Grades 1, 2, 3, 4

New

Teacher: Corbin's Crusader Coaches

Hours: 3:15 - 5:15 pm

Class Fee: \$795

Basketball is fast-paced sports experience! Students develop coordination and are encouraged to "think like a team." Skills such as dribbling, passing, shooting, and defense are highlighted. Girls will be returned home after the activity by a Corbin's Crusaders bus.

TUESDAY

CERAMICS for Grades 1, 2, 3, 4

Teacher: Ms. Mary Boulton-Haling

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Enjoy using your imagination and creativity, working and sculpting in clay!

GROUP VIOLIN for Grades 1, 2, 3

Teacher: Ms. E. J. Lee

Hours: 3:30 - 4:30 pm

Class Fee: \$525

Learn the basics of the violin and begin to make music with a supportive, step-by-step approach. The instructor is a classical violinist who has taught and played in orchestras and chamber music groups all over the world. **Instrument required.**

GYMNASTICS -- Beginners/Intermediate for Grades 1, 2, 3

New

Teacher: Ms. Courtney Conner-Gardini

Hours: 3:30 - 4:30 pm

Class Fee: \$525

This class emphasizes learning beginner and intermediate 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.

HARRY POTTER for Grades 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Materials Fee: \$50

Each week students study a different Hogwarts subject and complete a magical project like mixing potions, learning spells, playing quidditch and more! At the end of the session, students will solve a mystery and defeat a dark wizard!

ROBOT ECO WORKSOP for Grades 1, 2, 3

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

This class continues with more complex engineering principles while developing dexterity, vocabulary and creativity. The girls will add levers, pulleys and inclined planes to their skill set. Students get to take home three robots built during the course.

ZUMBA! for Grades 1, 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$525

Zumba classes feature kid-friendly routines based on original Zumba choreography. The instructor will break down the steps, add games, activities and cultural elements into the lessons. Come dance the afternoon away!

OFF-CAMPUS

LS CARDINAL SWIM CLUB for Grades 1, 2, 3, 4

Beginner, Intermediate and Advanced Swimmers. Swimmers will be grouped according to skill level after observation and evaluation by SH swim coaches.

Teacher: Cardinal Swim Club Coaches

Hours: 3:15 - 5:15 pm

Class Fee: \$795 (9/10 -10/29)

Sacred Heart swimmers will be bused to 406 East 91st Street and chaperoned by a Sacred Heart teacher. The girls will have swim instruction (with a 4 to 1 ratio for non-swimmers) followed by a **free swim. Dimissal 5:15 pm at 406 East 91st Street.**

APPLICATION THE AFTER SCHOOL PROGRAM - FALL 2019

I would like to enroll	(Grade/Section)
for	(day)
for	(day)
Signature of Parent	(Home Telephone Number)

TENNIS for Grades 1, 2, 3, 4

Roosevelt Island Racquet Club

Teacher: Roosevelt Island Racquet Club Coaches

Hours: 3:15 - 5:15 pm

Class Fee: \$795

This activity provides a relaxed environment where students learn, have fun and develop skills that will prepare them for more advanced tennis experiences in Middle School. Bring your own racquet!

Girls will be returned home after the activity by a Roosevelt Island Club bus.

WEDNESDAY

HOMEWORK'S DONE! for Grades 2, 3, 4

Teacher: Ms. Anastazia Neely

Hours: 3:30 - 4:30 pm

Class Fee: \$525

(Also offered on Monday and Thursday.)

PHOTOGRAPHY for Grades 1, 2

Teacher: Mr. Daniel Slabonik

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

This course offers an introduction to the use and care of a camera. The students learn how a camera works and how to take and develop photos using the Photo-shop program and mixed media materials.

RUNNING CLUB! for Grades 3, 4

Teacher: Mrs. Nancy Brewer

Hours: 3:30 - 4:30 pm

Class Fee: \$525

This class will instruct the girls in age-appropriate running techniques using warm-up and fitness games. Emphasis will be on safety and fun!

STAR WARS for Grades 2, 3, 4

Teacher: Ms. Marielena Quintanilla

Hours: 3:30 - 4:30 pm

Class Fee: \$525

Calling all CSH Jedis! Join us in a galaxy far far away for some Star Wars fun! We will discuss Star Wars Trivia, have a tasty snack, and play, play, play!

THE STOCK MARKET GAME! for Grades 3, 4

New

Teacher: Mrs. Maureen Cook

Hours: 3:30 - 4:30 pm

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.

SUPER SCRATCH for Grades 1, 2, 3, 4

Teacher: Code Advantage

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

In this class, girls will create their own interactive games and animation in Scratch. Coding in Scratch gives the girls the opportunity to express their creativity while developing their reasoning and problem solving skills.

OFF-CAMPUS

LACROSSE for Grades 1, 2,

Teacher: Corbin Crusader Coaches

Hours: 3:15 - 5:30 pm **(Bus departs at 5:30 pm)**

Class Fee: \$795

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. **Girls will be returned home after the activity by a Corbin's Crusaders bus.**

LS CARDINAL SWIM CLUB for Grades 1, 2, 3, 4

Beginner, Intermediate and Advanced Swimmers. Swimmers will be grouped according to skill level after observation and evaluation by SH swim coaches.

Teacher: Cardinal Swim Club Coaches

Hours: 3:15 - 5:15 pm

Class Fee: \$795 (9/11 - 10/30))

Sacred Heart swimmers will be bused to 406 East 91st Street and chaperoned by a Sacred Heart teacher. The girls will have swim instruction (with a 4 to 1 ratio for non-swimmers) followed by a **free swim. Dimissal 5:15 pm at 406 East 91st Street.**

THURSDAY

DRAWING for Grades 1, 2, 3, 4

Teacher: Mr. Daniel Slabonik

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Join this class in exploring how to draw your favorite animal or pet! We will use photos as well as our imaginations to find fun ways to create hair, fur and feathers for our drawings!

FENCING for Grades 2, 3, 4

Teacher: Sheridan Fencing Instructors

Hours: 3:30 - 4:30 pm

Class Fee: \$525

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.

FRENCH CULTURE CLUB for Grades 2, 3, 4

Teacher: Ms. Rachel Tenenbaum

Hours: 3:30 - 4:30 pm

This club will generate and enhance the students enthusiasm for the French language and francophone cultures through art, film, food and music!

New

HOMEWORK'S DONE! for Grades 2, 3, 4

Teacher: Ms. Lindsey Utz

Hours: 3:30 - 4:30 pm

Class Fee: \$525

(Also offered on Monday and Wednesday.)

INTRODUCTION TO RUNNING! Grades 1, 2

Teacher: Ms. Katie Amodio and Ms. Shannon Fuentes

Hours: 3:30 - 4:30 pm

Class Fee: \$525

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 DRAMA for Grades 1, 2, 3, 4

Teacher: Applause Instructors

Hours: 3:30 - 4:30 pm

Class Fee: \$525

Sing and dance to famous Broadway songs! Explore the world of musical theatre through games and scene work. This class teaches performance fundamentals in a positive, confidence-boosting environment.

PHOTOGRAPHY for Grades 3, 4

Teacher: Mrs. Mary Boulton-Haling

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

This course offers an introduction to the use and care of a camera. The students learn how a camera works and how to take and develop photos, using the Photo-shop program and mixed media materials.

SEWING (Advanced) for Grades 2, 3, 4

Teacher: Ms. Catherine Rowland

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

The girls will be working on more advanced sewing projects which include wall hangings, book bags, rag dolls, pillow covers, fleece hats and scarves!

STEM CLUB for Grades 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

This class combines the wonders of science, technology, engineering and math with fun projects. The girls will build catapults and weight-bearing bridges using popsicle sticks. They will create density towers, a marble run and make slime!

SUPER SOCCER STARS for Grades 1, 2, 3, 4

Teacher: TBS (1 East 91st Street)

Hours: 3:30 - 4:30 pm

Class Fee: \$525

In this class the students learn the fundamental skills associated with soccer. During the semester students will demonstrate proficiency in how to pass, dribble and shoot. Having fun is a must!

New

New

OFF-CAMPUS

LS CARDINAL PRE-TEAM SWIM CLUB and Beginner, Intermediate and Advanced Swimmers. Grades 1, 2, 3, 4

Swimmers will be grouped according to skill level after observation and evaluation by SH swim coaches.

Teacher: Cardinal Swim Club Coaches

Hours: 3:15 - 5:15 pm

Class Fee: \$795 (9/12 - 10/31)

Sacred Heart swimmers will be bused to 406 East 91st Street and chaperoned by a Sacred Heart teacher.

The girls will have swim instruction (with a 4 to 1 ratio for non-swimmers) followed by a **free swim.**

Dimissal 5:15 pm at 406 East 91st Street.

ROLLER BLADING! Grades 1, 2, 3, 4

Teacher: Mr. Jon Ortiz

Hours: 3:15 - 4:45 pm

Class Fee: \$695

Students learn skills that will progressively take them from basic through advanced skating techniques.

Protective gear (helmet, wrist, knee and elbow pads) and skates are required.

New

FRIDAY

GOLF for Grades 1, 2, 3, 4

Kate Tempesta Urban Golf Academy

Teacher: Ms. Kate Tempesta

Hours: 3:30 - 4:30 pm

Class Fee: \$525

This program utilizes age-appropriate methods and equipment to teach the proper skills, rules and etiquette of golf. Players will practice the four basic shots as well as gain an introduction to golf fundamentals.

KODU CODING for Grades 2, 3, 4

Teacher: Code Advantage Instructor

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

In this class, we introduce the girls to building their own 3D adventures by using fundamental coding concepts. Students are encouraged to make the adventures their own by adding in their own ideas.

ROBOTS WORKSHOP for Grades 1, 2, 3

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$525 Material Fee: \$50

Children will explore the magic of the molecular world of chemistry and the fundamentals of robotics and engineering. Science applied through technology, engineering and math are key ingredients for helping children become better equipped in today's society. **There will be all new experiments as this class continues from the Fall semester!**

OFF-CAMPUS

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

Teacher: Chelsea Piers Instructors

Hours: 3:15 - 5:00 pm **(Bus leaves at 5:00 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.**

FALL 2019 CALENDAR

SEPTEMBER	
Monday	16, 23, 30
Tuesday	17, 24
Wednesday	18, 25
Thursday	19, 26
Friday	20, 27

OCTOBER	
Monday	7, 21, 28
Tuesday	1, 8, 15, 22, 29
Wednesday	2, 9, 16, 23, 30
Thursday	3, 10, 17, 24
Friday	4, 18, 25

NOVEMBER	
Monday	4, 11, 18, 25
Tuesday	5, 12, 19
Wednesday	6, 13, 20
Thursday	7, 14, 21
Friday	1, 8, 15, 22

DECEMBER	
Monday	-
Tuesday	-
Wednesday	-
Thursday	5
Friday	6

Contact: Patricia Sweeney
psweeney@cshnyc.org

Convent of the Sacred Heart

1 East 91st Street

New York, New York 10128-0689

Att: LS After School Program

Mrs. Patricia Sweeney