



Heart
+ Enrichment



Winter 2020 Enrichment Classes

Monday Classes



Born Yoga Little Yogis

Toddler 2's & Young 3's

1/27-5/4 (OMIT 2/17, 4/6, 4/13, 4/20) 9:15-9:45 a.m., \$210

Preschool

1/27-5/4, (OMIT 2/17, 4/6, 4/13, 4/20), 10:00-10:45 a.m., \$265

This fun and playful class encourages your child's natural thirst for knowledge and promotes imaginative play. In this series, we combine simple yoga poses that mimic things found in nature with engaging yoga adventures, songs, puppets and stories that exercise sensory and motor skills while increasing flexibility, stimulating self-expression and building social skills. Children should dress in comfortable clothes that are

Little Veterinarian School®

Primary & Lower School

1/27-3/9 (OMIT 2/17), 3:30-4:30 p.m., \$120

Little Veterinarian School encourages children to explore the exciting world of veterinary medicine. Students learn the importance of proper pet nutrition, learn how to care for wounds and apply stitches, how to check for ticks, how to administer medication, and learn about their pet's immune system and vaccinations. Students take home their stuffed dog and receive a diploma when they graduate at the end of the 6-week course.

Chess Wizards: Strategies for Life

Primary & Lower School

1/27-5/4 (OMIT 2/17, 4/6, 4/13, 4/20), 3:30-4:30 p.m., \$215

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!



Drama Kids Theatre

Grade 1-5

1/27-5/11 (OMIT 2/17, 4/6, 4/13, 4/20), 3:30-4:30 p.m., \$260

It's curtains up for Drama Kids! Now is your chance to participate in fun activities that help you think more creatively and learn new acting, confidence building and social skills. Students will be part of plays, improvisations, silent scenes, mini-scripts, hilarious theatre games and more. Whether you are the next Broadway Star or you just want to improve your public speaking techniques, Drama Kids is the place for you. There will be a Parent Participation Day halfway through our session and we will culminate the year with an in-class Parent Presentation. Everyone is getting into the act – don't miss out!

Tuesday Classes

Mad Science: Crazy Chemworks

Grades K-5

1/28-3/10 (OMIT 2/18), 3:30-4:30 p.m., \$120
Calling all Jr Scientists! Step into the lab and unravel the mysteries of science. Identify physical and chemical changes and tap into the pH scale! Discover the world of luminescence! This class includes take-home equipment so students can continue to experiment!

Mad Science: Fantastic Forces & Flight

Grades K-5

3/24-5/5 (OMIT 4/14), 3:30-4:30 p.m., \$120
Students in this class will observe the unseen parts of our universe and how they shape the world around us. Pressure, Gravity and Water are ours to explore! We use machines and structures to conquer aeronautics and engineering! There's more than meets the eye behind the Science of Magic!



Yoga

Primary

1/28-3/24 (OMIT 2/18), 3:30-4:00 p.m., \$100

LS/MSG/KH

1/28-3/24 (OMIT 2/18), 4:00-4:30 p.m., \$100
Children will learn yoga poses, breathing, and relaxation exercises while increasing strength and flexibility, improving gross and fine motor skills and discovering tools to maintain a calm mind in their daily lives.

AbraKadoodle Twoosy Doodlers

Toddler 2's & Young 3's

1/28-5/5 (OMIT 2/18, 4/7, 4/14), 9:00-9:45 a.m., \$180

This highly recommended "Pets and Puppies" themed art class helps to develop sensory and motor skills with fun and engaging art play. Little ones love their soft, furry, feathery, purr-fect pets! Get your pouncing paws ready to explore painting, collage, stamping, 3D art and more. *Weekly materials fee included in cost.*



AbraKadoodle Mini Doodlers

Preschool

1/28-5/5 (OMIT 2/18, 4/7, 4/14), 10:00-11:00 a.m., \$180

Primary

1/28-5/5 (OMIT 2/18, 4/7, 4/14), 3:30-4:30 p.m., \$180

Bark! Oink! Neigh! This "Playful Pets" themed art class is meowing your way! Explore your senses while having a hoppin' good time experimenting with painting, stamping, gluing, mark making, 3D art and more! *Weekly materials fee included in cost.*

AbraKadoodle Doodlers

Lower School

1/28-3/10 (OMIT 2/18), 3:30-4:30 p.m., \$180
Our developing artists will explore exceptional projects inspired by innovative artists and pets. These colorful pets will soar into your hearts and homes as you have a PET-tastic time experimenting with painting, collage, sculptural art and more! *Weekly materials fee included in cost.*

Wednesday Classes

Ballet & Tap

K & Grade 1

1/29-5/6 (OMIT 2/19, 4/8, 4/15), 1:30-2:30 p.m., \$240

Students will learn both ballet and tap techniques with an introduction to important fundamentals such as rhythm, flexibility, coordination and discipline. Students foster a love and appreciation for dance while gaining a strong foundation for further training. Black Mary Jane Tap shoes and pink ballet slippers are required. *This class participates in the Spring Recital.*



Pre-Dance

Preschool & Pre K

1/29-5/6 (OMIT 2/19, 4/8, 4/15), 3:00-3:30 p.m., \$156

Designed especially for our youngest boys and girls, this pre-dance class encourages coordination and an understanding of music and rhythm. Students will expand upon motor skills through warm-ups, stretching and across the floor exercises that increase awareness of their own bodies and foster a love of dance! No shoes required. *This class participates in the Spring Recital.*

Hip Hop

Lower School

1/29-5/6 (OMIT 2/19, 4/8, 4/15), 3:30-4:30 p.m., \$240

Hip Hop is a popular dance form featuring an eclectic mix of different street styles including popping and locking, while focusing on isolation and rhythmic techniques. Dancers will improve strength and flexibility while enjoying a high energy and upbeat class. Tennis shoes required. *This class participates in the Spring Recital.*

Fencing

Lower School & Middle Schools

1/29-5/6 (OMIT 2/19, 4/8, 4/15), 3:30-4:30 p.m., \$300

The Renaissance Fencing Club's International and Olympic Coaches are proud to teach the basics of this modern Olympic sport. Fencing is a physically and mentally demanding sport that improves speed, agility and reflexes. Fencers use their mind and body to overcome their adversary, while learning to apply problem solving skills under pressure and shake hands to show respect regardless of the result. Students will also gain agility, balance and timing. Equipment will be provided for the students to use during class.



Thursday Classes



Firefly Forest School

Primary & Lower School

1/30-5/7 (OMIT 2/20, 4/9, 4/16), 3:30-4:30 p.m., \$242

Is your child an explorer, nature-lover, bug collector or fort-builder? Join Firefly Forest School for a program all about exploring nature on Sacred Heart's incredible grounds! Each week we'll use games, science, art and other hands-on projects to learn about a different part of the natural world—from animal tracks to survival skills and more!

Ballet & Tap

Lower School

1/30-5/7 (OMIT 2/20, 4/9, 4/16), 3:30-4:30 p.m., \$220

Students will learn both ballet and tap techniques with an introduction to important fundamentals such as rhythm, flexibility, coordination and discipline. Students foster a love and appreciation for dance while gaining a strong foundation for further training. Black Mary Jane Tap shoes and pink ballet slippers are required. *This class participates in the Spring Recital.*

Basketball

Primary & Lower School

1/30-5/7 (OMIT 2/20, 4/9, 4/16), 3:30-4:30 p.m., \$200

Students will learn the basics and improve on fundamentals of the game with ASH varsity Coach Christine Peddler. This course will focus on the basics of dribbling, shooting and passing. Students will learn the rules of the game and basic strategy of how the game is played.



Pre-Dance

Preschool & Pre K

1/30-5/7 (OMIT 2/20, 4/9, 4/16), 3:00-3:30 p.m., \$143

Designed especially for our youngest boys and girls, this pre-dance class encourages coordination and an understanding of music and rhythm. Students will expand upon motor skills through warm-ups, stretching and across the floor exercises that increase awareness of their own bodies and foster a love of dance! No shoes required. *This class participates in the Spring Recital.*

Special Events

Cache-Cache Mania

Cache-Cache is a student-favorite, traditional hide-and-seek game played at Sacred Heart Schools all over the world!

NEW! Please note that on days that Cache-Cache is hosted, there will be no additional fee charged for Extended Day Coverage. We still ask that interested students pre-register for Cache-Cache so that we can both staff appropriately and stock enough materials! Regular Extended Day Services will still be offered for Late Shiners not interested in paying Cache-Cache, and standard late fees for students picked up after 6:00 p.m. still apply.

1/31	Primary	3:30-4:30 p.m.
2/28	LS/MSG/KH	3:30-4:30 p.m.
3/20	LS/MSG/KH	3:30-4:30 p.m.
4/3	Primary	3:30-4:30 p.m.
5/1	Primary	3:30-4:30 p.m.
5/15	LS/MSG/KH	3:30-4:30 p.m.



HEART Enrichment Cancellation Policy:

A full refund to the original payment source will be given on cancellations received three days prior to the event. Cancellations made fewer than 3 days prior to the event will receive a credit on their account good toward any future registration. There will be no refunds or make-up days for student absences or weather/emergency related closings. The director reserves the right to require withdrawal of any student whose conduct is unsatisfactory.

E-mail any questions to Ms. Lauren: lvidak@ashmi.org

REGISTER ONLINE: ashmi.org/Enrichment

Kids' Night Out

Preschool & Up

Parents get a night OFF while kids get a night OUT! Join us for four hours of fun on a Friday night with plenty of fun activities to keep students busy and dinner provided! Students are welcome to invite friends to this event.

3/13	6:30-10:30 p.m.	\$45/\$55 Day Of
5/1	6:30-10:30 p.m.	\$45/\$55 Day Of

Extravaganzas

Preschool & Up

Extravaganzas are one-and-done opportunities for students to begin and complete an experience in a single afternoon. Focused around a theme or activity, they last for an hour and a half and are a favorite of our Primary and Lower School students! *Materials fee included in class cost.*

2/7	Valentine's Day	3:30-5:00 p.m.	\$35
3/6	Saint Patrick's Day	3:30-5:00 p.m.	\$35
3/27	Easter	3:30-5:00 p.m.	\$35
5/8	Mother's Day Gift	3:30-5:00 p.m.	\$35
5/18	Father's Day Gift	3:30-5:00 p.m.	\$35