



Heart  
Enrichment

## **Winter 2019 HEART Enrichment Class Schedule**

Weekly Enrichment classes begin the week of **January 22**

**Register Online: [www.ashmi.org/Enrichment](http://www.ashmi.org/Enrichment)**

E-mail any questions to Mr. Bob: [rvoakes@ashmi.org](mailto:rvoakes@ashmi.org)

### **SNOW WHITE and the SEVEN DWARFS**

Performing Arts Academy presents “*Snow White and the Seven Dwarfs*” based on the German fairy tale by the Brothers Grimm. We will explore Theater, Music and Theater Dance! NOTE: All Performing Arts Academy dance classes will feature final performances that work together to tell the story of Snow White and the Seven Dwarfs on **Wednesday, May 8.**

#### **MONDAYS**



#### **Amazing Athletes Preschool**

\*Does not conflict with Monday Extravaganzas

Dates: Jan. 28; Feb. 4, 25; Mar. 11, 18; Apr. 1, 8, 29; May 13

3:00 - 3:30 p.m. Fee: \$120

Preschool students can now participate in this *Amazing* program which empowers children by using sports as a catalyst to engage their inner strengths and abilities, so they can confidently pursue an active lifestyle through each stage of development. Coach Kendra and her staff introduce new sports skills each week while also teaching about the body and healthy eating. Most importantly, the kids have a BLAST!



#### **Mr. Bob's Hands-On Science Separate classes for Primary / Lower School**

\*Does not conflict with Monday Extravaganzas

Dates: Jan. 28; Feb. 4, 25; Mar. 11, 18; April 1, 8

Primary 3:15 - 3:45 p.m. Fee: \$80 + \$15 Materials Fee

Lower School 3:45 - 4:45 p.m. Fee: \$160 + \$15 Materials Fee

Our resident Wizard, Mr. Bob, wowed students all summer with his way of making science come to life through a wide variety of experiments and projects. Participants in this class will experience the sights, sounds, and smells of science through weekly projects focusing on big fun and combining crafting, physical activities, and hands-on creation. Learning has never been this fun!



### **American Girl Doll Crafting & Social Club **Preschool & Primary****

\*Does not conflict with Monday Extravaganzas

Dates: Jan. 28; Feb. 4, 25; Mar. 11, 18; Apr. 1, 8, 29; May 13

3:30 - 4:30 p.m. Fee: \$180 + \$15 Materials Fee

Finally, a doll-themed after-school club has come to Academy of the Sacred Heart! Our resident expert Miss Agnes & Miss Moe will be leading participants through a host of activities, crafts, and events that prove this club is about so much more than just playing with dolls! Sure, there'll be tea parties and story time, but participants will also sew accessories, create jewelry, design toys for their dolls, have photo shoots, and MORE! Students DO NOT need an American Girl Doll to participate but must bring their own comparable doll.

## **TUESDAYS**



### **Mr. V's Rockin' Tots **Toddler 2 & Young 3s****

Jan. 22, 29; Feb. 5, 12, 19, 26

10:00 - 10:30 a.m. Fee: \$80

It's time to get the band back together! Our own resident rock star Mr. V will lead students through a range of fun and stimulating musical activities designed to grow a love of music while introducing a basic understanding of rhythm and melody as well as early literacy and listening.

**SNOW WHITE**  
and the  
**SEVEN DWARFS**

### **Pre-Dance **Preschool & Pre-K****

*Performing Arts Academy Spring Recital Class*

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar 5, 12, 19, 26; Apr. 2, 9, 30

3:00 - 3:30 p.m. Fee: \$175

Calling our youngest boys & girls! This class is designed to enhance the joy of music and movement. Pre-Dance curriculum encourages coordination through music and rhythm and includes warm-up, stretch and flexibility exercises, and introduction to basic dance steps. No shoes needed.



### **TGA Premier Junior Golf **Separate Classes: Primary / Grades 2-6****

Jan. 22, 29; Feb 5, 12, 19, 26; Mar. 5, 12

**Primary** 3:15 - 3:45 p.m. Fee: \$95

**Grades 2-6** 3:45 - 4:45 Fee: \$195

TGA stands for: Teach, Grow, Achieve – these concepts are the foundation of every golf program they offer, and we are thrilled to have them here at Sacred Heart! Dedicated coaches help students develop their skills and a passion for golf while using the sport as a vehicle for delivering educational concepts including STEM and life skills such as respect, honesty, perseverance and sportsmanship.



**Baking and Cooking Exploration Grade 1 – Grade 6**

Jan. 22, 29; Feb 5, 12, 19, 26; Mar. 5

3:30 - 4:30 p.m. Fee: \$160 + \$15 material fee

The baking and cooking exploration class will have Miss Avila and Mrs. Dawson guiding your young baker through opportunities to measure, stir, beat, roll, cut, bake, plop, decorate and so much more. Your baker will participate in the preparation, making, baking, clean-up, and — the most crucial part — eating their creations.

**SNOW WHITE  
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**Snow White w/ Winter Performance! Grade 2 – Grade 6**

Feb.12, 19, 26; Mar 5, 12, 19, 26; Apr. 2, 9, 30

3:30 - 5:00 p.m. Fee: \$295

THE STAGE IS CALLING! This theater experience is designed to develop characterization. The dialogue will be taken from the library of "Snow White", strengthening speech, stage direction, and memorization while having fun. Music will be included, choral as well as solo opportunities for the cast. Movement and blocking will bring this experience to a performance for family and friends. Students should change into comfortable clothing.

## WEDNESDAYS

**SNOW WHITE  
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**Ballet & Tap K & Grade 1**

*Performing Arts Academy Spring Recital Class*

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 6, 13, 20, 27; Apr. 3, 10; May 1

1:15 - 2:15 p.m. Fee: \$235

This class is an exploration of the skills and beauty of two popular forms of dance: ballet and tap. Classes are designed to enhance musicality with a curriculum that develops memorization skills. Students also learn teamwork as well as coordination. Discover the joy of dance through coordinated steps, music and rhythm! Black Mary Jane tap shoes and pink ballet slippers needed.

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**Pre-Dance Pre-K**

*Performing Arts Academy Spring Recital Class*

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 6, 13, 20, 27; Apr. 3, 10; May 1

3:10 - 3:40 p.m. Fee: \$175

Calling our youngest boys & girls! This class is designed to enhance the joy of music and movement. Pre-Dance curriculum encourages coordination through music and rhythm and includes warm-up, stretch and flexibility exercises, and introduction to basic dance steps. No shoes needed.

**SNOW WHITE  
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**Ballet & Tap Grades 2-4**

***Performing Arts Academy Spring Recital Class***

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 6, 13, 20, 27; Apr. 3, 10; May 1  
3:40 – 4:40 p.m. Fee: \$235

This class is an exploration of the skills and beauty of two popular forms of dance: ballet and tap. Classes are designed to enhance musicality with a curriculum that develops memorization skills. Students also learn teamwork as well as coordination. Discover the joy of dance through coordinated steps, music and rhythm! Black Mary Jane tap shoes and pink ballet slippers needed.



**Tennis Grades 1 -4**

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 6, 13, 20, 27; Apr 3, 10  
3:15 – 4:15 p.m. Fee: \$200

Little or no tennis experience? No problem! This class offers a great place to start on the basics. Students will improve hand-eye coordination and agility, perform racquet-handling skills, and become familiar with the tennis court and terminology. We will zero in on building the foundation and cultivating a love of the game through basic strokes and fun games associated with tennis.



**Fencing Lower School & Middle School**

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 6, 13, 20, 27

**Lower School** 3:15 – 4:00 p.m. Fee: \$225

**Middle School** 4:00 - 5:00 p.m. Fee: \$250

The Renaissance Fencing Club is coming to ASH with their International and Olympic Coaches 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. They learn 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.



**Raptors in Focus: Hunters of the Sky MSG & KH & Upper School**

Jan 23, 30; Feb. 6, 13, 27

**MSG & KH & Upper School** 3:30 - 4:30 p.m. Fee: \$150

Raptors in Focus: Raptors are taking over ASH Enrichment. Don't miss this opportunity to focus on the raptors that rule the sky. Meet a live bird of prey every week as we see first-hand how they maintain their predator role even in our backyards. The topics will include anatomy (including dissection), flight/migration, hunting strategies, nocturnal and diurnal.

## THURSDAYS



### Amazing Athletes **Toddler 2 & Young 3s**

Jan. 24, 31; Feb. 7, 21, 28; Mar. 7, 21, 28; Apr. 4, 11, 25

10:00 - 10:30 a.m. Fee: \$140

This *Amazing* program empowers children by using sports as a catalyst to engage their inner strengths and abilities, so they can confidently pursue an active lifestyle through each stage of development. Coach Kendra and her staff introduce new sports skills each week while also teaching about the body and healthy eating. Most importantly the kids have a BLAST!



### Tumble Bugs & Imagination Station **Preschool - PreK**

Tumble Bugs: Jan. 24, 31; Feb. 7, 14, 21, 28; Mar. 7

Imagination Station: Mar. 21, 28; Apr. 4, 11, 25; May 2

Preschool: 3:00 – 3:30 p.m. Fee: \$135

Preschool – PreK: 3:30 - 4:00 p.m. Fee: \$135

Tumble Bugs will build confidence, motor skills and core strength through basic tumbling skills and balance beam. Students will develop a comfort and understanding of their bodies' ability to take on new challenges.

Imagination Station will be based off a theme or lesson which will provide students the opportunity to tap into their creativity and discover new forms of art and play while exercising their hearts, minds, and bodies. Through drawing, crafting, and creating (incorporating music and play) students will develop a stronger awareness of their bodies, selves, and world.



little  
veterinarian  
school

### Little Veterinarian School **Primary & Lower School**

Jan 24, 31; Feb 7, 14, 21, 28

3:30 - 4:30 p.m. Fee: \$140 + \$20 Materials Fee

ALL NEW MATERIAL! Little Medical School is a STEM program bringing medicine, science, and the importance of health to your children in an entertaining, exciting, and fun way! Little Veterinarian School creates an opportunity to experience role playing using interactive demonstrations, crafts, and games, kids learn how to take care of a pet and use instruments that real veterinarians use. This is part one of a two-part class we'll be offering in Enrichment. Stay tuned for Little Medical School – I'm a Pediatrician! in the Spring.



### LEGO Mania Master Builders + LEGO WeDo Robotics **Primary & Lower School**

Jan. 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 21, 28; Apr. 4, 11, 25

3:30 - 4:30 p.m. Fee: \$195 + \$15 Materials Fee

Both novice and experienced builders will be guided as they explore their imaginations while honing their fine motor skills in this ASH-favorite class. Engineering concepts are covered in all our daily challenges and students will use computer-programming to bring models to life. Don't be the missing piece in this fun-filled class!

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**Hip Hop Dance Grades 1-4**

***Performing Arts Academy Spring Recital Class***

Jan. 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 21, 28; Apr. 4, 11, 25; May 2  
4:00 – 4:45 Fee: \$235

This ever-popular growing form of dance is an excellent aerobic workout incorporating upbeat music and fun. Students learn rhythm, coordination, isolation and basic dance steps. The music for each class is carefully chosen to be appropriate in content for the age of the dancer. Tennis shoes needed.

## **REGISTER ONLINE: [ashmi.org/Enrichment](http://ashmi.org/Enrichment)**

Register for the following EVENTS at [ashmi.org/Enrichment](http://ashmi.org/Enrichment)

**Monday Extravaganza Dates:**

February 11; March 4, 25; May 6, 20

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 Primary and Lower School students!

**Cache-Cache Mania Dates:**

February 1 – Primary, February 8 – LS, KH, MSG

March 8 – Primary, March 22 – LS, KH, MSG

April 5 – Primary

May 3 – Primary, May 10 – LS, KH, MSG

Cache-Cache is a traditional group hide-and-seek game played at Sacred Heart schools all over the world. Don't miss out!

**Kids' Night Out:**

March 22

May 10

Parents get a night OFF when kids get a night OUT! 4 hours of fun on a Friday night from 6:30-10:30 with dinner provided! Plenty of fun activities designed to keep students active and busy.

**HEART Enrichment Cancellation Policy:**

A full refund will be given on cancellations received five days prior to the event. Cancellations made fewer than five days prior to the event will receive a 50% refund. There will be no refunds or make-up days for absences or closings due to weather or power emergencies. The director reserves the right to require the withdrawal of any student whose conduct is unsatisfactory or who appears unlikely to benefit from the program. Registrations received two business days (or fewer) before classes begin will be assessed a \$25 processing fee.

**Performing Arts Academy Costume Policy:**

PAA dance classes will require the purchase of a costume as the recital approaches. To streamline the process, Ms. Buck will select appropriate costumes and make a bulk purchase on behalf of the students. HEART Enrichment will alert families when they are to be billed for the costume reimbursement.

**Please NOTE:** Students in PAA may have extended practice to 5 p.m. on the last scheduled session along with rehearsals on May 7 and 8.

**Please NOTE:** Each family will receive two recital tickets for the performance; additional tickets will be available at the door for \$10. Proceeds go to the PAA and are currently being used toward a new lightboard.

**Performing Arts Academy Spring Recital is Wednesday, May 8**