



Heart  
Enrichment

## Fall 2019 HEART Enrichment Class Schedule

Weekly Enrichment classes begin the week of Sept. 23!

Register Online: [ashmi.org/Enrichment](http://ashmi.org/Enrichment) (Opens Sept. 1)

 Spring Dance Recital is Wednesday, May 13, 2020 

There is a separate registration form for: Extravaganzas, Cache-Cache, Kids' Night Out, and Play Days!  
E-mail any questions to Miss Megan: [mknuth@ashmi.org](mailto:mknuth@ashmi.org)

### MONDAYS



#### Amazing Athletes PRESCHOOL

Dates: Sept. 23, 30; Oct. 7, 21, 28; Nov. 4, 11, 18, 25; Dec. 2  
3:00-3:30 p.m. Fee: \$130

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!



#### Chess Wizards: Strategies for Life PRIMARY & LOWER SCHOOL

Dates: Sept. 23, 30; Oct. 7, 21, 28; Nov. 4, 11, 18, 25; Dec. 2  
3:30-4:30 p.m. Fee: \$195

Chess Wizards: Strategies for Life offers specially designed classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard Teachers. It is proven that chess enhances cognitive development in children, improves both verbal and mathematical skills, and increases all levels of academic performance! Playing chess stimulates the mind and helps children strengthen skills such as focusing, visualizing goals, abstract thinking, and forming concrete opinions.



#### Lower School Girls Field Hockey Club LOWER SCHOOL GIRLS

Dates: Sept. 23, 30; Oct. 7, 21, 28  
3:30 - 4:30 p.m. Fee: \$110

Let's GROW THE GAME! This is the continuation of a new program here at ASH in partnership with our Upper School Athletics Captains' Club and that nation-wide effort to grow the game of Field Hockey in preparation for middle school and Upper School. Students in our Lower School (and eventually Primary) can train with coaches and students from our Upper School to prepare them for the athletic opportunities ahead. All equipment provided!

## TUESDAYS



### **Mr. V's Rockin' Tots TODDLER 2 & YOUNG 3s**

Sept. 24; Oct. 1, 8, 15, 22, 29; Nov. 5, 12, 19, 26

10:00 - 10:30 a.m. Fee: \$130

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. This popular class makes a big impact on our little ones!



### **TGA Premier Junior Golf SEPARATE CLASSES: PRIMARY / LOWER SCHOOL**

Sept. 24; Oct. 1, 8, 15, 22, 29; Nov. 5, 12

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

**Lower School** 3:45 - 4:45 p.m. 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.



little  
medical  
school.

### **Little Medical School PRIMARY & LOWER SCHOOL**

Sept. 24; Oct. 1, 8, 15, 22, 29

3:30 - 4:30 p.m. Fee: \$90 + \$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! LMS creates an opportunity to experience role playing using tools that real doctors use, and learn how the body works, inspiring tomorrow's doctors today! This is part one of a two-part class we'll be offering in Enrichment. Stay tuned for Little Veterinary School after Christmas!

## WEDNESDAYS

### **Ballet & Tap K & GRADE 1**

#### *Spring Recital Dance Class*

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec. 4

1:30 - 2:30 p.m. Fee: \$220



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.

## WEDNESDAYS (Cont.)

### **Pre-Dance (Option #1) PRESCHOOL & PRE K**

#### ***Spring Recital Dance Class***

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec. 4

3:00 - 3:30 p.m. Fee: \$130



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.

### **Hip Hop Dance LOWER SCHOOL**

#### ***Spring Recital Dance Class***

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec. 4

3:30-4:15 p.m. Fee: \$120



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.

### **Fencing LOWER SCHOOL, KH & MSG**

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec. 4

3:30-4:30 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.

## THURSDAYS



### **Amazing Athletes TODDLER 2 & YOUNG 3s**

Sept. 26; Oct. 3, 10, 17, 24; Nov. 7, 14, 21; Dec. 5, 12

10:00 - 10:30 a.m. Fee: \$130

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!

## THURSDAYS (Cont.)

### **Pre-Dance (Option #2) PRESCHOOL & PRE K**

#### ***Spring Recital Dance Class***

Sept. 26; Oct. 3, 10, 17, 24; Nov. 14, 21; Dec. 5, 12

3:00 - 3:30 p.m. Fee: \$130



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.

### **Ballet & Tap LOWER SCHOOL**

#### ***Spring Recital Dance Class***

Sept. 26; Oct. 3, 10, 17, 24; Nov. 14, 21; Dec. 5, 12

3:30 – 4:30 p.m. Fee: \$195



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.



### **LEGO Mania + LEGO WeDo Robotics PRIMARY & LOWER SCHOOL**

Sept. 26; Oct. 3, 10, 17, 24; Nov. 14, 21; Dec. 5, 12

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

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 of 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!



### **Firefly Forest School PRIMARY & LOWER SCHOOL**

Sept. 26; Oct. 3, 10, 17, 24; Nov. 14, 21; Dec. 5, 12

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

Is your child an explorer, nature-lover, bug-collector, or fort-builder? Join Firefly Forest School for a program all about exploring nature! 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.

**ONE-TIME EVENTS****Extravaganza Dates (3:30-5:00 p.m.)**

Friday, October 25  
Friday, November 22  
Monday, December 9  
Monday, December 16

*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 (3:30-4:30 p.m.)**

October 4 – Primary, October 11 – LS, KH, MSG  
November 15 – Primary  
December 6 – Primary, December 13 – 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 on these fun Fridays!*

**Kids' Night Out:**

October 18  
December 13

*Parents get a night OFF when kids get a night OUT! Four 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.*

**REGISTER ONLINE: [ashmi.org/Enrichment](http://ashmi.org/Enrichment)  
(Opens Sept. 1)**

**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 \$10 processing fee.

E-mail any questions to Miss Megan: [mknuth@ashmi.org](mailto:mknuth@ashmi.org)