



# Heart + Enrichment



Winter 2021 Enrichment Classes

We are so grateful to have welcomed our students back both in person and remotely this year, and are excited to offer some incredible extracurricular activities after school! Now more than ever we know that kids need the opportunity to interact, develop new skills, or just run off some energy in a safe and healthy environment.

With COVID-19 still having a significant impact on our daily lives, we will be running a lighter selection of Enrichment Class options, limited to those offerings that are able to safely take place. Classes may look a little bit different this year, but they are all designed with our students' best interests at heart. With the COVID-19 situation moving forward, we will look at adding and changing our classes based on feedback from our families!

As always, please let us know if you have any questions or concerns. We're looking forward to a wonderful year!

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248.646.8900 ext. 436

### **How will Enrichment Classes safeguard against COVID-19?**

All COVID-19 protocols at Academy of the Sacred Heart will remain in effect during Enrichment classes. Students will be required to wear masks while indoors and will have the option to remove masks if outside and practicing social distancing. Appropriate hygiene practices will be enforced and routine cleaning of the space and equipment will take place daily.

### **If I enroll my child in a class, do I also need to sign them up for Extended Day?**

If you are planning on picking up your child as soon as class ends, you do not need to sign them up for Extended Day. Children will be escorted through the East Circle doors at the end of class to meet their parents. If you will not be picking your child up when class ends, please also sign them up for Extended Day. ECP families do not need to sign their children up for Extended Day services as it is a separate program!

### **Will Cache-Cache be offered this year?**

Unfortunately, we will not be offering Cache-Cache while our region is in Phase 4. Should we move to Phase 5, we will explore getting Cache-Cache on the calendar!

### **Will Play Days be offered this year?**

Play Days will be offered on conference dates when there is no school. Should we move into Phase 5, we will assess adding Play Days on other dates that school is not in session. Play Day registration can be found online.

### **Are there private music lessons available this year?**

While in Phase 4, we will not be offering private music lessons. Should we move into Phase 5, we will look at offering private piano and strings lessons again.

### **Do I need to send my student with anything special for Enrichment Classes?**

Students will be provided with a snack before all classes begin and should plan on bringing their water bottle to class. Dance apparel requirements are listed in each class description; please make sure dancers bring their clothes each week. Students are welcome to bring a change of clothes for sports, but it is not required. Otherwise, school clothes and masks are appropriate for Enrichment Classes.

# Monday & Tuesday Classes



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

This **amazing** program empowers children by using sports as a catalyst to engage their inner strengths and abilities so they 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, kids have a BLAST!

Mondays, 1/25-3/22 (OMIT 2/15)  
10:00-10:30 a.m.  
\$110

## Amazing Athletes Preschool

Preschool students can now participate in this **amazing** program that empowers children by using sports as a catalyst to engage their inner strengths and abilities so they 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, kids have a BLAST!

Mondays, 1/25-3/22 (OMIT 2/15)  
2:45-3:15 p.m.  
\$110

## Amazing Athletes Primary School

Amazing Athletes P.E. is a game-based sports program designed to engage Primary students in active wellness through advanced physical fitness challenges and interactive sports lessons. We will work on fitness challenges, teamwork activities and introduce strength training. We will keep the classes fun and exciting while working with each child's individual skill level.

Mondays, 1/25-3/22 (OMIT 2/15)  
3:30-4:15 p.m.  
\$130



## Spy Academy Primary School

The following class is Top Secret! Figure out the science of forensics in a hands-on look at crime scenes. Become a super spy and learn the tricks of spy science! Step into the shoes of a detective as you gather evidence and analyze clues! Decode messages, check out spy tech and more! Topics in this series include fingerprinting, chromatography, blood typing and observation techniques. All Mad Science classes meet national and state science curriculum standards and are taught by trained Mad Scientists!

Tuesdays, 1/26-3/9 (OMIT 2/16)  
3:30-4:30 p.m.  
\$150

Register online at [ashmi.org/enrichment](http://ashmi.org/enrichment) **3**

# Wednesday Classes

## Ballet & Tap K & Grade 1

Students will learn both ballet and tap techniques with an introduction to important fundamentals in this combo class. Ballet instruction will cover body placement, flexibility, alignment, balance and technique through barre and center floor work. Tap studies will focus on musicality, rhythm, terminology and technique as dancers learn this fun and upbeat style. **Black tap shoes and pink ballet slippers are required.**

1/27-5/12 (OMIT 2/17, 3/3, 3/10, 4/7)  
1:30-2:30 p.m.  
\$230



## Boys & Girls Ballet/Creative Movement Pre-K

Designed especially for our youngest boys and girls, creative movement class teaches basic ballet technique with a focus on creative thinking, balance, spatial awareness, and coordination. 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! Dance clothes and shoes are not required, but students are welcome to dress in a leotard, tights, and ballet shoes if they choose.

1/27-5/12 (OMIT 2/17, 3/3, 3/10, 4/7)  
2:30-3:00 p.m.  
\$160

## Ballet & Tap Lower School

Dancers will expand upon existing skills while learning new material in this combination ballet and tap class. Ballet instruction will cover body placement, flexibility, alignment, balance and technique through barre and center floor work. Tap studies will focus on musicality, rhythm, terminology and technique as dancers learn this fun and upbeat style. **Black tap shoes and pink ballet slippers are required.**

1/27-5/12 (OMIT 2/17, 3/3, 3/10, 4/7)  
3:30-4:30 p.m.  
\$230

### SPRING DANCE RECITAL

The Spring Recital is tentatively set for Wednesday, May 19. As we get closer to that date we will communicate whether we will host the recital indoors in small groups, outside, or recorded. We know this performance opportunity is an exciting event for the students, and we want to be sure to recognize their hard work in dance this year. Please note there will be a \$60-\$80 costume fee, details to come in February.

## Boys & Girls Ballet/Creative Movement Preschool

Designed especially for our youngest boys and girls, creative movement class teaches basic ballet technique with a focus on creative thinking, balance, spatial awareness, and coordination. 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! Dance clothes and shoes are not required, but students are welcome to dress in a leotard, tights, and ballet shoes if they choose.

1/27-5/12 (OMIT 2/17, 3/3, 3/10, 4/7)  
3:00-3:30 p.m.  
\$160

# Play Days & Spring Preview

## Play Days!

### Primary & Lower School

Play Days are offered throughout the school year, when classes are not in session, to provide age-appropriate programming for children. In many ways, Play Days are structured similarly to a day at camp, with a variety of play-based and educational activities planned to keep kids engaged. If you're interested in taking advantage of our Conference Play Days, be sure to sign up in advance as space is limited. *Due to the staffing needs for Play Days, cancellations made with less than 72 hours notice will not receive a refund.*

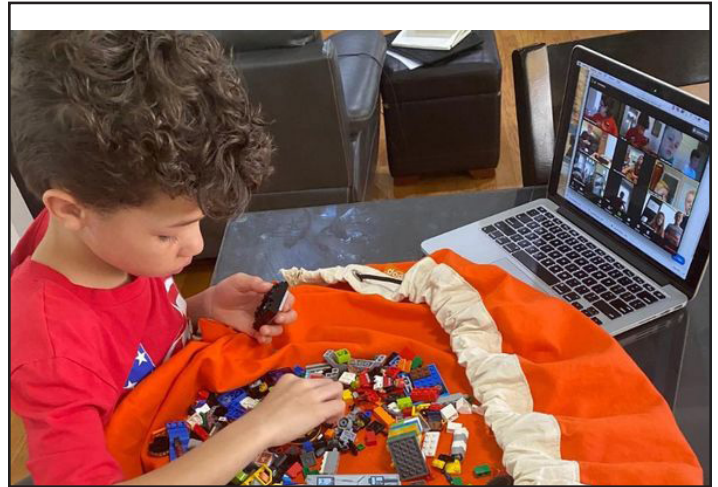
3/11 & 3/12

7:00 a.m. - 6:00 p.m.

\$55

## Play Day Sample Schedule

7:00-9:30 a.m. :	Arrival & Free Play
9:30-10:00 a.m. :	Gym/Sports
10:00-11:00 a.m. :	Science Activity
11:00-11:30 a.m. :	Lunch
11:30-12:00 p.m. :	Recess
12:00-1:00 p.m. :	Rest Hour
1:00-1:30 p.m. :	Snack
1:30-2:30 p.m. :	Arts & Crafts
2:30-3:30 p.m. :	Nature Activity
3:30-4:00 p.m. :	Snack
4:00-5:00 p.m. :	Free Play
5:00-6:00 p.m. :	Busy Bins



## SPRING CLASSES

Nothing grab your eye in our Winter class selection? We have some more exciting classes planned for Spring! An official spring class list will be released in March, but below is a preview of what we're excited to bring you in the next few months!

Robotics and Coding (*Lower School*)

Tumble Bunnies Gymnastics (*ECP/Primary*)

Art and Design (*Primary/Lower School*)

Mad Science (*Primary*)



Register online at [ashmi.org/enrichment](https://ashmi.org/enrichment) 5

# 2021 Enrichment Class MENU—Register NOW, Pay LATER!

Register online any time at [ashmi.org/enrichment](http://ashmi.org/enrichment) for all weekly Enrichment classes and Play Days!

Need help? Just fill out this form and send it to school with your student to have them signed up for your chosen classes. Forms can also be sent to Ms. Lauren at [lvidak@ashmi.org](mailto:lvidak@ashmi.org).

## MONDAY

- Amazing Athletes (**TODDLER 2 & YOUNG 3s**, 10:00-10:30) \_\_\_\_\_
- Amazing Athletes (**PRESCHOOL**, 2:45-3:15) \_\_\_\_\_
- Amazing Athletes (**PRIMARY**, 3:30-4:15) \_\_\_\_\_

## TUESDAY

- Spy Academy (**PRIMARY**, 3:30-4:30) \_\_\_\_\_

## WEDNESDAY

- Ballet & Tap (**K & Grade 1**, 1:30-2:30) \_\_\_\_\_
- Boys & Girls Creative Movement (**PRE-K**, 2:30-3:00) \_\_\_\_\_
- Boys & Girls Creative Movement (**PRESCHOOL**, 3:00-3:30) \_\_\_\_\_
- Ballet & Tap (**LOWER SCHOOL**, 3:30-4:30) \_\_\_\_\_

## Play Days

- Conference Play Day 3/11 (**PRI & LS**) \_\_\_\_\_
- Conference Play Day 3/12 (**PRI & LS**) \_\_\_\_\_

Student(s) Name(s): \_\_\_\_\_

Allergies: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Authorized to pick up: \_\_\_\_\_