



# Heart + Enrichment



Winter & Spring 2022 Enrichment Classes

We are so excited for amazing adventures in the new year! 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.

We are also excited to announce that we have partnered with a new registration software for both Enrichment classes and Summer Camps. UltraCamp provides a user-friendly registration process. If you have previously registered for a camp or class, your account data should transfer over to the new system. Just enter your email address and select the “forgot password” option when logging on for the first time!

Please also note that classes have different start dates during the Winter/Spring season, with most starting in January or March.

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

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

We are so excited to welcome back cache-cache this year! A hide-and-seek game and student favorite played at Sacred Heart schools across the globe, you can find more info on cache-cache on page 6.

### **What do students do in the time between the end of school and start of classes?**

Students who are enrolled in classes after school will go to the bathroom, wash hands and get a snack during the time in between school ending and class starting. You do not need to register for Extended Day to utilize this time.

### **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 followed 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 their 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 their 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 that applies to Primary and Lower School families!



### **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 with them each week to class. 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. Little athletes learn new sports skills each week and have a BLAST!

### Mondays

3/7-5/9 (OMIT 4/18, 4/25)

10:00-10:30 a.m.

\$125

## Amazing Athletes Preschool (ECP)

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.

### Mondays

3/7-5/9 (OMIT 4/18, 4/25)

2:45-3:15 p.m.

\$125

## Amazing Athletes Primary School

Amazing Athletes P.E. is a game-based sports program designed to engage older children in active wellness through advanced physical fitness challenges and interactive sports lessons. We will work on teamwork activities and introduce strength training while keeping the classes fun and exciting for every skill level.

### Mondays

3/7-5/9 (OMIT 4/18, 4/25)

3:30-4:15 p.m.

\$140

## Mad Science: NASA Academy Primary School

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers After-School Enrichment Program! Step into an astronaut's shoes as we travel to space, explore planet atmospheres and even participate in a live rocket launch! It's out of this world fun with Mad Science!

### Tuesdays

1/25-3/8 (OMIT 2/22)

3:30-4:30 p.m.

\$150



## Mad Science: Robots, Energy & Beasts Primary School

Come with Mad Science on a journey through Nature and Technology as we take you into Animal Kingdoms on both land and sea! Students will put a variety of robots through their paces, examine types of energy and ways to harness it. Isaac Newton also stops by with a cavalcade of experiments to demonstrate the 3 Laws of Motion. You won't want to miss this!

### Tuesdays

3/15-5/10 (OMIT 4/19)

3:30-4:30 p.m.

\$200

# Wednesday Classes

## Boys & Girls Hip Hop Preschool (ECP)

This high energy class is perfect for your little one to learn what hip hop is all about! Students will learn basic hip hop moves set to fun and age-appropriate music. Each class, students will learn cool new moves and build fun routines while expanding 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! Students should wear clothes that are easy to move in and sneakers to class.

1/26-5/11 (OMIT 2/23, 4/20)  
2:45-3:15 p.m.  
\$196



## Abrakadoodle: Dreamy Art K-Grade 4

Bring your wildest dreams to life in this special series dedicated to Dreamy Art! Soar through the night sky with fantastical creatures! Add bursts of shimmering light to your art as you explore the phases of the Moon and constellations. Explore Native American legends about dream catchers! Learn about MLK Jr. and dream of a better world through your artwork! No dream is too big for this magical journey through the land of dreams. *Materials fee included in class cost.*

1/26-3/23 (OMIT 2/23)  
3:30-4:30 p.m.  
\$220

## SPRING DANCE RECITAL

Dancers enrolled in fall and winter dance classes will have the opportunity to perform a routine in our annual Spring Dance Recital, scheduled for Wednesday, May 18. The recital is a great way for dancers to enforce choreography and memorization skills, and share all they have learned with their families! Please note that an additional costume fee will apply for students who participate in the recital. Additional details will be released in February, and feel free to reach out with questions!

## Boys & Girls Ballet/Creative Movement Pre-K (Primary School)

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.

1/26-5/11 (OMIT 2/23, 4/20)  
3:15-3:45 p.m.  
\$196

# Thursday 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 2/24, 3/10, 4/14, 4/21)  
3:30-4:30 p.m.  
\$240



## Boys & Girls Ballet/Creative Movement Preschool (ECP)

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 2/24, 3/10, 4/14, 4/21)  
3:00-3:30 p.m.  
\$168

## Jazz & Hip Hop Lower School

This combination class will cover both jazz and hip hop movements and terminology. Each class includes a warm-up, training of jazz and hip hop technique, and combinations that incorporate each movement and style. Dancers will expand on their knowledge of turns, leaps and choreography. Don't miss out on this perfect combo of funky hip hop and hard-hitting jazz! Jazz shoes and sneakers required.

1/27-5/12 (OMIT 2/24, 3/10, 4/14, 4/21)  
4:30-5:30 p.m.  
\$240

## NEW! Mini Movers Dance Toddler 2's & Young 3's

This new dance class is designed especially for our youngest students to discover the joy of movement! Dancers will explore rhythm, stretching, pathways and beginning ballet concepts while moving to the upbeat, fun music they love. Students will not change into dance clothes for this class. Please note that this class does not participate in the Spring Recital.

1/27-3/3 (OMIT 2/24)  
10:15-10:45 a.m.  
\$85

## Snapology: Pokémania! K-Grade 4

In this program, students will explore the Pokémon world and practice their training skills! They will create their own training gyms, battles, and even their very own generation of Pokémon, all using LEGO® bricks. Children will also learn about real-world science as they examine the habitats, characteristics, and needs of different Pokémon. They will do more than catch them all; they will build and examine them all, and have a blast doing so!

1/27-3/24 (OMIT 2/24)  
3:30-4:30 p.m.  
\$150

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



# Special Events & Cache-Cache

## SWEETHEARTS DANCE PARTY!

FRIDAY, FEBRUARY 11, 3:30-5:00 P.M.

PRE-K-GRADE 4

Join us for an extra special dance party to celebrate Valentine's Day! We will spend our time with a fun, upbeat dance class, playing Valentine's games and creating sweet crafts to take home. This dance party is perfect for boys and girls in the Primary and Lower School communities. Students will not change clothes for this event, but are welcome to bring a fun accessory if they would like!

Cost per child: \$35



## Cache-Cache Fridays

Cache-Cache is a student-favorite, traditional hide-and-seek game played at Sacred Heart Schools all over the world! On days that Cache-Cache is hosted, there will be no additional fee charged for Extended Day Coverage. We still ask that interested students register for Cache-Cache, and those interested in staying after 4:30 p.m. must be registered for Extended Day. Regular Extended Day Services will still be offered for students not interested in paying Cache-Cache, and standard late fees for students picked up after 6:00 p.m. still apply. \$15 per student.

2/4/2022	Primary	3:30-4:30 p.m.
3/18/2022	Lower School	3:30-4:30 p.m.
4/1/2022	Primary	3:30-4:30 p.m.
4/29/2022	Lower School	3:30-4:30 p.m.

# 2022 Enrichment Class MENU—Register NOW, Pay LATER!

Register online any time at **ashmi.org/enrichment** for all weekly Enrichment classes!

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

- ☐ Mad Science: NASA Academy (**PRIMARY**, 3:30-4:30) \_\_\_\_\_
- ☐ Mad Science: Robots, Energy & Beasts (**PRIMARY**, 3:30-4:30) \_\_\_\_\_

## WEDNESDAY

- ☐ Boys & Girls Hip Hop (**PRESCHOOL**, 2:45-3:15) \_\_\_\_\_
- ☐ Boys & Girls Ballet/Creative Movement (**PRE-K**, 3:15-3:45) \_\_\_\_\_
- ☐ Abrakadoodle: Dreamy Art (**K-GRADE 4**, 3:30-4:30) \_\_\_\_\_

## THURSDAY

- ☐ Mini Movers Dance (**TODDLER 2 & YOUNG 3s**, 10:15-10:45) \_\_\_\_\_
- ☐ Boys & Girls Ballet/Creative Movement (**PRESCHOOL**, 3:00-3:30) \_\_\_\_\_
- ☐ Ballet & Tap (**K & GRADE 1**, 3:30-4:30) \_\_\_\_\_
- ☐ Snapology: Pokémania! (**K-GRADE 4**, 3:30-4:30) \_\_\_\_\_
- ☐ Jazz & Hip Hop (**LOWER SCHOOL**, 4:30-5:30) \_\_\_\_\_



Special events like Cache-Cache take place on Fridays, a complete list of dates can be found on Page 6!

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

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

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

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