

FALL 2023 AFTER SCHOOL PROGRAM IN THE LOWER SCHOOL



The Convent of the Sacred Heart offers an After School Program for students in the Lower School. There is a limit to the number of children who can be enrolled in each activity.

During Summer vacation, class enrollment will be determined. Parents will be notified concerning a student's acceptance or waitlist status for her desired class(es).

- A class may be canceled if a minimum number of students do not register for it.
- All fees include a snack.
- After School activities do not meet on school holidays or early dismissal days.
- Students are not allowed to bring play dates to the After School Program.
- Children are expected to be picked up promptly when the activity ends.

MONDAY

CHESS for Grades 1, 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$25

In this class, students learn all the basics of chess in a fun and noncompetitive atmosphere. The girls will be taught how pieces move and the use of a chess clock. They will learn basic chess strategies, openings, tactics and problem-solving skills.

HOMEWORK'S DONE! for Grade 1

Teacher: Ms. Veronica Sanabani

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Wouldn't it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the supervision of a teacher and the company of your peers.

HOMEWORK'S DONE for Grades 2, 3, 4

Teacher: Ms. Yedifer Piña

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Wouldn't it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the guidance and support of a teacher and the company of your peers.

INTRODUCTION TO RUNNING for Grades 1, 2

Teacher: Ms. Katie Amodio and Ms. Clare Long

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class will instruct the girls in age-appropriate running techniques using warm-up and fitness games. Emphasis will be on safety and fun!

MATH SUPPORT Grades 1, 2

Teacher: Ms. Regan Moroney

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class is for students who need additional support to reinforce Math concepts, strategies and daily lessons. Each class we will review and complete homework.

MIXED MEDIA ART WORKSHOP for Grades 1, 2, 3, 4

Teacher: Ms. Holly Brown

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

In this class, students will use a variety of two dimensional art media including drawing, painting and collage. A new artist will be introduced with each new project as students explore a wide array of art movements and techniques.

MUSICAL THEATER for Grades 1, 2

Teacher: Applause teachers

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class is a perfect blend of musical theater training, character exploration and fun theater activities. Students will also learn vocals and choreography to popular Broadway songs.

ROBOTICS for Grades 1, 2

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Fee: \$595 Materials Fee: \$50

Students get hands-on experience learning about gears, motors and energy while building projects! Students will build creativity and develop problem-solving skills while learning concepts in engineering and robotics.

SCIENCE for Grade 3

Teacher: Upper School students

Hours: 3:15 - 4:00 pm

Join the Upper School students in a fun afternoon of hands-on projects and experiments!

SEWING for Grades 1, 2

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Girls enjoy a relaxing class working on simple sewing projects. They will make bags, dolls' quilts, hair bands and stuffed animals!

OFF CAMPUS

SOCCER for Grades 2, 3, 4

Teacher: Corbin Crusader Coaches

Hours: 3:15 - 5:30 pm (Bus departs at 5:00 pm)

Class Fee: \$895

The program is for girls with all levels of experience and skill sets. The focus will be on basic positioning and play. **Girls will be returned home after the activity by a Corbin's Crusader bus. Bus service from 60th Street to 100th Street East and West.**

TUESDAY

COMIC BOOK CREATION for Grades 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$25

Using paper, pen and coloring materials, we will create an exciting story in the form of a comic book. This exploration of creative writing, linear storytelling and artistic expression will help students find their inner hero who can see the good in everyone!

EARTH SCIENCE for Grades 1, 2

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Through the foundations of biology, zoology, geology, oceanography and more, we'll learn all about how our planet works and the things that live here with us! Everything from bumblebees to blue whales, volcanoes to vortexes.

HIP HOP STARS for Grades 2, 3, 4

Teacher: Shooting Stars NYC

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class features kid-friendly routines based on original Hip Hop choreography. The instructor will break down the steps, and add games, activities and cultural elements into the lessons. Come dance the afternoon away.

HOMEWORK'S DONE! for Grades 2, 3, 4

Teacher: Ms. Yedifer Pina

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Wouldn't it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the supervision of a teacher and the company of your peers.

KNITTING 101 for Grades 2, 3, 4

Teacher: Ms. Zoe Davis

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Material Fee: \$25

Learn the basics of knitting and crochet in this relaxing craft class. The girls will learn how to cast on yarn to their knitting needles, knit and purl stitches, count rows and knit away.

MATH SUPPORT Grades 3, 4

Teacher: Mrs. Maureen Cook

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class is for students who need additional support to reinforce Math concepts, strategies and daily lessons. Each class we will review and complete homework.

MINECRAFT: HARRY POTTER for Grades 1, 2, 3

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Students will learn to code while exploring an interactive Harry Potter world in Minecraft. Every class is a new adventure and opportunity to put coding fundamentals into action.

OFF CAMPUS

SOCCER at Sacred Heart! for Grades 1, 2 (Central Park)

Teacher: Super Soccer Coaches

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Students will learn and practice the fundamentals of soccer dribbling, passing, shooting and team play. **Equipment needed: sneakers.**

WEDNESDAY

ART OUT OF THE BOX for Grades 1, 2

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Students will learn how to get creative and make mini masterpieces using materials like fabric, paper and found objects from nature! They will also learn about contemporary and historic artists using unconventional materials.

FIBER ARTS for Grades 2, 3, 4

Teacher: Ms. Zoe Davis

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Let's explore sewing, knitting, crafting and macrame. Students will learn the basics of sewing, designing some fabulous outfits, and casting on a stitch. We will cover the world of textiles in this fun and artistic class.

HOMEWORK'S DONE! for Grades 2, 3, 4

Teacher: Ms. Roni Radcliffe

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Wouldn't it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the supervision of a teacher and the company of your peers.

IMPROV THEATER for Grades 1, 2

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Students will learn basic improv skills, play games and develop communication performance skills. This class helps to build confidence and collaboration!

LEGO ROBOTICS & DRONE PILOTING for Grades 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Students will build and create coding for a robotic gadget to solve a problem through an exciting, story-based challenge. Students will also explore the relationship between robotics and drones, and practice drone flight with obstacle courses and scavenger hunts.

MATH ENRICHMENT for Grades 3, 4

Teacher: Ms. Yedifer Pina

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class will focus on math concepts and honing math skills. **This class is for girls who are working at grade level and above.**

RUNNING CLUB for Grades 3, 4

Teacher: Ms. Clare Long and Ms. Regan Moroney
Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class will instruct the girls in age-appropriate running techniques using warm-up and fitness games. Emphasis will be on safety and fun!

OFF CAMPUS

LACROSSE for Grades 2, 3, 4

Teacher: Corbin's Crusaders Coaches
Hours: 3:15 - 5:00 pm

Class Fee: \$895

Lacrosse is the fastest growing sport in the U.S. The girls will be instructed in the fundamentals of lacrosse such as cradling, scooping, passing, shooting, defense and team play. Equipment needed: lacrosse stick, goggles and mouth piece. **Girls will be returned home after the activity by a Corbin's Crusader bus. Bus service from 60th Street to 100th Street East and West.**

SWIM CLUB Grades 1, 2

Dates: 9/13 - 11/1

Teacher: Cardinal Swim Club Coaches
Hours: 3:15 - 5:00 pm

Class Fee: \$625

Swim instructors will work with students to learn everything from safety & survival techniques to stroke mechanics and conditioning. Students are grouped by skill level. **Students should be picked up promptly at 5:00 pm at 406 East 91st Street. (Girls will walk over to 406 with a Sacred Heart chaperone.)**

THURSDAY

AFFINITY GROUP for Grades 1, 2, 3, 4

Teacher: Ms. Marielena Quintanilla
Hours: 3:30 - 4:30 pm

Our LS affinity group provides an opportunity for LS students of color to celebrate their shared identities, strengthen their sense of belonging, and enrich our inclusive community. Through read-alouds, craft/virtual projects, circle shares, dance parties, and other activities, participants can connect with students of color from other grades and classes. Please note: This group is open to those who identify their racial/ethnic background as Black/ African American, African, Asian, Pacific Islander, Southeast Asian, First Nations, Latinx/Hispanic, Greater Middle Eastern, or Multiracial.

FENCING for Grades 2, 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595

The girls will learn the fundamentals of en garde, lunging, and parrying in a fun and safe environment. Foil and equipment provided! Please wear your sneakers.

HOMEWORK'S DONE for Grades 2, 3, 4

Teacher: Ms. Sarah Yim
Hours: 3:30 - 4:30 pm

Class Fee: \$595

Wouldn't it be nice to bring home an empty backpack at the end of the day? Finish your homework at school while working in a quiet room with the supervision of a teacher and the company of your peers.

IMPROV THEATER for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595

Students will learn basic improv skills, play games and develop communication performance skills. This class helps to build confidence and collaboration!

iPIANOLAB for Grades 1, 2, 3, 4

Teacher: Ms. Andrea
Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

iPianolab is a fun way to learn piano keyboard right at school. iPianolab sets up a portable keyboard lab with keyboard and headphones for each student. The girls will learn all the keyboard basics while learning to play songs they love. The class includes free access to iPiano's website to watch tutorials of all the lessons and songs including fun interactive learning games.

LET'S BUILD SCULPTURES for Grades 1, 2, 3, 4

Teacher: Ms. Holly Brown
Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Students will engage in a variety of 3-D building techniques and materials. We will explore working with wood, cardboard, found objects, dioramas and textiles in this class. Themes will focus on a variety of artists working in these areas.

PLAY PRODUCTION! for Grades 2, 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595

Join us for an interactive and immersive theatrical experience! This theater class will explore the fundamentals of stage production. We'll touch on performance and stage presence, writing and storytelling, costume concepts and more.

THE STOCK MARKET GAME! for Grade 4

Teacher: Mrs. Maureen Cook
Hours: 3:30 - 4:30 pm

Class Fee: \$595

Join our online simulation of the stock market! Girls will be given a virtual \$100,000 to invest while learning how to create a portfolio, trade, buy and sell stocks. Working with partners, students will develop and enhance skills in leadership, problem solving and team building.

OFF CAMPUS

LACROSSE at Sacred Heart! for Grades 1, 2 (Central Park)

Teacher: Ms. Regan Moroney & Ms. Clare Long
Hours: 3:30 - 4:30 pm

Class Fee: \$595

Lacrosse is the fastest growing sport in the U.S. The girls will be instructed in the fundamentals of lacrosse such as cradling, scooping, passing, shooting, defense and team play. **Equipment needed: lacrosse stick, goggles and mouth piece.**

VOLLEYBALL for Grades 2, 3, 4

Teacher: Corbin Crusader Coaches
Hours: 3:15 - 5:30 pm (Bus departs at 5:00 pm)

Class Fee: \$895

The program is for girls with all levels of experience and skill sets. The focus will be on basic positioning and play. **Girls will be returned home after the activity by a Corbin's Crusader bus. Bus service from 60th Street to 100th Street East and West.**

FRIDAY

CODE & CREATE AN APP for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595 Material Fee: \$50

Students will use age-appropriate platforms and interactive challenges to introduce coding concepts like loops, conditionals, cause and effect. With these concepts coders will build their own video games, quizzes and apps.

CODING & VIDEO GAME DESIGN for Grades 1, 2

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$50

Students will learn coding fundamentals and use them to create their own heroes, power-ups, levels and more. Each class creates a new opportunity for our coders to save the Minecraft world!

GYMNASTICS for Grades 1, 2

Teacher: Ms. Abbie Ruff
Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class emphasizes learning beginner skills that increase fitness in a fun environment. Students develop confidence as they enhance their skills in tumbling and on the balance beam, uneven bars and vault.

ON-CAMERA ACTING for Grades 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595

Lights, camera, action! This cinematic course focuses on acting techniques and audition skills. Learn the basics of playing to the camera!

SPY KIDS for Grades 1, 2, 3, 4

Teacher: T.B.A.
Hours: 3:30 - 4:30 pm

Class Fee: \$595 Materials Fee: \$25

We will explore science, engineering and design concepts by solving puzzles, cracking secret codes and crafting spy gadgets and disguises!

OFF CAMPUS

GROUP ICE SKATING AT CHELSEA PIERS (Indoor Rink) for Grades 1, 2, 3, 4

Teacher: Chelsea Piers Instructors
Hours: **3:15 - 5:45 pm** (Bus leaves at 5:00 pm)

Class Fee: \$895

In this activity, girls participate in a group skating lesson and a "free skate" session. The fee includes a lesson, ice skate rental and helmet. **Sacred Heart chaperones accompany the children to the rink and back to school on a Sacred Heart bus.**

PRE TEAM SWIM CLUB Grades 3, 4

Date: 9/15 - 11/3
Teacher: Cardinal Swim Club Coaches
Hours: 3:15 - 5:00 pm

Class Fee: \$625

This program is for students who want to develop their competitive swim skills. Participants should come with competency in three of the four strokes and have an interest in racing. **Students should be picked up promptly at 5:00 pm at 406 East 91st Street. (Girls will walk over to 406 with a SH chaperone.)**

FALL 2023 Calendar

SEPTEMBER

Monday	18, 25
Tuesday	19, 26
Wednesday	20, 27
Thursday	21, 28
Friday	22, 29

OCTOBER

Monday	2, 16, 23, 30
Tuesday	3, 10, 17, 24
Wednesday	4, 11, 18, 25
Thursday	5, 12, 19, 26
Friday	13, 20

NOVEMBER

Monday	6, 13
Tuesday	7, 14, 28
Wednesday	1, 8, 15, 29
Thursday	2, 9, 16, 30
Friday	3, 10, 17

DECEMBER

Monday	4, 11
Tuesday	5
Wednesday	-
Thursday	-
Friday	1, 8, 15

Contact: Patricia Sweeney (psweeney@cshnyc.org)

Registration for FALL 2023 please go to:

<https://lowerschoolafterschool.campbrainregistration.com/>

-- Create an account and password

-- Select your after school class/es

-- Use your credit card to pay (VISA, Discover and Mastercard only) NO AMERICAN EXPRESS