SPRING 2024 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 Spring break, 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.
- 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.
- Students may withdraw from or switch their class at a pro-rated cost if they do so before the third week of after school.
- Children are expected to be picked up promptly when the activity ends.

**MONDAY**

**CROSS** 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 about a variety of artists, using their work as inspiration for hands-on art projects. We will work in a variety of media, including collaging, painting, drawing and mixed media.

**WORKHOME’S DONE!** for Grade 1
Teacher: Ms. Verónica Sanabria
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.

**WORKHOME’S DONE!** for Grades 2, 3, 4
Teacher: Ms. Yeiddler 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 guidance and support of a teacher and the company of your peers.

**INTRODUCTION TO RUNNING** for Grades 1, 2
Teacher: Ms. Katie Amodio
Hours: 3:30 - 4:30 pm
Class Fee: $595

This class will introduce 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 Meehan
Hours: 3:30 - 4:30 pm
Class Fee: $595

This class is for students who need additional sup- port to reinforce Math concepts, strategies and daily homework. Each class will review and complete homework.

**MUSICAL THEATER** for Grades 1, 2
Teacher: Ms. Zuzi Deivis
Hours: 3:30 - 4:30 pm
Class Fee: $590

This 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.

**SEWING** for Grade 1
Teacher: Ms. Yuey Deivis
Hours: 3:30 - 4:30 pm
Class Fee: $590
Materials Fee: $50

Girls enjoy a relaxing class working on simple sew- ing projects. They will make bags, dolls’ quilts, hair bands and stuffed animals!

**OFF CAMPUS**

**SOCCER** for Grades 1, 2, 3, 3
Teacher: Corbin’s Crusader Coaches
Hours: 3:15 - 5:00 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 story- telling and artistic expression will help students find their inner hero who can see the good in everyone!

**GRAPHIC ART** for Grades 2, 3, 4
Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: $595
Materials Fee: $25

Combine the world of art and technology with weekly design lessons, students will make art on a virtual Canvas using programs such as PowerPoint and canvas to create posters, stickers and digital illustration (Chromebooks required).

**WORKHOME’S DONE!** for Grades 2, 3, 4
Teacher: Ms. Caitlin Maguire
Hours: 3:30 - 4:30 pm
Class Fee: $590

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.

**KNITTING 101** for Grades 2, 3, 4
Teacher: Ms. Zuzi Deivis
Hours: 3:30 - 4:30 pm
Class Fee: $595

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 knot away.

**MARINE BIOLOGY** for Grades 1, 2, 3
Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: $590
Materials Fee: $50

In this class, students will dive into the world of marine biology, wetland ecosystems and science at sea and activities to learn more about aquatic crea- tures and their habitats.

**MINECRAFT: HARRY POTTER** for Grades 1, 2
Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: $595

This class will focus on basic Minecraft skills in an environment of fun and group activities. The girls will practice the fundamentals of building, base running, hitting and team 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.

**WEDNESDAY**

**ARCHAEOLOGISTS’ CLUB** Grades 2, 3, 4
Teacher: T.B.A.
Hours: 3:30 - 4:30 pm
Class Fee: $595
Materials Fee: $50

Students will learn about geography and archeology with weekly experiments, demonstrations and exca- vation activities to spark curiosity into the ancient world of artifacts, civilizations, earth science and dinosaurs!

**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, crocheting and macrame. Students will learn the basics of sewing and design- ing some fabulous outfits to casing on a stick. We will cover the world of textiles in this fun and artistic class.

**WORKHOME’S DONE** for Grades 2, 3, 4
Teacher: Ms. Maria Levine
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 super- vision of a teacher and the company of your peers. This class is for girls who are working at grade level and above.

**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!

**MATH ENRICHMENT** for Grades 3, 4
Teacher: Ms. Yeiddler 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: Mrs. Lang & Ms. Morgan- Rowe
Hours: 3:30 – 4:30 pm
Class Fee: $95
This class will teach the girls in age-appropriate running techniques using warm-up and fitness games.

LACROSSE for Grades 2, 3, 4
Teacher: Corbin’s Crusaders Coaches
Hours: 3:30 – 4:00 pm
Class Fee: $95
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 6:00 pm to 10:00 pm at 100th Street East and West.

SWIM CLUB Grades 1, 2
Teacher: Cardinal Swim Club Coaches
Hours: 3:30 – 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 10th Street. (Girls will walk over to 406 with a Sacred Heart chaperone.)

AFFINITY GROUP for Grades 1, 2, 3, 4
Teacher: Ms. Yedifer Pina & Ms. Marielena Quintanilla
Hours: 3:30 – 4:00 pm
Class Fee: $95
This group is open to those who identify as Black African American, African, Asian, Pacific Islander, Southeast Asian, First Nations, Latinx/Hispanic, Greater Middle Eastern, or Multiracial.

FENCING for Grades 3, 4
Teacher: T.B.A.
Hours: 3:30 – 4:30 pm
Class Fee: $95
The girls will learn the fundamentals of en garde, lunge, and parry in a fun and safe environment. Foul 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: $95
Wouldn’t it be nice to bring home an empty book pack 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.

IMPROV THEATER for Grades 3, 4
Teacher: T.B.A.
Hours: 3:30 – 4:30 pm
Class Fee: $95
Students will learn basic improv skills, play games and develop communication performance skills. This class helps to build confidence and collaboration.

iPIANO LAB for Grades 2, 3, 4
Teacher: Mr. Steve Catarino
Hours: 3:30 – 4:30 pm
Class Fee: $95
Materials Fee: $50
iPianolab is a fun way to learn piano keyboard right at school. iPianolab sets up a portable keyboard lab with a keyboard and headphones for each student.

THURSDAY

CODE AND CRAFT AN APP for Grades 3, 4
Teacher: T.B.A.
Hours: 3:30 – 4:30 pm
Class Fee: $95
Materials Fee: $50
Students will learn age-appropriate platforms and interactive challenges to introduce coding concepts like loops, conditionals, causes and effects. With these concepts coders will build their own video games, quizzes and apps.

Gymnastics for Grades 1, 2
Teacher: Ms. Sabrina Fritz
Hours: 3:30 – 4:30 pm
Class Fee: $95
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-CAMPUS ACTINGS for Grades 3, 4
Teacher: T.B.A.
Hours: 3:30 – 4:00 pm
Class Fee: $95
Lights, camera, action! This cinematic course focuses on acting techniques and audition skills. Learn the basics of playing to the camera.

SPF KIDS for Grades 1, 2, 3
Teacher: T.B.A.
Hours: 3:30 – 4:00 pm
Class Fee: $95
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 (Central Park)
Teacher: Ms. Regan Moran and Ms. Clare Long
Hours: 3:30 – 4:30 pm
Class Fee: $95
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 Crusaders Coaches
Hours: 3:15 – 5:30 pm (Bus departs at 5:00 pm)
Class Fee: $95
The program is for girls with all levels of experience! 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.

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

GROUP ICE SKATING at CHELSEA PIERS (Central Park)
Teacher: Ms. Regan Moran and Ms. Clare Long
Hours: 3:30 – 4:30 pm
Class Fee: $95
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.

CODE and CRAFT an APP for Grades 3, 4
Teacher: T.B.A.
Hours: 3:30 – 4:30 pm
Class Fee: $95
Materials Fee: $50
Students will use age-appropriate platforms and interactive challenges to introduce coding concepts like loops, conditionals, causes and effects. With these concepts coders will build their own video games, quizzes and apps.

GYMNASIUMS for Grades 1, 2
Teacher: Ms. Sabrina Fritz
Hours: 3:30 – 4:30 pm
Class Fee: $95
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-CAMPUS ACTINGS for Grades 3, 4
Teacher: T.B.A.
Hours: 3:30 – 4:00 pm
Class Fee: $95
Lights, camera, action! This cinematic course focuses on acting techniques and audition skills. Learn the basics of playing to the camera.

SPF KIDS for Grades 1, 2, 3
Teacher: T.B.A.
Hours: 3:30 – 4:00 pm
Class Fee: $95
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 (In-Building) for Grades 2, 3, 4
Teacher: Ms. Regan Moran and Ms. Clare Long
Hours: 3:30 – 4:30 pm
Class Fee: $95
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
Teacher: Cardinal Swim Club Coaches
Hours: 3:30 – 5:00 pm
Class Fee: $95
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 10th Street. (Girls will walk over to 406 with a SH chaperone.)

SPRING 2024 Calendar

APRIL
Monday 8, 15, 22, 29
Tuesday 9, 16, 23, 30
Wednesday 10, 17, 24
Thursday 11, 18, 25
Friday 12, 19, 26

MAY
Monday 6, 13, 20
Tuesday 7, 14, 21, 28
Wednesday 8, 15, 22, 29
Thursday 9, 16, 17, 31

JUNE
Monday 3
Tuesday -
Wednesday -
Thursday -
Friday -

Contact: Patricia Sweney (p.sweney@chsny.org)