

FALL 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 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.
- **Students may withdraw from or switch their class at a prorated 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

DIVE INTO ART for Grades 1, 2, 3, 4

Teacher: Ms. Holly Brown

Hours: 3:30 - 4:30 pm

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

In this class, students will 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 collage, painting, drawing and mixed media.

HOMEWORK'S DONE! for Grade 1

Teacher: Mr. Richard Rodney

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.

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

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!

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.

SEWING for Grade 1, 2

Teacher: Ms. Zoe Davis

Hours: 3:30 - 4:30 pm

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

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

OFF CAMPUS

GOLF for Grades 1, 2, 3, 4

NYC Golf and Sport

Teacher: Mr. Adam Raymond

Hours: 3:30 - 4:30 pm

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

This program utilizes age-appropriate methods and equipment to teach the proper skills, rules and etiquette of golf. Players will practice the four basic shots as well as gain an introduction to golf.

SOCCER for Grades 1, 2, 3, 4

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

ARCHITECTURE for Grades 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

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

In this class we will complete various open-ended engineering and design challenges. Explore domes, skyscrapers, various types of bridges, and even the connection between architecture and fashion! Every concept is presented via a hands-on project.

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!

DANCE PARTY for Grades 1, 2, 3

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595

This class brings a fun and enjoyable way to get moving while learning routines based on original choreography. The students will learn all types of dance, hip hop, modern and Broadway dance. They'll break down steps, add games, and activities to improve endurance, strength and coordination.

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.

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.

MINECRAFT: HARRY POTTER for Grades 1, 2

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!

ORIGAMI ARTS for Grades 2, 3, 4

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

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

Explore the extraordinary art of paper folding. Starting with beginner level creations to advanced and intricate folds. Students will create origami designs like jumping frogs, mini stars, balloons and paper cranes.

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

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.

TENNIS for Grades 1, 2, 3

Teacher: Super Star Tennis

Hours: 3:15 - 4:30 pm

Class Fee: \$625 **Material Fee: \$25**

This class will emphasize tennis fundamentals; learn how to hit forehand, backhand and volleys with the proper technique and grip. We will also work on drills, games, hand-eye coordination, sportsmanship and team building skills while having fun! All equipment is provided.

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.

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.

FIBER ARTS for Grades 1, 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 and designing some fabulous outfits to 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. 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 supervision 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, 3

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

MATH ENRICHMENT for Grades 3, 4

Teacher: Mrs. Maureen Cook
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 & 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

Teacher: Cardinal Swim Club Coaches
Hours: 3:15 - 5:00 pm (9/18 - 11/6)
Class Fee: \$650

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. Yedifer Piña
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 3, 4

Teacher: Coach Yuri
Hours: 3:30 - 4:30 pm

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

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.

GREEN BEETZ Cooking and the Environment for Grades 1, 2, 3

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

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

This class is a cooking, art and science program that teaches students all about nutrition and the environment. By making weekly recipes, we will explore how our food choices impact not only our own health, but the health of our community and the health of the planet.

HOMEWORK'S DONE for Grades 2, 3, 4

Teacher: Ms. Leslie Perez
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. This class is for girls who are working at grade level and above.

iPIANOLAB for Grades 1, 2, 3

Teacher: Mr. Steve Catanzaro
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 a 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.

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.

OFF CAMPUS

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

Teacher: Ms. Regan Moroney and 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

ADVANCED CODING for Grades 3, 4

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

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

Students will build upon their existing knowledge and will be introduced to more advanced coding concepts. Through hands-on projects students will explore topics such as loops, conditionals, functions, and algorithms empowering them to create more complex and dynamic programs.

JOURNEY INTO CODING for Grades 1, 2

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

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

Students will embark on a quest to master fundamental coding concepts such as sequencing, loops and conditional statements. From coding animated stories to designing interactive games and puzzles this class offers an immersive learning experience in the world of coding!

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!

SWIFTIE SONGWRITING! for Grades 1, 2, 3

Teacher: T.B.A.

Hours: 3:30 - 4:30 pm

Class Fee: \$595

Explore the fundamentals of music like melody, key, song structure and more through a different Taylor Swift song each week. Students will explore a Swiftie themed craft and finish each session with Taylor-based trivia questions!

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

Teacher: Cardinal Swim Club Coaches
Hours: 3:15 - 5:00 pm (9/13 - 11/8)

Class Fee: \$650

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 2024 Calendar

SEPTEMBER

Monday	16, 23, 30
Tuesday	17, 24
Wednesday	18, 25
Thursday	19, 26
Friday	20, 27

OCTOBER

Monday	7, 21, 28
Tuesday	1, 8, 15, 22, 29
Wednesday	2, 9, 16, 23, 30
Thursday	3, 10, 17, 24
Friday	4, 18

NOVEMBER

Monday	4, 11, 18
Tuesday	5, 12, 19
Wednesday	6, 13, 20
Thursday	7, 14, 21
Friday	1, 8, 15, 22

DECEMBER

Monday	9
Tuesday	-
Wednesday	-
Thursday	5
Friday	6, 13

Contact: Patricia Sweeney
(psweeney@cshnyc.org)

Registration for FALL 2024 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**