



Heart
Enrichment

Fall 2018 HEART Enrichment Class Schedule

Weekly Enrichment classes begin the week of Sept. 24!

➡ Register Online: ashmi.org/Enrichment

Spring Drama and Dance Recital is Wednesday, May 8

Check out the
awesomeness!



There is a separate registration form for: Extravaganzas, Cache-Cache, Kids' Night Out, and Play Days! E-mail any questions to Mr. V: avisocchi@ashmi.org

MONDAYS



Amazing Athletes PRESCHOOL

*Does not conflict with Monday Extravaganzas

Dates: Sept. 24; Oct. 1, 15, 22; Nov. 5, 19; Dec. 3

3:00-3:30 p.m. Fee: \$95

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



ASH Ninja Warrior PRIMARY & LOWER SCHOOL

*Does not conflict with Monday Extravaganzas

Dates: Sept. 24; Oct. 1, 15, 22; Nov. 5, 19; Dec. 3

3:30-4:30 p.m. Fee: \$160

Courses for Primary and Lower School students! Fall is the perfect time to get outside and participate in this popular athletic challenge! Each week, students will participate in various physical challenges designed to maximize fun while staying active and busy. Not only will Mr. V be on hand to help direct students through obstacle courses, but guests will help us up the challenge level!



Youth Yoga SEPARATE CLASSES: PRIMARY & LOWER SCHOOL

*Does not conflict with Monday Extravaganzas

Dates: Sept. 24; Oct. 1, 15, 22; Nov. 5, 19; Dec. 3

Primary 3:30 - 4:00 Fee: \$95

Lower School 4:00 - 4:30 Fee: \$95

By popular request, we are bringing a certified yoga instructor to ASH to work with our young students! Children develop body awareness, manage stress through breathing and meditation, build concentration, and learn to use their bodies in a healthy way by practicing yoga! This is a fantastic opportunity that we are proud to offer again here at ASH.

TUESDAYS



Mr. V's Rockin' Tots TODDLER 2 & YOUNG 3s

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20, 27

10:00 - 10:30 a.m. Fee: \$120

It's time to get the band back together! Our own resident rock star Mr. V will lead students through a range of fun and stimulating musical activities designed to grow a love of music while introducing a basic understanding of rhythm and melody as well as early literacy and listening.



Pre-Dance PRESCHOOL & PRE K

Performing Arts Academy Spring Recital Class

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20, 27

3:00 - 3:30 p.m. Fee: \$120

Calling our youngest boys & girls! This class is designed to enhance the joy of music and movement. Pre-Dance curriculum encourages coordination through music and rhythm and includes warm-up, stretch and flexibility exercises, and introduction to basic dance steps. No shoes needed.



TGA Premier Junior Golf SEPARATE CLASSES: PRIMARY / GRADES 2-6

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13

Primary 3:15 - 3:45 p.m. Fee: \$95

Grades 2-6 3:45 -4:45 Fee: \$195

TGA stands for: Teach, Grow, Achieve – these concepts are the foundation of every golf program they offer, and we are thrilled to have them here at Sacred Heart! Dedicated coaches help students develop their skills and a passion for golf while using the sport as a vehicle for delivering educational concepts including STEM and life skills such as respect, honesty, perseverance and sportsmanship.



Drama Club: Peanuts Gang w/ Winter Performance! GRADE 2 – GRADE 6

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13 (Performance)

3:30 - 5:00 p.m. Fee: \$240

THE STAGE IS CALLING! This theater experience is designed to develop characterization. The dialogue will be taken from the library of "Charlie Brown" strengthening speech, stage direction, and memorization while having fun. Music will be included, choral as well as solo opportunities for the cast. Movement and blocking will bring this experience to a performance for family and friends.

TUESDAYS (CONT.)



Musical Theater Tap Dance **GRADE 4 – GRADE 6**

Performing Arts Academy Spring Recital Class

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13

5:00 – 5:45 p.m. Fee: \$120

The forever popular and beautiful form of dance known as tap is thriving! Join in the fun, flapping and tapping to musical favorites such as *Thoroughly Modern Millie* and *42nd Street*! Students also learn teamwork as well as coordinated steps, music and rhythm! Black Mary Jane tap shoes needed.

TUESDAYS + THURSDAYS



Kensington Hall Fitness & Martial Arts Training **KENSINGTON HALL**

Nov. 6, 13, 15, 20, 27, 29; Dec. 4, 6, 11, 13

3:30 - 4:30 p.m. Fee: \$250

Elbert Moore is a Third Degree Black Belt TKD and former worldwide Top 10 professional kickboxer who has devoted his life to health and physical fitness. Mr. Moore is bringing his enthusiasm and electric personality to ASH where he will inspire students to perform to the best of their abilities and beyond as they learn new fitness techniques, martial arts combinations, and much more!

WEDNESDAYS



Ballet & Tap **K & GRADE 1**

Performing Arts Academy Spring Recital Class

Sept. 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14, 28; Dec. 5

1:15 - 2:15 p.m. Fee: \$220

This class is an exploration of the skills and beauty of two popular forms of dance: ballet and tap. Classes are designed to enhance musicality with a curriculum that develops memorization skills. Students also learn teamwork as well as coordination. Discover the joy of dance through coordinated steps, music and rhythm! Black Mary Jane tap shoes and pink ballet slippers needed.



Ballet & Tap **GRADES 2-3**

Performing Arts Academy Spring Recital Class

Sept. 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14, 28; Dec. 5

3:30 – 4:30 p.m. Fee: \$220

This class is an exploration of the skills and beauty of two popular forms of dance: ballet and tap. Classes are designed to enhance musicality with a curriculum that develops memorization skills. Students also learn teamwork as well as coordination. Discover the joy of dance through coordinated steps, music and rhythm! Black Mary Jane tap shoes and pink ballet slippers needed.

WEDNESDAYS (CONT.)



Lower School Girls Field Hockey Club **LOWER SCHOOL GIRLS**

Sept. 26; Oct. 3, 10, 17, 24

3:30 - 4:30 p.m. Fee: \$110

Let's GROW THE GAME! This is the continuation of a new program here at ASH in partnership with our Upper School Athletics Blue & Gold group and that nation-wide effort to grow the game of Field Hockey in preparation for middle school and Upper School. Students in our Lower School (and eventually Primary) can train with coaches and students from our Upper School to prepare them for the athletic opportunities ahead. All equipment provided!



Chess Wizards: Strategies for Life **KENSINGTON HALL & MIDDLE SCHOOL FOR GIRLS**

Nov. 14, 28; Dec. 5, 12, 19

3:30 - 4:30 p.m. Fee: \$120

Chess Wizards: Strategies for Life offers specially designed classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard Teachers. It is proven that chess enhances cognitive development in children, improves both verbal and mathematical skills, and increases all levels of academic performance! Playing chess stimulates the mind and helps children strengthen skills such as focusing, visualizing goals, abstract thinking, and forming concrete opinions.

THURSDAYS



Amazing Athletes **TODDLER 2 & YOUNG 3s**

Sept. 27; Oct. 4, 11, 18, 25; Nov. 1, 15, 29; Dec. 6

10:00 - 10:30 a.m. Fee: \$120

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



Imagination Station **PRESCHOOL**

Sept. 27; Oct. 4, 11, 18, 25; Nov. 1, 15, 29; Dec. 6

Preschool: 3:30 - 4:00 p.m. Fee: \$120

Join us on journey of discovery! Each week Imagination Station will be based off a theme or lesson which will provide students the opportunity to tap into their creativity and discovers new forms of art and play while exercising their hearts, minds, and bodies. Through drawing, crafting, and creating (incorporating music and play) students will develop a stronger awareness of their bodies, selves, and world - while developing the skills necessary to complete tasks, follow instructions, and work toward a goal. This is an introduction to all forms of art and expression!

THURSDAYS (CONT.)



little
medical
school.

Little Medical School **PRIMARY & LOWER SCHOOL**

Sept. 27; Oct. 4, 11, 18, 25; Nov. 15

3:30 - 4:30 p.m. Fee: \$140 + \$20 Materials Fee

ALL NEW MATERIAL! Little Medical School is a STEM program bringing medicine, science, and the importance of health to your children in an entertaining, exciting, and fun way! LMS creates an opportunity to experience role playing using tools that real doctors use, and learn how the body works, inspiring tomorrow's doctors today! This is part one of a two-part class we'll be offering in Enrichment. Stay tuned for Little Veterinary School after Christmas!



LEGO Mania Master Builders + LEGO WeDo Robotics **PRIMARY & LOWER SCHOOL**

Sept. 27; Oct. 4, 11, 18, 25; Nov. 15, 29; Dec. 6, 13

3:30 - 4:30 p.m. Fee: \$180 + \$15 Materials Fee

Both novice and experienced builders will be guided as they explore their imaginations while honing their fine motor skills in this ASH-favorite class. Engineering concepts are covered in all of our daily challenges and students will use computer-programming to bring models to life. Don't be the missing piece in this fun-filled class!

Hip Hop Dance **SEPARATE CLASSES: GRADES 1-3 / GRADES 4-6**

Performing Arts Academy Spring Recital Class

Sept. 27; Oct. 4, 11, 18, 25; Nov. 15, 29; Dec. 6

Grades 1-3: 4:00 - 4:45 p.m. Fee: \$120

Grades 4-6: 4:45 - 5:30 p.m. Fee: \$120



This ever-popular growing form of dance is an excellent aerobic workout incorporating upbeat music and fun. Students learn rhythm, coordination, isolation and basic dance steps. The music for each class is carefully chosen to be appropriate in content for the age of the dancer. Tennis shoes needed.

FRIDAYS



Chess Wizards: Strategies for Life **PRIMARY & LOWER SCHOOL**

Sept. 28; Oct. 5, 12, 19, 26; Nov. 9, 16, 30

3:30-4:30 p.m. Fee: \$175

Chess Wizards: Strategies for Life offers specially designed classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard Teachers. It is proven that chess enhances cognitive development in children, improves both verbal and mathematical skills, and increases all levels of academic performance! Playing chess stimulates the mind and helps children strengthen skills such as focusing, visualizing goals, abstract thinking, and forming concrete opinions.

REGISTER ONLINE: ashmi.org/Enrichment

HEART Enrichment Cancellation Policy:

A full refund will be given on cancellations received five days prior to the event. Cancellations made fewer than five days prior to the event will receive a 50% refund. There will be no refunds or make-up days for absences or closings due to weather or power emergencies. The director reserves the right to require the withdrawal of any student whose conduct is unsatisfactory or who appears unlikely to benefit from the program. Registrations received two business days (or fewer) before classes begin will be assessed a \$25 processing fee.

Performing Arts Academy Spring Recital is Wednesday, May 8

Contact Director of Enrichment, Mr. Visocchi: avisocchi@ashmi.org

Register for the following EVENTS at ashmi.org/Enrichment

Monday Extravaganza Dates:

October 29; November 12, 26; December 10, 17

Extravanzas are one-and-done opportunities for students to begin and complete an experience in a single afternoon. Focused around a theme or activity, they last for an hour and a half and are a favorite of Primary and Lower School students!

Cache-Cache Mania Dates:

October 5 – Primary, October 12 – LS, KH, MSG

November 9 – Primary, November 16 – LS, KH, MSG

December 7 – Primary, December 14 – LS, KH, MSG

Cache-Cache is a traditional group hide-and-seek game played at Sacred Heart schools all over the world. Don't miss out!

Kids' Night Out:

October 12

December 14

Parents get a night OFF when kids get a night OUT! 4 hours of fun on a Friday night from 6:30-10:30 with dinner provided! Plenty of fun activities designed to keep students active and busy.

www.ashmi.org/Enrichment

HEARTEnrichment.tumblr.com