



Heart + Enrichment



2023 Winter & Spring
Enrichment Class Offerings

Winter is a great time of year, full of a variety of opportunities for activities that are impossible without the chill of the winter air. In Enrichment, this gives us a time to take up an activity that is beyond our typical scope. I am excited to add a variety of STEM classes to our offerings this season, while maintaining other activities we've grown to love.

My hope for this Enrichment season is for our students to interact with one another in meaningful ways, through engaging activities that allow them to build skills and bring greater meaning to the Goals and Criteria.

Most sincerely,
Kate Kasmier
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How to Participate in Enrichment

Register for Enrichment classes online via UltraCamp. Families, please review your student's Enrichment schedule with them. Enrichment staff and teachers will work together at dismissal time and your student(s) will start the afternoon in Extended Day, where they will wash their hands, eat a snack, and be escorted to their Enrichment activities.

Please Note: Students who are not picked up within ten (10) minutes of the conclusion of their Enrichment class will be signed into Extended Day and billed accordingly. When picking up your child from Enrichment, please use the East Entrance.

Register using the QR Code today!



MONDAY CLASSES



Amazing Athletes Preschool

Grade: Preschool

Dates: Feb. 27- May 8 (No Class April 10, 17)

Time: 2:45-3:15 p.m.

Cost: \$160

Instructor: Coach Kendra Alpert

Preschool students are encouraged to participate in this amazing program that empowers children by using sports as a catalyst to 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.

Amazing Athletes Primary

Grades: PreKindergarten, Kindergarten and Grade 1

Dates: Feb. 27 - May 8 (No Class April 10, 17)

Time: 3:30-4:15 p.m.

Cost: \$200

Instructor: Coach Kendra Alpert

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

Amazing Athletes Toddler 2s & Young 3s

Grades: Toddler 2s & Young 3s

Dates: Feb. 27- May 8 (No Class April 10, 17)

Time: 10:15-10:45 a.m.

Cost: \$160

Instructor: Coach Kendra Alpert

This amazing program empowers children by using sports as a catalyst to engage their inner strengths and abilities. They will learn to confidently pursue an active lifestyle through each stage of development. Little athletes learn new sports skills each week and have a BLAST!

TUESDAY CLASSES



Toddler Mini Movers Dance Class

Grades: Toddler 2s and Young 3s

Dates: Jan. 24- May 9 (No class Feb. 21, April 11)

Time: 2:45-3:15

Cost: \$170

Instructor: Ms. Lisa Dietz

Designed especially for our youngest dancers, creative movement class teaches basic techniques with a focus on creative thinking, balance, spatial awareness, and coordination. Students will expand upon motor skills and foster a love of dance! Dance clothes and shoes are not required; students are welcome to dress in a leotard, tights, and ballet shoes if they choose.



Preschool Hip Hop Dance Class

Grade: Preschool

Dates: Jan. 24- May 9 (No class Feb. 21, April 11)

Time: 2:15-2:45

Cost: \$170

Instructor: Ms. Lisa Dietz

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 fostering a love of dance! Students should wear clothes that are easy to move in and sneakers to class.

Music for Little Mozarts Preschool Level 2

Grade: Preschool

Dates: Jan. 24 - May 9 (No class Feb. 21, April 11)

Time: 3:00-3:30 p.m.

Cost: \$170

Instructor: Ms. Jillian Thom

Come explore the exciting world of music with Mozart Mouse and Beethoven Bear! In this course your child will continue building a basic musical foundation, learn rhythm and dynamics, build interest in a variety of musical genres in addition to key developmental skills. Please note this class is intended for Preschoolers who participated in Music for Little Mozarts last semester.

TUESDAY CLASSES CONTINUED

Weird Science and School Garden

Grades: PreK-Grade 1

Dates: Jan. 24 - May 9 (No class Feb. 21, April 11)

Time: 3:30-4:30

Cost: \$360

Have you ever wanted to be a scientist or increase your understanding of the natural world? Well, you're in luck! In this class, we'll learn about physics and the natural world through fun science experiments. We'll learn about states of matter through building volcanos; we'll learn about sound through creating 'naturally occurring' speakers. Along the way, we'll take our experiments outside by planting simple gardens and making bird feeders. All supplies are included.



Safe Sitter Training and Certification

Grades: 4-8

Dates: Feb 28- March 28

Time: 5:00-6:00 p.m.

Cost: \$175

Instructor: Rhea Cooper

Safe Sitter Essentials is a six hour certification class designed to prepare students in Grades 4 - 8 to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing activities. Students even get to use manikins to practice rescue skills like choking rescue and CPR! Participants receive the Safe Sitter handbook and a certificate at the conclusion of the course.

Music for Little Mozarts Preschool Level 1

Grade: Preschool

Dates: Jan. 24 - May 9 (No class Feb. 21, April 11)

Time: 3:30-4:00 p.m.

Cost: \$170

Instructor: Ms. Jillian Thom

Come explore the exciting world of music with Mozart Mouse and Beethoven Bear! In this course your child will obtain a basic musical foundation, learn rhythm and dynamics, in addition to key developmental skills, such as building attention span, utilizing gross and fine motor skills, and more. Please note this class is intended for Preschool students who are new to Music for Little Mozarts. If your child participated in the course last semester, please register for a Level 2 section.



WEDNESDAY CLASSES

Preschool Ballet/Creative Movement

Grade: Preschool

Dates: Jan. 25- May 10 (No Class Feb. 22, Apr. 12)

Time: 2:45-3:15 p.m.

Cost: \$170

Instructor: Ms. Lisa Dietz

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.

Coding 4 Kids with Scratch

Grades: 2-4

Dates: Jan. 25- May 10 (No Class Feb. 22, Apr. 12)

Time: 3:30-4:45

Cost: \$360

Are you ready to start playing with code? We will be using a variety of software development techniques to introduce drag and drop tools designed to teach programming using MIT's Scratch coding platform. This class will feature fun coding activities where we program games, animations, and make our own music. Our instructors will share the basics of software development in an entertaining and sophisticated, yet easy-to-learn environment. Participants should be comfortable using keyboards or touchscreens to read and follow instructions.

Roblox: Designing Obbys and Adventures

Grades: 5-8

Dates: Jan. 25- May 10 (No Class Feb. 22, Apr. 12)

Time: 4:45-6:00

Cost: \$360

This program is designed for participants who want to learn how to create their own game levels using Roblox, a gaming platform where participants can play and build game worlds. Produce your own immersive experiences, obbys, and platformer-style games. With Roblox as your engine, your game is only limited by your imagination. During the program, you will learn how to build 3D adventures, races, and obstacle courses.

PreKindergarten Ballet/Creative Movement

Grade: PreKindergarten

Dates: Jan. 25- May 10 (No Class Feb. 22, Apr. 12)

Time: 3:15-3:45 p.m.

Cost: \$180

Instructor: Ms. Lisa Dietz

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.

Kindergarten & Grade 1 Hip Hop

Grades: Kindergarten and Grade 1

Dates: Jan. 25- May 10 (No Class Feb. 22, Apr. 12)

Time: 3:45-4:35 p.m.

Cost: \$305

Instructor: Ms. Lisa Dietz

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.

THURSDAY CLASSES

PreKindergarten Hip Hop

Grade: PreKindergarten

Dates: Jan. 26 – May 11 (No class Feb 23, April 6, April 13)

Time: 3:15–3:45 p.m.

Cost: \$180

Instructor: Ms. Lisa Dietz

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. We will learn cool new moves and build fun routines each week 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.

Kindergarten & Grade 1 Tap and Ballet

Grades: Kindergarten & Grade 1

Dates: Jan. 26 – May 11 (No class Feb 23, April 6, April 13)

Time: 3:45–4:35 p.m.

Cost: \$305

Instructor: Ms. Lisa Dietz

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.

Lower School Dance Combo

Grades: 2–4

Dates: Jan. 26 – May 11 (No class Feb 23, April 6, April 13)

Time: 4:40–5:30 p.m.

Cost: \$305

Instructor: Ms. Lisa Dietz

An upbeat and engaging class thoughtfully designed for Grades 2–4. We will explore and hone dance technique while focusing on body alignment, skill-building, and choreography. Improve flexibility, strength, artistry, and self-confidence! This class will cover ballet foundations, modern/contemporary dance forms, jazz/hip hop styles, and more!



Music for Little Mozarts Preschool Level 1

Grade: Preschool

Dates: Jan. 26 – May 11 (No class Feb 23, April 6, April 13)

Time: 3:00–3:30 p.m.

Cost: \$170

Instructor: Ms. Jillian Thom

Come explore the exciting world of music with Mozart Mouse and Beethoven Bear! In this course your child will obtain a basic musical foundation, learn rhythm and dynamics, in addition to key developmental skills, such as building attention span, utilizing gross and fine motor skills, and more. Please note this class is intended for Preschool students who are new to Music for Little Mozarts. If your child participated in the course last semester, please register for a Level 2 section.

Music for Little Mozarts PreK & K Level 2

Grade: PreK and K

Dates: Jan. 26 – May 11 (No class Feb 23, April 6, April 13)

Time: 3:30–4:00 p.m.

Cost: \$180

Instructor: Ms. Jillian Thom

Please note this class is intended for PreK and K students who participated in Music for Little Mozarts last semester and are eager to continue developing their musical skills, honing their creativity, and having fun with Mozart Mouse and Beethoven Bear.

Music for Little Mozarts PreK & Kindergarten Level 1

Grades: PreKindergarten & Kindergarten

Dates: Jan. 26 – May 11 (No class Feb 23, April 6, April 13)

Time: 4:00–4:30 p.m.

Cost: \$180

Instructor: Ms. Jillian Thom

Please see Level 1 description above.

Private Music Lessons

ASH Enrichment is thrilled to continue offering private music lessons. No prior music experience is required to participate in music lessons. Families are responsible for providing instruments and music books and will receive guidance from their teacher.

Lessons are available for the following instruments:

Piano: Kindergarten - Grade 8 with Ms. Hannah Bossner

Ukulele: Grades 1-8 with Mr. Johnny Posada

Guitar: Grades 4-8 with Mr. Johnny Posada or Ms. Kim Unrau

Percussion (Drums, Timpani, Xylophone, etc.): Grades 4-8 with Ms. Kim Unrau

Violin: Kindergarten - Grade 8 with Ms. Melody Wooten

Cost: \$540 for fourteen (14) half-hour lessons January 23 through May 12.

Register for a Lesson Time

If you are registering for **piano lessons** with Ms. Hannah or **ukulele/guitar lessons** with Mr. Johnny, **please register for your desired lesson time slot on UltraCamp**. For percussion/guitar lessons with Ms. Kim Unrau or violin lessons with Ms. Melody Wooten, please email Ms. Kate Kasmier at kkasmier@ashmi.org.

If your child will miss a lesson, please notify Ms. Kate Kasmier with as much notice as possible; make up lessons may be rescheduled as teachers are available.

Please contact Ms. Kate Kasmier at kkasmier@ashmi.org with any questions or to join the waitlist if all lessons times for the instrument you are interested in are filled.

CACHE CACHE

First Friday Cache Cache

A long standing Sacred Heart tradition, Cache Cache, a hide and seek style game, is back this year!

Students in Grades PreK - 8 interested in participating should attend Extended Day from 3:30-4:30 p.m. on the first Friday of each month and your account will be billed at the end of the month at typical Extended Day rates. Participants will arrive to Extended Day, wash hands, eat snack, and head to Cache Cache! No registration is necessary.



REGISTER ONLINE!



I am so excited to kick off the Winter/Spring semester of Enrichment Classes. Please let me know if you have any questions and I look forward to seeing your eager students soon! Register on Ultra Camp or scan the QR code.

Kate Kasmier

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