



Heart + Enrichment



Fall 2021 Enrichment Classes

It has been so wonderful greeting students as they return to the building, and we are excited to offer some incredible extracurricular activities after school! Now more than ever we know that kids need the opportunity to interact, develop new skills, or just run off some energy in a safe and healthy environment.

With COVID-19 still having a significant impact on our daily lives, we will be running a lighter selection of Enrichment Class options, limited to those offerings that are able to safely take place. Classes may look a little bit different this year, but they are all designed with our students' best interests at heart. With the COVID-19 situation moving forward, we will look at adding and changing our classes based on feedback from our families!

As always, please let us know if you have any questions or concerns. We're looking forward to a wonderful year!

Lauren Vidak
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Will Cache-Cache be offered this year?

We are so excited to welcome back cache-cache this year! A hide-and-seek game and student favorite played at Sacred Heart schools across the globe, you can find more info on cache-cache on page 5.

What do students do in the time between the end of school and start of classes?

Students who are enrolled in classes after school will go to the bathroom, wash hands and get a snack during the time in between school ending and class starting. You do not need to register for Extended Day to utilize this time.

How will Enrichment Classes safeguard against COVID-19?

All COVID-19 protocols at Academy of the Sacred Heart will remain in effect during Enrichment classes. Students will be required to wear masks while indoors and will have the option to remove masks if outside and practicing social distancing. Appropriate hygiene practices will be followed and routine cleaning of the space and equipment will take place daily.

If I enroll my child in a class, do I also need to sign them up for Extended Day?

If you are planning on picking up your child as soon as their class ends, you do not need to sign them up for Extended Day. Children will be escorted through the East Circle doors at the end of class to meet their parents. If you will **not** be picking your child up when their class ends, please also sign them up for Extended Day. ECP families do not need to sign their children up for Extended Day services as it is a separate program that applies to Primary and Lower School families!



Do I need to send my student with anything special for Enrichment Classes?

Students will be provided with a snack before all classes begin and should plan on bringing their water bottle to class. Dance apparel requirements are listed in each class description; please make sure dancers bring their clothes with them each week to class. Students are welcome to bring a change of clothes for sports, but it is not required. Otherwise, school clothes and masks are appropriate for Enrichment Classes.

Monday & Tuesday Classes

Amazing Athletes Toddler 2's & Young 3's

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

9/27-11/22 (OMIT 10/11)

10:00-10:30 a.m.

\$115



Amazing Athletes Preschool (ECP)

Preschool students can now participate in this **amazing** program that empowers children by using sports as a catalyst to engage their inner strengths and abilities so they 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.

9/27-11/22 (OMIT 10/11)

2:45-3:15 p.m.

\$115

Amazing Athletes Primary School

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

9/27-11/22 (OMIT 10/11)

3:30-4:15 p.m.

\$135

Mad Science: Crazy Chemworks Primary School

Calling all Jr. Scientists! Step into the lab and discover what it's like to be a real scientist as you unravel the mysteries of science. Each class students will experiment with different tools to identify physical and chemical changes, tap into the pH scale, discover the world of luminescence and so much more! This class includes take-home equipment so students can continue to experiment!

9/28-11/2

3:30-4:30 p.m.

\$150

Mining & Building Grades K-4

Travel to the Nether with Snapology, but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers and your very own Minecraft® character. Mining and building is designed to promote creative play and teamwork while learning S.T.E.A.M principles. Students are engaged in a variety of activities that teach engineering basics and put purpose to their building through blueprinting.

10/19-11/23

3:30-4:30 p.m.

\$150



Wednesday Classes

Boys & Girls Hip Hop Preschool (ECP)

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.

9/29-12/8 (OMIT 11/24)

2:45-3:15 p.m.

\$140



Ballet & Tap Lower School

Dancers will expand upon existing skills while learning new material in this combination ballet and tap 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.

9/29-12/8 (OMIT 11/24)

3:45-4:45 p.m.

\$200

SPRING DANCE RECITAL

Dancers enrolled in fall and winter dance classes will have the opportunity to perform a routine in our annual Spring Dance Recital. The recital is a great way for dancers to enforce choreography and memorization skills, and share all they have learned with their families! Please note that an additional costume fee will apply for students who participate in the recital. Additional details will be released in February, and feel free to reach out with questions!

Boys & Girls Ballet/Creative Movement Pre-K (Primary School)

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.

9/29-12/8 (OMIT 11/24)

3:15-3:45 p.m.

\$140

Thursday Classes

Ballet & Tap K & Grade 1

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.

9/30-12/9 (OMIT 11/11, 11/25)
3:30-4:30 p.m.
\$180



Jazz & Hip Hop Lower School

This new combination class will cover both jazz and hip hop movements and terminology. Each class includes a warm-up, training of jazz and hip hop technique, and combinations that incorporate each movement and style. Don't miss out on this perfect combo of funky hip hop and hard-hitting jazz! Jazz shoes or sneakers required.

9/30-12/9 (OMIT 11/11, 11/25)
4:30-5:30 p.m.
\$180



Boys & Girls Ballet/Creative Movement Preschool (ECP)

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.

9/30-12/9 (OMIT 11/11, 11/25)
3:00-3:30 p.m.
\$125

Fridays: Cache-Cache

Cache-Cache is a student-favorite, traditional hide-and-seek game played at Sacred Heart Schools all over the world! On days that Cache-Cache is hosted, there will be no additional fee charged for Extended Day Coverage. We still ask that interested students register for Cache-Cache, and those interested in staying after 4:30 p.m. must be registered for Extended Day. Regular Extended Day Services will still be offered for students not interested in paying Cache-Cache, and standard late fees for students picked up after 6:00 p.m. still apply. \$15.

10/8	Primary	3:30-4:30 p.m.
10/22	Lower School	3:30-4:30 p.m.
11/19	Primary	3:30-4:30 p.m.
12/10	Lower School	3:30-4:30 p.m.

Register online at ashmi.org/enrichment 5

2021 Enrichment Class MENU—Register NOW, Pay LATER!

Register online any time at **ashmi.org/enrichment** for all weekly Enrichment classes!

Need help? Just fill out this form and send it to school with your student to have them signed up for your chosen classes. Forms can also be sent to Ms. Lauren at lvidak@ashmi.org.

MONDAY

- ☐ Amazing Athletes (**TODDLER 2 & YOUNG 3s**, 10:00-10:30) _____
- ☐ Amazing Athletes (**PRESCHOOL**, 2:45-3:15) _____
- ☐ Amazing Athletes (**PRIMARY**, 3:30-4:15) _____

TUESDAY

- ☐ Mad Science Crazy Chemworks (**PRIMARY**, 3:30-4:30) _____
- ☐ Mining & Building (**Grades K-4**, 3:30-4:30) _____

WEDNESDAY

- ☐ Boys & Girls Hip Hop (**Preschool**, 2:45-3:15) _____
- ☐ Boys & Girls Ballet/Creative Movement (**PRE-K**, 3:15-3:45) _____
- ☐ Ballet & Tap (**LOWER SCHOOL**, 3:45-4:45) _____

THURSDAY

- ☐ Boys & Girls Ballet/Creative Movement (**PRESCHOOL**, 3:00-3:30) _____
- ☐ Ballet & Tap (**K & Grade 1**, 3:30-4:30) _____
- ☐ Jazz & Hip Hop (**LOWER SCHOOL**, 4:30-5:30) _____



Special events like Cache-Cache take place on Fridays, a complete list of dates can be found on Page 5!

Student(s) Name(s): _____

Allergies: _____

Emergency Contact: _____ Phone Number: _____

Authorized to pick up: _____