



## Sarah Heinz House 2011 -2012 Preschool & Tot Schedule

Preschool and tot programs run in three sessions, beginning Oct, Jan & March (Beginning Oct 3<sup>rd</sup>).

**All Preschool and Tot classes cost \$35 for each seasonal session.**

Payment is due at time of registration. Registration must be done online, beginning Sept 27.  
Class spaces cannot be reserved by phone. Check the website for details beginning Sept. 14).

### Swimming:

<p><b>TOTS: (Age 6mos – 3years)</b> Introduces parents and their infants to routines and guidelines that promote safety in and around the water. Participants will be taught methods that will help infants to be happy in the water and begin preparing them for basic aquatic skills. An adult/parent <b>MUST</b> accompany each child in the water.</p> <p style="text-align: right; padding-right: 20px;">Days:   Mondays      6:00 – 6:30pm              Saturdays      11:00 – 11:30am</p>	<p><b>PRESCHOOL: (Age 4- K)</b> Introduces parents and their preschoolers to the swimming environment, helps them gain greater independence in their skills and develop more comfort in and around the water. An adult/parent <b>MUST</b> accompany each child in the water.</p> <p style="text-align: right; padding-right: 20px;">Days:   Mondays      6:45 – 7:15pm              Saturdays      10:15 – 10:45am</p>
<p><b>ADVANCED PRESCHOOL: (4 – K)</b> Advanced Preschool gives your child the opportunity to further their swimming abilities in a more advanced setting. Participants will develop swimming and the pool safety skills needed for entering and exiting the pool. An adult/parent still must accompany each child for these lessons. Instructor recommendation required.</p> <p style="text-align: right; padding-right: 20px;">Days:   Fridays 6:45 – 7:15pm</p>	

### DANCE:

<p><b>PRESCHOOL: (Age 4-K)</b> Preschoolers will have fun exploring movement and the early foundations of a number of dance styles. Dancers will develop their skills and perform in the end of the program year recital. Information regarding dress code and recital is available on the dance flyer and in the packet passed out during the first week of class.</p> <p style="text-align: right; padding-right: 20px;">Days:   Mondays      5:00 – 5:45pm              Saturdays      11:30 – 12:15</p>	<p style="text-align: center;"><b>FITNESS FUN:</b></p> <p><b>PRESCHOOL FITNESS FUN: (Ages 3-K)</b> This class is for all those kids who love to run and play. Fun weekly activities will be played to promote the kids strength, coordination and introduce the kids to a variety of sports!</p> <p style="text-align: right; padding-right: 20px;">Days:   Wednesday      6:00 – 6:45pm</p>
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### GYMNASTICS:

<p><b>TOTS: (Age 2-3)</b> This fun interactive class introduces children to the world of gymnastics while working on coordination, balance, following directions and creativity. Parent participation is required.</p> <p style="text-align: right; padding-right: 20px;">Days:   Saturdays      12:15 – 1:00pm              Saturdays      1:15 – 2:00pm</p>	<p><b>PRESCHOOL: (Age 4-K)</b> Preschool age children will have fun while they learn basic gymnastics and practice on all four events – bars, beam, floor and vault! Students will work on building their strength, flexibility and confidence.</p> <p style="text-align: right; padding-right: 20px;">Days:   Thursdays      6:30 – 7:15pm              Fridays              6:15 – 7:00pm              Saturdays            11:15 - Noon</p>
<p><b>PRETEAM “PRESCHOOL”:</b> This class is for <b>4—5 year old participants who have <u>advanced gymnastics experience</u></b>. These students will be developing the skills necessary to participate on the competitive gymnastics team. This class is by invitation only; if you questions regarding your child’s skill level, please contact Coach Val.</p> <p style="text-align: right; padding-right: 20px;">Days:   Mondays 4:30 -6:00 and/or   Thursdays 5:00 – 6:30pm Cost:   \$50 for 1 day per week ; \$65 for 2 days</p>	