

2009 -2010

**Sarah Heinz House**  
**Preschool, Tot, & Adult Program Schedule**

(412) 231-2377

[www.sarahheinzhouse.org](http://www.sarahheinzhouse.org)

The Program Year Begins Monday October 12th and Ends Saturday April 24th

The year is divided into three sessions, beginning Oct, Jan & March.

Payment is due at time of registration.

**Initial Registration for Preschool and Tot classes will be taken Monday OCTOBER 5<sup>th</sup> through Thursday October 8<sup>th</sup> 5:00pm-8:00pm.**

Continuing registration for these classes will taken, beginning October 12<sup>th</sup> (if spaces are available), weekdays 6am - 9pm, and Saturdays 9am - 2:30pm.

**Tot Classes**

Age requirement vary per class. Tot classes are introductory classes.

Adults **MUST** accompany their children to these classes.

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>FEE</u>	<u>BEGINS</u>
Tot Swimming (6mos.- 3 years)	Friday	6:45pm - 7:15pm	\$35 O/J/M	October 16
	Saturday	11:00am- 11:30am	\$35 O/J/M	October 17
Tot Gymnastics (2 - 3 years)	Tuesday	3:30 - 4:15pm	\$35 O/J/M	October 13
	Saturday	12:15pm - 1:00pm	\$35 O/J/M	October 17

**Preschool ("PS") Classes**

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>FEE</u>	<u>BEGINS</u>
Swim Lessons PS** (4 years - member age*)	Friday	7:30pm - 8:00pm	\$35 O/J/M	October 16
	Saturday	11:45am- 12:15pm	\$35 O/J/M	October 17
Dance/Pre Dance 1 (4 years - member age*)	Tuesday	5:00pm - 5:45pm	\$35 O/J/M	October 13
	Friday	5:00pm - 5:45pm	\$35 O/J/M	October 16
Dance/Pre Dance 2 Thurs class requires previous experience	Thursday	5:00pm - 5:45pm	\$35 O/J/M	October 15
Gymnastics PS Level (4 years - member age*)	Tuesday	2:30pm - 3:15pm	\$35 O/J/M	October 13
	Friday	6:15pm - 7:00pm	\$35 O/J/M	October 16
Gymnastics PS Advanced Saturday class requires previous experience	Saturday	11:15pm -12:00pm	\$35 O/J/M	October 17

\* Member age refers to children at least 6 years old AND in 1<sup>st</sup> grade.

\*\* An Adult must accompany the child in the swimming pool.

**Adult Classes**

**Fitness Pass -- \$20/month ; \$200/year**

\*\* For information regarding Silver Sneaker programs and classes please contact staff member Bob Bechtold at 412-231-2377

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>FEE</u>	<u>BEGINS</u>
Fitness Center	Mon - Friday	6:00am - 2:00pm	Fitness pass holder	October 12
	Saturday	9:00am - 11:00am	Fitness pass holder	October 17
Lap Swim	Mon, Wed & Fri	11:00am - 1:00pm	Fitness pass holder	October 12
Day Water Aerobic	Mon & Wed	11:00am - 11:45am	Fitness Pass Holder	October 12
Adult Basketball	Tues & Thurs	11:30am - 1:00pm	Fitness pass holder	October 13
Eve Water Aerobic	Tuesday and/or	7:15pm - 8:00pm	\$50-1 day;\$75 -2 days (Pay Oct/Jan/Mar)	October 13
	Thursday	7:15pm - 8:00pm		October 15

**Sarah Heinz House**

# Preschool and Tot Programs Registration, Fall 2009

**Initial Registration for Preschool and Tot classes begins  
MONDAY, OCTOBER 5<sup>th</sup> through  
Thursday October 8<sup>th</sup>,  
5:00pm-8:00pm.**

Continuing Registration for Preschool & Tot Fall Classes will begin  
October 12<sup>th</sup>, (if spaces are available),  
Weekdays 6am – 9pm, and  
Saturdays 9am – 2:30pm.

*The week of September 28 will be for  
Member Registration ONLY (1<sup>st</sup> Grade through 12<sup>th</sup> Grade).*

***NO Preschool or Tot Registration  
during the week of Sept 28.***