

~On-going Membership Registration, Saturdays 12:00pm-2:00pm, Oct 8—Feb 11
~Sarah's Kitchen: "Dinner Time" (Free) Mon—Fri, 4:30—6:00pm; Sat 11am—12:30pm
"Snack Time" (Free) Mon—Fri, 6:30—7:30pm; Sat, 1:00—2:00pm

<i>Program</i>	<i>Time</i>	<i>Fees per season (Oct/Fall, Jan/Winter, Mar/Spring)</i>	<i>Notes</i>
MONDAYS			
Education Nation	4:30 - 5:30PM	FREE	
Swimming – Open Swim	5:00 – 5:45PM	FREE	
Martial Arts - Midget & Prep	5:00 – 5:45	\$35	Midgets & Preps
Martial Arts - Juniors & Up	5:45 – 6:30PM	\$35	Juniors & Up
Open Gym	6:00- 9:00PM	FREE	Must wear proper gym shoes
Fitness Center-Int/Middler/Senior	6:00 - 7:00PM	FREE	
Swim Lessons TOTS	6:00 - 6:30PM	\$45	6 months - 3 years old
Fun w/ Ms. Dee and Ms. Kitty	5:00 - 6:00 PM	FREE	
Media Lab – Level 1	5:30 - 6:30PM	\$15	Midgets & Preps
Robotics-Robotic Team Prep Class	6:00 – 7:00PM	\$25	4 th -6 th Grade
Robotics – FLL Team	6:00 - 8:00PM	\$25	Invitation Only
Swim Lessons - Preschool	6:40 - 7:10PM	\$45	Ages 4 thru K
Dance – Hip Hop 2	6:45- 7:30PM	\$35	
INTERMEDIATE GIRLS GYM	7:00 - 8:00PM	CORE - REQUIRED	All Girls in 7th and 8th grade
Education Nation – After Hours	7:00 – 8:00PM	FREE	Middlers & Seniors ONLY
Robotics – VEX Team	7:00 - 9:00PM	\$25	Oct/Jan – Invitation Only
Robotics –FIRST Team	7:00 - 9:00PM	\$25	Jan/Mar – Invitation Only
Swim Lessons – Advanced Preschool	7:15 - 7:45PM	\$45	Instructor Recommend Only
Dance – Hip Hop 3	7:30 – 8:15PM	\$35	
MIDDLER/SENIOR GYM	8:00 - 9:00PM	(CORE - Choose M or W)	Members in 9th-12th grade
Dance – Hip Hop 4	8:15 – 9:00PM	\$35	
TUESDAYS			
Education Nation	4:30 - 5:30PM	FREE	
Dance – Jazz 5	4:45 - 5:45PM	\$45	
Swimming – Open Swim	5:00 – 5:45PM	FREE	
MIDGET GIRL GYM/SWIM	5:30 - 7:00PM	CORE	All Girls in 1st and 2nd grade
Media Lab – Level 2	5:30 – 6:30PM	\$15	Jr & Int Divisions
Robotics-Preschool	5:30-6:15 PM	\$45	
Sewing 1	5:30 - 7:00PM	FREE	Must sign up - Limit 10
Dance – Jazz 3/4	5:45- 6:45PM	\$45	
Swim Lessons, Levels 3, 4, 5 & 6	5:45 - 6:30PM	\$15	Must sign up
Open Gym	6:00 – 9:00PM	FREE	Must wear proper gym shoes
Fitness Center – Int/Middler/Senior	6:00 – 7:00PM	FREE	
Kids of Steel Fitness Program	6:00 – 7:00PM	FREE	3 rd -6 th Grade (every other wk)
Robotics – Innovation and Creativity Lab	6:30 - 7:30 PM	\$25	3 rd & 4 th Grade (formerly Level 2)
JUNIOR BOYS GYM/SWIM	7:00 - 8:30PM	CORE - REQUIRED	All Boys in 5th and 6th grade
Swim Lessons, Members Levels 1 & 2	7:10 - 7:40PM	\$5	Must sign up
INTERMEDIATE GIRLS CLUB	7:30 - 8:30PM	CORE - REQUIRED	All Girls in 7th and 8th grade
INTERMEDIATE BOYS CLUB	7:30 - 8:30PM	CORE - REQUIRED	All Boys in 7th and 8th grade
WEDNESDAYS			
<i>Continued on Side 2</i>			
Education Nation	4:30 - 5:30PM	FREE	
Dance – Lyrical 4/5	4:45-5:45PM	\$45	
PREP GIRLS GYM/SWIM	5:00 - 6:30PM	CORE - REQUIRED	All Girls in 3rd and 4th grade
Girls On The Run	5:00 - 6:30PM		5 th -8 th grade girls
Design Factory (Engineering/Bldg Design)	5:30 - 7:00PM	\$5	6 th Grade & Older
Dance – Tap 3/4	5:45-6:30 PM	\$35	
PREP BOYS GYM/SWIM	6:00 - 7:30PM	CORE - REQUIRED	All Boys in 3rd and 4th gr
Open Gym	6:00 – 9:00PM	FREE	Must wear proper gym shoes
Robotics-STEM Lunar Challenge	6:00 – 7:00PM	FREE	12 years old & above
JUNIOR GIRLS CLUB	7:00 - 8:00PM	CORE - REQUIRED	All Girls in 5th and 6th grade
JUNIOR BOYS CLUB	7:00 - 8:00PM	CORE - REQUIRED	All Boys in 5th and 6th grade
Fitness Center – Int/Middler/Senior	6:00 – 7:00PM	FREE	
Education Nation – After Hours	7:00 – 8:00PM	FREE	Middlers & Seniors ONLY
Robotics – VEX Team	7:00 - 9:00PM	\$25	Oct/Jan – Invitation Only
Robotics –FIRST Team	7:00 - 9:00PM	\$100 for Members \$150 for Non-Members	Jan/Mar – Invitation Only
Robotics-CAD Class	7:00 – 9:00PM	FREE	Oct-Dec only; 9 th -12 th grade
Swimming – Open Swim	7:30 – 8:30PM	FREE	Juniors & Up
Cooking Class– Jr/Int/M/S	8:00 - 9:00PM	\$15	Juniors & Up
MIDDLER / SENIOR GYM	8:00-9:00pm	CORE – Choose M or W	Memers in 9th-12th Grades

<i>Program</i>	<i>Time</i>	<i>Fees per season (Oct/Fall, Jan/Winter, Mar/Spring)</i>	<i>Notes</i>
THURSDAYS			
Strong Women Strong Girls	4:00 - 5:30PM	FREE	3 rd -5 th grade girls only
Education Nation	4:30 - 5:30PM	FREE	
PREP GIRLS CLUB	5:30 - 6:30PM	CORE- REQUIRED	All Girls in 3rd and 4th grade
Media Lab – Level 3	5:30 – 6:30	\$15	Middlers & Seniors ONLY
Art - Preschool Art Class	5:30-6:15 PM	\$45	Ages 4-6 yrs. old
JUNIOR GIRLS GYM/SWIM	5:30 - 7:00PM	CORE - REQUIRED	All Girls in 5th and 6th grade
Cross Stitch/Embroidery	5:30 - 6:30PM	FREE	Must sign up
Robotics – Becoming an Engineer	5:30 - 6:30PM	\$25	1 st & 2 nd Grade (formerly Level 1)
Open Gym	6:00 – 9:00PM	FREE	Must wear proper gym shoes
Fitness Center – Int/Middler/Senior	6:00 – 7:00PM	FREE	
Keystone Club	6:30 - 7:30PM		See Dan for details
Dance – Pre-dance 5-K	6:15 - 7:00PM	\$45	Ages 5thru K
Sewing II	6:30 - 8:30PM	FREE	Previous experience required
Robotics - Robotics and Engineering Skills	7:00 - 8:00PM	\$25	Grades 5 th and up (formerly Level 3)
INTERMEDIATE BOYS GYM	7:00 - 8:00PM	CORE - REQUIRED	All Boys in 7th and 8th gr
Education Nation - After Hours	7:00 – 8:00PM	FREE	Middlers & Seniors ONLY
Swimming - Open Swim	7:30 – 8:30PM	FREE	Juniors & Up
MIDDLER/ SENIOR BOYS CLUB	8:00 - 9:00PM	CORE	All boys in 9th-12th gr.
MIDDLER/ SENIOR GIRLS CLUB	8:00 - 9:00PM	CORE	All girls in 9th-12th gr.
FRIDAYS			
Education Nation	4:30 - 5:30PM	FREE	
Dance – 3 Year Old	5:00 - 5:30 PM	\$45	Ages 3 yrs. old
MIDGET BOYS GYM SWIM	5:30 - 7:00PM	CORE - REQUIRED	All Boys in 1st and 2nd gr
MIDGET GIRLS CLUB	5:30 – 6:30PM	CORE - REQUIRED	All Girls in 1st and 2nd gr
Dance – Level 2 Combo	5:30-6:45PM	\$50	Combo of Ballet, Jazz, & Tap
Open Gym	6:00 – 9:00pm	FREE	Must wear proper Gym shoes
“What type of art are you?” Art Class	6:30 - 7:30 PM	FREE	Limit of 15
Dance – Acro 1/2	6:45-7:45 PM	\$45	
Sewing “Mom & Me”	7:00 - 8:30PM	FREE	Limit 5 pairs
Leagues/Sports –School Division	7:15 - 9:00PM	\$15	Coed Midget and Prep
Dance-Acro 3/4	7:45-8:45 PM	\$45	
Teen Nights – 3 rd Friday of each month for 8 th -12 th graders	9:00 - 11:00PM	Varies per event	Oct.21; Nov.18; Jan.20; Feb.17; Mar.17;
Friday Night Specials	Varies per event	Varies per event	See Bulletin for details.
SATURDAYS			
Dance –Pre-Dance 4/5years	9:15 - 10:00AM	\$45	Ages 4 - 5
MIDGET BOYS CLUB	9:30 - 10:30AM	CORE	All Boys in 1st & 2nd Grade
Robotics – Open Lab	10:00 – 12:00 PM	FREE	Drop-in
Girls On The Run	10:00-11:30AM		5 th -8 th grade girls
Dance – Level 1 Combo	10:15-11:30AM	\$50	Combined Ballet, Tap, & Jazz
Swim Lessons Preschool	10:15 -10:45AM	\$45	Ages 4 thru K
Leagues/Sports-Preschool	10:45 - 11:30AM	\$45	Ages 4 thru K
Swim Lessons TOTS	11:00 - 11:30AM	\$45	6 months - 3 years old
PREP BOYS CLUB	11AM - 12PM	CORE	All Boys in 3rd & 4th Grade
Robotics-FLL Team	11:00AM-1:00 PM	\$25	Invitation Only
Robotics –Travel Team Lab	1:00 -3:00 PM	FREE	Competition Teams Only
Dance – 3 Year Old	11:45-12:15PM	\$45	Ages 3 yrs. old
Swim Lessons Levels 3, 4, 5 & 6	12:00 - 12:45PM	\$15	Must sign up
Cooking Class – Midgets/Preps	12:15 - 1:15 PM	\$15	1 st – 4 th Grade
Leagues/Sports - College Division	12:30 - 3:00PM	\$15	College - Coed Jrs & Int
Leagues/Sports - Pro Division	12:30 - 3:00PM	\$15	Pro - Coed M/S & Adult Vol
Swim Lessons, Members Lev 1 & 2	12:45 - 1:15PM	\$5	Must sign up
Dance – Ballet 3-5	1:00 - 2:00 PM	\$45	
Robotics-Programming Class	1:00- 3:00 PM	\$10	Oct-Dec only; 9 th -12 th Grade
Robotics-FRC Basics	1:00- 3:00 PM	\$10	Oct-Dec only; 9 th -12 th Grade
Cub Scouts	1:15-2:15PM	FREE	All Boys 1 st -5 th Grade
Swim Lessons – Water Safety	1:20 - 1:45PM	FREE	Open to all ages
Free Swim – Youth Members & Families	1:45 - 2:45PM	FREE	Immediate Families only

Sarah Heinz House
412- 231-2377

Master Weekly Schedule
~Programs Began Monday, October 3~

Oct-April
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