

Master Weekly Schedule

~ On-going Membership Registration on line, any day, any time until Feb. 24, 2018 (www.sarahheinzhouse.org)

Call for Details (412) 231-2377

~ 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, DROP-IN	All Ages
STARTER BOYS CLUB	5:30 – 6:30PM	CORE	Boys in 1 st & 2 nd Grade
STARTER GIRLS CLUB	5:30 – 6:30PM	CORE	Girls in 1 st & 2 nd Grade
Swim Lessons Preschool	5:30-6:00pm	\$45	Ages 4 through kindergarten
Open Gym	6:00- 9:00PM	FREE, DROP-IN	Must wear proper gym shoes
Robotics-Robotic Team Preparation Class	6:00 – 7:00PM	\$25	5 th -6 th Grade
Robotics – FLL Team	6:00 - 8:00PM	\$25	Invitation Only
PREP GIRLS GYM/SWIM	6:00 – 7:30PM	CORE	Girls in 3 rd & 4 th Grade
Swim Lessons TOTS	6:15- 6:45PM	\$45	6 months - 3 years old
Dance – Hip Hop 3	6:30- 7:15PM	\$35	
Fun For All	6:30 – 7:30	\$5	Crafts, Games and Food 1 st -6 th Grade only
INTERMEDIATE GIRLS GYM	7:30 - 8:30PM	CORE	Girls in 7th and 8th grade
Education Nation – After Hours	7:00 – 8:00PM	FREE, DROP-IN	7 th grade and up
Robotics – VEX Team	7:00 - 9:00PM	\$50	Invitation Only, Oct thru Feb
Robotics –FIRST Team	7:00 - 9:00PM	\$75 for Full Members \$150 for Social Members	Invitation Only, Jan thru Apr
Dance – Hip Hop 2	7:30 – 8:15PM	\$35	
Cooking Class – Juniors and Up	8:00 – 9:00PM	\$15	Members, 5 th Grade and up
Dance – Hip Hop 4	8:15 – 9:00PM	\$35	
TUESDAYS			
Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All ages
Preschool/Tot Tumbling	5:00 – 5:45PM	\$45	Ages 3 through kindergarten
STARTER GIRLS GYM/SWIM	5:30 - 7:00PM	CORE	All Girls in 1st and 2nd grade
Media Lab – Level 2	5:30 – 6:30PM	\$15	5 th -8 th Grade
Robotics-Preschool	5:30-6:15 PM	\$45	Ages 4 through kindergarten
Dance – Jazz 3/4/5	5:45- 6:45PM	\$45	5th Grade and Up
Swim Lessons, Levels 3, 4, 5 & 6	5:45 - 6:30PM	\$15 Full member \$30 Social Member	Deep Water Swimmers
Open Gym	6:00 – 9:00PM	FREE, DROP-IN	Must wear proper gym shoes
Kids of Steel Fitness Program	6:00 – 7:00PM	FREE, MUST SIGN UP	3 rd -6 th Grade (every other wk)
Student Police Academy	6:00-9:00PM	FREE, MUST SIGN UP	9 th -12 th Grade, Oct-Dec only *Application at Front Desk*
Cross Stitch	6:00 – 7:00PM	\$5	1 st -6 th Grade
Robotics-Level 2- Innovation and Creativity Lab	6:30 - 7:30 PM	\$25	3 rd & 4 th Grade
JUNIOR GIRLS GYM/SWIM	7:00 - 8:30PM	CORE	Girls in 5th and 6th grade
Swim Lessons, Members Levels 1 & 2	7:10 - 7:40PM	\$15 Full member \$30 Social Member	Shallow Water Swimmers
INTERMEDIATE GIRLS CLUB	7:30 - 8:30PM	CORE	Girls in 7th and 8th grade
INTERMEDIATE BOYS CLUB	7:30 - 8:30PM	CORE	Boys in 7th and 8th grade
WEDNESDAYS			
Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All Ages
Dance – Lyrical 3/4/5	4:45-5:45PM	\$45	5 th Grade and Up
PREP BOYS GYM/SWIM	5:30 – 7:00PM	CORE	Boys in 3rd and 4th gr

Design Factory (Engineering/Bldg Design)	5:30 - 7:00PM	\$5	6 th Grade & Older
Dance – Tap 3/4	5:45-6:30 PM	\$45	5 th -8 th Grade
Robo VEX IQ	6:00-7:00PM	\$25	5 th -8 th Grade; Invite Only
Open Gym	6:00 – 8:00PM	FREE, DROP-IN	Must wear proper gym shoes
JUNIOR GIRLS CLUB	7:00 - 8:00PM	CORE	Girls in 5th and 6th grade
JUNIOR BOYS CLUB	7:00 - 8:00PM	CORE	Boys in 5th and 6th grade
Education Nation – After Hours	7:00 – 8:00PM	FREE, DROP-IN	7 th grade and up
Robotics – VEX Team	7:00 - 9:00PM	\$50	Oct/Jan – Invitation Only
Robotics –FIRST Team	7:00 - 9:00PM	\$75 for Full Members \$150 for Social Members	Jan/Mar – Invitation Only
Robotics-Robot Building Basics	7:00 - 9:00PM	\$25	Oct-Dec only; 9 th -12 th Grade
Swimming – Open Swim	7:30 – 8:30PM	FREE, DROP-IN	5 th Grade and Up
Social Wellness: Good Vibes Only	7:30-8:30pm	FREE, DROP-IN	5 th Grade and Up; 4 th Floor
MIDDLER / SENIOR GYM	8:00-9:00pm	CORE	COED in 9th-12th Grades
THURSDAYS			
Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All Ages
Find Your STRENGTH	4:30 – 5:30 PM	FREE, MUST SIGN-UP	5 th Grade and Up
Strong Women, Strong Girls	5:00-6:30 PM	FREE, MUST SIGN-UP	3 rd -5 th grade girls only
Social Wellness: Chill-Out Zone	5:00-6:00PM	FREE, DROP-IN	1 st -4 th Grade
Robotics Preschool	5:30 – 6:15PM	\$45	Ages 4 through kindergarten
Media Lab – Level 1	5:30 – 6:30 PM	\$15	1 st – 4 th Grades
Art - Preschool Art Class	5:30-6:15 PM	\$45	Ages 4 through kindergarten
JUNIOR BOYS GYM/SWIM	5:30 - 7:00PM	CORE	Boys in 5th and 6th grade
Open Gym	6:00 – 9:00PM	FREE, DROP-IN	Must wear proper gym shoes
Dance – Pre-dance 5-K	6:15 - 7:00PM	\$45	Ages 5thru K
PREP BOYS CLUB	6:30 – 7:30pm	CORE	Boys 3rd & 4th Grade
PREP GIRLS CLUB	6:30 – 7:30pm	CORE	Girls 3rd & 4th Grade
Keystone Club	6:30 - 7:30PM	MUST APPLY	See Danica for details
Robotics Level 1 – Becoming an Engineer	6:30 – 7:30	\$25	1 st & 2 nd Grade
Education Nation - After Hours	7:00 – 8:00PM	FREE, DROP-IN	7 th grade and up
Swimming - Open Swim	7:00 – 8:00PM	FREE, DROP-IN	1 st -4 th Grade Out at 7:30
INTERMEDIATE BOYS GYM	7:30 - 8:30PM	CORE	Boys in 7th and 8th gr
MIDDLER/ SENIOR BOYS CLUB	8:00 - 9:00PM	CORE	Boys in 9th-12th gr.
MIDDLER/ SENIOR GIRLS CLUB	8:00 - 9:00PM	CORE	Girls in 9th-12th gr.
CYM Basketball	9:00 – 10:30pm	\$75, includes jersey	Boys 9 th – 12 th Gr.
FRIDAYS			
Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All Ages
Find Your STRENGTH	4:30 – 5:30 PM	FREE, MUST SIGN-UP	5 th Grade and Up
Dance – 3 Year Old	5:00 - 5:30 PM	\$45	Ages 3 yrs. old
STARTER BOYS GYM/SWIM	5:30 - 7:00PM	CORE	Boys in 1st and 2nd gr
Dance – Level 2 Combo	5:30-6:45PM	\$50	Combo of Ballet, Jazz, & Tap (3 rd & 4 th Grade)
Open Gym	6:00 – 9:00PM	FREE, DROP-IN	Must wear proper Gym shoes
Media Lab – Add'l Lab Time	6:00 – 9:00PM	Free for class members only	Med Lab & Des Factory only
“What type of art are you?” Art Class	6:30 - 7:30 PM	\$5	All Ages
Dance – Acro 1/2	6:45-7:45 PM	\$45	1 st -4 th Grade
Leagues/Sports –School Division	7:15 - 9:00PM	\$15 Full Member \$30 Social Member	Coed 1 st -4 th Grade
Dance-Acro 3/4	7:45-8:45 PM	\$45	5 th -8 th Grade
Teen Nights – 3 rd Friday of each month for 8 th -12 th graders	9:00 - 11:00PM	Varies per event	Oct.20; Nov.17; Jan.19; Feb.16; Mar.16;
Friday Night Specials	Varies per event	Varies per event	See Bulletin for details.
SATURDAYS			
CYM Basketball	9:00 – 10:30AM	TEAM MEMBERS ONLY	Boys 9 th – 12 th Gr.
Dance –Pre-Dance 4/5years	9:15 - 10:00AM	\$45	Ages 4 - 5

Martial Arts Level 1	9:30 – 10:15AM	\$35 Full Member \$70 Social Member	1 st – 4 th Grades
W.O.W.-Women of Wellness	9:30 – 10:30AM	\$15	5 th -8 th Grade
Robotics – Open Lab	10:00 – 12:00 PM	FREE, DROP-IN	All Ages
Dance – Level 1 Combo	10:15-11:30AM	\$50	Combined Ballet, Tap, & Jazz (1 st & 2 nd Grade)
Swim Lessons -Preschool	10:15 -10:45AM	\$45	Ages 4 through kindergarten
Cub Scouts Level 1	10:30 – 11:15AM	FREE, MUST SIGN-UP	All Boys 1 st & 2 nd Grade
Leagues/Sports-Preschool	10:45 - 11:30AM	\$45	Ages 4 through kindergarten
Swim Lessons TOTS	11:00 - 11:30AM	\$45	6 months - 3 years old
Robotics-FLL and VEX IQ Team	11:00AM-1:00 PM	\$25	Invitation Only
Cub Scouts Level 2	11:15AM-12:00	FREE, MUST SIGN-UP	All Boys 3 rd -5 th grade
Dance – 3 Year Old	11:45-12:15PM	\$45	Ages 3 yrs. old
Cooking Class – Starters/Preps	11:45 - 12:45 PM	\$15	1 st – 4 th Grade
Swim Lessons Levels 3, 4, 5 & 6	12:00 - 12:45PM	\$15 Full Member \$30 Social Member	Deep Water Swimmers
Leagues/Sports – College Division	12:00 - 3:00PM	\$15 Full member \$30 Social Member	Coed 5 th – 8 th Gr
Leagues/Sports - Pro Division	12:00 - 3:00PM	\$15 Full member \$30 Social Member	Coed 9 th – 12 th & Adult Vol
Swim Lessons, Members Lev 1 & 2	12:45 - 1:15PM	\$15 Full member \$30 Social Member	Shallow Water Swimmers
Dance – Ballet 3-5	1:00 - 2:00 PM	\$45	5 th Grade and Up
Robotics-Programming Class	1:00- 2:00 PM	\$25	Oct-Dec only; 9 th -12 th Grade
Robotics –Travel Team Lab	1:00 -3:00 PM	TEAM MEMBERS ONLY	Competition Teams Only
Free Swim – Youth Members & Families	1:45 - 2:45PM	FREE, DROP-IN	Immediate Families only