



# Sarah Heinz House 2018-2019 Preschool & Tot Schedule



**PRESCHOOL/TOT SIGN UPS will begin MONDAY, AUGUST 13<sup>TH</sup> AT 8AM**  
**Sign-Ups will be done ONLINE**

Preschool and Tot programs run in three seasonal sessions, beginning Sept (Fall), Dec (Winter) & February (Spring) (Beginning Sept 17<sup>th</sup>).  
**Most Preschool and Tot classes cost \$45 for each seasonal session.**

### Swimming:

**TOTS: (Age 6mos – 3years)** 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 **MUST** accompany each child in the water.

Days: Mondays 6:15 – 6:45pm  
Saturdays 11:00 – 11:30am

**PRESCHOOL: (Age 4- K)** 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 **MUST** accompany each child in the water.

Days: Mondays 5:30-6:00pm  
Saturdays 10:00-10:30am

### DANCE:

**TOTS: (Age 3) CREATIVE MOVEMENT** 3 year olds 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.

Days: Fridays 5:00-5:30pm  
Saturdays 11:30-12:00pm

**PRESCHOOL: (Age 4-K)** 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.

Days: Thursdays (5-6yrs) 6:30-7:15pm  
Saturdays (4-5 yrs) 9:15-10:00am

**TUMBLING:** Preschool age children will have fun while they learn basic tumbling! Students will work on building their strength, flexibility and confidence.

Days: (Ages 4-K) Tuesdays 4:45-5:30pm  
(Age 3) Tuesdays 5:45-6:15pm

### STEAM:

**PRESCHOOL CLASS: (Ages 4-K)** Allow your preschooler to wonder, and construct knowledge through curiosity and hands-on fun! We will explore concepts such as magnetism, light, engineering, tools, programming, and so much more!

Days: Tuesdays 5:30 – 6:15pm  
Thursdays 5:30 – 6:15pm

### Sports Leagues:

**PRESCHOOL CLASS: (Ages 4-K)** Preschoolers will be exposed to different sports each week that build both gross and fine motor skills, sportsmanship and fitness

Days: Saturdays 10:45-11:30am

