



(Tentative)
Master Weekly Schedule

~ On-going Membership Registration-on line, any day, any time until Feb. 22, 2020 (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

Starter and Preps (1st-4th) Grade Must Leave the Building by 7:30pm on Monday-Thursday or enter Post-Care (see Handbook)

<i>Program</i>	<i>Time</i>	<i>Fees per season (Fall, Winter, Spring)</i>	<i>Notes</i>
MONDAYS			
Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All Ages
Dance-Kinder Hip Hop	5:00-5:30PM	\$45	Ages 4 through kindergarten
Swim Lessons Pre-K	5:15-5:45PM	\$45	Ages 4 through kindergarten
STARTER GIRLS CLUB	5:30 – 6:30PM	CORE	Girls in 1 st & 2 nd Grade
Dance – Hip Hop 3	5:30 – 6:15PM	\$45 Full \$90 Social	5 th & 6 th Grade
PREP GIRLS GYM/SWIM	5:30-7:00PM	CORE	Girls in 3 rd & 4 th Grade
Swim Lessons: Tots	5:45-6:15PM	\$45	6 months-3 years old
Open Gym	6:00- 9:00PM	FREE, DROP-IN	Must wear proper gym shoes
Dance- Hip Hop 4 & 5	6:15-7:00 PM	\$45 Full \$90 Social	7 th Grade and Up
Robo FLL Team	6:00 - 8:00PM	\$25	Invitation Only (Fall & Winter)
Fun For All	6:30 – 7:30 PM	\$5	Crafts, Games and Food 1 st -6 th Grade only
Swim Team	7:00-8:30 PM	\$25	Must Attend Placement
Dance – Hip Hop 1	7:00- 7:30PM	\$45 Full \$90 Social	1 st & 2 nd Grade
Tea Time w/ Ms. Cadedra	7:30 – 8:30PM	FREE, DROP-IN	7 th grade and up
Dance – Hip Hop 2	7:30 – 8:15PM	\$45 Full \$90 Social	3 rd & 4 th Grade
INTERMEDIATE GIRLS GYM	8:00 – 9:00PM	CORE	Girls in 7th and 8th grade
Cooking Class – Juniors and Up	8:00 – 9:00PM	\$15	Members, 5 th Grade and up
TUESDAYS			
Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All ages
Dance –Creative Movement	5:00-5:30pm	\$45	3 year olds
Dance – TOT Tumbling	5:30-6:15pm	\$45	Ages 4-6 years old
Cross Stitch	5:30 – 6:30PM	\$5	All Ages
STARTER GIRLS GYM/SWIM	5:30 - 7:00PM	CORE	All Girls in 1st and 2nd grade
STARTER BOYS CLUB	5:30 – 6:30PM	CORE	Boys in 1st & 2nd Grade
Media Lab – Level 2	5:30 – 6:30PM	\$15	5 th -8 th Grade
STEAM – Robotics-Pre-K	5:30-6:15 PM	\$45	Ages 4 through kindergarten
Swim Lessons, Levels 3, 4, 5 & 6	5:45 – 6:30PM	\$15 Full \$30 Social	Deep Water Swimmers
Open Gym	6:00 – 9:00PM	FREE, DROP-IN	Must wear proper gym shoes
Dance – Jazz 3	6:30-7:15pm	\$45 Full \$90 Social	5 th -6 th Grade
STEAM – Robotics-Level 2	6:30 - 7:30 PM	\$25	3 rd & 4 th Grade
INTERMEDIATE GIRLS CLUB	7:00 – 8:00 PM	CORE	Girls in 7th and 8th grade
INTERMEDIATE BOYS CLUB	7:00 – 8:00 PM	CORE	Boys in 7th and 8th grade
Swim Lessons, Members Levels 1 & 2	7:00 - 7:30PM	\$15 Full \$30 Social	Shallow Water Swimmers
JUNIOR GIRLS GYM/SWIM	7:30 - 9:00PM	CORE	Girls in 5th and 6th grade
Dance – Jazz 4/5	8:00-9:00PM	\$45 Full \$90 Social	7 th and up
Media Lab Presents: Comic Book Lab	8:00-9:00PM	\$15 Full \$45 Social	9 th grade and up; 7 th and 8 th by invitation
WEDNESDAYS			

Education Nation	4:30 - 5:30PM	FREE, DROP-IN	All Ages
Dance – Lyrical 3	4:45-5:30PM	\$45 Full \$90 Social	5 th Grade and Up
Calm Corner	5:00 – 6:00PM	FREE, Must Sign-up	5 th Grade and Up; 4 th Floor
Swim Team	5:00-7:00 PM	\$25	Must Attend Placement
Sewing Level 1	5:30 – 6:30PM	\$5	No experience needed
PREP BOYS GYM/SWIM	6:00– 7:30PM	CORE	Boys in 3rd and 4th gr
Dance – Tap 3, 4, &5	5:45-6:30PM	\$45 Full \$90 Social	5 th Grade and Up
Robo FLL Prep	6:00-7:00 PM	\$15	5 th -8 th Grade
Robo VEX Team	6:00 - 9:00PM	\$50 Full / \$100 Social	Invitation Only, All Prog Year
Robo FRC Team	6:00 - 9:00PM	\$75 Full \$150 Social	Invitation Only, Winter & Spring
Open Gym	6:00 – 8:00PM	FREE, DROP-IN	Must wear proper gym shoes
Dance-Acro 2	6:45-7:30PM	\$45 Full \$90 Social	3 rd and 4 th Grade
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
Robo VEX IQ TEAM	8:00-9:00PM	\$25	5 th -8 th Grade; Invite Only
MIDDLER / SENIOR GYM	8:00-9:00pm	CORE	COED in 9th-12th Grades
<i>THURSDAYS</i>			
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
Calm Corner	5:00-6:00 PM	FREE Must sign-up	1 st – 4 th Grade
Strong Women, Strong Girls	5:00-6:00PM	FREE	3 rd -5 th Grade Girls
Dance Lyrical 4/5	5:30 – 6:15PM	\$45 Full \$90 Social	7 th and up
STEAM Robotics-Preschool	5:30 – 6:15PM	\$45	Ages 4 through kindergarten
JUNIOR BOYS GYM/SWIM	5:30 - 7:00PM	CORE	Boys in 5th and 6th grade
Media Lab – Level 1	5:30 – 6:30PM	\$15	1 st – 4 th Grades
Open Gym	6:00 – 9:00PM	FREE, DROP-IN	Must wear proper gym shoes
Keystone Club	6:00 - 7:00PM	MUST APPLY	See Hannah for details; 8 th grade and up
Robo VEX Team	6:00 - 9:00PM	\$50 Full / \$100 Social	Invitation Only, All Prog Year
Robo FRC Team	6:00 - 9:00PM	\$75 Full \$150 Social	Invitation Only, Winter & Spring
Dance – KinderDance	6:15-7:00 PM	\$45	Kindergarten only
Art	6:30-7:30PM	\$15	5 th Grade and up
PREP BOYS CLUB	6:30 – 7:30pm	CORE	Boys 3rd & 4th Grade
PREP GIRLS CLUB	6:30 – 7:30pm	CORE	Girls 3rd & 4th Grade
Sewing-Level 2	6:30-7:30PM	\$5	Previous Experience Needed
STEAM Robotics-Level 1	6:30 –7:30 PM	\$25	1 st Grade
Dance – Acro 4 & 5	7:15-8:00pm	\$45 Full \$90 Social	7 th grade and up
Media Lab Presents: Urban Photography Lab	7:00-8:00PM	\$15 Full \$45 Social	9 th grade and up; 7 th and 8 th by invitation
INTERMEDIATE BOYS GYM	8:00-9:00PM	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	9 th – 12 th Gr.
<i>FRIDAYS</i>			
Dance – Creative Movement	5:00 - 5:30 PM	\$45	Age 3 old
Swim Team	5:00-6:30 PM	\$25	Must Attend Placement

Calm Corner	5:00 – 7:00PM	FREE, DROP-IN	All Ages
STARTER BOYS GYM/SWIM	5:30 - 7:00PM	CORE	Boys in 1st and 2nd gr
Dance – Level 2 Combo	5:30-6:45pm	\$50 Full \$100 Social	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 – Open Lab	6:00 – 9:00PM	FREE, DROP-IN	All Ages
Dance – Acro 1	6:45-7:30pm	\$45 Full \$90 Social	1 st -2 nd grade
Leagues/Sports –School Division	7:15 - 9:00PM	\$15 Full \$30 Social	Coed 1 st -4 th Grade
Dance-Acro 3	7:30-8:15pm	\$45 Full \$90 Social	5 th -6 th Grade
Family Free Swim	7:00-8:30PM	FREE, DROP-IN	All members and immediate family
Teen Nights – 3 rd Friday of each month for 8 th -12 th graders	9:00 - 11:00PM	Varies per event	Oct.19; Nov.16; Jan.18; Feb. 22; Mar.15;
Friday Night Specials	Varies per event	Varies per event	See Bulletin for details.
<i>SATURDAYS</i>			
CYM Basketball	9:00 – 10:30AM	TEAM MEMBERS ONLY	Boys 9 th – 12 th Gr.
Dance –Pre-Dance	9:15 - 10:00AM	\$45	Ages 4 - 5
Martial Arts Level 1	9:15 – 10:00AM	\$35 Full \$70 Social	1 st – 4 th Grades
Swim Lessons -Preschool	10:15 -10:45AM	\$45	Ages 4 through kindergarten
Martial Arts Level 2	10:15 – 11:00AM	\$35 Full \$70 Social	5 th Grade and Up
Dance – Level 1 Combo	10:15-11:30AM	\$50 Full \$100 Social	Combined Ballet, Tap, & Jazz (1 st & 2 nd Grade)
STEAM – Open Lab	10:00 – 12:00 PM	FREE, DROP-IN	All Ages
Cub Scouts	10:30-11:45AM	FREE	1st-5th Grade
Leagues/Sports-Preschool	11:00-11:45AM	\$45	Ages 4 through kindergarten
Swim Lessons TOTS	11:00 - 11:30AM	\$45	6 months - 3 years old
Robo Team FLL and VEX IQ	11:00AM-1:00 PM	\$25	Invitation Only
Dance – Creative Movement	11:45-12:15PM	\$45	Ages 3 yr. 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 - 12:45 PM	\$15 Full \$30 Social	Deep Water Swimmers
Leagues/Sports – College Division	12:30 - 3:00 PM	\$15 Full \$30 Social	Coed 5 th – 8 th Gr
Leagues/Sports - Pro Division	12:30 - 3:00 PM	\$15 Full \$30 Social	Coed 9 th – 12 th & Adult Vol
Swim Lessons, Members Lev 1 & 2	12:45 - 1:15 PM	\$15 Full \$30 Social	Shallow Water Swimmers
Media Lab Presents: Hip Hop Lab	1:00-2:00PM	\$15 Full \$45 Social	9 th grade and up; 7 th and 8 th by invitation
Dance – Ballet 3	1:00-1:45PM	\$45 Full \$90 Social	5 th -6 th Grade
Dance – Ballet 4/5	1:45-2:30 PM	\$45 Full \$90 Social	7 th Grade and Up
Free Swim – Youth Members & Families	1:30- 2:30PM	FREE, DROP-IN\$\$	Immediate Families only