

Girls Middler/Senior Division (9th-12th Grades)

Membership Requirements: Choose one program from each side or column. One of these programs **MUST** be a Traditional program. The second program chosen can be a Traditional OR a Choice program from the other side or column. If you want to substitute a Choice Program for a Traditional program, you must email Cathy Fodor at fodor@sarahheinzhouse.com

Step 1 (Required): Choose Traditional Gym and/or Club for your core program requirement

Step 2 (Required): If you chose TRADITIONAL Gym, then pick a second program from the Lifeskills Program list.

If you chose Club, then pick a second program from the Healthy Choices Program list.

Step 3 (Optional): If you desire, then choose additional choice programs and pay the extra fees listed beside those programs.

Step 4 (Optional): Sarah Heinz House offers many free, open drop-in programs that to our members. The classes and times are listed below.

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<u>HEALTHY CHOICES TRADITIONAL PROGRAM</u>			<u>LIFESKILLS TRADITIONAL PROGRAM</u>		
Gym	Wednesdays, 8:00-9:00pm	FREE	Club	Thursdays, 8:00-9:00pm	FREE

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<u>HEALTHY CHOICES CHOICE PROGRAMS</u>			<u>LIFESKILLS CHOICE PROGRAMS</u>		
Class	Time	Cost	Class	Time	Cost
Find Your Strength	Thursdays 4:30-5:30 pm	FREE	Calm Corner	Wednesdays, 5:00-6:00pm	FREE
Swim Lessons Level 1-2 *Shallow Level Swimmer	Tuesdays, 7:00-7:30pm	\$15	Sewing: Level 1	Wednesdays, 5:30-6:30pm	\$5
	Saturdays, 12:45-1:15pm	\$15	Sewing: Level 2	Thursdays, 6:30-7:30pm	\$5
Swim Lessons Level 3-6 *Deep Level Swimmer	Tuesdays, 5:45-6:30pm	\$15	Media Lab, Level 2	Tuesdays, 5:30-6:30pm	\$15
	Saturdays, 12:00-12:45pm	\$15	Cooking Class	Mondays, 8:00-9:00pm	\$15
Cooking Class	Mondays, 8:00-9:00pm	\$15	Dance Hip Hop 4 and 5	Mondays, 6:45-7:30pm	\$45
			Dance Tap 3, 4, 5	Wednesdays, 5:45-6:30pm	\$45
Leagues-Pro	Saturdays, 12:30-3:00pm	\$15	Dance Jazz 4 & 5	Tuesdays, 8:00-9:00pm	\$45
Dance Hip Hop 4 and 5	Mondays, 6:45-7:30pm	\$45	Dance Ballet 4 & 5	Saturdays, 1:45-2:30pm	\$45
Dance-Advanced Hip Hop *By Invitation Only	Mondays, 8:15-9:00pm	\$45	Dance-Advanced Hip Hop *By Invitation Only	Mondays, 8:15-9:00pm	\$45
Dance Tap 3, 4, 5	Wednesdays, 5:45-6:30pm	\$45	Dance Lyrical 4 & 5	Thursdays, 5:30-6:15pm	\$45
Dance Jazz 4 & 5	Tuesdays, 8:00-9:00pm	\$45	Dance Acro 4 & 5	Thursdays, 7:15-8:00pm	\$45
Dance Ballet 4 & 5	Saturdays, 1:45-2:30pm	\$45	Cross Stitch	Tuesdays, 5:30-6:30pm	\$5

Dance Lyrical 4 & 5	Thursdays, 5:30-6:15pm	\$45	Media Lab Presents: Comic Book Lab	Tuesdays, 8:00-9:00pm	\$15; \$45 Social
Dance Acro 4 & 5	Thursdays, 7:15-8:00pm	\$45	Media Lab Presents: Urban Photography Lab	Thursdays, 7:00-8:00pm	\$15; \$45 Social
Swim Team *Must Be Placed on to Team	Mondays 7:00-8:00pm Wednesdays 5:00-7:00pm & Fridays, 5:00-6:30pm	\$25	Media Lab Presents: Hip Hop Lab	Saturdays, 1:00-2:00pm	\$15; \$45 Social
Martial Arts Level 2	Saturdays 10:15-11:00am	\$35	Art	Thursdays, 6:30-7:30pm	\$15

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ADDITIONAL EXTRA PROGRAMS

Class	Time	Cost
Keystone Club **Must apply and interview-See Dan**	Thursdays, 6:00-7:00pm	FREE
Robotics FRC Team **Invite only**	Wednesdays, 6:00-9:00pm Thursdays, 6:00-9:00pm *Winter and Spring	\$75
Robotics VEX Team **Invite only**	Wednesdays, 6:00-9:00pm Thursdays, 6:00-9:00pm	\$50
CYM Basketball **Need 10 members Registered**	Thursdays, 9:00-10:30pm & Saturdays, 9:00-10:30am	\$75

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OPEN, DROP-IN PROGRAMS

Class	Time	Cost
Education Nation	Mondays-Thursdays, 4:30-5:30pm	
Tea Time w/ Ms. Cadedra	Mondays 7:30-8:30pm	
Open Gym	Mon, Tues, Thurs, Fri 6:00-9:00pm Wednesdays 6:00-8:00pm	

Open Media Lab	Fridays, 6:00-9:00pm	FREE
STEAM: Open Lab	Saturdays, 10:00am-12:00pm	
Gamesroom	Mondays-Fridays, 3:30-9:00pm Saturdays, 9am-3pm	
Free Meal	Mondays-Fridays, 4:30 - 6:00pm Saturdays, 11:00am -12:30pm	
Free Snack	Mondays-Fridays, 6:30 - 7:30pm Saturdays, 1:00 - 2:00pm	
Calm Corner	Fridays, 5:00-7:00pm	
Teen Nights	Every 3 rd Friday 9:00-11:00pm	
Family Free Swim	Fridays, 7:00-8:30pm Saturdays, 1:30-2:30pm	Open to immediate family members

If you have any questions or concerns, please do not hesitate to contact a staff member at 412-231-2377
Thank you for registering your child for membership. Whether you're a new member family or you've been coming to Sarah Heinz House for years, we're happy to welcome you to our SHH family!

