



## Girls PREP DIVISION (3<sup>rd</sup> & 4<sup>th</sup> 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](mailto: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/Swim	Mondays, 5:30-7:00pm	FREE	Club	Thursdays, 6:30-7:30pm	FREE

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<u>HEALTHY CHOICES CHOICE PROGRAMS</u>			<u>LIFESKILLS CHOICE PROGRAMS</u>		
Class	Time	Cost	Class	Time	Cost
Swim Lessons Level 1-2 *Shallow Swimmer	Tuesdays, 7:00-7:30pm	\$15	Strong Women, Strong Girls	Thursdays, 5:00-6:00pm	FREE
	Saturdays, 12:45-1:15pm	\$15			
Swim Lessons Level 3-6 *Deep Swimmers	Tuesdays, 5:45-6:30pm	\$15	Calm Corner	Thursdays, 5:00-6:00pm	FREE
	Saturdays, 12:00-12:45pm	\$15			
Leagues-School	Fridays, 7:15-9:00pm	\$15	Sewing: Level 1	Wednesday, 5:30-6:30pm	\$5
Cooking Class	Saturdays, 11:45-12:45pm	\$15	Sewing: Level 2 *Previous Experience*	Thursday, 6:30-7:30pm	\$5
Martial Arts, Level 1	Saturdays, 9:15-10:00am	\$35	Cross Stitch	Tuesdays, 5:30-6:30pm	\$5
Dance Hip Hop 2	Mondays, 7:30-8:15pm	\$45	Media Lab, Level 1	Thursdays, 5:30-6:30pm	\$15
Dance Acro 2	Wednesdays, 6:45-7:30pm	\$45	Fun For All	Mondays, 6:30-7:30pm	\$5
Dance Combo 2	Fridays, 5:30-6:45pm	\$50	Cooking Class	Saturday, 11:45-12:45pm	\$15

Swim Team *Must Be Placed on to Team	Mondays 7:00-8:00pm Wednesdays 5:00-7:00pm & Fridays, 5:00-6:30pm	\$25	STEAM Robotics-Level 2	Tuesdays, 6:30-7:30pm	\$25
			Dance Hip Hop 2	Mondays, 7:30-8:15pm	\$45
			Dance Acro 2	Wednesdays, 6:45-7:30pm	\$45
			Dance Combo 2	Fridays, 5:30-6:45pm	\$50

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<u>ADDITIONAL EXTRA PROGRAMS</u>		
Class	Time	Cost

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<u>OPEN, DROP-IN PROGRAMS</u>		
Class	Time	Cost
Education Nation	Mondays-Thursdays, 4:30-5:30pm	FREE
Open Gym	Mondays-Thursdays, 6:00-7:30pm Fridays, 6:00-9:00pm	
Open Media Lab	Fridays, 6:00-9:00pm	
Family Free Swim	Saturdays, 1:30-2:30pm	
STEAM: Open Lab	Saturdays, 10:00am-12:00pm	
Gamesroom	Mondays-Thursdays, 3:30-7:30pm 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	
Family Free Swim	Fridays, 7:00-8:30pm	Open to immediate family members

All Starters and Preps are required to leave the building promptly at 7:30pm, Monday-Thursday.

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!

