



JUNIORS (5TH & 6TH Grades) & INTERMEDIATE (7TH & 8TH Grades) DIVISIONS

All Juniors and Intermediate programs will occur on Monday and Tuesday. As a safety precaution to safely socially distance, a member must be signed up for a program (extra program or unstructured) for each half hour they are in the building. Members will only be able to enter the building and participate in programs after their selected start time. For all other information and/or safety precautions, please refer to the Member Handbook.

If you have any questions or concerns, please do not hesitate to contact a staff member at 412-231-2377

Membership Requirements: This form is intended to help families understand their options for programming before they register in our online portal. We hope filling out this form will help you make decisions and understand our programming structure so that you can have a successful and smooth online registration experience.

Section A: Traditional Core Programs

Section B: Sarah Heinz House offers many free, unstructured programs to our members to participate in as they wait for their classes. You must sign up for unstructured programs whenever you are in the building and not in a scheduled extra program class. The classes and times are listed below. You must sign up for ½ hour slots on the Google Form which will be accessible in your confirmation email.

Section C: Extra Programs Available for a Fee

A

TRADITIONAL CORE PROGRAMS					
Junior Gym/Swim (coed)	Mondays, 7:00-8:00pm	FREE	Junior Club (coed)	Tuesdays, 7:00-8:00pm	FREE
Intermediate Gym/Swim (coed)	Mondays, 8:00-9:00pm	FREE	Intermediate Club (coed)	Tuesdays, 8:00-9:00pm	FREE

B

UNSTRUCTURED, SIGN-UP PROGRAMS-(MUST SIGN UP FOR 1/2 HOUR SLOTS)		
Class	Time	Cost
Open Gym (Old Gym)	Mondays, 2:30-7:00pm Tuesdays, 2:30-9:00pm	FREE
Open Gym (New Gym)	Mondays, 3:30-7:00pm Tuesdays, 3:30-9:00pm	
Gamesroom	Mondays & Tuesdays, 2:30-9:00pm	
CPU Lab	Mondays & Tuesdays, 3:30-9:00pm	
Homework Help	Mondays, 3:00-5:00pm Tuesdays, 3:00-6:00pm	
Teen Room (Intermediate Only)	Mondays & Tuesdays, 2:30-9:00pm	
Free Meal	Mondays & Tuesdays, 4:30-6:30pm	



C



EXTRA PROGRAMS AVAILABLE FOR A FEE

Class	Time	Cost
Jr. Keystone Club (Must Apply and Interview)	Tuesdays, 7:00-8:00pm	FREE
Fitness Center	Mondays, 6:00-7:00pm	FREE
	Mondays, 8:00-9:00pm	
	Tuesdays, 6:00-7:00pm	
	Tuesdays, 8:00-9:00pm	
Sewing	Mondays, 6:00-7:00pm	\$15
Media Lab: Comic Book Lab w/Toonseum	Mondays, 6:00-7:00pm	\$15
Media Lab: Dungeons & Dragons Lab	Tuesdays, 5:30-6:30pm	\$15
Cross-Stitch	Tuesdays, 6:00-7:00pm	\$15
Cooking	Mondays, 8:00-9:00pm	\$20
Swim Team (Must Tryout)	Mondays, 5:00-7:00pm	\$25
	Tuesdays, 5:00-6:00pm	
Swim Lessons	Tuesdays, 6:00-7:00pm— Deep Swimmers	\$25
	Tuesdays, 7:00-8:00pm—Shallow Swimmers	
Robotics-Jrs & Intermediates	Tuesdays, 6:30-7:30pm	\$30
Robotics-VEX IQ Team	Tuesdays, 7:30-8:30pm	\$30
Dance-Hip Hop Beginner (Less than 1 year experience)	Mondays, 5:00-6:00pm	\$60
Dance-Hip Hop Medium (1-3 years experience)	Mondays, 6:00-7:00pm	\$60
Dance-Hip Hop Advanced (3+ years experience)	Mondays, 8:00-9:00pm	\$60
Dance-Ballet/Prepoint (Jr. & Int)	Tuesdays, 5:00-6:00pm	\$60
Dance-Tap, Lyrical, Jazz Combo (Intermediates)	Tuesdays, 6:00-7:00pm	\$60
Dance-Tap, Lyrical, Jazz Comb (Juniors)	TUesdays, 8:00-9:00pm	\$60

