



## MIDDLER/SENIOR (9<sup>TH</sup>-12<sup>TH</sup> Grades) DIVISION

All Middler/Senior programs will occur only on Wednesdays and Thursdays. 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

<b><u>TRADITIONAL CORE PROGRAMS</u></b>					
<b>Middler/Senior Gym/Swim (coed)</b>	Wednesdays, 8:00-9:00pm	FREE	<b>Middler/Senior Club (coed)</b>	Thursdays, 8:00-9:00pm	FREE

B

<b><u>UNSTRUCTURED, SIGN-UP PROGRAMS-(MUST SIGN UP FOR 1/2 HOUR SLOTS)</u></b>		
<b>Class</b>	<b>Time</b>	<b>Cost</b>
Open Gym (Old Gym)	Wednesdays, 2:30-8:00pm Thursdays, 2:30-8:00pm	FREE
Open Gym (New Gym)	Wednesdays, 3:30-8:00pm Thursdays, 3:30-8:00pm	
Gamesroom	Wednesdays & Thursdays, 2:30-8:00pm	
CPU Lab	Wednesdays, & Thursdays, 3:30-8:00pm	
Homework Help	Wednesdays & Thursdays 3:00-5:00pm	
Teen Room	Wednesdays & Thursdays, 2:30-8:00pm	
Free Meal	Wednesdays & Thursdays, 4:30-6:30pm	

<b><u>EXTRA PROGRAMS AVAILABLE FOR A FEE</u></b>		
<b>Class</b>	<b>Time</b>	<b>Cost</b>
Keystone Club (Must Apply and Interview)	Thursdays, 5:00-6:00pm	FREE
Fitness Center	Wednesdays, 6:00-7:00pm	FREE
	Wednesdays, 7:00-8:00pm	
	Thursdays, 6:00-7:00pm	
	Thursdays, 7:00-8:00pm	
Media Lab: XR Lab (Virtual Reality)	Wednesdays, 6:30-8:00pm	\$15
Media Lab: Dungeon Master Lab	Thursdays, 7:00-8:00pm	\$15
Swim Team	Wednesdays, 5:00-6:00pm	\$25
Dance-Jazz/Lyrical Combo	Wednesdays, 7:00-8:00pm	\$60
Dance-Ballet/Pointe	Thursdays, 7:00-8:00pm	\$60
Dance-Strength & Conditioning	Thursdays, 8:00-9:00pm	\$60
Robotics VEX Team (Invite Only)	Wednesdays, 5:00-9:00pm	\$65 Full Members \$130 Social Members
Robotics FRC Team (Invite Only)	Thursdays, 5:00-9:00pm	\$90 Full Members \$180 Social Members