



## Intermediate Division (7<sup>th</sup> & 8<sup>th</sup> Grades)

**Membership Requirements:** As part of your membership to Sarah Heinz House, you must register for two program offerings, one from our Healthy Choices programs and one from our Life Skills Programs. Our traditional programs, Gym/Swim and Club, fulfill these membership requirements. You are also permitted to substitute one Choice program for a Traditional program if needed. You must still register for a minimum of one our Traditional programs. 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)

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

**Box 2 (Optional):** You are permitted to substitute core TRADITIONAL program with one of our CHOICE programs. You may also choose to register for any other additional programs we offer for your division for an additional fee.

**Box 3 (Optional):** Sarah Heinz House offers many free, open drop-in programs to our members. The classes and times are listed below.

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HEALTHY CHOICES TRADITIONAL PROGRAM			LIFESKILLS TRADITIONAL PROGRAM		
Gym/Swim	Mondays, 8:00-9:00 PM	FREE	Club	Thursdays, 8:00-9:00 PM	FREE

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HEALTHY CHOICES CHOICE PROGRAMS			LIFESKILLS CHOICE PROGRAMS		
Class	Time	Cost	Class	Time	Cost
Cooking Class	Wednesdays, 6:00-7:00 PM	\$20	Cooking-Junior & Up	Wednesdays, 6:00-7:00 PM	\$20
Dance – Acro Level 3/4	Fridays, 7:00-7:45 PM	\$60 member \$120 social	Cross Stitch	Tuesdays, 6:00-7:00 PM	\$15
Dance – Ballet Level 4/5	Saturdays, 1:30-2:30 PM	\$60 member \$120 social	Dance – Acro Level 3/4	Fridays, 7:00-7:45 PM	\$60 member \$120 social
Dance – Broadway Level 3/4/5	Wednesdays, 7:15-8:00 PM	\$60 member \$120 social	Dance – Ballet Level 4/5	Saturdays, 1:30-2:30 PM	\$60 member \$120 social
Dance - Hip Hop-Teen	Mondays, 6:15-7:00 PM	\$60 member \$120 social	Dance – Broadway Level 3/4/5	Wednesdays, 7:15-8:00 PM	\$60 member \$120 social
Dance – Jazz Level 4	Thursdays, 6:00-6:45 PM	\$60 member \$120 social	Dance - Hip Hop-Teen	Mondays, 6:15-7:00 PM	\$60 member \$120 social
Dance – Lyrical Level 3/4	Wednesdays, 4:30-5:30 PM	\$60 member \$120 social	Dance – Jazz Level 4	Thursdays, 6:00-6:45 PM	\$60 member \$120 social
Dance – Tap Level 3/4	Thursdays, 7:15-8:00 PM	\$60 member \$120 social	Dance – Lyrical Level 3/4	Wednesdays, 4:30-5:30 PM	\$60 member \$120 social
Find Your Strength	Mondays, 6:30-7:30 PM Thursdays, 6:30-7:30 PM	Free	Dance – Tap Level 3/4	Thursdays, 7:15-8:00 PM	\$60 member \$120 social
Swim Lessons (Shallow Water)	Wednesdays, 5:30-6:00 PM Saturdays, 12:00-12:30 PM	\$25 member \$50 social	Fun For All	Saturdays, 11:00 AM-Noon	\$15
Swim Lessons (Deep Water)	Wednesdays, 7:30-8:15 PM Saturdays, 1:00-1:45 PM	\$25 member \$50 social	Media Lab: Comic Lab	Mondays, 7:00-8:00 PM	\$15
Swim Team	Mondays, 6:30-8:00 PM	\$25	Media Lab: Cricut Lab	Wednesdays, 7:00-8:00 PM	\$15

(Must Try Out with Hannah)	Tuesdays 6:00-7:00 PM Thursdays, 5:00-6:00 PM				
			Media Lab: Dungeons and Dragons Lab	Thursdays, 7:00-8:00 PM	\$15
			Robotics VEX IQ Team **Invite Only**	Tuesdays, 6:00-7:00 PM	\$65 member \$120 social
			Robotics Aerial Drones Team **Invite Only**	Tuesdays, 7:00-8:30 PM	\$75 member \$150 social
			Sewing Level 1	Mondays, 6:30-7:30 PM	\$15
			Sewing Level 2	Thursdays, 5:00-6:00 PM	\$15

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<b>OPEN, DROP-IN PROGRAMS</b>		
<b>Class</b>	<b>Time</b>	<b>Cost</b>
Education Nation	Monday-Friday, 4:30-5:30 PM	FREE
Open Gym	Monday – Thursday, 6:00-9:00 PM Saturday, 12:00-3:00 PM	
Games Room	Monday – Friday, 2:30-9:00 PM Saturdays, 9am-3pm	
Free Meal	Monday – Friday, 4:30-6:00pm Saturday, 11:00am-12:30 PM	
Free Snack	Monday – Friday, 6:30-7:30 PM Saturday, 1:00-2:00 PM	
Friday Night Specials	Friday, 6:00-7:00 PM	
Family Free Swim (Immediate Family Members)	Friday, 7:00-8:30 PM	
Open Swim	Saturday, 1:45-2:30 PM	

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!

