

Prep Division (3rd & 4th 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

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 that to our members. The classes and times are listed below.

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HEALTHY CHOICES TRADITIONAL PROGRAM			LIFESKILLS TRADITIONAL PROGRAM		
Gym/Swim	Wednesdays, 6:30-7:30 PM	FREE	Club	Thursdays, 6:00-7:00 PM	FREE

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HEALTHY CHOICES CHOICE PROGRAMS			LIFESKILLS CHOICE PROGRAMS		
Class	Time	Cost	Class	Time	Cost
Cooking Class-Starter/Prep	Tuesdays, 5:00-6:00 PM	\$20	Cooking-Starter/Prep	Tuesdays, 5:00-6:00 PM	\$20
Dance – Acro Level 2	Fridays, 6:00-6:45 PM	\$60 member \$120 social	Cross Stitch	Tuesdays, 6:00-7:00 PM	\$15
Dance – Broadway Level 1/2	Tuesdays, 7:15-8:00 PM	\$60 member \$120 social	Dance – Acro Level 2	Fridays, 6:00-6:45 PM	\$60 member \$120 social
Dance – Combo Level 2	Thursdays, 5:00-6:00 PM	\$60 member \$120 social	Dance – Broadway Level 1/2	Tuesdays, 7:15-8:00 PM	\$60 member \$120 social
Dance - Hip Hop-Prep	Mondays, 7:30-8:00 PM	\$60 member \$120 social	Dance – Combo Level 2	Thursdays, 5:00-6:00 PM	\$60 member \$120 social
Martial Arts-Level 2	Saturdays, 10:00-11:00 AM	\$50 member \$100 social	Dance - Hip Hop-Prep	Mondays, 7:30-8:00 PM	\$60 member \$120 social
Sports Leagues	Fridays, 7:00-9:00 PM	\$15 member \$30 social	Fun For All	Saturdays, 11:00 AM- Noon	\$15
Swim Lessons – Levels 1 and 2 (Shallow Water)	Wednesdays, 5:30-6:00 PM Saturdays, 12:00-12:30 PM	\$25 member \$50 social	Robotics-Prep	Thursdays, 7:00-8:00 PM	\$30
Swim Lessons – Levels 3 and up (Deep Water)	Wednesdays, 7:30-8:15 PM Saturdays, 1:00-1:45 PM	\$25 member \$50 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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OPEN, DROP-IN PROGRAMS		
Class	Time	Cost
Education Nation	Monday-Friday, 4:30-5:30 PM	FREE
Open Gym	Monday – Thursday, 6:00-7:30 PM Saturday, 12:00-3:00 PM	
Games Room	Monday – Thursday, 6:00-7:30 PM 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	
Open Steam	Friday, 6:00-9:00 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!

