



Girls Middler/Senior Division (9th-12th 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

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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HEALTHY CHOICES TRADITIONAL PROGRAM			LIFESKILLS TRADITIONAL PROGRAM		
Gym	Wednesdays, 8:00-9:00pm	FREE	Club	Thursdays, 8:00-9:00pm	FREE

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HEALTHY CHOICES CHOICE PROGRAMS			LIFESKILLS CHOICE PROGRAMS		
Class	Time	Cost	Class	Time	Cost
Find Your Strength	Thursdays 4:30-5:30 pm	FREE	Calm Corner	Wednesdays, 5:00-6:00pm	FREE
	Fridays, 4:30-5:30pm	FREE			
Cooking Class	Mondays, 8:00-9:00pm	\$15	Art	Wednesdays, 6:00-7:00pm	\$15
Swim Lessons Level 1-2 *Shallow Swimmers	Tuesdays, 7:00-7:30pm	\$15	Sewing: Level 1	Wednesdays, 5:30-6:30pm	\$5
	Saturdays, 12:45-1:15pm	\$15	Sewing: Level 2	Thursdays, 6:30-7:30pm	\$5
Swim Lessons Level 3-6 *Deep Swimmers	Tuesdays, 5:45-6:30pm	\$15	Design Factory	Wednesdays, 5:30-7:00pm	\$5
	Saturdays, 12:00-12:45pm	\$15	Media Lab 3 – Editorial Meeting	Thursdays, 7:30-8:00pm	\$15
Leagues-Pro Division	Saturdays, 12:00-3:00pm	\$15	Cooking Class	Mondays, 8:00-9:00pm	\$15
Dance Hip Hop 4	Mondays, 5:30-6:15pm	\$45	Dance Hip Hop 4	Mondays, 5:30-6:15pm	\$45
Dance Tap 3 & 4	Wednesdays, 5:45-6:30pm	\$45	Dance Tap 3 & 4	Wednesdays, 5:45-6:30pm	\$45
Dance Jazz 4 & 5	Tuesdays, 8:00-8:45pm	\$45	Dance Jazz 4 & 5	Tuesdays, 8:00-8:45pm	\$45
Dance Ballet 4 & 5	Saturdays, 1:45-2:30pm	\$45	Dance Ballet 4 & 5	Saturdays, 1:45-2:30pm	\$45
Dance Lyrical 4 & 5	Thursdays, 5:30-6:15pm	\$45	Dance Lyrical 4 & 5	Thursdays, 5:30-6:15pm	\$45
Dance Acro 4	Thursdays, 7:15-8:00pm	\$45	Dance Acro 4	Thursdays, 7:15-8:00pm	\$45
Swim Team	Wednesdays 5:00-6:00pm & Fridays, 5:00-6:00pm	\$15	Cross Stitch	Tuesdays, 5:00-6:00pm	\$5
Martial Arts Level 2	Saturdays 10:15-11:00pm	\$35			

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ADDITIONAL EXTRA PROGRAMS		
Class	Time	Cost
Keystone Club **Must apply and interview-See Danica or Kyle for details**	Thursdays, 6:30-7:30pm	FREE
Robo Basics **Fall Only**	Wednesdays, 7:00-9:00pm	\$25
STEAM – JAVA **Fall Only**	Saturdays, 1:00-3:00pm	\$25
Robo VEX Team **Invite Only-Fall & Winter Only**	Mondays, 7:00-9:00pm & Wednesdays, 7:00-9:00pm	\$50
CYM Basketball **Need 10 members Registered**	Thursdays, 9:00-10:30pm & Saturdays, 9:00-10:30am	\$75
Robo FRC Team **Invite Only-Winter & Spring Only**	Mondays, 7:00-9:00pm & Wednesdays, 7:00-9:00pm	\$75

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OPEN, DROP-IN PROGRAMS		
Class	Time	Cost
Education Nation	Mondays-Fridays, 4:30-5:30pm	FREE
Education Nation After Hours	Mondays 7:00-8:00pm Tuesdays 8:00-9:00pm	
Open Gym	Mon, Tues, Thurs, Fri 6:00-9:00pm Wednesdays 6:00-8:00pm	
Open Media Lab	Fridays, 6:00-9:00pm	
STEAM: Open Lab	Saturdays, 10:15am-12:00pm	
Family Free Swim	Saturdays, 1:45-2:45pm	
Gamesroom	Mondays-Fridays, 3:30-9:00pm Saturdays, 9am-3pm	
Free Meal	Monday-Friday, 4:30 – 6:00pm Saturdays, 11:00am -12:30pm	
Free Snack	Monday-Fridays, 6:30 – 7:30pm Saturdays, 1:00 - 2:00pm	
Open Swim	Wednesdays, 7:00-8:00pm Thursday, 7:00-8:00pm	
Social Wellness – Chill Out Zone	Fridays, 5:00-7:00pm	
Teen Nights – 8 th grade Only	Every 3 rd Friday 9:00-11:00pm	

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!

