



Girls PREP DIVISION (3rd & 4th 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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<u>HEALTHY CHOICES TRADITIONAL PROGRAM</u>			<u>LIFESKILLS TRADITIONAL PROGRAM</u>		
Gym/Swim	Mondays, 6:00-7:30pm	FREE	Club	Thursdays, 6:00-7:00pm	FREE

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<u>HEALTHY CHOICES CHOICE PROGRAMS</u>			<u>LIFESKILLS CHOICE PROGRAMS</u>		
Class	Time	Cost	Class	Time	Cost
Swim Lessons Level 1-2 *Shallow Swimmers	Tuesdays, 7:00-7:30pm	\$15	Strong Women, Strong Girls	Thursdays, 5:00-6:30pm	FREE
	Saturdays, 12:45-1:15pm	\$15			
Swim Lessons Level 3-6 *Deep Swimmers	Tuesdays, 5:45-6:30pm	\$15	Calm Corner	Thursdays, 5:00-6:00pm	FREE
	Saturdays, 12:00-12:45pm	\$15			
Leagues-School	Fridays, 7:15-9:00pm	\$15	Sewing: Level 1	Wednesday, 5:30-6:30pm	\$5
Cooking Class	Saturdays, 11:45-12:45pm	\$15	Sewing: Level 2 *Previous Experience*	Thursday, 6:30-7:30pm	\$5
Dance Hip Hop 2	Mondays, 7:30-8:15pm	\$45	Cross Stitch	Tuesdays, 5:00-6:00pm	\$5
Martial Arts, Level 1	Saturdays, 9:15-10:00am	\$35	Media Lab, Level 1	Thursday, 5:00-5:45pm Thursdays, 5:45-6:30pm	\$15
Dance Acro 2	Wednesdays, 6:45-7:30pm	\$45	Fun For All	Mondays, 6:30-7:30pm	\$5
Dance Combo 2	Fridays, 5:30-6:45pm	\$50	Cooking Class	Saturday, 11:45-12:45pm	\$15
Actually I Can – Women of Wellness	Fridays, 6:15-7:00 pm	\$15	STEAM Robotics-Level 2	Tuesdays, 6:30-7:30pm	\$25
			Dance Hip Hop 2	Monday, 7:30-8:15pm	\$45
			Dance Acro 2	Wednesdays, 6:45-7:30pm	\$45
			Dance Combo 2	Fridays, 5:30-6:45pm	\$50

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ADDITIONAL EXTRA PROGRAMS		
Class	Time	Cost

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OPEN, DROP-IN PROGRAMS		
Class	Time	Cost
Education Nation	Mondays-Fridays, 4:30-5:30pm	FREE
Open Gym	Mondays-Thursdays, 6:00-7:30pm Fridays, 6:00-9:00pm	
Open Media Lab	Fridays, 6:00-9:00pm	
STEAM: Open Lab	Saturdays, 10:00am-12:00pm	
Family Free Swim	Saturdays, 1:45-2:45pm	
Gamesroom	Mondays-Thursdays, 3:30-7:30pm Fridays, 3:30-9:00pm Saturdays, 9am-3pm	
Free Meal	Mondays-Fridays, 4:30 – 6:00pm Saturdays, 11:00am -12:30pm	
Free Snack	Mondays-Fridays, 6:30 – 7:30pm Saturdays, 1:00 - 2:00pm	
Open Swim	Thursdays, 7:00-7:30pm	
Social Wellness Chill Out Zone	Fridays, 5:00-7:00pm	

All Starters and Preps are required to leave the building promptly at 7:30pm, Monday-Thursday.

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!

