

Sarah Heinz House

412 231-2377

Master Schedule

October - April

Member's Required Programs in All Caps

2009-2010

Programs Begin Monday, October 12

(Payments for continuing Choice Activities are due Jan 8th & March 5th)

Ongoing Membership Registration, October 14—Feb 13:

Wednesdays: 7:30-8:30pm, Thursdays: 7:30-8:30pm, Saturdays -- 9:30-11am

Adult Fitness Center Hours: Monday – Friday 6am-1pm, and Saturdays 9am-11am (beg. Oct 17)

Sarah's Kitchen: Monday – Friday 4-8pm Saturdays – 11am-2pm

“Dinner Time” Monday – Friday 4:30 – 6:00pm ; Saturdays 11:00am -12:30pm

“Snack Time” Monday – Friday 6:30 – 7:30pm ; Saturdays 1:00am - 2:30pm

MONDAYS		
Adult Fitness Center (\$20/month, \$200/yr)	6:00AM—2:00PM	
Adult Lap Swim (must be Fitness Pass holder)	11:00AM—1:00PM	
Open Swim (Members Only)	4:00 – 4:30PM	
Piano/Voice Lessons (By 1/2 hr Appoint \$50 Oct/Jan/Mar)	4:30 - 7:30 PM	
Swimming Lessons Members– FREE (must sign up)	4:30 – 5:15PM	
Swim Team Practice, Bronze Team (\$75 Oct/Jan/Mar)	4:30—5:30PM	
Boys CYM Basketball (\$25) – new gym	4:30 – 6:00PM	
Education Nation – FREE	4:30 – 6:00PM	
Gymnastics Team Practice (\$105 Oct/Jan/Mar)	4:30—7:30PM	
Karate Midgets (\$35 Oct/Jan/Mar)	5:00 – 5:45PM	
Gymnastics Midgets Beginners (\$40 Oct/Jan/Mar)	5:00—5:45PM	
Fitness Center Intermediates/Middler/Senior (\$15 Oct/Jan/Mar)	5:30 – 7:00PM	
Swim Team Practice – Gold/Silver (\$145/120 Oct/Jan/Mar)	5:30–8:00PM/5:30-7:00PM	
MIDGET GIRLS CLUB	6:00 – 7:00PM	
“Interplay” Improv/Theater/Dance (Girls Preps & Up/FREE/Must Sign Up)	6:00—7:15PM	
Robotics Basic (\$25 Oct/Jan/Mar)	6:00 – 7:00PM	
Gymnastics Beginners Preps (\$40 Oct/Jan/Mar)	6:00—6:45PM	
Karate Preps (\$35 Oct/Jan/Mar)	6:00 – 6:45PM	
Art – Drop In (\$1 per day)	6:00 – 8:30PM	
INTERMEDIATE BOYS GYM	6:30 – 7:30PM	
Karate Jr (\$35 Oct/Jan/Mar)	7:00 – 7:45PM	
PREP GIRLS CLUB	7:30 – 8:30PM	
Robotics LEGO Team (\$35 Oct/Jan/Mar)	7:30 – 9:00PM	
MIDDLER/SENIOR GYM (Coed, Competitive)	8:00 – 9:00PM	
Karate Int/M/S (\$35 Oct/Jan/Mar)	8:00 – 8:45PM	
TUESDAYS		
Adult Fitness Center (\$20/month, \$200/yr)	6:00AM—2:00PM	
Adult Lunchtime Basketball (must be Fitness Pass Holder)	11:30AM—1:00PM	
Gymnastics Preschool Level (\$35 Oct/Jan/Mar)	2:30—3:15PM	
Gymnastics Tot Level [2—3 yrs] (\$35 Oct/Jan/Mar)	3:30—4:15PM	
Swim Team Practice – Gold (\$145/ Oct/Jan/Mar)	4:00 – 6:00PM	
Piano/Guitar (By 1/2 hr Appoint \$50 Oct/Jan/Mar)	4:30 - 7:30 PM	
Swim Team Practice – Bronze (\$75/ Oct/Jan/Mar)	4:30 – 5:30PM	
Education Nation	4:30 – 6:00PM	
Gymnastics Team Practice (\$105 Oct/Jan/Mar)	4:30 – 7:30PM	
MIDGET BOYS GYM/SWIM	5:00 – 6:30PM	
Gymnastics Pre-Team “Big” (\$65 Oct/Jan/Mar)	5:00 - 7:00PM	Placement Oct.10 th
Gymnastics Intermediate Level (\$50 Oct/Jan/Mar)	5:00 – 6:30PM	Placement Oct.10 th
Dance / Predance (\$35 Oct/Jan/Mar)	5:00 – 5:45PM	
Fun with Science & Nature (Free – Lobby & Discovery Space)	5:30—7:30PM	
Fitness Center Intermediates/Middler/Senior (\$15 Oct/Jan/Mar)	5:30 – 7:00PM	
Robotics Advanced (\$25 Oct/Jan/Mar)	5:30 – 6:30PM	
Beginning Art Class (\$10 Oct/Jan/Mar) – Midgets	5:30 – 6:30PM	
Sewing 1 (FREE - must sign up)	5:30 – 7:00PM	
Dance / Ballet 3 (\$40 Oct/Jan/Mar) – typically Juniors	5:45-6:45 PM	
Fun with Foods - Jr. and Older (\$20 Oct/Jan/Mar)	6:00 –7:00PM	
Open Gym – Juniors & older FREE	6:00 – 6:45PM	
Swim Lessons – (FREE must sign up)	6:30—7:15PM	
Advanced Art Class (\$10 Oct/Jan/Mar) – Jrs and Up	630 – 7:30 PM	
Dance / Jazz 3 (\$35 Oct/Jan/Mar)	6:45 – 7:30PM	
JUNIOR BOYS GYM/SWIM	7:00—8:30PM	
Adult Evening Water Aerobics (\$50 Oct/Jan/ Mar)	7:15—8:00PM	\$75 for Tue & Th
Dance / Lyrical 3 (\$30 Oct/Jan/Mar)	7:30 – 8:00PM	
INTERMEDIATE GIRLS CLUB	7:30 – 8:30PM	
INTERMEDIATE BOYS CLUB	7:30—8:30PM	
Robotics - High School Team (\$40 Oct/Jan/Mar)	7:30 – 9:00PM	
Dance / Hip Hop 3 (\$35 Oct/Jan/Mar)	8:00-8:45 PM	
Dance / Advanced Tap (\$30 Oct/Jan/Mar)	8:45-- 9:15PM	
CYM B’Ball Games	8:00—9:30PM	Begins December
WEDNESDAYS		
Adult Fitness Center (\$20/month, \$200/yr)	6:00AM—2:00PM	
Adult Lap Swim (must be Fitness Pass holder)	11:00AM—1:00PM	
Swim Team Practice – Gold/Silver (\$145/120 Oct/Jan/Mar)	4pm-6pm/4:30-6pm	
Open Gym – midgets/preps FREE	4:00 – 4:45PM	
Education Nation – FREE	4:30 – 6:00PM	
Guitar/ Piano (By Appoint 1/2 hr lessons \$50 Oct/Jan/Mar)	4:30 - 7:30 PM	
PREP GIRLS GYM/SWIM	5:00 – 6:30PM	
Keystone Club (see Jen for details)	5:00 - 6:30 PM	
Fitness Center Intermediates/Middler/Senior (\$15 Oct/Jan/Mar)	5:30 – 7:00PM	

Wednesdays (continued from other side)		
Fun with Science & Nature (Free – Lobby & Discovery Space)	5:30—7:30PM	
Production Club	6:00 – 7:00PM	
PREP BOYS GYM/SWIM	6:00—7:30PM	
JUNIOR GIRLS CLUB	7:00 – 8:00PM	
JUNIOR BOYS CLUB	7:00 – 8:00PM	
MIDDLER/SENIOR GYM (Coed, Recreational)	8:00 – 9:00PM	
Boys CYM Basketball (\$25) – old gym	8:00 – 9:30PM	
THURSDAY		
Adult Fitness Center (\$20/month, \$200/yr)	6:00AM—2:00PM	
Adult Lunchtime Basketball (must be Fitness Pass Holder)	11:30AM—1:00PM	
Swim Team Practice – Gold (\$145/ Oct/Jan/Mar)	4:00 – 6:00PM	
Swim Team Practice – Bronze (\$75/ Oct/Jan/Mar)	4:30 – 5:30PM	
Swim Team Practice – Pre Team (\$35 Oct/Jan/Mar)	4:30—5:30PM	
Education Nation – FREE	4:30 – 6:00PM	
Guitar/ Piano (By Appoint 1/2 hr lessons \$50 Oct/Jan/Mar)	4:30 - 7:30 PM	
Dance / Predance 2 (\$35 Oct/Jan/Mar) – Previous dance required	5:00-5:45 PM	
JUNIOR GIRLS GYM/SWIM	5:30 - 7:00PM	
Cross Stitch/Embroidery (FREE must sign-up) (all members)	5:30 -6:30PM	
Fitness Center Intermediates/Middler/Senior (\$15 Oct/Jan/Mar)	5:30 - 7:00PM	
Dance / Ballet 1 (\$30 Oct/Jan/Mar) – typically Midgets	5:45-6:15 PM	
Fun with Foods (\$15 Oct/Jan/Mar) Midget/Preps	6:00 – 7:00PM	
Lead Team (see Charley for details)	6:00 – 7:15PM	
Dance / Jazz 1 (\$30 Oct/Jan/Mar)	6:15-6:45 PM	
Sewing II (previous experience required; FREE- must sign up)	6:30 – 8:30PM	
Dance / Tap1 (\$30 Oct/Jan/Mar)	6:45-7:15 PM	
Dance / Tap 2 (\$30 Oct/Jan/Mar)	7:15-7:45 PM	
Adult Evening Water Aerobics (\$50 Oct/Jan/ Mar)	7:15—8:00PM	\$75 for Tue & Th
INTERMEDIATE GIRLS GYM	7:30—8:30PM	
Dance / Ballet 2 (\$35 Oct/Jan/Mar) – typically Preps	7:45-8:30 PM	
MIDDLER/ SENIOR CLUB	8:00 – 9:00PM	
Dance / Jazz 2 (\$35 Oct/Jan/Mar)	8:30-9:15PM	
FRIDAYS		
Adult Fitness Center (\$20/month, \$200/yr)	6:00AM—2:00PM	
Adult Lap Swim (must be Fitness Pass holder)	11:00AM—1:00PM	
Swim Team Practice – Gold/Silver (\$145/120 Oct/Jan/Mar)	4pm-6pm/4:30-6pm	
MIDGET GIRLS GYM SWIM	5:00 - 6:30PM	
Dance / PreDance (\$35 Oct/Jan/Mar)	5:00-5:45 PM	
Dance/Hip Hop 2/3 (\$35 O/J/M) – Experienced Preps, new Juniors	5:45-6:30 PM	
Gymnastics Team Practice (\$105 Oct/Jan/Mar)	6:00 – 8:00PM	Placement Oct.10 th
Gymnastics Preschool Level (\$35 Oct/jan/Mar)	6:15—7:00PM	
Coed Leagues, School Division (\$15 Oct/ Jan/ Mar)	6:30 – 9:00PM	
Acrodance ½ (\$35 Oct/Jan/Mar)	6:30-7:15 PM	
Swim Lessons TOTS (6 mos—3 yrs, \$35 Oct/Jan/Mar)	6:45—7:15PM	
Swim Lessons PRESchool (Ages 4—5, \$35 Oct/Jan/Mar)	7:30—8:00PM	
Gymnastics Beginner Juniors and Up (\$40 Oct/Jan/Mar)	7:00 – 8:00PM	Placement Oct.10 th
Sewing “Mom & Me” - FREE	7:00 – 8:30PM	
Friday Night Specials – Check Bulletin for more details	7:00 – 9:00PM	
Dance - Invitation Only (\$35 Oct/Jan/Mar) – invite only	7:15 -8:00 PM	TBD
Dance Solos (\$75 Jan/Mar) – invite only, must be enrolled in both	8:00-9:30PM	January
Teen Nights – 3 rd Friday of each month for 8 th -12 th graders Oct.26, Jan.15, Feb.19, Mar.19, April 23	9:00 – 11:00PM	
SATURDAYS		
Adult Fitness Center (\$20/month, \$200/yr)	9:00—11:00AM	Oct 17—Apr 24
Swim Team Practice – Gold/Silver (\$145/120 Oct/Jan/Mar)	8:00—11:00/8:00-10:00AM	
Gymnastics Pre-Team “Big” (\$65 Oct/Jan/Mar)	9:00 – 11:00AM	Placement Oct.10 th
Gymnastics Team Practice (\$105 Oct/Jan/Mar)	9:00 – 12:00 Noon	Placement Oct.10 th
Dance / Pointe/Prepointe) (Level 3 and higher) – must be approved	9:15 – 9:45AM	
MIDGET BOYS CLUB	9:30 – 10:30AM	
Guitar/Beginner Piano (By Appoint 1/2 hr lessons \$50 Oct/Jan/Mar)	9:30 – 12:30	
Gymnastics Pre-Team “Little” (\$50 Oct/Jan/Mar)	9:30—11:00AM	Placement Oct.10 th
Robotics - Basic (\$25 Oct/Jan/Mar)	9:30 – 10:30AM	
Dance / Hip Hop 2 (\$35 Oct/Jan/Mar)	9:45-10:30 AM	
Swim Team Practice - Pre Team (\$35 Oct/Jan/Mar)	10:00—11:00AM	
Arts (FREE drop-in Lobby)	10:00 –NOON	
Dance/Ballet 4 (\$50 Oct/Jan/Mar) – usually Int and up	10:30 AM– 12:00PM	
Robotics - LEGO Team (\$35 Oct/Jan/Mar)	10:30 – NOON	
BOYS PREP CLUB	11:00 - 12:00	
Swim Lessons TOTS (6 mos—3 yrs, \$35 Oct/Jan/Mar)	11:00—11:30AM	
Gymnastics Preschool Advanced Level (\$35 Oct/Jan/Mar)	11:15—12:00Noon	
Swim Lessons PRESchool (Ages 4—5, \$35 Oct/Jan/ Mar)	11:45am—12:15PM	
Dance/ Jazz 4 (\$35 Oct/Jan/Mar)	12:00-12:45 PM	
Gymnastics Beginner (\$40 Oct/Jan/Mar)	12:00 -1:00PM	Placement Oct.10 th
Gymnastics Tot Level (\$35 Oct/Jan/Mar)	12:15—1:00PM	
Swimming Lessons Members (FREE – must sign up)	12:30—1:15PM	
Coed Sports Leagues, College & Pro Divisions (\$15 Oct/Jan/Mar)	12:30 – 3:00PM	
Dance/ Lyrical 4 (\$35 Oct/Jan/Mar)	12:45-1:30 PM	
Free Swim (Members & Immediate Families)	1:15 – 2:30PM	
Robotics - High School Team (\$40 Oct/Jan/Mar)	1:00 – 2:00PM	
Dance/Hip Hop 4 (\$35 Oct/Jan/Mar)	1:30 – 2:15PM	
Acrodance 3/4 (\$35 Oct/Jan/Mar)	2:15-3:00 PM	

