



Sarah Heinz House Boys & Girls Club



... Youth, Character, Recreation & Service ...

Information for Extra Programs 2009 – 2010

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Sarah Heinz House, a Boys & Girls Club A Great Place for Kids

What is Heinz House All About

"To develop and strengthen the leadership, character, and life skills of children and youth, especially those who need us most, by providing high quality recreational, social, educational, and mentoring programs which enable members to reach their highest potential; to use our exemplary programs, facilities and staff as a resource to the larger community"

PROGRAM YEAR:

OCTOBER 12, 2009 – APRIL 24, 2010

MEMBERSHIP:

Open to boys and girls between the ages of 6 and in the 1st grade through senior year in high school.

FEE:

\$25 per year.

REGISTRATION:

The programs run from October 12, 2009 to April 24, 2010. To become a member, stop at the house between the hours of 5:00pm-8:00pm Monday through Thursday September 28th through October 8th. Beginning October 12th registration is offered **Wednesdays 7:30-8:30pm, Thursdays 7:30-8:30pm, and Saturdays 9:30-11:00am**. Membership registration for 2009-2010 program year ends February 13, 2010.

One day is needed to process all new registration forms. Members will not be able to participate in programs the day they register. They may begin programs the day after they register.

****NO REFUNDS ARE GIVEN TO INDIVIDUALS WHO WITHDRAW OR ARE DROPPED OR SUSPENDED FROM MEMBERSHIP BECAUSE OF ATTENDANCE OR BEHAVIOR.****

MEMBERSHIP REQUIREMENTS:

Members are required to attend Heinz House twice each week on specific days for their "core" programs.

1. Core Programs include one Group Club Program and Gym/Swim Program
2. **Membership ID badges must be kept with member each day**
3. Members must call or email the front desk to be excused from program 412-231-2377 or excuses@sarahheinzhouse.com

HOUSE HOURS:

Monday—Friday

Programs: 3:30pm-9:15pm, nightly payments end at 9:00pm

Office Hours: 6:00am-5:00pm

Saturday

Programs: 9:00am-3:00pm, payments end at 2:45pm.

Open Campus

Sarah Heinz House Boys & Girls Clubs is not a custodial care agency, does not have the right or responsibility to keep a child at the club, and does not assume responsibility for members if or when they leave the Club. Families should discuss with their children the risks of leaving the building without appropriate permission or supervision.

Building Closes

- Staff are not required to stay with your child after posted closing times. Please be on time to pick up your child.
- Midget and Prep members are not permitted in the building after 7:00pm on weekdays unless in a scheduled program.
- Member's privileges can be suspended or revoked if late pick up becomes habitual.

Members' Required Programs

Description and Schedules

Club: Club is mandatory once a week for all members. The purpose of club is to have fun, meet and interact with many different people in the same age group, and develop social skills. Each division is broken into smaller groups of 8-12 people, led by a weekly adult volunteer. Each division does a variety of programs throughout the year. Every member will get the chance to participate in a service project and environmental activities, compete in games room and other tournaments, do a craft project, play games, learn about etiquette and other life skills, go on field trips, and try out many of the programs Heinz House has to offer. In addition, the Midgets and Preps have parties around holidays and the end of the year, while Juniors and up get the chance to interact with members of the opposite gender during "socials". Socials are coed activities and examples of socials would be a dance or a coed service project.

Club Program Division Grade/Age—Groups Days and Times

<u>Midget Girls:</u>	Age 6 (1 st)-2 nd grade	Monday	6:00-7:00pm
<u>Midget Boys:</u>	Age 6 (1 st)-2 nd grade	Saturday	9:30-10:30am
<u>Prep Girls:</u>	3 rd - 4 th grade	Monday	7:30-8:30pm
<u>Prep Boys:</u>	3 rd -4 th grade	Saturday	11:00-12 Noon
<u>Junior Boys & Girls</u>	5 th -6 th grade	Wednesday	7:00-8:00pm
<u>Intermediate Boys & Girls:</u>	7 th -8 th grade	Tuesdays	7:30-8:30pm
<u>Middler/Senior</u>	9 th - 12 th grade	Thursdays	8:00-9:00pm

Members' required Programs Continued

Gym/Swim: Mandatory attendance, once per week, scheduled according to age. Gym classes are similar to school Physical Education, but there are no grades and the most important part of this session is to HAVE FUN!!!! Members learn the basic skills for a variety of interesting activities like gymnastics, football, soccer, basketball, hockey, dodge ball, kickball, dance, fitness, some Heinz House games and much, much more!

Gym classes last one hour, then members take a shower and go to the pool for a free swim session. Swimming is for a ½ hour. Intermediates, Middlers, and Seniors are not required to take swimming with their gym class, they will only have a one hour gym class, no swimming.

Gym/Swim Program Division Grade/Age—Groups Days and Times

<u>Midget Girls:</u>	Age 6 (1 st)-2 nd grade	Friday	5:00-6:30pm
<u>Midget Boys:</u>	Age 6(1 st)-2 nd grade	Tuesday	5:00-6:30pm
<u>Prep Girls:</u>	3 rd -4 th grade	Wednesday	5:00-6:30pm
<u>Prep Boys:</u>	3 rd -4 th grade	Wednesday	6:00-7:30pm
<u>Junior Girls:</u>	5 th -6 th grade	Thursday	5:30-7:00pm
<u>Junior Boys:</u>	5 th -6 th grade	Tuesday	7:00-8:30pm
<u>Interm. Girls:</u>	7 th -8 th grade	Thursday	7:30-8:30pm
<u>Interm. Boys:</u>	7 th -8 th grade	Monday	6:30-7:30pm
<u>Middler/Sr. Girls:</u>	9 th -12 th grade	Mon. or Wed.	See schedule/choose
<u>Middler/Sr. Boys:</u>	9 th -12 th grade	Mon. or Wed.	See schedule/choose

Members' Choice Activities

Choice activities may not be attended during the same time as your division's required program time.

Art Lessons: "Drop in Program!" Members learn new skills in drawing, painting, printing and much, much, more. This program offers members an opportunity to be very creative.

****You can work on a project one day and finish it another day.**
Join the fun and discover a new talent.**

Cost: \$1 each day. Monday 6:00-8:30pm
 Saturday 10am-12pm

Art Class: Want to take your projects to the next level? Then Art Class is for you! Each class is \$10 and there are two levels. Participants in these classes will have the opportunity to compete regionally and nationally in the BGCA Fine Arts Competition.

Tuesday 5:30-6:30 pm (Beginners/Midgets & Preps)
 6:30-7:30pm (Advanced/Juniors and Up)

Cooking: With the addition of our new commercial kitchen, the possibilities for cooking classes are endless, from cooking a full nutritious meal to baking the cake for dessert. Beginner classes will be offered this year in an attempt to encourage healthy eating habits in our youth. Classes will offer fun, nutritional ideas that can revitalize energy in our increasingly obese community. Basic food sanitation guidelines will teach participants about protection from harmful bacteria and substances in the kitchen.

"Fun with Foods" for midgets and preps: This is a nutrition class that teaches participants basics about nutrition, while having fun trying new foods. Also, they will begin to learn about food safety and sanitation.

For Midgets and Preps Thursday 6-7 pm
Cost: \$15 per session (Oct, Jan, Mar)

"Fun with Foods" for Juniors and above: This is a continuation of the above class. Participants will continue to learn nutritional information, while learning basic cooking techniques. Practicing safe and sanitary kitchen methods will continue to be taught.

For Juniors and above Tuesday 6:00- 7:00
Cost: \$20 per session (Oct, Jan, Mar)

Sewing Lessons:

All members, both boys and girls, are invited to learn the skill of sewing. Make your outfits, like T- shirts, sweat pants, or shorts, to name a few. You also can learn to make projects such as pillows and stuffed toys. You'll even learn stitches like hemming, basting, and embroidery so you can sew on a button or mend a hole in your favorite shirt. Sewing Machine Lessons and Hand made Projects for the beginner and the advanced student are taught in this class. The instructor will walk you through anything you need to know. You can learn how to buy a pattern, cut it out, and put it together. The class is free but the student will have to purchase a portion of your supplies.

Sewing I	Tuesday	5:30 – 7 pm
Sewing II	Thursday	6:30 – 8:30 pm
Mom and Me	Friday	7:00 – 8:30 pm

Sewing

Cross Stitch /
Embroidery:

Learn to cross stitch and embroider. Improve the skills you have learned in a prior class. All members invited.

Cross Stitch / Embroidery	Thursday	5:30 – 6:30 pm
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Education Nation

This program is designed to assist kids with their homework, to nurture good study skills and to excite kids about learning. It will not be a school environment but an active open ended time of sharing while meeting specific goals to take back to the classroom. There will be opportunity to receive homework assignments online as this is how some students are directed by their schools. This opportunity is also going to allow your child to have access to a computer for information based projects and be trained to use the net for their personal educational gain. There will be two portions to the program. The first portion will focus on assistance with schoolwork, and the second will be an eye opener for many kids to become involved in many forms of FUN, educational experiences. Kids can Drop-In daily or become regular participants. A good education is the very foundation of the future in every walk of life. Get on the right path early!

Cost: Free Mon-Thursday 4:30 – 6:00 pm

Open to: All Members

Fun with Science & Nature

Nature, Environmental, and Science Programs take place Outdoors, in Discovery Place and in the Lobby. Possible activities are: an archeological dig, holding a live snake, harvesting vegetables from the garden and making soup, making and flying paper airplanes, walking on our rooftop to find out why it's "green," playing with mixtures that change from solids to liquid, touch tables with animal discoveries, magnetic fun, crafting habitats, Lego and K'nex contests, spaghetti bridges & structures, and nature walks on site to find creature clues.

All mentioned programs are interactive, hands-on exploration and provide kids with a recreational/educational experience. A live animal such as snake or hissing cockroach may be used to discover their value in nature. A trip outside to the garden to dig and harvest a carrot or potato can be eye-opening (ha ha)!

Live animals can sometimes be held and are used for understanding creatures that have a bad reputation but are vital for the balance of life. Biodiversity is key and is explored using games, crafts, DVD features, puppetry, live animals, music and drama.

Different activities will be featured weekly. Cost: Free; All ages welcome. Offered Tues and Wed 5:30pm—7:30pm, and Saturday 11am—1pm.

Photo Club:

Learn to take photographs to enter in Boys and Girls Clubs of America photography contest. Class sign up is in January / February. Class times announced yearly.

Computer Fun:

“Drop In!” This program emphasizes computer awareness. Explorations for internet websites will be available. Also available are creative graphic arts programs.

Cost: Free During Monitored Hours (to be announced)

All members (except Midgets & preps after 7pm)

Robotics

Basic Robotics

In this introductory class students will get to experience science, math, and technology in a "hands on," "minds on" environment. Students will be asked to use their problem solving skills in completing tasks that involve LEGO robots, and the ROBOLAB programming software. Students will begin with basic programming challenges such as making their robot move forward and turn, and quickly progress through asking their robot to make decisions based on feedback from the sensors. Students will also experience the dynamic of group work and open ended challenges.

Cost: \$25.00 per session Open to: All Members
Mondays 6:00 – 7:00 **-or-** Saturdays 9:30 -10:30am

Advanced Robotics/Robotic Challenges

Based on student's prior knowledge from the Robotics 101 course students will participate in numerous design and software challenges based on the LEGO Mindstorms NXT robot kits. Students will be given the opportunity to use both picture and text based languages to program their robots.

Cost: \$25.00 per session Open to: Members w/ robotics experience
Tuesdays 5:30 – 6:30

Lego Robotics Competition Team

This program is available by invitation only. Members that have demonstrated the skill needed to participate at this level will be invited to do so by the Technology Director. Students will participate in numerous design and software challenges based on the LEGO Mindstorms NXT robot kits. Student will also be able to compete in various local and regional competitions.

Cost: \$35.00 per session Open to: Invited Members
Mondays 7:30 – 9:00 **-and-** Saturdays 10:30 -12:00

High School Robotics Team

This program is available to all Middler and Senior Members. Students will participate in numerous design and software challenges based on the Vex robot kits, TETRIX Robotics Kits, and other materials. Students will also be able to compete in various local and regional competitions.

Cost: \$40.00 per session Open to: Middler/Senior Members
Tuesdays 7:30 – 9:00 **-and-** Saturdays 1:00 -2:00

Music Lessons

Piano Lessons: Learn to play the piano from a trained professional. This class is for beginners to experienced pianists. Fee is paid at the beginning of each session.

Lessons: By appointment Mondays-Thursdays. 4:30-7:30pm
Saturdays 9:30-12:30

Cost: \$50 dollars per session

Open to: All members

Voice Lessons: Learn professional, specialized voice training. This class is for beginners to the experienced students. There are three sessions for each time slot. (Oct., Jan., Mar.) Fee is paid at the beginning of each session.

Lessons: By appointment - Mondays 4:30-7:30pm

Cost: \$50 dollars per session

Open to: All members

Guitar Lessons: This class is for beginner to advanced students. (Oct./Jan/March) Fee is paid at the beginning of each session.

Tues, Wed, & Thursdays 4:30-7:30pm Saturdays 9:30-12:30

Cost: \$50 dollars per session

Open to: All members

Dance Lessons: Develop skills of coordination, poise and confidence that will last a lifetime. Don't be shy guys! You can learn too! Even famous professional football players, like former Steelers Lynn Swann, took Ballet. Having these dance skills made it possible for him to make such fabulous catches and be an awesome receiver. There are 4 different levels which have ballet, jazz, and tap. In order to take jazz, students must be currently enrolled in Ballet. There are also Hip Hop, pre-pointe (does not perform in recital), pointe, acrodance, and lyrical classes. Acrodance is a new type of dance being offered this year. Acro is a disciplined class that begins with increasing flexibility and then begins building strength to create technique. It is influenced by gymnastics and focuses on control instead of power and also emphasizes more back and spinal flexibility.

Come join our instructor for a quality program, have a great time, and become a good dancer. There are three sessions. (Oct., Jan., Mar.)

There are required uniforms for each class. Costumes are required (at an additional cost) for the recital. Performance in the recital is recommended, but not required.

Dance Director: Mandi Baney

Uniform for Dance Classes

Ballet/Pointe: Black leotard, pink tights, pink **leather** ballet shoes, and hair up in a tight bun

Jazz/Lyrical: Black leotard, black jazz pants, and black jazz shoes, and hair up in a tight bun

Tap: Black leotard, tights, and black tap shoes, and hair up in a tight bun

Hip Hop/Acrodance: Tank top, jazz pants, and dance sneakers or tennis shoes (Tennis shoes CANNOT be outside shoes. They must be used only used for this class.), or jazz shoes (talk to Mandi with questions).

*Classes, dates and times, listed below Dance Class (Levels, Times, and Dates)

Level	Class	Day	Time	Price
Predance (4yrs-K)	Predance	Tuesday	5:00-5:45 pm	\$35
	Predance (previous exp)	Thursday	5:00-5:45 pm	\$35
	Predance	Friday	5:00-5:45 pm	\$35
Level 1 (Midgets)	Ballet	Thursday	5:45-6:15pm	\$30
	Jazz	Thursday	6:15-6:45pm	\$30
	Tap	Thursday	6:45-7:15pm	\$30
	Acrodance	Friday	6:30-7:15 pm	\$35
Level 2 (Prep)	Ballet	Thursday	7:45-8:30pm	\$35
	Jazz	Thursday	8:30-9:15pm	\$35
	Tap	Thursday	7:15-7:45pm	\$30
	Hip Hop	Saturday	9:45-10:30 am	\$35
	Hip Hop (previous exp)	Friday	5:45-6:30 pm	\$35
	Acrodance	Friday	6:30-7:15 pm	\$35
Level 3 (Juniors)	Ballet	Tuesday	5:45-6:45 pm	\$40
	Jazz	Tuesday	6:45-7:30 pm	\$35

	Lyrical	Tuesday	7:30-8:00 pm	\$30
	Hip Hop	Tuesday	8:00-8:45 pm	\$35
	Advanced Tap	Tuesday	8:45-9:15 pm	\$30
	Hip Hop (no experience)	Friday	5:45-6:30 pm	\$35
	Pre-pointe (must be approved)	Saturday	9:00-9:45 am	\$35
	Acrodance	Saturday	2:15-3:00 pm	\$35
Level 4	Ballet	Saturday	10:30am-12pm	\$50
	Jazz	Saturday	12:00-12:45 pm	\$35
	Lyrical	Saturday	12:45-1:30 pm	\$35
	Hip Hop	Saturday	1:30-2:15 pm	\$35
	Pointe/ Prepointe	Saturday	9-9:45 am	\$35
	Advanced Tap	Tuesday	8:45-9:15 pm	\$30
	Invitation Dance	Friday	7:15-8:00 pm	\$35
	Solos/Small Group	By Appt.	By. Appt	\$75

- 1 In order to take Jazz, a student must currently take Ballet. Students can take just tap, ballet, or hip hop.
- 1 Advanced Tap is for Juniors and up. Depending on skill levels and numbers in the class, Level 3 students may be switched to the Level 2 Tap class.
- 1 Solos must be taken and paid for in both the January and March sessions.
- 1 Placement in classes is based on age and ability. Dancers may be asked to switch levels based on their ability, the classes ability, or the size of the class.
- 1 Dancers interested in Pre-pointe and Pointe will start off in Pre-Pointe. Mandi will determine if you will be able to do Pointe. Typically, you must do Pre-Pointe for at least 1 year before you can progress to Pointe.
- 1 Mandi will ask dancers individually to participate in the Invitation Dance and Solos. You may not sign up without previous permission.

More Members' Choice Activities

Production Club: Learn to “set-up” and use Heinz House’s extensive sound, lighting, and Karaoke systems. The club members select music and organize it to D.J. our club and special events as well provide the sound and lighting for special events such as the Christmas Play, Dance recital etc. To be a part of the event tech crew at one of our events, this is a required club.

Open to: Intermediate, Middler and Senior Divisions.

Club meets: Wednesday 6:00-7:00pm

Keystone Club: This coed club is a leadership development organization affiliated with the Boys and Girls Clubs of America. There are 3 Focus Areas that the Keystone Club conducts projects in: Academic Success, Career Exploration, and Community Service. The teens conduct projects in all 3 areas throughout the year plus are involved in the Teen Nights, Teen Outreach, and the National Keystone Project. In addition, the Keystone Club attends Regional and National Conferences each year. Application for membership is available in April.

Open to: Middler and Senior Divisions.

Club meets: Wednesdays, 5:00 pm

Additional time for fundraising and service projects is required.

Lead Team: Coed Leadership Development group for high school students. The main responsibility of this group is to oversee a grant process, awarding grant money each year to applicant(s) from community organization(s). Decisions will be made by the group regarding the recipients and uses of the grant money. Other activities, which the group will plan, include trips to camp, sponsoring special events, field trips, and fun trips. For more details, contact a Lead Team Member, or Charley Chmura, Lead Team Advisor.

Open to: Middler, and Sr. Thursday 6:00-7:15pm

Additional time for special meetings or projects is required.

Teen Nights: On the 3rd Friday of every month from 9-11 pm, the building is for Teens only (8th- 12th grade). There will be sports tournaments, dances, social activities, swimming, DDR, food, and lots more. Look for flyers monthly to see what is going on at the next Teen Night!
NOTE: On teen nights all members in 7th grade or younger must leave the building by 8:30pm. Guests must prove that they are a teenager.

Travel Sports Teams

Girls' Basketball: This traveling team competes in a catholic youth league. No experience necessary, must be in High School. The games are played January through March. Practices begin in October. See Dave Yovanovic for more details.
Open to: Midd., and Sr. Girls

Boys' Basketball: This traveling team participates in competition against CYM (Catholic Youth Ministry) basketball teams. Tryouts are held in the fall and practices are usually held twice per week. You must be in High School. Compared to the Heinz House internal leagues, the varsity demands much more commitment, dedication and hard work. See Bob Bechtold for more details.
Open to: Midd., and Sr. Boys

Travel Soccer Team: These coed teams participate in competition against other youth athletic organizations from the city. Contact Dave Yovanovic , Boys Program Director, for more information. Practices are generally conducted one or two times per week. It is more intense and demanding than the Heinz House League. Practices and games are usually held on week nights. Registration is in August.
Open to: Boys and Girls 12 & under, 15 & under, 18 & under

In-House Coed Sport Leagues

In-House Sports League: Sarah Heinz House offers three in-house sports leagues during the program year. Soccer is played Oct – Dec., Basketball will be played Jan & Feb., and the Spring Sport (to be determined) is played March & April. Boys and girls learn to improve their skills while learning the rules of the game and developing a great sense of teamwork. Players are divided according to their age. Each player will receive a team jersey, have at least one week of practice and between 4-6 games against other Heinz House teams. Parents who are interested in helping as a coach, official or scorekeeper should contact league directors Bob Bechtold (School division/Fri) and Dave Yovanovic (College & Pro divisions/Sat).
Open to: All members and weekly adult Volunteers
Midgets/Preps (School Division) - Play Fridays 6:30-9:00pm
Jr./ Int. (College Division) -Play Saturdays 12:30pm- 3pm
Midd / Sr & Up (Pro Division) –Play Saturdays 12:30pm-3pm

Cost: \$15.00 per league season

Athletic Classes

Karate:

Learn to protect yourself and have fun! This **coed class** will improve your confidence, self control, and physical fitness levels. Some of the techniques that we will practice include: traditional karate; self defense; boxing; kickboxing; judo falls and throws, and more. Any sparring or drills involving contact will be practiced with **light contact**. Separate coed sections will be offered, according to age.
Cost: \$30 for 1 session/week

Open to: All members

Midget	Monday 5:00-5:45pm
Prep	Monday 6:00-6:45pm
Junior	Monday 7:00-7:45pm
Intermediate & Up	Monday 8:00-8:45pm

Fitness Center (Youth): Are you looking to improve in a sport, tone-up, bulk-up, or slim down? Our fitness center is sure to help you reach all your goals. Come try our state-of-the-art facility. Just remember, when it comes to fitness, you only get out what you are willing to put in.

Cost: \$15.00 per session Mon-Thur 5:30-7:00PM

Open to: Intermediates and up

Aquatics Programs

Tot Swim Lessons:

Introduction for infants and toddlers, ages 6 months-3 years old. Parent must be in the water with the child. This introductory class will help parents to make their child more comfortable and familiar in the water (no regular diapers permitted, and “swimmer” diaper/pull up required for any participants not potty trained).

Open To: children ages 6 mos – 3 yrs (parent required in pool)

Meets: Fridays 6:45-7:15pm

Saturdays 11:00—11:30am

Cost: \$35 Oct/Jan/Mar

Preschool Swim Lessons: Introduction to water skills for “big kids”, ages 4—5. Parent assistance in pool required for first few weeks, then parent later may be excused by instructor, as your child’s skill level progresses.
Open To: children ages 4—5 yrs (parent required in pool)
Meets: Fridays 7:30—8:00pm
Saturdays 11:45—12:15am
Cost: \$35 Oct/Jan/Mar

Swim Lessons (members): Progressive swim lessons are offered to members. Members can learn skills and demonstrate competency through multiple levels. Learn to be safe around the water and help others be safe too! It’s Free!!!!
Open to: All members – must sign-up
Meets: Mondays 4:30 – 5:15pm
Tuesdays 6:30 – 7:15pm
Saturdays 12:30 – 1:15pm

Swim Team: Ready for another year, the Sarah Heinz House Aquatics teams are open to any Sarah Heinz House members. There are four different levels of skills: gold, silver bronze, and pre-team. Anyone interested in placement, and/or interested in joining, should contact Coach Craig Peterson to schedule to try out.

Pre-Team:

Thur 4:30—5:30, Sat 10:00—11:00am

Cost: \$35 one day/\$50 for 2 days

Bronze Team:

Mon. 4:30 – 5:30pm, Tues. 4:30 – 5:30pm, & Thur. 4:30-5:30pm

Cost: \$75 per session

Silver Team:

Mon. 5:30-7:00pm, Wed. 4:30-6:00pm, Fridays 4:30-6:00pm, & Saturdays 8:00 – 10:00am

Cost: \$120 per session

Gold Team:

Mon. 5:30-8:00pm, Tues. 4:00-6:00pm, Wed. 4:00-6:00pm, Thurs. 4:00-6:00pm, Fridays 4:00-6:00pm, & Saturdays 8:00 – 11:00am

Cost: \$145 per session

Gymnastics

Classes

Skill level placement for members, is scheduled for **Saturday, October 10. All children wishing to tryout should be ready at 12:30. Tryouts will last until 3:00pm.** We suggest you wear a leotard or a tee-shirt, shorts, and white socks. Parents may wait in the Lobby, or return at 3:00. After placement, gymnasts will have the opportunity to sign-up and pay for their class that day. In order to register for any gymnastics class, the participant must first be a member of Sarah Heinz House. **NO MEMBER REGISTRATIONS WILL BE TAKEN THAT DAY.**

***Anyone interested in classes after the placement date, must see coach Val Singleton.

Tots: This fun, interactive class will teach your 2—3 year old basic movements and provide exposure to the 4 gymnastic elements. No experience required; parent must accompany child on the mat.

Open to: 2—3 year olds

Cost: \$35

Meets: Tues 3:30—4:15pm, or
Sat, 12:15—1:00pm

Preschool: This fun, interactive class develops basic gymnastic skills in 4—5 year olds. Preschoolers will learn skills and practice on all 4 events of bars, beam, floor, and vault. No experience required. Participants should wear comfortable clothing, and will meet in Great Hall each week, to be accompanied by a coach to the gym.

Open to: 4—5 year olds

Cost: \$35

Meets: Tues 2:30—3:15pm, or
Fri 6:15—7:00pm

Preschool Advanced Level: This class is for 4—5 year old participants who have previous gymnastics experience. Certain skills are required. Please speak with coach Val Singleton, before registering your child for this class.

Open to: 4—5 year olds with previous experience and coach permission

Cost: \$35

Meets: Sat 11:15—12:00noon

Beginners: These classes are for members who are just beginning gymnastics or who have minimal experience. Basic tumbling and apparatus skills are taught, as well as a strong emphasis on having fun while building strength, balance and self-confidence.

Open to: Boys and Girls Midget thru Intermediate

Cost: \$40 (Oct., Jan., and March)

Class Days: Midgets – Mon 5:00—5:45pm;
Preps Mon 6:00—6:45pm;

Juniors & Up Fridays 7:00-8:00pm

Intermediate: This class is for members who show gymnastic potential in the beginner class or at the yearly placement session. Advanced skills are taught, while continuing to building strength, balance and self-confidence in preparation for our Pre-Team or Competitive program.

Open to: All members who place in this class.

Cost: \$50 (Oct., Jan., and March)

Class Day: Tuesdays 5:00-6:30pm

Pre-Team “Little” and “Big”:

These classes are for serious gymnastic members who are preparing to join the competitive team. Participants will continue to develop their skills, and begin learning routines on each apparatus. Volunteering to help at meets is a requirement.

“Little” Pre Team

Open to: 4th grade and younger who place into this class

Cost: \$50 (Oct., Jan., and March).

Class Days: Sat. 9:30-11:00am;

“Big” Pre Team

Open to: 5th grade and older who place into this class

Cost: \$65 (Oct., Jan., and March).

Class Days: Tues 5:00—7:00pm, and Sat. 9:00-11:00am;

Competitive Team: Advanced skills are needed to produce quality gymnastic routines. Members of this team are expected to show dedication and commitment to the team. Fund raising and parent participation as volunteers is also required. There are five payment sessions. (Oct., Jan., March, May, July)

*****This group practices year-round.*****

Parent help in concession stand and at home meets is a requirement.

Open to: All members, who qualify, have the desire, dedication, commitment and meet all requirements.

Cost: \$105 per session

Practice Sessions: Monday 4:40-7:30pm
Tuesday 4:30-7:30pm
Friday 6:00-8:00pm
Sat. 9:00am -12:00noon

Heinz House Summer Camps

Resident Camp: Heinz House Camp is located between Portersville and Ellwood City along the Slippery Rock Creek. Camp is available to members 7-17 years of age. Members may enroll in our Camp Stamp Savings Program when they become a member. The camp book and stamps are sold for 10 cents each and may be purchased at any time, in any amount, up until March 27th. Camp dates are published in the Bulletin in the early spring. Members having a camp savings account with \$20 or more saved by the registration date in April register first for the camp session of their choice.

Camp's address is: Heinz House Camp
RR #1 Box 299A
Heinz Camp Road
Ellwood City, PA 16117

Day Camp: Day Camp is operated by the Sarah Heinz House to provide campers a well rounded program emphasizing fun and learning under the supervision of qualified and trained staff. The camp is open to any school age child from Kindergarten through seventh grade. (A child must complete a full year of kindergarten.) The camp consists of four separate two-week sessions. A field trip is offered each session.

Camp runs **Monday—Friday** from the time of **10:00am-4:00pm**. Pre and post camp care is available from 8:00am-10:00am & 4:00pm-5:00pm daily at an additional fee per hour, per child. A child may register for one or any combination of sessions. Daily programs include: Activities in Physical Education, Aquatics, Arts and Crafts, Games, Social Activities, Special Activities and Computer Fun. Registration begins in March.

Robotics Camp: Robotics camp is offered in partnership with CMU. Campers will be challenged to design and program robots to complete tasks. But the mission does not stop there, campers will also learn the importance of team work and planning ahead. Although working with the robots is sure to be a blast, campers will also get to enjoy gym activities, go swimming, and play in the game room.

Camp runs **Monday—Friday** from the time of **10:00am-4:00pm**. Pre and post camp care is available from 8:00am-10:00am & 4:00pm-5:00pm daily. It is recommended that a child only registers for one session, since the sessions do repeat themselves. Registration begins in the spring.

Sarah Heinz House Non-Discrimination Policy

It is the policy and strict intention of the Sarah Heinz House that no member or employee of the Sarah Heinz House discriminates against any person on the basis of race, color, religion, sex, ancestry, national origin, handicap or disability. It is the strict policy of the Sarah Heinz House that any discrimination will not be tolerated. Furthermore, any act of discrimination that the Sarah Heinz House becomes aware of will be dealt with by a fair and prompt investigation into the matter.