

2016-2017 - SEMESTER 1 ACTIVITY SCHEDULE

(SEPTEMBER 13, 2016 - JANUARY 27, 2017)*

Mondays through Thursdays students participate in a 75-minute enrichment period that parents and children choose before the semester begins (on Fridays students choose a club). Prior to the activity period, students arrive at the Y, work on homework, do small group activities, enjoy community-building time with staff and peers, and eat a healthy snack. After the activity period, we prepare students for a safe dismissal home at 5:30 pm.

For more information on a typical day, visit Be Me's homepage at: <http://bit.ly/TheYBeMe>. Still have questions? Contact Jon at jzefel@ywashhts.org or 212-569-6200 ext. 269.



DAY (# of sessions)	GRADES	ACTIVITY	TIME
Monday Class: 14; Swim: 12	K-2 nd	Chess	4:00-5:15 pm
		SPARK! Gym Games	4:00-5:15 pm
		Instructional Swim	3:30-5:30 pm**
	3 rd -6 th	Exploring Public Art	4:00-5:15 pm
		Cooking in Bubbie's Kitchen	4:00-5:15 pm
		Gymnastics	4:00-5:15 pm
	ALL	Homework Help	4:00-5:15 pm
Tuesday Class: 16; Swim: 14	K-2 nd	Tappin' in the Heights	4:00-5:15 pm
		SPARK! Gym Games	4:00-5:15 pm
		EcoArt	4:00-5:15 pm
		Vocal Music with Midori	4:00-5:15 pm
	3 rd -6 th	Puppetry	4:00-5:15 pm
		Chess	4:00-5:15 pm
		Instructional Swim	3:30-5:30 pm**
	ALL	Homework Help	4:00-5:15 pm

* Activities are subject to change for Semester 2. Semester 2 activities and schedule will be released in late November.

** Students leave the Y of Washington Heights for the Riverdale Y at 3:30 pm, swim from 4:00 - 4:45 pm, depart the Riverdale Y at 5:00 pm, and return to the Y of Washington Heights at 5:30 pm.

DAY (# of sessions)	GRADES	ACTIVITY	TIME
Wednesday All: 18	K-2 nd	Art FUNdamentals	4:00-5:15 pm
		Cooking in Bubbie's Kitchen	4:00-5:15 pm
		Instructional Swim	3:30-5:30 pm**
		SPARK! Gym Games	4:00-5:15 pm
	3 rd -6 th	Creative Movement	4:00-5:15 pm
		Flag Rugby	4:00-5:15 pm
		CAD and 3D Printing	3:45-5:15 pm
		Gardening and Nature	4:00-5:15 pm
	ALL	Homework Help	4:00-5:15 pm
Thursday All: 18	K-2 nd	Creative Movement	4:00-5:15 pm
		Gymnastics	4:00-5:15 pm
		Theater Adventures	4:00-5:15 pm
	3 rd -6 th	Percussion with Midori	4:00-5:15 pm
		Lacrosse	4:00-5:15 pm
		Tappin' in the Heights	4:00-5:15 pm
	ALL	Recreational Swim	3:30-5:30 pm**
		Homework Help	4:00-5:15 pm
Friday All: 17	K-2 nd	Each Friday students choose from 3 different Friday Clubs that are TBD	4:00-4:50 pm
	3 rd -6 th	Each Friday students choose from 3 different Friday Clubs that are TBD	4:00-4:50 pm
	ALL	Shabbat Celebration	5:00-5:25 pm

ACTIVITY DESCRIPTIONS

ACTIVITY	DAY(S)	INSTRUCTOR	DESCRIPTION	ADDITIONAL COST***	PACK ANY- THING EXTRA?
Art FUNdamentals	W	Abby	Line, space, texture, shape, color, form, and light are among the fundamentals of art. Each week, we will explore a different element by looking at all the ways artists past and present have used them and how we can create with them; for example, line can show contours of an object, feelings, expressions, and movement. We will explore these elements through 2D and 3D projects.	—	—

*** These payments are for one semester of the activity. The fee will be spread out across four monthly payments, from September to December. Fees are roughly based on the number of class sessions.

ACTIVITY	DAY(S)	INSTRUCTOR	DESCRIPTION	ADDITIONAL COST***	PACK ANY-THING EXTRA?
CAD (Computer-Aided Design) and 3D Printing	W	Dimension Learning	This activity will develop students' understanding of various concepts in Science, Technology, Engineering, Arts, and Math ("STEAM") using computer-aided design and 3D printing.	\$450	—
Chess	M,T	Adam	For all levels of chess enthusiasts. Participants learn how to play chess and are gradually introduced to gameplay strategy in a fun, energetic environment.	—	—
Cooking in Bubbie's Kitchen	M,W	Cyndi	Students learn basic cooking skills while making traditional (and not-so-traditional) Jewish treats and other cultural delicacies. Every class ends with a delicious snack! Brought to you thanks to the generosity of The Covenant Foundation .	—	Class can get messy!
Creative Movement	W, Th	Sarah	Students get groovin' as they explore hip-hop, modern, interpretive, and more genres of dance. Open to all levels!	—	—
EcoArt	T	Abby	EcoArt is a unique blend of arts and environmental education for children. Classes are designed to foster discovery and stimulate creativity while connecting students with the natural world, advancing their environmental awareness, and creating works of art.	—	—
Exploring Public Art	M	Abby	Public art inspires and gives us a sense of civic pride. This class will expose participants to art that is not so precious that it needs to be housed in a fancy museum. Ranging from the Statue of Liberty, to the Eiffel Tower, to the murals and graffiti that grace our neighborhood, we will investigate public oeuvres and explore what exactly makes something a piece of art, all the while creating some public art of our own.	—	—
Flag Rugby	Th	Play Rugby	The Y has partnered with Play Rugby USA to bring you uptown's only youth flag rugby program! This version of the game is super fast-paced and non-contact, so it is totally safe.	—	Sneakers; socks; athletic clothing
Gardening and Nature	W	Kelly	Participants learn about soil, plants, composting, and how to start and maintain a garden. When the weather's nice, we head to the Y's rooftop garden and get our hands dirty. When it's not, lessons focus on how we can be the best Keepers of the Earth that we can be.	—	Dress for weather, possible dirt
Gymnastics	M,Th	TBD	An introductory gymnastics class that focuses on floor exercise and tumbling.	K-2 nd : \$360 3 rd -6 th : \$280****	Comfortable, athletic clothing

**** Some days of the week occur more than others during the semester; for example, during the semester there are four more Thursdays than Mondays. The pricing reflects this difference.

ACTIVITY	DAY(S)	INSTRUCTOR	DESCRIPTION	ADDITIONAL COST***	PACK ANY-THING EXTRA?
Homework Help	M-Th	Kat	A quiet, supervised space where students work on homework and read quietly.	—	—
Instructional Swim	M-W	Riverdale Y	All levels of swimmers welcome! Children learn to swim or improve their skills at the Riverdale Y.	K-2 nd M: \$300 K-2 nd W: \$450**** 3 rd -6 th : \$350	Swimsuits; towel; swim cap
Lacrosse	Th	Billy	Participants improve hand-eye coordination and get a workout as they learn the fundamentals of the fast growing sport of lacrosse. Brought to you thanks to the Y's partnership with Sticks and Stone Lacrosse .	—	Sneakers; socks; comfortable, athletic clothing
Percussion with Midori	Th	Midori and Friends	Students will receive a solid foundation of percussion (drumming) musicianship and technique, while their listening skills, imagination, and emotional expression are nurtured. They will learn how to read music, play several different types of percussion songs, and share what they have learned in performances for families and the community.	—	—
Puppetry	T	Jenny	This hands-on class explores the ancient art of building and manipulating puppets.	—	—
Recreational Swim	Th	Riverdale Y	All levels of swimmers welcome! Children head to the Riverdale Y for a session of free swim.	\$270	Swimsuits; towel; swim cap
SPARK! Gym Games	M,W	Yakik	Participants play the sports they know and love, from soccer to football to basketball and more, with a focus on inclusive play and keeping students continuously active.	—	Sneakers; socks; comfortable, athletic clothing
Tappin' in the Heights	T, Th	April (T), Bobby (Th)	Join Mr. Bobby on Thursdays and our new instructor, Miss April, on Tuesdays, for uptown's most exciting youth tap classes. Students will learn the introductory concepts and steps of tap.	K-2 nd : \$320 3 rd -6 th : \$360****	Tap Shoes
Theater Adventures	Th	Jenny	Encompassing myriad performing techniques – voice, movement, puppetry, mask, improv – participants focus on learning these techniques as well as incorporating them in mini-performances.	—	—
Vocal Music with Midori	T	Midori and Friends	Students will receive a solid foundation of vocal musicianship and technique, while their listening skills, imagination, and emotional expression are nurtured. They will learn how to read music, sing several different types of songs, and share what they have learned in performances for families and the community.	—	—