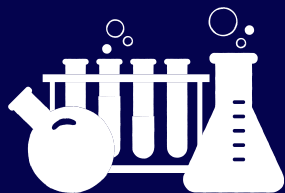




HEP SESSION II
2025-2026

HUDSON ENRICHMENT PROGRAM



340 QUAKER RIDGE ROAD NEW ROCHELLE, NY

WELCOME TO HEP SESSION II

2025-2026

Dear HCMS Families,

The Hudson Enrichment Program (HEP) is designed to give our students the opportunity to continue their educational, physical, and social development at our school.

We have prepared this document to provide you with a guide of the courses offered during this Session and a brief description of each. Please take a moment to review the document and find the right class for your child. **Registration will begin Monday, December 8th, and end on Friday, December 19th.** Please consider that your child may need to be a specific age to take a class.

Registration is on a first-come, first-served basis, based on the timestamp on your application form submission. Class offerings are dependent on enrollment. We are hopeful we will have enough enrollment to offer all the classes in the program. However, if a class does not have enough students enrolled, we will notify you. After your completed HEP form is reviewed, you will be contacted regarding your child's enrollment in the class(es). Once you are contacted about your child's enrollment in a class, please submit payment for the class. You can submit payment by check made out to Hudson Country Montessori School or via Zelle to dzelle@hudsoncountry.org. **Your child's name and the name of the class must be in the memo line.** Your child's enrollment will not be confirmed until we have the payment for the class(es).

We ask that you please consider other families when signing your child up for classes. Additionally, if there is a change in your child's schedule and you do not want to enroll in a class on the application that you already submitted, please let us know immediately.

If your child is signed up for the Year Round Program, Late Session 1, or Late Session 2, classes will be offered at a 20% discount.

If you have any questions you can email me at HUDSONENRICHMENTNY@HUDSONCOUNTRY.ORG. Thank you for your support and for being a valued member of our community. We look forward to an amazing second trimester at school.

Regards,
Ms. Bianca Ramos
HEP Coordinator

HEP SESSION II / 2025-2026

MON

TODDLERS:

TINY FEET DANCE

PRIMARY:

LITTLE ENGINEERS: MECHANICAL MARVELS

PRIMARY:

GYMNASTICS (3 YEAR OLD)

TUE

TODDLERS:

TRAMPOLINE FUN

PRIMARY:

ROCK YOUR WORLD WITH MUSIC

PRIMARY:

TENNIS (4&5 YEAR OLD)

ELEMENTARY/MIDDLE SCHOOL :

SLIME CHEMISTRY LAB

WED

TODDLERS:

SOCCER

PRIMARY:

PIANO I

PRIMARY:

GYMNASTICS (4&5 YEAR OLD)

PRIMARY / ELEMENTARY:

EARLY READER CODING: DINOSAURS (KINDERGARTEN & 1ST-2ND GRADE)

TODDLERS:

ROCK YOUR WORLD WITH MUSIC

PRIMARY:

YOGA

PRIMARY:

JUNIOR SCIENTISTS DISCOVERY LAB: SCIENTIFIC METHOD

PRIMARY:

TENNIS (3 YEAR OLD)

PRIMARY:

PIANO II

PRIMARY:

SOCCER

FRI

TODDLERS

TINY FEET DANCE!

MONDAY

Does your child have a natural rhythm? Can't wait to jingle and jangle and jazz it up with some fun tunes? This class is designed to introduce your toddler to dance & music. Your tiny dancers will have fun as we creatively stimulate coordination, team building, listening and safe play skills in a lively and rhythmic environment. This program incorporates interactive hands on your own personal musical instruments and cultural styled dance techniques. Each week is geared towards focusing on various motor skills. Children will achieve kinetics development as they learn through their bodies and their sense of touch through rhythm.



INSTRUCTOR: UNIVERSAL MOMS

STUDENTS: TODDLERS

DATES: 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16, 3/23, 4/6, 4/13, 4/20, 4/27

COST: \$384 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$308

TIME: 3:45-4:30 PM

TRAMPOLINE FUN

TUESDAY

Little jumpers are in for big fun! This playful trampoline-based class is designed especially for toddlers and preschoolers to explore movement, coordination, and balance in a safe and joyful setting. With songs, games, and gentle bouncing, your little one will develop strength and motor skills without even realizing they're working out.

Fun First, Fitness Follows!



INSTRUCTOR: UNIVERSAL MOMS

STUDENTS: TODDLERS

DATES: 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/14, 4/21

COST: \$384 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$308

TIME: 3:45-4:30 PM

TODDLERS

SOCCER

WEDNESDAY

Super Soccer Stars coaches & puppet friends, Mimi and Pepe, take toddlers through a world of exciting physical activity. Play-based activities and engaging original music is used to develop pre-soccer skills in a fun and nurturing environment.



INSTRUCTOR: SUPER SOCCER STARS

STUDENTS: TODDLERS

DATES: 1/21, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22

COST: \$384 FOR 12 WEEKS

***COST IF ENROLLED IN LATE SESSION:** \$308

TIME: 3:30- 4:05 PM

ROCK YOUR WORLD WITH MUSIC

THURSDAY

World Music Educational program to introduce multicultural instruments, movements, and sounds to children of all ages! Armelle or one of her teachers plays guitar, keyboard or ukulele to sing traditional favorites, multilingual songs in English, French, Spanish, Chinese, Korean, Hebrew, Arabic, and Italian! We will play: bodhran from Ireland, darbuka from Turkey, djembe from Africa, bongos from South America, ceremonial Native American drum, lap-harp, kalimba from Africa, Lebanese tambourine, spoons, washboards, violin, banjo, accordion and bouzouki from Europe, balafon and kora from Africa and many more! Rhythms are practiced through musical games with tambourines and maracas. Ear training is achieved through dancing on world music pieces specifically chosen for that purpose.



INSTRUCTOR: ARMELLE FOR KIDS

STUDENTS: TODDLERS

DATES: 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23

COST: \$324 FOR 12 WEEKS

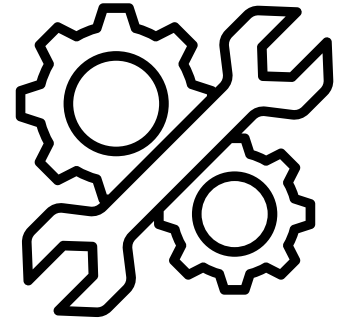
***COST IF ENROLLED IN LATE SESSION:** \$260

TIME: 3:30- 4:15 PM

LITTLE ENGINEERS: MECHANICAL MARVELS

MONDAY

Calling all aspiring engineers! Join us for an exciting expedition into the fascinating world of machines in our Little Engineers program. Through exciting projects and creative challenges, young learners will uncover the secrets that power machines. Guided by our instructors, students will design and build their own contraptions, experimenting with the principles of mechanics and engineering. From constructing miniature catapults to designing zip lines and building bridges, this course promises endless fun and discovery. Get ready to unleash your creativity, problem-solving skills, and engineering prowess in this thrilling adventure into the realm of machines!



INSTRUCTOR: ICAMP

STUDENTS: PRIMARY

DATES: 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16, 3/23, 4/6, 4/13, 4/20, 4/27

COST: \$372 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$298

TIME: 3:30-4:30PM

GYMNASTICS (3 YEAR OLD)

MONDAY

Gym On Wheels implements a proven system of kid friendly, FUN and safe lessons your children will love! Our trained instructors and proven lessons help kids develop their fundamental athletic abilities including fine and gross motor skills, hand-eye coordination and spatial awareness. Our classes help promote self-confidence and socialization through positive peer to peer interactions.



INSTRUCTOR: GYM ON WHEELS

STUDENTS: PRIMARY (3 YEAR OLD ONLY)

DATES: 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16, 3/23, 4/6, 4/13, 4/20, 4/27

COST: \$420 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$336

TIME: 3:30-4:15 PM

PRIMARY

ROCK YOUR WORLD WITH MUSIC

TUESDAY

World Music Educational program to introduce multicultural instruments, movements, and sounds to children of all ages! Armelle or one of her teachers plays guitar, keyboard or ukulele to sing traditional favorites, multilingual songs in English, French, Spanish, Chinese, Korean, Hebrew, Arabic, and Italian! We will play: bodhran from Ireland, darbuka from Turkey, djembe from Africa, bongos from South America, ceremonial Native American drum, lap-harp, kalimba from Africa, Lebanese tambourine, spoons, washboards, violin, banjo, accordion and bouzouki from Europe, balafon and kora from Africa and many more! Rhythms are practiced through musical games with tambourines and maracas. Ear training is achieved through dancing on world music pieces specifically chosen for that purpose.



INSTRUCTOR: ARMELLE FOR KIDS

STUDENTS: PRIMARY

DATES: 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/14, 4/21

COST: \$324 FOR 12 WEEKS

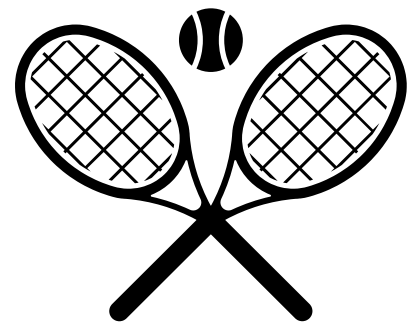
*COST IF ENROLLED IN LATE SESSION: \$260

TIME: 3:30- 4:15 PM

TENNIS (4 & 5 YEAR OLD)

TUESDAY

In partnership with the United States Tennis Association (USTA), TGA has developed a program curriculum to develop the next generation of young players' skills and passion for the game. Following USTA's "Tennis Sized Right" guidelines, we use equipment and courts tailored to young players' size and ability, making it easier for kids to hold, swing, and connect with the ball.



INSTRUCTOR: TGA

STUDENTS: PRIMARY (AGES 4 & 5 ONLY)

DATES: 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/14, 4/21

COST: \$420 FOR 12 WEEKS

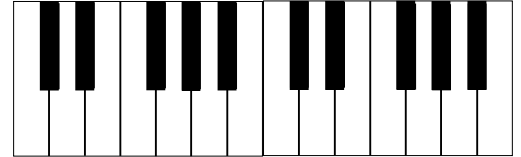
*COST IF ENROLLED IN LATE SESSION: \$336

TIME: 3:30-4:15 PM

The Rhodes Piano Bunch is the perfect introduction and an innovative approach to piano and musical learning! We make it Fun! Using our unique visual tools and games our students connect to the piano and are able to make real music from the first class! Everybody gets their own Keyboard to use in class, and books and materials to use at home.

Topics covered:

- Right hand melody playing
- Basic left hand chords
- Keyboard geography (where are the C's F's etc.)
- Composition (writing your own songs)



Songs examples in level 1:

Mary Had a Little Lamb, Twinkle Twinkle, Ode to Joy, Star Wars Theme, Over the Rainbow

This class will only be open to children that did not take Piano in the fall term.

INSTRUCTOR: RHODES METHOD

STUDENTS: PRIMARY

*COST IF ENROLLED IN LATE SESSION: \$346

DATES: 1/21, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22

COST: \$432 FOR 12 WEEKS

TIME: 3:30-4:15 PM

Gym On Wheels implements a proven system of kid friendly, FUN and safe lessons your children will love! Our trained instructors and proven lessons help kids develop their fundamental athletic abilities including fine and gross motor skills, hand-eye coordination and spatial awareness. Our classes help promote self-confidence and socialization through positive peer to peer interactions.

INSTRUCTOR: GYM ON WHEELS

STUDENTS: PRIMARY (AGES 4 & 5 ONLY)

DATES: 1/21, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22

COST: \$420 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$336

TIME: 3:30- 4:15 PM

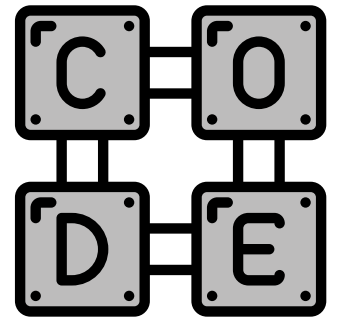


PRIMARY

EARLY READER CODING: DINOSAURS (KINDERGARTEN ONLY)

WEDNESDAY

Embark on a prehistoric adventure, tailored for young learners who are just beginning their journey into the world of coding. In this interactive course, children will step back in time to the age of dinosaurs while exploring fundamental coding concepts through engaging activities and games. Students will use age-appropriate coding tools and hands-on manipulatives to help their dinosaur friends navigate through various challenges and obstacles. From sequencing commands to problem-solving and logic, students will develop essential computational thinking skills in a fun and accessible way. Whether it's guiding a stegosaurus through a maze or programming a T-Rex to hunt for prey, Pre and Early Reader Coding: Dinosaurs offers an exciting and educational experience that will inspire young minds to become confident coders and critical thinkers. Join us as we journey back in time and unlock the mysteries of coding with dinosaurs!



INSTRUCTOR: ICAMP

STUDENTS: KINDERGARTEN , 1ST AND 2ND GRADE ONLY

DATES: 1/21, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22

COST: \$372 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$298

TIME: 3:30-4:30 PM

YOGA

THURSDAY

This fun-filled class will combine yoga poses, music, games and breath work to build focus, concentration, strength and confidence. Children learn how to calm their own bodies through various breathing exercises. The class will end with "Peace Time" (final relaxation).

INSTRUCTOR: BUDDING BUDDHAS

STUDENTS: PRIMARY

DATES: 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23

COST: \$240 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$192

TIME: 3:45-4:30 PM

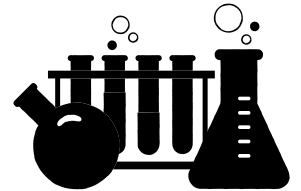


PRIMARY

JUNIOR SCIENTISTS DISCOVERY LAB: SCIENTIFIC METHOD

THURSDAY

In this course, young learners embark on an exciting journey into the world of scientific inquiry. Through hands-on experiments, interactive demonstrations, and engaging activities, students will explore the fundamental principles of the scientific method. From making observations to forming hypotheses, conducting experiments, and drawing conclusions, participants will learn how to think like real scientists. Students will develop their critical thinking skills, enhance their problem-solving abilities, and cultivate deeper understandings of the natural world. Join us as we ignite curiosity, inspire creativity, and unlock the wonders of science in this dynamic and interactive learning experience!



INSTRUCTOR: ICAMP

STUDENTS: PRIMARY

DATES: 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23

COST: \$372 FOR 12 WEEKS

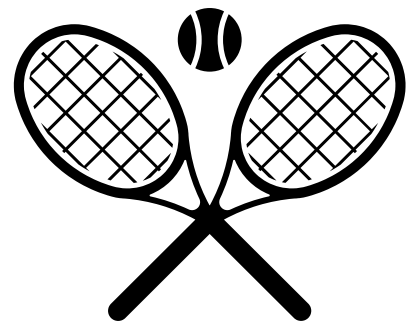
*COST IF ENROLLED IN LATE SESSION: \$298

TIME: 3:30-4:30 PM

TENNIS (3 YEAR OLD)

THURSDAY

In partnership with the United States Tennis Association (USTA), TGA has developed a program curriculum to develop the next generation of young players' skills and passion for the game. Following USTA's "Tennis Sized Right" guidelines, we use equipment and courts tailored to young players' size and ability, making it easier for kids to hold, swing, and connect with the ball.



INSTRUCTOR: TGA

STUDENTS: PRIMARY (AGE 3 ONLY)

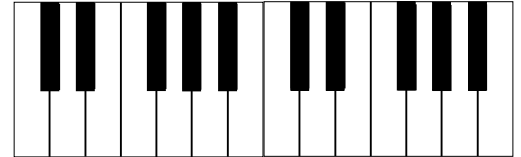
DATES: 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23

COST: \$420 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$336

TIME: 3:30-4:15 PM

The Rhodes Piano Bunch is an innovative approach to piano and musical learning! We make it Fun! Using our unique visual tools and games our students connect to the piano and are able to make real music from the first class! Everybody gets their own Keyboard to use in class, and books and materials to use at home.



This class is a continuation of Level 1 and will only be open to children that took Piano in the fall term.

INSTRUCTOR: RHODES METHOD

STUDENTS: PRIMARY

DATES: 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/27, 4/10, 4/17, 4/24, 5/1, 5/8

COST: \$432 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$346

TIME: 3:30-4:15 PM

The focal point at this class is for your child to be comfortable with the ball by developing soccer skills such as dribbling, shooting, passing, and the introduction of teamwork and small sided games. Every Super Soccer Stars class includes partner activities to promote sharing, listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping. Give your child a chance to have a blast, learn new skills, and make friends. Spots are limited!



INSTRUCTOR: SUPER SOCCER STARS

STUDENTS: PRIMARY

DATES: 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/27, 4/10, 4/17, 4/24, 5/1, 5/8

COST: \$420 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$336

TIME: 3:30-4:15 PM

ELEMENTARY/MIDDLE SCHOOL

SLIME CHEMISTRY LAB

TUESDAY

Welcome to the weird world of slime in this chemistry-themed science class! In this exciting course, young scientists will delve into the fascinating properties of slime, discovering its stretchiness, gooey texture, and mesmerizing colors. Through hands-on experiments and playful activities, students will uncover the science behind slime, learning about polymers and the unique combination of ingredients that create this captivating substance. Get ready for a messy and memorable journey as we dive into the slime-filled wonders of chemistry and sensory exploration!



INSTRUCTOR: ICAMP

STUDENTS: ELEMENTARY - MIDDLE SCHOOL (GRADES 1-8)

DATES: 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/14, 4/21

COST: \$372 FOR 12 WEEKS

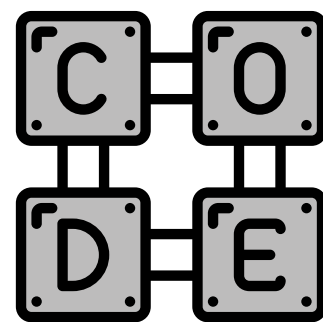
***COST IF ENROLLED IN LATE SESSION:** \$298

TIME: 2:45-3:45 PM

EARLY READER CODING: DINOSAURS

WEDNESDAY

Embark on a prehistoric adventure, tailored for young learners who are just beginning their journey into the world of coding. In this interactive course, children will step back in time to the age of dinosaurs while exploring fundamental coding concepts through engaging activities and games. Students will use age-appropriate coding tools and hands-on manipulatives to help their dinosaur friends navigate through various challenges and obstacles. From sequencing commands to problem-solving and logic, students will develop essential computational thinking skills in a fun and accessible way. Whether it's guiding a stegosaurus through a maze or programming a T-Rex to hunt for prey, Pre and Early Reader Coding: Dinosaurs offers an exciting and educational experience that will inspire young minds to become confident coders and critical thinkers. Join us as we journey back in time and unlock the mysteries of coding with dinosaurs!



INSTRUCTOR: ICAMP

STUDENTS: KINDERGARTEN , 1ST AND 2ND GRADE ONLY

DATES: 1/21, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22

COST: \$372 FOR 12 WEEKS

***COST IF ENROLLED IN LATE SESSION:** \$298

TIME: 3:30-4:30 PM