



HEP SESSION I
2019-2020

HUDSON ENRICHMENT PROGRAM



340 QUAKER RIDGE ROAD NEW ROCHELLE, NY

WELCOME TO HEP SESSION I

2019-2020

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. It is also designed to give families the convenience of after-school programs without the need to drive to a different location.

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. Enrollment will begin the week of September 3rd through September 6th. Please consider that ages may vary for specific classes.

Enrollment is on a first come, first serve basis. 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. Based on the HEP form you will complete for enrollment, you will be contacted regarding your second choice.

If you have any questions you can email our HEP Coordinator, Ms. Lauren Kaechele, at HUDSONENRICHMENTNY@HUDSONCOUNTRY.ORG. Thank you for your support and for being a valued member of our community. We look forward to an amazing first semester at our school.

Regards,

Ms. Neeru Bhambree
School Director

HEP SESSION I / 2019-2020

MON

TODDLERS:

LEAPSMART YOGA FOR TODDLERS

PRIMARY:

KARATE

TUE

PRIMARY:

PIANO II
TENNIS
LEAPSMART MUSIC AND MOVEMENT

LOWER ELEMENTARY:

TENNIS
ART

WED

TODDLERS:

LEAPSMART MUSIC AND MOVEMENT

PRIMARY:

PIANO I
GYM ON WHEELS

UPPER ELEMENTARY:

ART

THU

PRIMARY:

LEAPSMART YOGA
CHESS (5 & UP)
GOLF

LOWER ELEMENTARY:

CHESS
GOLF

UPPER ELEMENTARY:

CHESS

MIDDLE SCHOOL:

ART
CHESS

FRI

PRIMARY:

SOCCER

TODDLERS

LEAPSMART YOGA (TODDLERS)

MONDAY

LeapSmart Yoga gives your child a fun and inventive approach to yoga through active and quiet games, music and props. Your child will gain body awareness, strength, flexibility, focus and relaxation skills. The imagery of Yoga is woven into a variety of calming as well as energetic activities that delight and challenge boys and girls such as Yoga obstacle courses, partnering and Yoga freeze dance! Younger, as well as older preschoolers, love the combination of both relaxing and active games combined with creative imagery, taught by a certified LeapSmart instructor. Your child will gain confidence, self-control, patience and also learn how to focus, relax and breathe. LeapSmart Yoga uses specially designed yoga cards, curriculum and your child will leave the class relaxed, energized and ready to share new skills with you!



INSTRUCTOR: LEAPSMART

STUDENTS: TODDLERS, MAXIMUM 10 STUDENTS

DATES: 9/16, 9/23, 10/7, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9

COST: \$225 FOR 10 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$180).

LEAPSMART MUSIC & MOVEMENT (TODDLERS)

WEDNESDAY

LeapSmart Music and Movement is a joyful and educational movement experience for toddlers as well as preschoolers. Each class is structured around a specific theme and using colorful props and musical instruments, combines fun with learning. Woven into each class are musical concepts such as rhythm, patterning, tempo, pitch, melody, improvisation and emotions in music. Your child will develop social skills, coordination and body control, motor skills, creative problem solving and explore their imagination. Leading this class is a skilled music teacher who will guide your children to develop their voices, bodies and minds.



INSTRUCTOR: LEAPSMART

STUDENTS: TODDLERS, MAXIMUM 10 STUDENTS

DATES: 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11

COST: \$247.50 FOR 11 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$198).

PRIMARY

KARATE (AGES 4 - 6)

MONDAY

Children will learn basic blocks, punches, kicks, Japanese counting, and more! Through her method, Sensei Richardson builds leadership skills, self-awareness, and empowers children to be their best. Diane Richardson is a 7th degree black belt in Shotokai Karate who has taught karate programs at various public and private schools, synagogues, and day camps for over thirty years, throughout Westchester county.



INSTRUCTOR: DIANE RICHARDSON, RICHARDSON'S SHOTOKAI

STUDENTS: PRIMARY (AGES 4-6) MAXIMUM 12 STUDENTS

DATES: 9/16, 9/23, 10/7, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9

COST: \$200 FOR 10 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$160).

TENNIS

TUESDAY

TGA makes it convenient and fun for your child to learn and play tennis right on their school campus! Our proprietary curriculums for elementary school and middle school were created by TGA's education experts and the United States Tennis Association (USTA). Students will experience a mix of tennis instruction, rules and etiquette lessons, educational components, character development lessons and physical activity as they advance through the five-level program. Our screened and certified instructors have a passion for working with children and are trained to help your student athlete develop a strong foundation of skills and knowledge as well as a passion for the sport. TGA provides all equipment · First-time students receive a TGA hat · Students earn achievement awards at every level · Maximum 10:1 student to instructor ratio.



INSTRUCTOR: TGA PREMIER YOUTH TENNIS

STUDENTS: PRIMARY AND LOWER ELEMENTARY (AGES 3-8), MAXIMUM 16 STUDENTS

DATES: 9/17, 9/24, 10/8, 10/22, 10/29, 11/12, 11/19, 11/26, 12/3, 12/10

COST: \$280 FOR 10 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$224).

PIANO II

TUESDAY

COMPLETION OF PIANO I IS A PRE-REQUISITE FOR PIANO II

Our Award-winning Rhodes Piano Method class for modern kids. Rhodes students learn the piano and music theory in a fun, engaging, rigorous approach. Through individualized, group instruction, games and popular tunes, kids discover the piano and the joy of making music! Topics covered include right hand melody playing, basic left chords, note reading, keyboard geography (where are the C's F's etc.), two hand playing, rhythm training, composition (writing your own songs), and reading the notes on the staff. Songs played in Piano II: "Amazing Grace", "Ode to Joy", "Let it Go", "Over the Rainbow, Brahms Lullaby, " Star Wars Theme", "Darth Vader Theme", "Honey I'm Good", and "Fight Song". Everyone gets their own keyboard to use in class.



INSTRUCTOR: RHODES PIANO METHOD

STUDENTS: PRIMARY (AGES 4 TO 6), MAXIMUM 12 STUDENTS

DATES: 9/17, 9/24, 10/8, 10/15, 10/22, 10/29, 11/12, 11/19, 11/26, 12/3, 12/10

COST: \$440 FOR 11 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$352).

PRIMARY

LEAPSMART MUSIC AND MOVEMENT

TUESDAY

Leapsmart Music and Movement is a joyful and educational movement experience. Each class is structured around an imaginative theme and musical focus such as rhythm, patterning, tempo, pitch, melody, improvisation and emotions in music. Music from around the world, spanning many styles will come alive with colorful props and a variety of instruments. Your child will also improve their social skills, coordination, body control and creative problem solving while going on a different musical journey each class! Leading this class is a skilled music teacher who will encourage your children to develop their voices, bodies and minds.



INSTRUCTOR: LEAPSMART

STUDENTS: PRIMARY (AGES 3-5), MAXIMUM 10 STUDENTS

DATES: 9/17, 9/24, 10/8, 10/15, 10/22, 10/29, 11/12, 11/19, 11/26, 12/3, 12/10

COST: \$247.50 FOR 11 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$198).

GYM ON WHEELS

WEDNESDAY

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 STAFF

STUDENTS: PRIMARY (AGES 3-5), MAXIMUM 15 STUDENTS

DATES: 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

COST: \$300 FOR 9 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$240).

PIANO I (AGES: 4-6)

WEDNESDAY

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. Topics covered include right hand melody playing, basic left chords, keyboard geography (where are the C's, F's, etc.), two hand playing, and composition (writing your own songs). Songs in Piano 1 include Mary Had A Little lamb, Twinkle Twinkle, Ode to Joy, Star Wars Theme, Over the Rainbow, Let It Go. Everyone gets their own keyboard to use in class!



INSTRUCTOR: RHODES PIANO METHOD

STUDENTS: PRIMARY (AGES 4 TO 6), MAXIMUM 12 STUDENTS

DATES: 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11

COST: \$440 FOR 11 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$352).

GOLF

THURSDAY

TGA makes it convenient and fun for your child to learn and play golf right on their school campus or recreation department! Our curriculums were specially designed by industry-leading golf professionals and education specialists to ensure that the lesson plans are age-appropriate and easy to understand and retain. Students will experience a mix of golf instruction, rules and etiquette lessons, educational components, character development lessons and physical activity as they advance through the five-level program. Our screened and certified instructors have a passion for working with children and are trained to help your student athletes develop a strong foundation of skills and knowledge as well as a passion for the sport.



INSTRUCTOR: TGA PREMIER YOUTH TENNIS

STUDENTS: PRIMARY AND LOWER ELEMENTARY (AGES 3-8), MAXIMUM 16 STUDENTS

DATES: 9/19, 9/26, 10/3, 10/10, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5

COST: \$280 FOR 10 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$224).

LEAPSMART YOGA

THURSDAY

LeapSmart Yoga gives your child a fun and inventive approach to yoga through active and quiet games, music, and props. Your child will gain body awareness, strength, flexibility, focus, and relaxation skills. The imagery of Yoga is woven into a variety of calming as well as energetic activities that delight and challenge boys and girls such as Yoga obstacle courses, partnering and Yoga freeze dance! Younger as well as older preschoolers love the combination of both relaxing and active games combined with creative imagery, taught by a certified LeapSmart instructor. Your child will gain confidence, self-control, patience and also learn how to focus, relax, and breathe. LeapSmart Yoga uses specially designed yoga cards, curriculum, and your child will leave the class relaxed, energized and ready to share new skills with you!



INSTRUCTOR: LEAPSMART

STUDENTS: PRIMARY (AGES 3 TO 5), MAXIMUM 10 STUDENTS

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12

COST: \$270 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$216).

CHESS AGES 5 & UP

THURSDAY

Is your child an art, science and sports enthusiast? Is your child curious, observant, creative and loves to be part of a team? Well, do we have the program for you... CHESS! The beginner, intermediate or advanced chess player can learn to develop and sharpen existing skills. Chess enhances memory, concentration, orientation and the ability to conceptualize. Children will have a great time learning to play chess as they increase achievement in math, reading and science. Lastly, chess will increase self-control, boost their self-esteem and encourage non-physical competition.



INSTRUCTOR: NATIONAL SCHOLASTIC CHESS FOUNDATION

STUDENTS: AGES 5+, MAXIMUM 12 STUDENTS

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12

COST: \$336 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$268.8).

Soccer, the Gym On Wheels way, teaches children soccer skills, such as dribbling, kicking, passing, trapping and goal keeping. Get your child started on the road to being a better soccer player through our fun and confidence-building classes!



INSTRUCTOR: GYM ON WHEELS

STUDENTS: PRIMARY (AGES 3-5), MAXIMUM 14 STUDENTS

DATES: 9/20, 9/27, 10/4, 10/11, 10/25, 11/8, 11/15, 11/22, 12/6

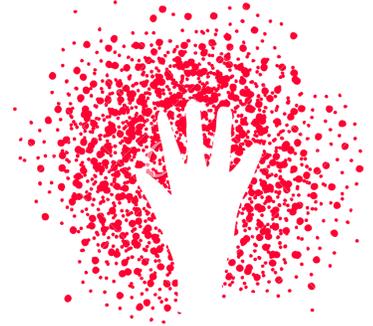
COST: \$300 FOR 9 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$240).

LOWER ELEMENTARY

ART

TUESDAY

The Lower Elementary after school art curriculum focuses on establishing an appreciation of art in the world around us, especially observing the natural beauty of the world and embracing variety. Students will be exposed to and encouraged to explore a wide variety of materials and techniques such as tempera and watercolor paint, oil pastel, crayon, marker, paper collage, glue, 3-dimensional collage, painting resist techniques, paper folding and more. The elements of art are introduced and demonstrated by the instructor.



INSTRUCTOR: JANINE INTERVALLO

STUDENTS: LOWER ELEMENTARY

DATES: 9/17, 9/24, 10/8, 10/15, 10/22, 10/29, 11/12, 11/19, 11/26, 12/3, 12/10

COST: \$275 FOR 11 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$220).

TENNIS

TUESDAY

TGA makes it convenient and fun for your child to learn and play tennis right on their school campus! Our proprietary curriculums for elementary school and middle school were created by TGA's education experts and the United States Tennis Association (USTA). Students will experience a mix of tennis instruction, rules & etiquette lessons, educational components, character development lessons and physical activity as they advance through the five-level program. Our screened and certified instructors have a passion for working with children and are trained to help your student athlete develop a strong foundation of skills and knowledge as well as a passion for the sport. TGA provides all equipment · First-time students receive a TGA hat · Students earn achievement awards at every level · Maximum 10:1 student to instructor ratio.



INSTRUCTOR: TGA PREMIER YOUTH TENNIS

STUDENTS: PRIMARY AND LOWER ELEMENTARY (AGES 3-8) MAXIMUM 16 STUDENTS

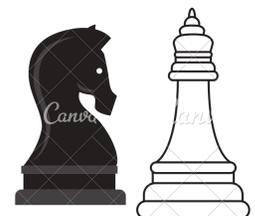
DATES: 9/17, 9/24, 10/8, 10/22, 10/29, 11/12, 11/19, 11/26, 12/3, 12/10

COST: \$280 FOR 10 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$224).

CHESS

THURSDAY

Is your child an art, science and sports enthusiast? Is your child curious, observant, creative and loves to be part of a team? Well, do we have the program for you... CHESS! The beginner, intermediate or advanced chess player can learn to develop and sharpen existing skills. Chess enhances memory, concentration, orientation and the ability to conceptualize. Children will have a great time learning to play chess as they increase achievement in math, reading and science. Lastly, chess will increase self-control, boost their self-esteem and encourage non-physical competition.



INSTRUCTOR: NATIONAL SCHOLASTIC CHESS FOUNDATION

STUDENTS: AGES 5+, MAXIMUM 12 STUDENTS

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12

COST: \$336 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$268.8).

UPPER ELEMENTARY

ART

WEDNESDAY

The Upper Elementary after school art curriculum will focus on students expanding their abilities to use art as communication and narrative in formal, illustrative and abstract ways with an emphasis on art history and artistic movements and styles. They will learn to think conceptually and use the elements of art and principles of design to convey feeling, ideas, emotions and concepts. Students will paint, draw, sculpt and collage in addition to having discussions and learning to apply critical thinking and analysis to their own and other artworks.



INSTRUCTOR: JANINE INTERVALLO

STUDENTS: UPPER ELEMENTARY

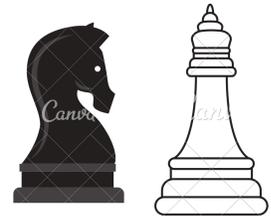
DATES: 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11

COST: \$275 FOR 11 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$220).

CHESS

THURSDAY

Is your child an art, science and sports enthusiast? Is your child curious, observant, creative and loves to be part of a team? Well, do we have the program for you... CHESS! The beginner, intermediate or advanced chess player can learn to develop and sharpen existing skills. Chess enhances memory, concentration, orientation and the ability to conceptualize. Children will have a great time learning to play chess as they increase achievement in math, reading and science. Lastly, chess will increase self-control, boost their self-esteem and encourage non-physical competition.



INSTRUCTOR: NATIONAL SCHOLASTIC CHESS FOUNDATION

STUDENTS: AGES 5+, MAXIMUM 12 STUDENTS

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12

COST: \$336 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$268.8).

MIDDLE SCHOOL

ART

THURSDAY

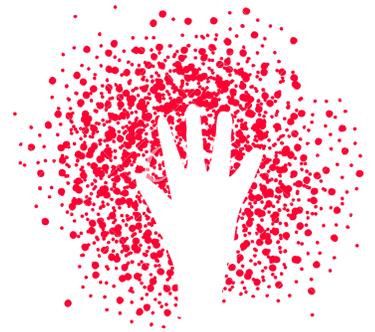
The Middle School After School Art Curriculum will focus on further development of student's skills and techniques in creating art. Emphasis is placed on studio habits, proper application, use and care of materials. Students will have one on one support from the instructor to focus on materials, styles, and subject matter of their own choosing (of the available materials and supplies) and may work more independently on their desired projects. The course will focus on helping students find their unique and individual voice and expression.

INSTRUCTOR: JANINE INTERVALLO

STUDENTS: MIDDLE SCHOOL

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12

COST: \$300 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$240).



CHESS

THURSDAY

Is your child an art, science and sports enthusiast? Is your child curious, observant, creative and loves to be part of a team? Well, do we have the program for you... CHESS! The beginner, intermediate or advanced chess player can learn to develop and sharpen existing skills. Chess enhances memory, concentration, orientation and the ability to conceptualize. Children will have a great time learning to play chess as they increase achievement in math, reading and science. Lastly, chess will increase self-control, boost their self-esteem and encourage non-physical competition.

INSTRUCTOR: NATIONAL SCHOLASTIC CHESS FOUNDATION

STUDENTS: AGES 5+, MAXIMUM 12 STUDENTS

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12

COST: \$336 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$268.8).

