



HEP SESSION II
2019-2020

HUDSON ENRICHMENT PROGRAM



340 QUAKER RIDGE ROAD NEW ROCHELLE, NY

WELCOME TO HEP SESSION II

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. Registration will begin the week of December 9th, and end January 7th. Please consider that ages may vary for specific classes.

Registration is on a first-come, first-served 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 registration, 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 second semester at school.

Regards,

Ms. Neeru Bhambree
Director

HEP SESSION II / 2019-2020

MON

TODDLERS:

LEAPSMART YOGA FOR TODDLERS

PRIMARY:

KARATE

TUE

PRIMARY:

GOLF

LEAPSMART MUSIC AND MOVEMENT

LOWER ELEMENTARY:

ART

UPPER ELEMENTARY:

GAME PROGRAMMING WITH PYTHON

WED

TODDLERS:

LEAPSMART MUSIC AND MOVEMENT

PRIMARY:

PIANO II (AGES 4-6)

GYM ON WHEELS

ART(AGES 4-5 GROUP A)

LOWER ELEMENTARY:

GAME DESIGN IN SCRATCH

THU

PRIMARY:

LEAPSMART YOGA

CHESS (5 & UP)

ART (AGES 4-5 GROUP B)

LOWER ELEMENTARY:

CHESS

GOLF

UPPER ELEMENTARY:

CHESS

MIDDLE SCHOOL:

CHESS

GAME PROGRAMMING USING PYTHON

FRI

TODDLERS:

PUPPETRY

PRIMARY:

SOCCER

PIANO I (AGES 4-6)

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: 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/20, 4/27

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

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

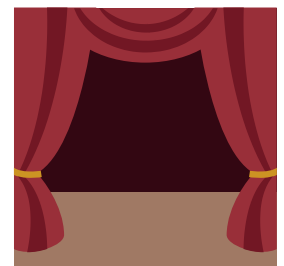
DATES: 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/15

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

PUPPETRY (TODDLERS)

FRIDAY

Fun behind the stage! Children will interact with hand and rod puppets in active musical puppetry story sessions. The care and use of the puppets will aid in reinforcing fine motor skills, help build social skills through a creative medium, and language development. Puppetry will help your children broaden their imagination!



INSTRUCTOR: NANCY TEPPER

STUDENTS: TODDLERS, MAXIMUM 8 STUDENTS

DATES: 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 3/13, 3/20, 3/27, 4/3, 4/17, 4/24

COST: \$264 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$211.20).

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: 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/20, 4/27

COST: \$240 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$192).

GOLF

TUESDAY

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 athlete develop a strong foundation of skills and knowledge as well as a passion for the sport.



INSTRUCTOR: TGA OF SOUTHERN WESTCHESTER COUNTY

STUDENTS: PRIMARY (AGES 4-5), MAXIMUM 16 STUDENTS

DATES: 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/14

COST: \$336 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$268.80).

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: 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/14

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

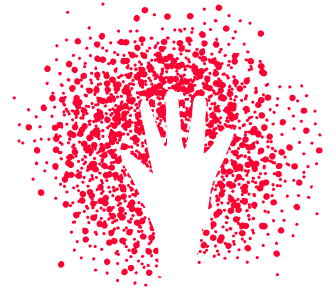
PRIMARY

ART - GROUP A

WEDNESDAY

The After School Art curriculum is based on helping students develop foundational skills, which will aid in building fine motor skills, imagination, and creativity. Students will explore a wide variety of fun materials. They will practice using pencils, crayons, markers and other writing and drawing implements (scissors and glue, paint, clay and unconventional and recycled materials) to create art and enhance their visualization and self-expression. The elements of art are introduced and demonstrated by the instructor.

Please note that this is the same class as Art - Group B.



INSTRUCTOR: JANINE INTERVALLO

STUDENTS: PRIMARY (AGES 4-5), MAXIMUM 8 STUDENTS

DATES: 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/15

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

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 12 STUDENTS

DATES: 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/15

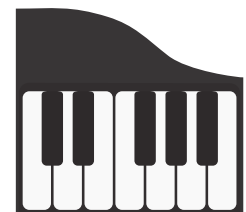
COST: \$396 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$316.80).

PIANO II (AGES: 4 - 6)

WEDNESDAY

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

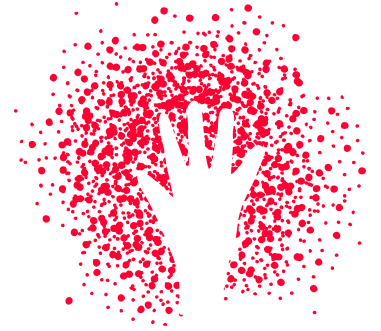
DATES: 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/15

COST: \$480 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$384).

ART - GROUP B

THURSDAY

The After School Art curriculum is based on helping students develop foundational skills, which will aid in building fine motor skills, imagination, and creativity. Students will explore a wide variety of fun materials. They will practice using pencils, crayons, markers and other writing and drawing implements (scissors and glue, paint, clay and unconventional and recycled materials) to create art and enhance their visualization and self-expression. The elements of art are introduced and demonstrated by the instructor. **Please note that this is the same class as Art - Group A.**



INSTRUCTOR: JANINE INTERVALLO

STUDENTS: PRIMARY (AGES 4-5), MAXIMUM 8 STUDENTS

DATES: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/16

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

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

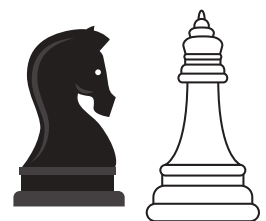
DATES: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/16

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: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/16

COST: \$342 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$273.60).

PRIMARY

SOCCER

FRIDAY

Soccer- the Gym On Wheels way - teaches children ages 3-5 basic soccer skills, such as dribbling, kicking, passing, trapping and goal keeping. Our classes also help promote self-confidence and socialization through positive peer to peer interactions. Get your child 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

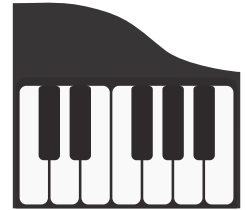
DATES: 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 3/13, 3/20, 3/27, 4/3, 4/17, 4/24

COST: \$396 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$316.80).

PIANO I (AGES: 4 - 6)

FRIDAY

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: 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 3/13, 3/20, 3/27, 4/3, 4/17, 4/24

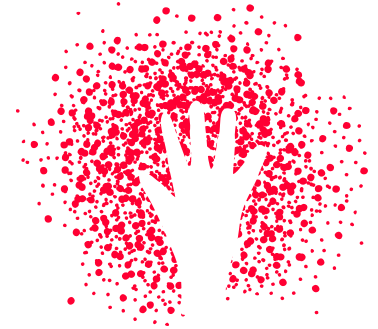
COST: \$480 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$384).

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, MAXIMUM 10 STUDENTS

DATES: 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/14

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

GAME DESIGN IN SCRATCH

WEDNESDAY

In this fun coding class kids go behind the scenes of Video Games and learn how they are made and then they make their own using the programming language; Scratch. Through coding activities, kids create animations, stories, and solve problems making this class a perfect continuation and/or introduction to Computer Programming with fun projects. The Computer Science concepts learned in this class can be used in many coding projects kids are likely to encounter. It's fun from the first minute to the last.. Come and be a Game Programmer!



INSTRUCTOR: HAPPY CODE CLUB

STUDENTS: LOWER ELEMENTARY, MAXIMUM 10 STUDENTS

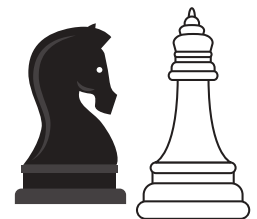
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COST: \$396 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$316.80).

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: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/16

COST: \$342 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$273.60).

UPPER ELEMENTARY

GAME PROGRAMMING WITH PYTHON

TUESDAY

In Game Programming with Python we introduce the wonderful world of the Python Computer language! Python is an excellent computer language to learn and develop coding skills with because it resembles the English Language and it is easier to interpret than Java and other Computer Languages. Some of the games we work on include Rock, Paper Scissors, Turtle Race, Secret Messages (encryption) and more! Each project is easy for beginners to grasp and is designed to teach or reinforce one Computer Science concept at a time. Come and have some fun in this creative and fun STEM Class.



INSTRUCTOR: HAPPY CODE CLUB

STUDENTS: UPPER ELEMENTARY, MAXIMUM 10 STUDENTS

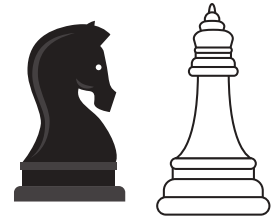
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CHESS

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: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/16

COST: \$342 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$273.60).

MIDDLE SCHOOL

GAME PROGRAMMING WITH PYTHON

THURSDAY

In Game Programming with Python we introduce the wonderful world of the Python Computer language! Python is an excellent computer language to learn and develop coding skills with because it resembles the English Language and it is easier to interpret than Java and other Computer Languages. Some of the games we work on include Rock, Paper Scissors, Turtle Race, Secret Messages (encryption) and more! Each project is easy for beginners to grasp and is designed to teach or reinforce one Computer Science concept at a time. Come and have some fun in this creative and fun STEM Class.



INSTRUCTOR: HAPPY CODE CLUB

STUDENTS: MIDDLE SCHOOL, MAXIMUM 10 STUDENTS

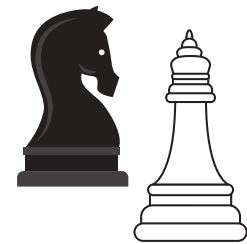
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CHESS

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: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/16

COST: \$342 FOR 12 SESSIONS. LATE SESSION 1, LATE SESSION 2 & YEAR-ROUND STUDENTS DEDUCT 20% (TOTAL PRICE \$273.60).