



Presorted
First-Class Mail
U.S. Postage Paid
Livingston, MT
Permit No. 2



SWIM & S.T.E.A.M. SPORTS ACADEMIES CREATIVE ARTS & ATHLETICS

NEW FOR 2016

All registration will take place online

For more information visit www.cshnyc.org/summerprograms

Early Registration
January 4-10
Sacred Heart families and returning participants

General Registration
January 11



Convent of the Sacred Heart
1 East 91st Street
New York, NY 10128



SWIM & S.T.E.A.M.



Swim & S.T.E.A.M. Girls, grades K-4

If you are looking for lifelong skills and education for your daughters, Sacred Heart's Swim & S.T.E.A.M. program is the choice for you! Led by our certified swim instructors, girls will swim for one hour each day with a focus on instructional and recreational swimming in our 6-lane, 25-yard pool. Girls will also get a jumpstart on S.T.E.A.M. concepts with one class each day focused on either science, technology, engineering, art or math. Wellness activities like yoga, dance, martial arts and recreational sports add to the fun. This program is a great way for swimmers to improve their swim skills and have fun with S.T.E.A.M. concepts as the summer kicks off!

Week 1: June 20–June 24

Week 2: June 27–July 1

Monday-Thursday, 9:00 am–3:00 pm

Friday, 9:00 am–12:00 pm

Tuition: \$1,800 for two weeks

\$950 for single week

*Extended day available Monday–Thursday
from 3:00 pm–5:00 pm for \$15/hour*

SPORTS ACADEMIES

Sacred Heart is excited to announce its new one-week sports development academies! Held in our state-of-the-art Athletics and Wellness Center, these programs will provide high-level instruction from experienced coaches to help athletes elevate their game. Each academy will focus on sport-specific skill development in a competitive and fun environment.



Volleyball Girls, grades 8-12

This program is for girls who are serious about reaching the next level by enhancing their skills through high-intensity training and advanced technique development. Our experienced coaches will provide strength and conditioning and agility training using our state-of-the-art equipment.

June 20–June 23

Monday-Thursday, 4:00 pm–7:00 pm

No Friday session

Tuition: \$275

Heart Hoops Girls, grades 5-12

This program features on-court instruction, video analysis, and daily strength and conditioning sessions. The experienced coaching staff will also provide personalized instruction in basketball fundamentals, linear and lateral speed and agility, injury prevention, and basketball IQ and court awareness.

Week 1: June 20–June 24

Grades 8-12

Week 2: June 27–July 1

Grades 5-8

Monday-Thursday, 9:00 am–3:00 pm

Friday, 9:00 am–12:00 pm

Tuition: \$650 per week

Aquatics Girls and Boys, grades 8-12

This co-ed program focuses on in-pool conditioning, skill development, scrimmages & intersquad competition, video analysis, strength & conditioning, as well as discussions on leadership. Week 1 will focus on water polo while week 2 will emphasize competitive swimming. Participate in one week or both to take the next stroke toward your success in the water and beyond!

Week 1: June 20–June 24

Water Polo

Week 2: June 27–July 1

Swimming

Monday-Thursday, 9:00 am–3:00 pm

Friday, 9:00 am–12:00 pm

Tuition: \$650 per week

CREATIVE ARTS & ATHLETICS



CAA Kids Club Girls and Boys, ages 5-7

Each day begins at our new athletics and wellness center with a morning meeting, followed by sports, movement and swimming. After lunch we board the bus to join the older campers at our 5th Avenue location for the daily Noontime Show. Remaining there for the afternoon, we will take classes in the visual and performing arts. Field Trips are on Fridays!

Choice Program Girls and Boys, ages 8-15

Morning meeting starts the day in the theatre at our 5th Avenue location. All campers get to choose 6 exciting classes over the course of camp—including Robotics, Outdoor Track, Sewing, Drawing, Sculpture & Jewelry Design, Movie Making, Rock Band and The Musical, just to name a few! After the entire camp gathers for the daily Noontime Show, you can either remain "on campus" for more fun classes or bus over to the athletics and wellness center for an afternoon filled with choices such as Basketball, Swimming, Zumba, Strength & Conditioning & more!



July 5-29

Monday-Thursday, 8:45 am–4:00 pm

Friday 8:45 am–1:00 pm

Tuition: \$2,900

*part-time placement is possible;
inquire for details*

www.creativeartsnyc.org

212-722-4745 x856

*CAA is housed in two locations at
Convent of the Sacred Heart—our
main building at 5th Avenue & 91st
Street & the Athletics and Wellness
Center at 406 East 91st Street.
Transportation provided between
the two locations*