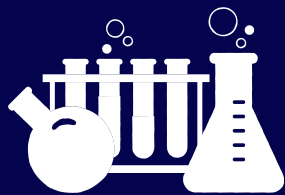




HEP SESSION II
2024-2025

HUDSON ENRICHMENT PROGRAM



340 QUAKER RIDGE ROAD NEW ROCHELLE, NY

WELCOME TO HEP SESSION II

2024-2025

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 9th, and end on Friday, December 20th.** 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. 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 child's enrollment in the class(es). Once you are contacted about your child's enrollment in a class, please drop off checks for any classes to the main office. Your child's enrollment will not be confirmed until we have the check 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 our HEP coordinator know as soon as possible.

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 another amazing term.

Regards,

Ms. Bianca Ramos
HEP Coordinator

HEP SESSION II / 2024-2025

MON

TODDLERS:
OMG TINY FEET DANCE

PRIMARY:
LITTLE ENGINEERS

PRIMARY:
GYMNASTICS (4&5 YEAR OLD)

TUE

TODDLERS:
TEENY ATHLETES

PRIMARY:
SOCCER

PRIMARY:
ROCK YOUR WORLD WITH MUSIC

ELEMENTARY :
SLIME CHEMSITRY LAB

WED

PRIMARY:
PIANO LEVEL 1

PRIMARY:
GYMNASTICS (3 YEAR OLD)

PRIMARY/ELEMENTARY:
LEGO ENGINEERING (KINDERGARTEN & 1ST GRADE)

THURS

TODDLERS:
MUSIC WITH ARMELLE

PRIMARY
CODING CUBS

PRIMARY:
YOGA

FRI

PRIMARY:
PIANO LEVEL 2

PRIMARY:
SUPERHEROS 101

TODDLERS

OMG 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: 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/21, 4/28, 5/5

COST: \$336 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$269

TIME: 3:45-4:30 PM

TEENY ATHLETES

TUESDAY

Do you have a tiny energetic athlete at home? Well, we have the perfect class for them! UM Tiny Tots Running Club introduces young toddlers to Track & Field. Track and field combines a wide variety of events covering multiple disciplines such as running, jumping and throwing.



INSTRUCTOR: UNIVERSAL MOMS

STUDENTS: TODDLERS

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

COST: \$336 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$269

TIME: 3:45-4:30 PM

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: 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/24

COST: \$300 FOR 12 WEEKS

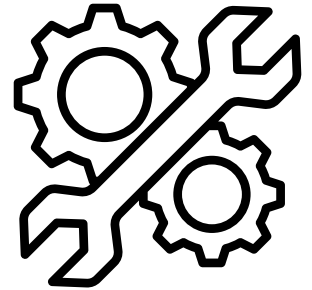
***COST IF ENROLLED IN LATE SESSION: \$240**

TIME: 3:30- 4:15 PM

LITTLE ENGINEERS

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: 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/21, 4/28, 5/5

COST: \$384 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$308

TIME: 3:30-4:30PM

GYMNASTICS (4 & 5 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 (4 & 5 YEAR OLD ONLY)

DATES: 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 4/7, 4/21, 4/28, 5/5

COST: \$420 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$336

TIME: 3:30-4:15 PM

SOCCER

TUESDAY

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

COST: \$372 FOR 12 WEEKS

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

TIME: 3:30-4:15 PM

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

COST: \$300 FOR 12 WEEKS

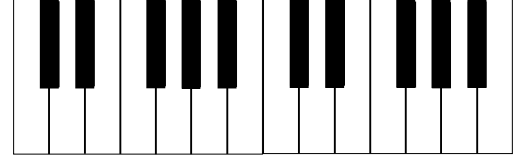
***COST IF ENROLLED IN LATE SESSION: \$240**

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 ect)
- Composition (writing your own songs)



Songs examples in level 1:

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

INSTRUCTOR: RHODES METHOD

STUDENTS: PRIMARY

DATES: 1/22, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30

COST: \$432 FOR 12 WEEKS

***COST IF ENROLLED IN LATE SESSION: \$346**

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 (3 YEAR OLDS ONLY)

DATES: 1/22, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30

COST: \$420 FOR 12 WEEKS

***COST IF ENROLLED IN LATE SESSION: \$336**

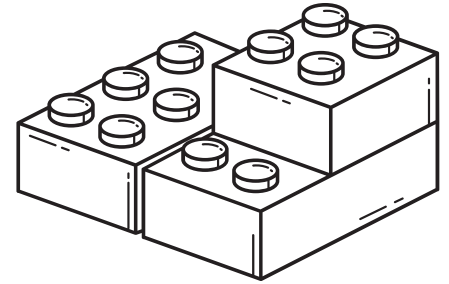
TIME: 3:30- 4:15 PM



LEGO ENGINEERING: INTERNATIONAL ICONS (KINDERGARTEN)

WEDNESDAY

Embark on an exciting journey through some of the world's most famous landmarks with our new LEGO Engineering course! Designed for aspiring young builders, this hands-on course invites participants to recreate iconic structures from Asia and Europe, including the Taj Mahal, Petra, the Great Wall of China, Big Ben, and the Eiffel Tower—all using LEGO bricks. Students will explore the architectural concepts and engineering methods that make these structures significant, all while honing their problem-solving abilities and spatial thinking. This course will allow young architects to unleash their creativity and gain a deeper appreciation for the history and ingenuity behind global architecture. Join us for a fun and educational building adventure with LEGO!



INSTRUCTOR: ICAMP

STUDENTS: KINDERGARTEN AND LOWER ELEMENTARY

DATES: 1/22, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30

COST: \$384 FOR 12 WEEKS

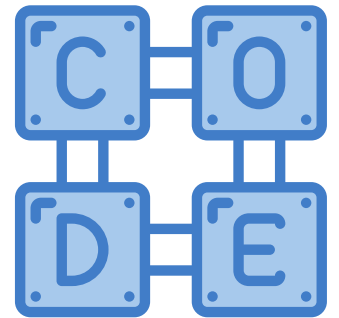
***COST IF ENROLLED IN LATE SESSION:** \$308

TIME: 3:30-4:30 PM

CODING CUBS

THURSDAY

Welcome to Code Cubs, where young learners embark on an exciting journey into the world of programming! Tailored for early childhood education, this course introduces children to the foundational concepts of coding through playful activities, interactive games, and hands-on projects. Guided by experienced instructors, little learners will explore basic coding concepts such as sequencing, patterns, and problem-solving in a fun and age-appropriate manner. Using engaging tools and resources designed specifically for young children, students will develop essential computational thinking skills while fostering creativity and collaboration. From programming simple robots to creating interactive stories and games, Code Cubs offers a stimulating environment where young minds can thrive and discover the joy of coding. Join us as we ignite curiosity, inspire creativity, and lay the foundation for future success in the digital world!



INSTRUCTOR: ICAMP

STUDENTS: PRIMARY

DATES: 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/24

COST: \$384 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$308

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: 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/24

COST: \$240 FOR 12 WEEKS

*COST IF ENROLLED IN LATE SESSION: \$192

TIME: 3:30-4:15 PM

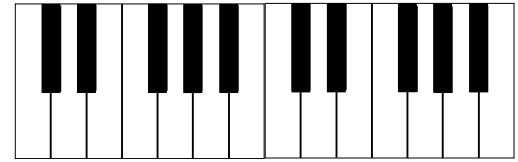


PIANO LEVEL 2

FRIDAY

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: 1/24, 1/31, 2/7, 2/14, 2/28, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2

COST: \$432 FOR 12 WEEKS

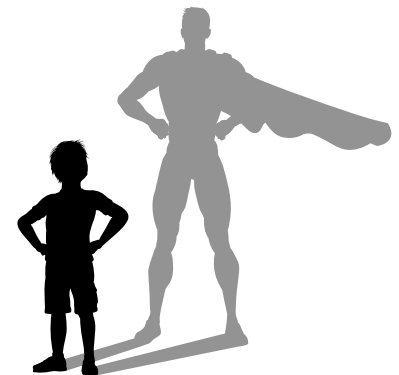
***COST IF ENROLLED IN LATE SESSION:** \$346

TIME: 3:30-4:15 PM

SUPERHEROS 101

FRIDAY

This fun introductory course helps aspiring superheroes discover bravery through engaging activities and weekly challenges. Each week features a new obstacle, from navigating an “obstacle course of fears” to teamwork missions and “kindness quests” that encourage helping others. Students will learn to identify their strengths and develop the courage to stand up for what’s right while building a supportive community of future heroes. By the end of the course, students will be ready to tackle new adventures with confidence and heart. Unleash the superhero within!



INSTRUCTOR: UNIVERSAL MOMS

STUDENTS: PRIMARY

DATES: 1/24, 1/31, 2/7, 2/14, 2/28, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2

COST: \$384 FOR 12 WEEKS

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

TIME: 3:45-4:30 PM

SLIME CHEMISTRY LAB

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

COST: \$384 FOR 12 WEEKS

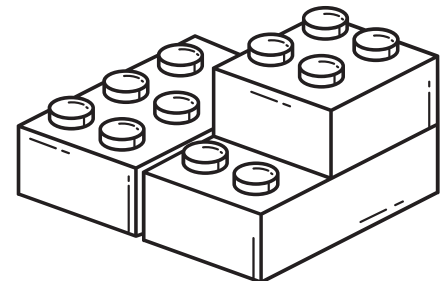
***COST IF ENROLLED IN LATE SESSION:** \$308

TIME: 2:45-3:45 PM

LEGO ENGINEERING: INTERNATIONAL ICONS (1ST - 2ND GRADE)

WEDNESDAY

Embark on an exciting journey through some of the world's most famous landmarks with our new LEGO Engineering course! Designed for aspiring young builders, this hands-on course invites participants to recreate iconic structures from Asia and Europe, including the Taj Mahal, Petra, the Great Wall of China, Big Ben, and the Eiffel Tower—all using LEGO bricks. Students will explore the architectural concepts and engineering methods that make these structures significant, all while honing their problem-solving abilities and spatial thinking. This course will allow young architects to unleash their creativity and gain a deeper appreciation for the history and ingenuity behind global architecture. Join us for a fun and educational building adventure with LEGO!



INSTRUCTOR: ICAMP

STUDENTS: KINDERGARTEN AND LOWER ELEMENTARY

DATES: 1/22, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30

COST: \$384 FOR 12 WEEKS

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

TIME: 3:30-4:30 PM