

SCHEDULES

Mondays through Thursdays, in addition to homeroom, participants participate in two 45-minute elective periods. These electives are broken up by grade bands. On Fridays participants independently choose a club and attend our community-wide Shabbat. Activities offered span our five neighborhoods (Play, Explore, Create, Discover, Grow), and offer a wide variety of options for participants to engage in every day. Elective options are subject to change based on registration and enrollment.

Monday - Thursday

2:30 - 3:10 Arrival, Homeroom/Snack
3:10 - 3:30 Values-Based Learning Activity
3:30 - 3:40 Transition
3:40 - 4:25 Activity Period 1
4:25 - 4:35 Transition
4:35 - 5:20 Activity Period 2
5:20 - 5:30 Transition to Dismissal
5:30 - 6:45 Dismissal/Transition to Late Care
5:45 - 6:15 Late Care

Friday

2:30 - 3:30 Arrival, Homeroom/Snack
3:30 - 3:40 Transition
3:40 - 4:10 Shabbat
4:10 - 4:15 Transition
4:15 - 5:00 Club
5:00 - 5:05 Transition
5:05 - 5:20 Homeroom Shabbat Activity
5:20 - 5:30 Transition to Dismissal /
Dismissal

ACTIVITIES

Please see the daily activity schedule below; activity descriptions are on the following two pages. Activities denoted with an asterisk are premium activities and are associated with an additional charge beyond annual tuition. Please note activities are subject to change.

MONDAY

Activity 1 (3:40 - 4:25)

Kinder	Artventures (CREATE)
Kinder - 2nd	Farm to Table (GROW)
Kinder - 2nd	Homework Help
1st & 2nd	Games Room (DISCOVER)
2nd & 3rd	Rockwall & Sports (EXPLORE)
3rd - 5th	Live, Play, Repeat (PLAY)
Kinder & 1st	*Scamper Theatre
3rd - 5th	*Instructional Basketball (2 Period Activity)
3rd - 5th	*Lego Robotics
3rd - 5th	Chorus (2 Period Activity)

Activity 2 (4:35 - 5:20)

Kinder	Games Room (DISCOVER)
Kinder & 1st	Rockwall & Sports (EXPLORE)
Kinder - 2nd	Homework Help
1st & 2nd	Live, Play, Repeat (PLAY)
3rd - 5th	Homework Help
3rd - 5th	Artventures (CREATE)
3rd - 5th	Farm to Table (GROW)
Kinder - 2nd	*Lego Robotics
2nd & 3rd	*Scamper Theatre
3rd - 5th	*Instructional Basketball (2 Period Activity)
3rd - 5th	Chorus (2 Period Activity)

TUESDAY

Activity 1 (3:40 - 4:25)

Kinder & 1st	Games Room (DISCOVER)
Kinder - 2nd	Rockwall & Sports (EXPLORE)
Kinder - 2nd	Homework Help
Kinder - 2nd	Chorus (2 Period Activity)
Kinder - 2nd	*Basketball (2 Period Activity)
2nd & 3rd	Ooey-Gooey'Ology (DISCOVER)
3rd - 5th	Live, Play, Repeat (PLAY)
3rd - 5th	Artventures (CREATE)
4th & 5th	Time Travelers Only: Storytelling Workshop (CREATE)
Kinder - 2nd	*Bubbie's Kitchen
3rd - 5th	*Swimming (2 Period Activity)

Activity 2 (4:35 - 5:20)

Kinder & 1st	Live, Play, Repeat (PLAY)
Kinder & 1st	Ooey-Gooey'Ology (DISCOVER)
Kinder - 2nd	Secret Society of Storytellers (CREATE)
Kinder - 2nd	Chorus (2 Period Activity)
Kinder - 2nd	*Basketball (2 Period Activity)
Kinder - 2nd	Homework Help
2nd	Artventures (CREATE)
2nd & 3rd	Games Room (DISCOVER)
3rd - 5th	Rockwall & Sports (EXPLORE)
3rd - 5th	Homework Help
3rd - 5th	*Bubbie's Kitchen
3rd - 5th	*Swimming (2 Period Activity)

WEDNESDAY

Activity 1 (3:40 - 4:25)

Kinder	Games Room (DISCOVER)
Kinder & 1st	Artventures (CREATE)
Kinder & 1st	Secret Society of Storytellers (CREATE)
Kinder - 2nd	Full STEAM Ahead (DISCOVER)
1st & 2nd	Live, Play, Repeat (PLAY)
2nd & 3rd	Bubbie's Majse (CREATE)
3rd - 5th	Low Ropes (EXPLORE)
3rd - 5th	Homework Help
4th & 5th	Farm to Table (GROW)
Kinder - 2nd	*Jazz Dance with BPAC (2 Period Activity)
3rd - 5th	*Advanced Tap with BPAC (2 Period Activity)

Activity 2 (4:35 - 5:20)

Kinder	Live, Play, Repeat (PLAY)
Kinder & 1st	Low Ropes (EXPLORE)
Kinder - 2nd	Homework Help
Kinder - 2nd	Clowning Around
1st & 2nd	Farm to Table (GROW)
2nd & 3rd	Artventures (CREATE)
3rd - 5th	Full STEAM Ahead (DISCOVER)
3rd - 5th	Games Room (DISCOVER)
3rd - 5th	Homework Help
Kinder - 2nd	*Bubbie's Kitchen
Kinder - 2nd	*Jazz Dance with BPAC (2 Period Activity)
3rd - 5th	*Advanced Tap with BPAC (2 Period Activity)

THURSDAY

Activity 1 (3:40 - 4:25)

Kinder & 1st	Artventures (CREATE)
Kinder & 1st	Ooey-Gooey'Ology (DISCOVER)
2nd	Live, Play, Repeat (PLAY)
2nd & 3rd	Games Room (DISCOVER)
3rd - 5th	Farm to Table (GROW)
3rd - 5th	Homework Help
Kinder - 2nd	*Swimming (2 Period Activity)
Kinder - 2nd	*Parkour
2nd - 5th	*Jazz Dance with BPAC (2 Period Activity)
3rd - 5th	*STEM Kids

Activity 2 (4:35 - 5:20)

Kinder & 1st	Live, Play, Repeat (PLAY)
Kinder - 2nd	Homework Help
Kinder - 2nd	Farm to Table (GROW)
2nd & 3rd	Ooey-Gooey'Ology (DISCOVER)
3rd - 5th	Homework Help
3rd - 5th	Artventures (CREATE)
4th & 5th	Games Room (DISCOVER)
Kinder - 2nd	*Swimming (2 Period Activity)
Kinder - 2nd	*STEM Kids
2nd - 5th	*Jazz Dance with BPAC (2 Period Activity)
3rd - 5th	*Parkour

FRIDAY

Every Friday of the month, participants are presented with a variety of Friday Clubs to choose to sign up for that month.

ACTIVITY DESCRIPTIONS

STEM KIDS

\$275

Learn to design, build, and create impressive structures such as towers, boats, and more in our STEAM class. Led by NYC STEM Kids.

ROCKWALL & SPORTS

Two amazing and active classes combined into one! Here we play sports every week AND have regular opportunities to climb the Y's awesome indoor Rockwall.

FARM TO TABLE

Get your hands dirty by working with soil, recycling compost, and creating natural items we use everyday, such as soap and tea.

GAMES ROOM

Participants will get to learn and play a variety of fun games throughout the semester, all while putting important skills to work, like reading comprehension, teamwork, patience, conflict resolution, and managing big feelings.

Bring sneakers, socks, comfortable clothing

PARKOUR

\$275

Join our professional USA-Gymnastics and WFPF Parkour Certified Instructors in learning the art of quick and efficient movement through the environment, utilizing techniques such as vaults, jumps, and climbs. This class helps children develop focus, strength, agility, and hand-eye coordination. Offered by 92Y staff.

Bring sneakers, socks, comfortable clothing

ADVANCED TAP* WITH BPAC

\$400

Participants will engage in an advanced tap class where they will continue developing their tap skills. Tap class is a great way to utilize musical and mathematical skills while being physically active. Open to participants enrolled in tap with BPAC during Be Me 2022-23, or with prior tap experience.

ACTIVITY DESCRIPTIONS

ARTVENTURES

Here we will explore different artistic elements (such as line, shape and color) through 2D and 3D projects. Each week we will look at all the ways artists (from the past and present) have used these elements and how we can create new art.

HOMEWORK HELP

A quiet, supervised space where participants can work on homework and read quietly. Participants will also have access to our lending library, where they can check out books throughout the semester.

LOW ROPES

Participants will engage in fun and physically challenging low-ropes and team building activities that not only improve and build upon gross-motor skills, but also cultivate skills like communication, leadership, teamwork, persistence, and more.

Bring sneakers, socks,
comfortable clothing

BUBBIE'S KITCHEN*

\$275

Discover the world through food! Learn basic cooking skills while making traditional (and not-so-traditional) Jewish treats and other amazing meals. Every class ends with a delicious individual snack. Led by Cyndi Rand (Bubbe).

LIVE, PLAY, REPEAT

"Play is the work of childhood." In this class, participants will get active through fun and exciting games, while growing both physical and social-emotional skills along the way!

Bring sneakers, socks,
comfortable clothing

OOEY-GOOEY'OLOGY

It oozes between your fingers when you pick it up, but doesn't stick to your skin. It usually comes in a variety of colors, and can be made to glow in the dark! At times it acts like a liquid, but other times it appears as a solid. You guessed it, it's slime! We will discover all the ways to make it.

Class can get messy!

ACTIVITY DESCRIPTIONS

LEGO ROBOTICS*

\$275

This course provides an introduction to robotics for students with no programming background using LEGO.

SWIMMING*

\$550

Whether you're just learning to swim or improving your skills, there's something for every level! Classes take place at New Settlement Community Center and are facilitated by New Settlement aquatics staff.

Remember to bring
your towel!

FULL STEAM AHEAD

Participants will engage in hands-on STEAM explorations through a variety of activities including solving STEAM mysteries, exploring the science of superpowers, becoming pirates, and more!

INSTRUCTIONAL BASKETBALL*

\$275

In this instructional class, we'll develop basketball skills, practice a variety of drills, participate in conditioning exercises, and play practice games. Instruction is provided by Asphalt Green coaches.

Wear athletic attire and
bring a water bottle!

SCAMPER THEATRE*

\$275

This one-of-a-kind class is all about creating a fun and silly space where children learn to trust their amazing creative instincts. Through innovative imagination games and adventures, we explore the world. In this class, our young actors practice empathy, kindness, and build confidence. Most importantly, we help them see how awesome it is to be yourself!

ACTIVITY DESCRIPTIONS

SECRET SOCIETY OF STORYTELLERS

Do you find yourself with something to say but no one is ready to listen? *The Secret Society of Storytellers* is the place for you. In this group we will write, draw, dance, narrate, and construct works of art that express how we feel about the world around us. Each week we will play games and encounter new artists that share a history with the neighborhood of Washington Heights. By the end of our time together you will have mastered the power of your creative voice.

TIME TRAVELERS ONLY

Do you think big? Is your world in technicolor? The answer to that question is YES! Everyone at **Be Me** would benefit from seeing the world through your eyes. Here at *Time Travelers Only* we work to enrich the present by discovering the past. Members of our club will search through centuries of stories that all end in one place: Washington Heights. Through movement, music, and narration we will explore the diverse makeup of this beautiful neighborhood. We will play, have fun, and tell our own stories.

JAZZ DANCE* WITH BPAC

\$400

One of the most popular and well known forms of dance, Jazz dance includes strength, flexibility and conditioning techniques and progressions including turns, kicks and leaps.

BUBBIE'S MASJE

Classes meet weekly to learn about Jewish holidays, heroes in Judaism and beyond, create Jewish related projects, and create a cookbook or family scrapbook, among other activities. Each class will incorporate 5-10 useful and relevant Hebrew words and apply them in real-world contexts.

ACTIVITY DESCRIPTIONS

CHORUS

Join our Shirim chorus and learn about musical traditions from around the world as well as how choral music works. All participants will have the opportunity to perform musical selections during our Be Me showcase!

CLOWNING AROUND

Participants will develop their own clown persona and learn about the essentials of clowning through physical warm-ups, movement games, and other group activities. Participants will have both informal and formal performance opportunities during class and the Be Me showcase.