



## Schedules

Mondays through Thursdays, in addition to homeroom, participants participate in two 45-minute elective periods (on Fridays participants independently choose a club and attend our community-wide Shabbat). These electives are broken up by grade bands. Activities offered span our neighborhoods (Play, Explore, Create, Discover, Grow), offering 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 in the Gym
3:40 - 4:25	Activity Period 1
4:25 - 4:35	Transition in the Gym
4:35 - 5:20	Activity Period 2
5:20 - 5:30	Transition to Dismissal
5:30 - 5:45	Dismissal/Transition to Late Care
5:45 - 6:15	Late Care

### Friday

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

## Activities



Please see the daily activity schedule below, and note they are subject to change. Activity descriptions are on the last two pages. Activities denoted with an asterisk are premium activities and are associated with an additional charge beyond annual tuition. Activities labeled as "2-period activities" have a longer duration compared to on-site activities.



### MONDAY

#### Activity 1 3:40 - 4:25

Kinder	Farm to Table
Kinder - 1st	Little Leaps
Kinder - 2nd	Pirate Camp
Kinder - 2nd	Chorus (2 Period Activity)
1st	Live, Play, Repeat
2nd	Globe Explorers
2nd & 3rd	Low Ropes
3rd - 5th	Be Me Muscial
4th & 5th	Games Room
3rd - 5th	*Guitar (2 Period Activity)
Kinder - 5th	Homework Help

#### Activity 2 4:35 - 5:20

Kinder	Live, Play, Repeat
Kinder - 1st	Creative Kids Studio
1st	Low Ropes
Kinder - 2nd	Chorus (2 Period Activity)
2nd	Little Leaps
2nd - 3rd	Games Room
3rd	Pirate Camp
4th-5th	Farm to Table
4th-5th	Be Zine
3rd - 5th	*Guitar (2 Period Acitivity)
Kinder - 5th	Homework Help

## Tuesday

### Activity 1 3:40 - 4:25

Kinder	Rockwall and Sports
Kinder - 1st	Games Room
Kinder - 2nd	*Gymnastics
1st - 2nd	Farm to Table
2nd - 3rd	Tiny Stiches
3rd - 4th	Fill Your Canvas
3rd - 5th	Yoga
3rd - 5th	*STEM and SENSES
3rd - 5th	*Swim (2 Period Activity)
Kinder - 5th	Homework Help

### Activity 2 4:35 - 5:20

Kinder	Farm to Table
Kinder - 1st	Sensational Sensory Art
Kinder - 2nd	Yoga
Kinder - 2nd	*STEM and SENSES
2nd - 3rd	Rockwall and Sports
3rd-5th	Gymnastics*
3rd-5th	Games Room
4th-5th	Tiny Stitches
3rd - 5th	*Swim (2 Period Activity)
Kinder - 5th	Homework Help

## Wednesday

### Activity 1 3:40 - 4:25

Kinder & 1st	Full STEAM Ahead
Kinder - 2nd	Rockwall and Sports
Kinder - 2nd	*Bubbie's Kitchen
Kinder - 2nd	*Swim (2 Period Activity)
2nd - 5th	*Pied Piper (2 Period Activity)
2nd - 3rd	Games Room
3rd - 4th	Play Pokemon
3rd - 5th	Cozy Cafe
3rd - 5th	Live, Play, Repeat
3rd - 5th	Imagineers
Kinder - 5th	Homework Help

### Activity 2 4:35 - 5:20

Kinder	Games Room
Kinder - 2nd	Cozy Cafe
Kinder- 2nd	Live, Play, Repeat
Kinder - 2nd	Imagineers
Kinder - 2nd	*Swim (2 Period Activity)
2nd - 5th	*Pied Piper (2 Period Activity)
1st - 2nd	Play Pokemon
3rd - 5th	*Bubbie's Kitchen
3rd - 5th	Rockwall and Sports
3rd - 5th	Full STEAM Ahead
Kinder - 5th	Homework Help

## Thursday

### Activity 1 3:40 - 4:25

Kinder - 1st	Storybook Studio
Kinder - 2nd	*Parkour
Kinder - 2nd	Games Room
Kinder - 2nd	Scene Stealers
2nd - 4th	*Dungeons & Dragons (2 Period Activity)
3rd - 5th	*STEM and SENSES
3rd - 5th	Rockwall and Sports
3rd - 5th	Farm to Table
4th - 5th	Book Club
Kinder - 5th	*Tap Dance (2 Period Activity)
Kinder - 5th	Homework Help

### Activity 2 4:35 - 5:20

Kinder - 1st	Storybook Studio
Kinder - 2nd	Rockwall and Sports
Kinder - 2nd	Farm to Table
Kinder - 2nd	*STEM and SENSES
2nd - 4th	*Dungeons & Dragons (2 Period Activity)
3rd - 4th	Art in 3D!
3rd - 5th	*Parkour
3rd - 5th	Scene Stealers
4th - 5th	Games Room
Kinder - 5th	*Tap Dance (2 Period Activity)
Kinder - 5th	Homework Help

## Friday



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

Community-Wide Shabbat



# Activity Descriptions

## Bubbies Kitchen\*

**\$310**

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 (Bubbie).

Dress  
for  
mess!

## Parkour\*

**\$310**

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.

Wear  
comfortable,  
athletic  
clothing &  
sneakers

## Be Zine

Join a team of creative 4th-8th grade journalists, artists, and visionaries in the process of creating a monthly zine, or newsletter. Each issue will be crafted with the warm support of two experienced teaching artists, alongside two student editors from the Contrariwise philosophy journal at Columbia Secondary School. If you have a creative eye, a unique perspective, or the ability to make your friends laugh, there is a place for you in our writer's room! This program will take place weekly on Mondays from 3:40-4:25 pm during the school year. Please fill out this form if you would like to begin the enrollment process.

## BPAC: Tap Dance\*

**\$445**

Step into the world of rhythm and fun with our Beginner Tap Dance class! Designed for elementary kids who are new to tap dancing, this afterschool program will introduce students to the basics of tap dance. Through exciting routines and playful exercises, children will develop coordination, rhythm, and a love for dance.

Participants are  
required to wear a  
BPAC t-shirt and  
black pants  
(leggings or  
sweatpants) and  
tap shoes.

## Be Me Musical

Lights, curtain, action! In this high-energy class, young performers take center stage as they explore the magic of musical theater. From singing and acting to simple choreography, kids will build confidence, creativity, and teamwork while preparing for a fun mini showcase. Whether they're belting out show tunes or stepping into character, students will have a blast expressing themselves through movement, music, and imagination.

## Book Club

Calling all readers! In Book Club, kids will dive into exciting books, share their favorite parts, and talk about what they think and imagine. We'll explore different kinds of stories, make new friends, and have lots of fun chatting about books together.

## 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!



## Farm to Table

Let's get our hands dirty by working with soil, recycling compost, and creating natural items we use everyday, such as soap and tea.

Dress  
for  
mess!

## Fill Your Canvas

Through the course of this class, participants learn skills like planning a piece, priming a canvas, basic color theory, and more - all while working on planning works of art using canvas and acrylic paints

Dress  
for  
mess!

## Cozy Cafe

Exploring different types of art from journalism, to sculpting and crafts galor all while sipping on hot tea or hot chocolate. Rotation of crafts that make you feel warm and fuzzy in these cold winter months. This will lead to a creative bloom in the spring



## Games Room

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

## Gymnastics\*

**\$310**

Welcome to Beginners Gymnastics! This fun and engaging afterschool class is perfect for elementary kids who are new to gymnastics. Our goal is to introduce students to the basics of gymnastics in a safe, supportive, and exciting environment. Through a variety of activities, students will build strength, flexibility, coordination, and confidence.

Wear comfortable clothing that you can move in!

## Dungeons and Dragons\*

**\$310**

Get ready for an epic adventure! In this two-period class, a small group of just 7 kids will learn how to play Dungeons & Dragons; a game where you create a character, roll dice, and work as a team to explore magical worlds. Each week, you'll go on exciting quests, solve problems, and use your imagination to tell a story together.

## Live Play Repeat

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

Wear comfortable athletic clothing & sneakers

## Little Leaps

This class is all about jumping, dancing, and moving with fun games and music! Kids will explore different ways to wiggle, stretch, and play, building their balance, coordination, and confidence. It's a joyful space to get active, make friends, and have a great time moving their bodies.

Please wear grippy socks and comfortable clothes

## Pirate Camp

Ahoy, mateys! Set sail on an unforgettable adventure in Pirate Camp, where young buccaneers will dive into a world of treasure hunts, secret maps, sea shanties, and swashbuckling fun.

## Play Pokemon

Gotta catch 'em all! In Play Pokémon, kids will dive into the exciting world of the Pokémon Trading Card Game. From building decks and learning the rules to mastering strategy and battling friends, this class is perfect for both beginners and budding Pokémon Trainers.

## Rockwall & Sports

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

## Sensational Sensory Art

Let's get messy! In this class, little artists will be encouraged to explore a variety of artistic mediums and create art using all of their senses.

Dress for mess!

## 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 & Teambuilding

Wear comfortable athletic clothing & sneakers

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

## Storybook Studio

Where stories leap off the page and into your hands! In this imaginative class, children will listen to a new picture book each week and then bring the story to life through art. From painting magical forests to building cardboard castles, kids will explore a variety of materials and techniques inspired by the characters and adventures they've just heard.

Dress for mess!

## Tiny Stitches

Loop it, pull it, stitch it! Welcome to the cozy world of crochet! In Tiny Stitches, kids will learn the basics of crocheting while building patience, focus, and creativity one stitch at a time. From simple chains to small take-home projects like friendship bracelets, scrunchies, or mini plushies, this class is perfect for crafty hands and curious minds.



## Stem & Senses\*

**\$310**

Get ready to touch, mix, build, and explore! In STEM & SENSE, young scientists will engage all five senses while diving into hands-on experiments that blend creativity with curiosity. From oozing slime and fizzy reactions to scented science and sound-based challenges, each activity is designed to spark wonder and deepen understanding of the world around us.

## StoryTime

Join us for Storytime, a fun and cozy way to enjoy books together! We'll listen to exciting stories, talk about the characters and adventures, and play games that help us think about what we've heard.

## Swim\*

**\$610**

Whether you're just learning to swim or want to improve your skills, there's something for everyone! Classes take place at the Riverdale Y and are led by the Y's experienced aquatics staff.

\*(2 Period Activity, Off-Site)

## Art in 3D!

Get ready to think outside the flat page! In this hands-on class, young artists will explore the exciting world of 3D art — building, sculpting, and creating artwork that pops right off the table. Using materials like clay, cardboard, wire, and recycled treasures, kids will bring their boldest ideas to life in three dimensions.

Dress for mess!





## Yoga

These energetic classes help your child develop strength, coordination, and body awareness to grow up with confidence!

Wear comfortable clothing that you can move in!

## Creative Kids Studio

Let your child's imagination come to life at Creative Kids Studio—a space where art, design, and hands-on creation come together! From painting and sculpture to mixed media, collage, and DIY crafts, each session is built to spark creativity, build confidence, and encourage artistic expression.

Dress for mess!

## Scene Stealers

In this drama-filled adventure, kids will become the stars of the stage! Through fun acting games, imaginative roleplay, and mini-performances, young actors will learn to express themselves, work as a team, and “steal the scene” with their confidence and creativity.

## Chorus

Step into the spotlight and let your imagination take center stage! In Imagineers, young performers will explore the magic of theater through storytelling, character creation, movement, and improvisation. Each week, kids will build confidence and teamwork as they bring stories to life through skits, games, and creative play.

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## Globe Explorers

Dive into cultural immersion and exploration! In Globe Explorers, we'll learn about cultures around the world through creativity and imagination. Join us for interactive activities like crafts, foods, and language as we celebrate global diversity and cultural awareness!

## Pied Piper\*

**\$310**

We are thrilled to announce that the Be Me Afterschool program will continue partnering with The Pied Piper Children's Theatre of NYC! This incredible collaboration will bring the magic of full-scale theatrical productions to our students each semester. Elementary kids will have the unique opportunity to immerse themselves in the world of theater, from auditions to the final curtain call.

## Guitar\*

**\$310**

Strum, pick, and play! In this beginner-friendly class, young musicians will learn the basics of guitar in a fun, supportive environment. Students will explore simple chords, rhythms, and melodies while building foundational music skills like listening, finger placement, and hand coordination. No prior experience is needed

