

SPRING 2023 AFTERSCHOOL PROGRAMS

AGES 4 -18 | APRIL 17TH - JUNE 16TH

MONDAY

Basketball Training

3:15 PM - 4:00 PM | Ages 4-5 | 21271

Afterschool Art

3:30 PM - 4:15 PM | Ages 3 - 12 | 21356

4:30 PM - 5:15 PM | Ages 3-12 | 21357

Good Eats W/ Chef Frank Culinary Studio

3:45 PM - 4:45 PM | 3rd - 5th Gr. | 21350

Basketball Training

4:00 PM - 5:00 PM

1st - 2nd Gr. *Boys* | 21272

Ultimate Conditioning Yoga Studio

5:00 PM - 5:45 PM | 5th - 6th Gr. | 21370

Bat Mitzvah Club 4th Floor

5:00 PM - 6:00 PM | Ages 11-13

Basketball Training

5:00 PM - 6:00 PM

3rd - 4th Gr. *Boys* | 21273

Krav Maga Cardio Studio

5:00 PM - 6:00 PM | 6th - 8th Gr. | 21373

TUESDAY

Hebrew School

3:30 PM - 5:45 PM | Pre K - 8th Gr.

Basketball Training

3:30 PM - 4:15 PM

Kindergarten | 21274

Junior Chefs Culinary Studio

3:45 PM - 4:45 PM | KG - 2nd Gr. | 21351

Basketball Training

4:15 PM - 5:15 PM

3rd - 4th Gr. *Girls* | 21275

WEDNESDAY

Karate Cardio Studio

3:00 PM - 3:45 PM | Age 4 | 21358

4:00 PM - 4:45 PM | K-3rd Gr. | 21359

Gymnastics 5A

3:15 PM - 4:00 PM | Age 5 | 21312

4:10 PM - 5:00 PM | K - 3rd Gr. | 21313

Tennis Basketball

3:40 PM - 4:30 PM | Ages 4-7 | 21372

Hip Hop & Street Jazz with Marie Yoga

3:45 PM - 4:35 PM | 2nd - 3rd Gr. | 21375

4:35 PM - 5:25 PM | 4th - 7th Gr. | 21376

THURSDAY

Cake Boss Culinary Studio

3:45 PM - 5:00 PM | 2nd - 4th Gr. | 21377

Basketball Training

4:00 PM - 5:00 PM | 1st - 2nd Gr. *Boys* | 21277

Boxing Cardio Studio

4:00 PM - 5:00 PM | 5th - 6th Gr. | 21378

5:00 PM - 6:00 PM | 6th - 8th Gr. | 21379

FRIDAY

Hip Hop Yoga Studio

1:45 PM - 2:30 PM | Pre K - KG | 21455

Art with Bibi Art Studio

2:30 PM - 3:15 PM | Pre K - KG | 21456

INFO

Registration for Members opens

March 20th, 2023

Registration for Non-Members opens

April 3rd, 2023

www.moisesafracenter.org/calendar

Contact the concierge for registration assistance

- The schedule is subject to change
- Check the website for the most up-to-date information
- There are currently no trials for programs
- There are no credits or refunds
- Please check your email confirmation for the exact dates of each program

NO SESSIONS

Thursday, May 25th - Early Closure - Erev Shavuot

Friday, May 26th - Shavuot Day 1

Saturday, May 27th - Shavuot Day 2

Monday, May 29th - Memorial Day

CONTACT US!

Interested in bringing in a new program? Reach out to Natasha Valk, at nvalk@moisesafracenter.org

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Afterschool Art [8 sessions]

Each class is an invitation to explore within a safe environment with a variety of materials and techniques. Students are given multiple options and are encouraged to dive into their own interests.

Member Price: \$120 Non-Member Price: \$200

Art with Bibi [8 sessions]

Join us for Pop Up Art with Bibi! Expect super fun art projects catered to your child's age group.

Member Price: \$160 Non-Member Price: \$240

Boxing [8 sessions]

Boxing is a high intensity, full body workout that will keep you moving throughout the class! When you're not throwing a punch, you're ducking and weaving or doing squats and abdominal work.

Member Price: \$280 Non-Member Price: \$400

Cake Boss [8 sessions]

Come learn how to be the ultimate Cake Boss! Create the cake of your dreams and leave our culinary studio ready to take on the dessert decorating world with your one-of-a-kind creation!

Member Price: \$620 Non-Member Price: \$800

Good Eats with Chef Frank

[8 sessions]

Join Chef Samantha Frank and learn to cook your favorite dishes! This class is all about taking classic recipes and making them in a fun different way. You'll leave with a full tummy and with the confidence to be a master chef!

Member Price: \$440 Non-Member Price: \$600

Gymnastics [9 sessions]

SWAN Kids combines acrobatics and yoga into a program that develops kids' agility, flexibility, and rhythm. Children will be introduced to the fundamentals of gymnastics, from cartwheels to handstands, all while gaining strength and kinesthetic awareness!

Member Price: \$270 Non-Member Price: \$405

Hip Hop [8 sessions]

Hip Hop is an exciting, fitness-conditioning workout that consists of a cardio and strength building warm-up, stretching and developing a vocabulary of steps and combinations. Come dance the day away with Sarah while developing motor skills, strength, and confidence.

Member Price: \$120 Non-Member Price: \$200

Hip Hop & Street Jazz [8 sessions]

Hip Hop & Street Jazz with Marie promotes self-confidence while challenging creative interests. Students will learn the choreography of dances while also learning how to create and implement their own unique choreography that brings out their individual style.

Member Price: \$360 Non-Member Price: \$540

Junior Chefs [9 sessions]

This is your child's entry into the marvelous world of cooking! Come join Chef Samantha Frank to learn the basics of the kitchen while making delicious food! Each week will focus on a different recipe while learning practical skills to navigate the kitchen in a fun and exciting way!

Member Price: \$495 Non-Member Price: \$675

Karate [9 sessions]

White Crane Martial Arts gives your child the gift of learning lifelong skills such as coordination, discipline and self-control. This class teaches Karate moves and self-defense in a format that is both enjoyable and beneficial for kids using exercises, games and group activities. They are taught by Sifu "Sensei Eddie" Kelen, a 4th degree black belt.

Member Price: \$315 Non-Member Price: \$450

Krav Maga [8 sessions]

Krav Maga, contact combat in Hebrew, is the official self-defense system of the Israeli Defense Forces. Everything is based on instinctive movements. The techniques rely on leverage, the physics of body mechanics and common sense.

Member Price: \$240 Non-Member Price: \$320

Tennis [9 sessions]

Tennis Innovators will instill a passion and commitment to the sport through drills and tools. Each lesson is given with energy, charisma, and conducted by highly-trained instructors.

Member Price: \$315 Non-Member Price: \$450

Ultimate Conditioning [8 sessions]

The ultimate high-intensity conditioning workout! Intense intervals of cardio and strength training are alternated to provide a total body workout that'll challenge you physically and mentally.

Member Price: \$240 Non-Member Price: \$360