

WINTER 2023 AFTERSCHOOL PROGRAMS

AGES 4-18 | JANUARY 3RD - APRIL 3RD

MONDAY

Basketball Training

3:15 PM - 4:00 PM | Ages 4-5 | 18047

Good Eats W/ Chef Frank Culinary Studio

3:45 PM - 4:45 PM | 3rd - 5th Gr. | 18000

Basketball Training

4:00 PM - 5:00 PM

1st - 2nd Gr. *Boys* | 18048

Creative Crafting Art Studio

4:00 PM - 5:00 PM | 1st - 3rd Gr. | 17959

Amazing Athletes 5A

4:15 PM - 5:00 PM | Ages 4-5 | 18080

Ultimate Conditioning Yoga Studio

5:00 PM - 5:45 PM | 5th - 6th Gr. | 18044

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* | 18049

Krav Maga Cardio Studio

5:00 PM - 6:00 PM | 6th - 8th Gr. | 18042

6:00 PM - 7:00 PM | 9th - 12th Gr. | 18043

TUESDAY

Hebrew School

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

Basketball Training

3:30 PM - 4:15 PM

Kindergarten | 18050

Little Swans Yoga Studio

4:00 PM - 4:45 PM | Ages 4-7 | 18081

Basketball Training

4:15 PM - 5:15 PM

3rd - 4th Gr. *Girls* | 18051

WEDNESDAY

Gymnastics 5A

3:15 PM - 4:00 PM | Age 5 | 18056

4:10 PM - 5:00 PM | K - 3rd Gr. | 18057

Tennis Basketball

3:40 PM - 4:30 PM | Ages 4-7 | 18011

Hip Hop & Street Jazz with Marie Yoga

3:45 PM - 4:35 PM | 2nd - 3rd Gr. | 18002

4:35 PM - 5:25 PM | 4th - 7th Gr. | 18003

Junior Chefs Culinary Studio

3:45 PM - 4:45 PM | K-2nd Gr. | 18004

Karate Cardio Studio

4:00 PM - 4:45 PM | K-3rd Gr. | 18001

THURSDAY

Cake Boss Culinary Studio

3:45 PM - 5:00 PM | 2nd - 4th Gr. | 18005

5:15 PM - 6:30 PM | 5th - 7th Gr. | 18006

Boxing Cardio Studio

4:00 PM - 5:00 PM | 5th - 6th Gr. | 18061

5:00 PM - 6:00 PM | 6th - 8th Gr. | 18062

Basketball Training

4:00 PM - 5:00 PM | 1st - 2nd Gr. *Boys* | 18053

Hip Hop with Helen Yoga Studio

4:30 PM - 5:30 PM | K - 3rd Gr. | 18083

FRIDAY

Bootcamp Bonanza Cardio Studio

1:30 PM - 2:30 PM | K-2nd Gr. | 18063

Afterschool Art Art Studio

1:30-2:30 PM | Ages 5-12 | 18102

INFO

Registration for Members opens

December 1st, 2022

Registration for Non-Members opens

December 15th, 2022

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

Monday, January 2nd - New Years (Observed)
 Monday, January 16th - Martin Luther King Jr Day
 Monday, February 20th - President's Day
 Tuesday, March 7th - Purim

CONTACT US!

Interested in bringing in a new program? Reach out to Naomi Fabes
 Director of Programming at
nfabes@moisesafracenter.org

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Afterschool Art [13 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: \$140 Non-Member Price: \$210

Amazing Athletes [11 sessions]

Amazing Athletes promotes teamwork and good sportsmanship while creating a fun and safe environment that allows children to build confidence. Through structured active play, Amazing Athletes advances six different motor skills essential to the the body's development.

Member Price: \$220

Bootcamp Bonanza [13 sessions]

A unique fitness program focused on increasing response times and mental endurance, children are engaged in fast-paced and kid-tested obstacle courses and a body-weight fitness regimen specifically designed for developing their growing muscles.

Member Price: \$390 Non-Member Price: \$585

Boxing [13 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: \$455 Non-Member Price: \$650

Cake Boss [13 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: \$1000 Non-Member Price: \$1250

Creative Crafting [11 sessions]

The trendiest crafts, coolest techniques, and most fun vibe for enthusiastic budding artists. Tons of different mediums will be explored and used to craft the raddest works of art!

Member Price: \$572 Non-Member Price: \$770

Good Eats with Chef Frank

[11 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: \$880 Non-Member Price: \$1265

Gymnastics [13 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: \$455 Non-Member Price: \$650

Hip Hop & Street Jazz [13 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: \$495

Hip Hop with Helen [13 sessions]

This class will focus on the fundamentals of hip-hop which will branch off into freestyle, choreography, and other hip-hop specific techniques, such as: popping, locking, house, whacking, and tutting.

Member Price: \$360 Non-Member Price: \$495

Junior Chefs [13 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: \$975 Non-Member Price: \$1365

Karate [13 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: \$455 Non-Member Price: \$650

Krav Maga [11 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: \$330 Non-Member Price: \$440

Little Swans [11 sessions]

This class is for ballerinas ready to learn the basics of ballet as they continue to sing and dance through creative movement, storytelling, and the use of imaginative props. Our little dancers begin to blossom into real ballerinas!

Member Price: \$220 Non-Member Price: \$330

Tennis [13 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: \$420 Non-Member Price: \$600

Ultimate Conditioning [11 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: \$330 Non-Member Price: \$495

Please visit www.moisesafracenter.org for more details