

### After-School Activities (ASA)

### TASIS Portugal 2024 Winter Term

#### 1) Signup

- The number of spaces available for each activity is limited. Places are organized on a first-come, first-served basis.
- Parents must register students through the official school form available on the <u>Parent</u> <u>Portal</u>. (Click on the SOCS icon)
- Students can only attend the activities for which they have signed up.
- Please note that not all activities will be available to all year groups.
- Only sign your child up for a sport or activity if they are interested in it.
- Before signing up, take note of the price for paid activities.
- Take note of the offsite pickup locations before signing up. All paid activities are offsite, except Dance Academy and Tile Painting.
- Activities or sports may be withdrawn if participant numbers fail to meet established minimums.

#### 2) Payment for Paid ASAs

- <u>Payments must be made upon registration</u> to ensure that your child is enrolled in a paid activity.
- Failure to enroll and complete the payment before January 2nd will result in your child NOT being able to attend the activity.
- Please note that invoices will only be sent for the Dance Academy.
- All paid activities must be paid for each term regardless of attendance and are nonrefundable except in cases of a medical emergency, which requires a doctor's certificate.
- When making bank transfers, please state either the <u>invoice number</u>, <u>student ID number</u>, or <u>student's name</u> as a reference to facilitate payment reconciliation.

Payments can be made with a credit card in the School Shop or by bank transfer to:

A/C Name: TASIS ASSOCIATION
IBAN: PT50 0010 0000 62415170001 57
SWIFT: BBPIPTPL

- If you have any questions regarding payments, please contact Bela at <a href="mailto:accounts@tasisportugal.org">accounts@tasisportugal.org</a>
- Note the following activities are paid directly to the external providers: Cascais routes and Horse Riding.
- All Paid activities must be paid for each term regardless of attendance, and are nonrefundable, except in cases of medical emergency, which require a doctor's certificate.
- ·To cancel your child's enrollment in a sport or activity, send an email with this request to the Director of Sport, <a href="mailto:candice.vanrooyen@tasisportugal.org">candice.vanrooyen@tasisportugal.org</a>.



#### <u>Art</u>

Students will work in a variety of art media and techniques such as painting, drawing, printing, modeling, and sculpture in themed or open-ended projects.

#### **Badminton**

Badminton is not just a game; it's a dynamic, fast-paced sport that's as exciting as it is accessible. Imagine the thrill of sending the shuttlecock soaring across the court, engaging in lightning-fast rallies, and mastering strategic smashes. Whether the student is a seasoned pro or a beginner looking for a new adventure, badminton offers the perfect blend of fun and fitness.

#### **Basketball**

Students will learn how to play basketball using fundamental ball skills, drills, and games.

#### **Battle of the Books**

America's Battle of the Books is a reading incentive program for students in <u>5th and 6th grades</u>. They read books and come together to demonstrate their abilities and to test their knowledge of the books they've read. The student competitions are similar to the TV series *Family Feud* or *Whiz Kids* styles of competitions. We will be meeting in the LS Learning Commons one afternoon after school to read the books and test comprehension in preparation for the battle scheduled for April 19, 2024.

#### **Book Bowl**

Book Bowl is a highly regarded reading competition in Europe and across North America. For this competition, 12 books are carefully chosen and divided among three teams of avid readers. Each team focuses on reading and delving deeply into four books (though they are encouraged to explore all 12 and assist their peers). The after-school activity aims to motivate readers to stay on track, engage in thorough discussions about the books, and hone the skills required for the final competition. During the competition, the teams participate in six rounds of trivia and questioning, each with a different theme. Team members collaborate to provide the best answers in the shortest time possible.

#### **Cascais Routes**

This is a unique and exclusive annual program that offers various outdoor activities to enhance motor and cognitive skills and foster self-discovery through nature and sports. The program is delivered by a team of professional coaches. Click the <u>link</u> for more information. The external provider is paid directly, and no payment is made to TASIS Portugal.

#### **Chess Club**

Lower School (Beginner and Intermediate level)

Students who would like to learn to play chess or develop their skills at the game are welcome to this Chess Club. They will learn the rules, practice the basic moves, and begin to use strategies to play chess against an opponent.



#### Middle and High School (Beginner and Intermediate level)

Students in Middle and High School who would like to learn to play chess or develop their skills at the game are welcome to this Chess Club. They will master the moves and learn to use strategies and tactics to play chess against an opponent.

#### **Choir (Upper School)**

Calling all music enthusiasts! Students who join our upper school choir become part of something truly special. They discover the joy of making beautiful music together, forge lifelong friendships, and showcase their talent on stage. Whether they're a seasoned vocalist or just starting out, we welcome all voices with open arms. Elevate their high school experience and let their voice soar with us.

#### **Clay Club**

Students will explore clay as a creative medium, experimenting for relaxation and gaining confidence in their skills. They will explore hand-building techniques using air-dry clay such as coiling, pinching, and slab-making to create functional and decorative pieces. Once dry, they will add a splash of color to their creations, making each piece truly unique. Don't miss this opportunity for your child to unleash their imagination and bring home their artistic achievements.

#### **Climbing**

We are thrilled to introduce an exciting extracurricular opportunity and invite students to discover the thrill of climbing, whether upwards, downwards, or across our amazing indoor rock wall.

#### **Culture and Crafts**

Students of different ages work collaboratively to choose and decorate for world celebrations. Together, we use our research, problem-solving, and creative skills to represent celebrations from around the world – as an inclusive school, we warmly celebrate diversity.

#### **Cross Country**

Cross country is long-distance running where students train and compete over open and rough terrain. The school will transport the students to different locations, and they will return to school at 17:30 for pick-up.

#### **Dance Academy**

Please consult the school <u>website</u> for all the dance academy information, such as pricing and genres. If you registered the student for the first term (Fall Term), your enrollment is automatically reserved for the following term (Winter Term), not being necessary to register again.



#### **Dancesport**

Calling all upper school students to join the Dancesport activity, where we focus on Ballroom (Waltz, Tango, Slow Foxtrot, Viennese Waltz, and Quickstep) and Latin American Dances (Samba, Cha Cha, Rumba, Paso Doble, and Jive). This activity is for those who want to learn socially or potentially compete; no experience needed.

#### **ELC Board Games**

Fun board games for our youngest students to develop a variety of skills that will prepare them for more complex games, such as chess. Through board games children will learn a powerful learning tool, that problem-solving ability is like a muscle: it can be strengthened with practice and learning.

#### **ELC Construction**

Children will have an array of building materials and toys to develop their natural curiosity about different materials that will guide their own learning. Children can explore mathematical concepts like size, shape, and space and deepen their understanding of these concepts in a way that is memorable, engaging, and fun.

#### **ELC Drama**

Fun and fast-paced drama activities to build children's speaking, acting, and social skills. Children will develop life skills such as confidence, public speaking, creative thinking, and more through the magic of drama.

#### **ELC Montessori**

This club offers hands-on materials that promote independent learning and problemsolving, each focusing on a single skill for repeated practice and discovery of key learning outcomes.

#### **ELC Music**

Music and movement activities that will encourage creativity, expression, improvisation, and innovation. Children will experiment and play with instruments, sing, move, and play to rhythms. Children will create their own instruments and explore music from different cultures.

#### **ELC Multisport**

A variety of ball games to develop hand-eye coordination, gross and fine motor skills, spatial awareness, grasping skills, problem-solving skills, balance, and even language and social skills.

#### **ELC STEM**

Hands-on creative activities and experiments get children excited and engaged in Science, Technology, Engineering, and Math. In STEM club, children develop lifelong learning skills that include resilience, problem-solving, and strategic awareness.



#### **Football**

Students will learn the fundamentals of football, through skills instruction, fitness, drills, and games. Upper School boys training takes place at Decathlon Cascais and Upper School girls (Grades 7-10) training takes place at Beloura Futebol.

#### **Garden Club**

Calling all young nature enthusiasts! Students will dive into the enchanting world of plants and flowers with our Garden Club. From planting colorful flowers to exploring the secrets of buzzing bees, hands-on activities will make them bloom with excitement.

#### **Golf**

Students will learn how to play and understand the game. They will be transported by the School to Penha Longa Driving Range, and pick-up is at the venue at 17:00. This is a paid club and includes transport to the venue (€406.00 for the term).

#### **Gymnastics**

Gymnastics club focuses on helping students grow by developing their strength, flexibility, agility, and coordination in a fun and safe environment.

#### **Horse Riding**

Weekly riding lessons where students can learn to ride and care for the horses. The riding school transports students to Beloura Equestrian Center, and pick-up must be at the venue at 17:00. The address is *Escola de Equitação MP Beloura*, *R. Moinho do Zangão 9, 2710-702, Sintra*. This is a paid club billed by the external provider; please contact Michelle on <a href="majorital">mpbeloura@gmail.com</a> for pricing information.

#### **Hype Hour**

The High-Intensity Interval Training (HIIT) class is an exhilarating workout experience like no other. A dynamic blend of heart-pounding exercises will challenge the students' limits and leave them energized. In just a short burst of intense effort followed by brief recovery periods, it boosts their metabolism and builds endurance. Whether they're fitness enthusiasts or just starting their wellness journey, HIIT is the fast track to results.

#### **Investment Club**

Unlock the doors to financial literacy and ignite the spirit of entrepreneurship. Our exclusive club is designed to provide students with a dynamic and engaging platform to dive into the world of business and investments. Have them join us for an exciting journey into the world of investments and business.

**Real-World Investment Experience**: Students will have the unique opportunity to manage a virtual investment portfolio with simulated funds. They'll get hands-on experience analyzing market trends, evaluating financial reports, and making strategic investment decisions just like seasoned investors.



**Learn the Language of Business:** In the Investment Club, students will not only develop critical financial skills but also gain a deeper understanding of the business world and language. They'll explore concepts such as market dynamics, company valuation and more, giving them a competitive edge in their academic and future professional endeavors.

**Foster Critical Thinking:** We encourage students to think critically, solve problems, and collaborate effectively as they navigate the ever-changing landscape of the investment world. This club fosters analytical thinking and decision-making skills that are invaluable in any field.

**Building a Bright Future:** Whether your child dreams of becoming a financial guru or simply wants to enhance their knowledge, this club provides a supportive and fun environment to explore their potential.

#### Judo

In judo, students learn the technique of self-defense and the concept of leverage using your body weight and angles.

#### Kendo

Kendo is a traditional Japanese martial art, descended from the swordsmanship techniques used by the samurai, that uses bamboo swords (shinai) and protective armor (bogu). The goal is to strike the opponent with the bamboo sword on certain parts of the armor, therefore some call it "Japanese fencing". We will start at TASIS Portugal with a beginners' course during which the students can wear their regular PE uniform (TASIS Portugal will provide the bamboo swords). The students will hit the teacher, but they will not be receiving any strikes, therefore will not wear a protective armor themselves. Besides being a fun and healthy activity, Kendo teaches students discipline, respect, self-confidence, and resilience. The instructor (sensei) is Rogier van Bijnen, a TASIS Portugal parent who has practiced kendo since 1992, is 5th dan in Kendo and former Dutch champion, and represented the Netherlands in multiple World Championships.

#### **Lego Club**

Fun and enriching activities that develop teamwork and problem solving through guided Lego projects. Opportunities for free play and creativity.

#### **Library Club**

Is your child passionate about organization? Do they find joy in creating neat and tidy spaces? If so, the Library Club is the perfect fit for them! Encourage your child to join us in curating an inviting library experience for all. From meticulously organizing books to ensuring each title finds its rightful place, we'll work together to make the library an accessible haven for every reader. Additionally, members will have the opportunity to contribute ideas for library programs and activities. This club welcomes students in grades 1-5.



#### Mindfulness & Yoga

Mindfulness activities are a wonderful way to help children learn to self-regulate, calm, and soothe. It aims to offer students a space of relaxation and attention training. The objective is to help children develop skills such as focusing solely on one task at a time, working collaboratively, following instructions, and speaking and listening. Mindfulness has countless benefits to adults and children alike, ranging from developing emotional control to improving problem-solving skills.

#### **Mini Football**

Learn football in a fun environment. Our highly experienced coach will stimulate imagination and aid early development skills such as learning colors and numbers, following instructions, and playing as a team.

#### **Mini Tennis**

Mini tennis provides children with the perfect opportunity to learn the fundamentals of tennis at an early age. Designed for children aged between 4 and 10, mini tennis utilizes smaller courts, nets, and rackets, as well as lower-bouncing tennis balls to develop vital tennis skills and techniques. This is a paid club (€220.00 for the term).

#### **MUN (Model United Nations)**

(Middle School, 6-8)

If you child is in grades 6, 7, or 8 and is interested in global issues, public speaking, and debating, the TASIS Middle School Model United Nations (MUN) is for them. MUNs are simulations of the real United Nations, where participants represent different countries to discuss and debate current and historical global issues such as the environment, human rights, and international cooperation. At TASIS MUN, participants will have the opportunity to practice speaking, research, and thinking skills, and also to become confident with MUN conference rules and procedures. During the academic year, students will be offered the opportunity to participate in external MUN conferences held in the Lisbon area.

#### MUN (High School, 9-10)

If you child is in grades 9 or 10 and is interested in global issues, public speaking, and debating, the TASIS Middle School Model United Nations (MUN) is for them. MUNs are simulations of the real United Nations, where participants represent different countries to discuss and debate current and historical global issues such as the environment, human rights, and international cooperation. At TASIS MUN, participants will have the opportunity to practice speaking, research, and thinking skills, and also to become confident with MUN conference rules and procedures. During the academic year, students will be offered the opportunity to participate in external MUN conferences held in the Lisbon area.

#### **Padel**

Padel is a racquet sport that combines the elements of tennis, squash, and badminton. Extremely fun, social, and accessible for all, padel is only played in doubles and is practiced



outdoors as much as indoors. The students will be transported by the School to the off-site location, BLUE Padel Korts, and pick-up must be at the venue at 17:00. The address is *R. da Tapada Nova, 2710-001 Sintra*. This is a paid club and includes transport to the venue (€ 232.00 for the term).

#### **Photography Club**

Students explore photography and enhance their creative expression. They learn simple photo techniques like symmetry, framing, and scale. Then they put those tips into action by taking pictures in and around the school.

#### **Portuguese Club (beginner)**

This club is like a playgroup for children who want to acquire Portuguese as a foreign language through fun and games. The goal is to develop language communication skills in a fun way, through games, songs, storybooks, and leisure.

#### **Robotics/Coding**

Would you like your child to join this after-school activity focused on designing and building robots that can solve challenges and achieve goals? Students will utilize sensors to navigate and address problems. They will also have the opportunity to compete against other teams to determine who can build and program the most effective robots.

#### Rugby

Seasoned tag rugby players who are ready to take their game to the next level are welcome to our advanced club, kicking it up a notch with **full contact** rugby. This isn't a beginner's club; it's for those who've already felt the thrill of tag rugby and are ready for more. They dive into the intensity of full-contact play, master the art of tackles, and experience the true grit of rugby. Please note that gum shields are mandatory.

#### **Speech and Debate**

This provides Upper School students with an opportunity to hone their public speaking skills. Participants will collaborate to refine their speeches for TASIS Speaks, engage in debate tournaments, and conquer nervousness. Topics encompass a wide range, including politics, current events, entertainment, and more.

#### Speed Stacking

Speed stacking is both an individual and team sport that involves stacking nine or 12 specially designed cups in pre-determined sequences as fast as you can. The benefits include hand-eye and bilateral coordination, body-brain connections, distribution of practice, and fitness.

#### **Student News – Investigate the World**

Students who wish to roam the school premises, posing questions to teachers, staff, and fellow students, and capturing moments through photographs, will have the opportunity to conduct interviews, write, and proofread stories about their school, staff, and community.



Subsequently, they can compile these materials into a captivating and informative newspaper featuring their own articles. This is an ideal endeavor for upper school students aiming to make a positive impression on prospective universities. The role of a staff newspaper reporter (and photographer) is challenging – and impressive.

#### <u>Surfing</u>

The Hooked Surf School offers group surf lessons, kids surf club, surfboard, and wetsuit hire. The choice of different beach breaks, consistent waves, and natural beauty add to the experience of learning to surf in a safe, fun, and friendly environment. The surf school will transport the students to the location, which can vary between either *Carcavelos* or *Guincho* beach (depending on the waves), and pick-up must be at the location at 18:00. This is a paid activity invoiced directly by the surf school at €20 per lesson.

#### Taekwondo

Regardless of age and gender, every child's self-esteem can benefit from learning the basics of self-defense in a fun and stimulating environment. Taekwondo is a Korean martial art known for the gracefulness of its movements. At TASIS, we are privileged that Taekwondo is taught twice a week by Ana Paula Silva, 6th Dan, the country's highest ranked female practitioner, with over 30 years' teaching experience. Her classes are extremely high-energy and use games and other fun activities to develop courtesy, self-control, discipline, and correct movement.

#### Tag Rugby

Tag rugby teaches the fundamentals of the game in a safe environment and allows children to get a feel for the game. It is a fun, fast-moving, non-contact game, ideal for children. Each player wears a tag belt with Velcro tags attached to them. Attacking players must dodge defenders attempting to "tag" them by pulling the Velcro tag from the player with the ball.

#### **Tennis**

Hand-eye coordination, motor control, ball tracking, and striking skills while building balance, foot speed, strength, fitness, agility, and flexibility. The students will be transported by the School to Beloura Tennis Academy, and pick-up must be at the venue at 17:00. The address is *Alameda da Beloura 5, 2710-694, Sintra*. This is a paid club and includes transport to the venue (€254.00 for the term).

#### **The Inventors**

Students will embark on a weekly journey where each session unveils a new realm of creative superpowers. They will unleash their imagination while crafting a unique board game, diving into the world of electronic synthesizers, or delving into the artistry of stopmotion filmmaking. These engaging programs are designed to ignite their creativity, offering a spectrum of hands-on experiences that transform each moment into a discovery of their limitless creative potential. This is a paid club (€165.00 for the term).



#### **Tile Painting**

Portugal is known for its beautiful hand-painted *azulejos* (tiles). Students attending will have fun learning tile painting techniques, like making tracings and transferring designs. In addition to painting tiles, they will have some special ceramic projects like plates, ornaments, and sardines to paint. Some mosaic work using broken tiles to decorate a flowerpot, photo frame, or mirror will also be included. By the end of the school year, a four-tile tray with a geometric design will be completed. This is a paid club (€235.00 for the term).

#### **Volleyball**

This fast-paced team sport is not just a game; it's an exhilarating blend of strategy, teamwork, and heart-pounding action. Students learn to master precise passes, unleash powerful spikes, and experience the electric energy of intense rallies. Whether they're seasoned players or new to the game, volleyball promises an unforgettable journey of skill-building, camaraderie, and non-stop fun.

#### <u>Yoqa</u>

The yoga club aims to teach students about relaxation, meditation, and inner peace while having fun. Namaste!

#### **Zumba**

This is a super fun fitness class that combines Latin rhythms and easy to follow moves. It is inspired by Latin dance and music and uses a variety of styles in the routines, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, samba, and hiphop.



# TASIS Portugal 2024 Winter Term ELC After-School Activities (ASA) Schedule

# Pre-Kindergarten ASA Schedule

€ = PAID

Monday	Tuesday	Wednesday	Thursday	Friday
Supervised Play	Art & Craft	Hip Hop (€)	Pre-ballet (€)	Supervised Play
Dance Fun (€)	Mindfulness	Multisport	Gymnastics	Forest School - Week B (€)
	Hip Hop (€)	Construction	Judo	
	Pre-ballet (€)	Early Literacy Club	Board Games	
	Mini Tennis (€)	Montessori	Dance Fun (€)	
	Music			

## Kindergarten ASA Schedule

€ = PAID

Monday	Tuesday	Wednesday	Thursday	Friday
Supervised Play	Gymnastics	Mini Tennis (€)	Mini Football	Supervised Play
Dance Fun (€)	STEM	Judo	Lego	Forest School - Week B (€)
	Puzzle	Art	Drama	
	Pre-ballet (€)	Portuguese	Pre-Ballet (€)	
	Hip Hop (€)	Hip Hop (€)	Dance Fun (€)	
		The Inventors (€)	Music	



# TASIS Portugal 2024 Winter Term ES After-School Activities (ASA) Schedule

### Grade 1 ASA Schedule

€ = PAID

No ASA on Mondays and Fridays

Tuesday	Wednesday	Thursday
Cascais Routes (€)	Judo	Surfing (€)
Tag Rugby	Golf (€)	Yoga and Mindfulness
Gymnastics	Portuguese Beginner	Cascais Routes (€)
Padel (€)	Tennis (€)	Climbing
Ballet (€)	Lego	Football
Contemporary Dance (€)	Basketball	Art
Garden Club	Coding	Ballet (€)
The Inventors (€)	Contemporary Dance (€)	
	Cascais Routes (€)	
	Library Club	

## Grade 2 ASA Schedule



No ASA on Mondays and Fridays



Tuesday	Wednesday	Thursday
Cascais Routes (€)	Coding	Football
Tag Rugby	Tennis (€)	Art
Surfing (€)	Portuguese Beginner	Mindfulness & Yoga
Padel (€)	Basketball	Speed Stack
Gymnastics	Golf (€)	Lego
Horse Riding (€)	Judo	Jazz Dance (€)
Ballet (€)	Climbing	Surfing (€)
Contemporary Dance (€)	Contemporary Dance (€)	Ballet (€)
Garden Club	Horse Riding (€)	Cascais Routes (€)
The Inventors (€)	Library Club	Horse Riding (€)

## Grade 3 ASA Schedule



No ASA on Fridays



Monday	Tuesday	Wednesday	Thursday
Cascais Routes (€)	Cascais Routes (€)	Football (Boys)	Speed Stack
	Coding	Clay Club	Rugby (contact)
	Basketball	Gymnastics	Tennis (€)
	Golf (€)	Padel (€)	Surfing (€)
	Chess	Yoga	Art
	Judo	Photography	Horse Riding (€)
	Climbing	Contemporary Dance (€)	Cascais Routes (€)
	Surfing (€)	Horse Riding (€)	Football (Girls)
	Horse Riding (€)	Cascais Routes (€)	Ballet (€)
	Ballet (€)	Library Club	Jazz (€)
	Contemporary Dance (€)		
	The Inventors (€)		

## Grade 4 ASA Schedule



No ASA on Fridays



Monday	Tuesday	Wednesday	Thursday
Kendo	Climbing	Cascais Routes (€)	Tennis (€)
Contemporary Dance (€)	Judo	Padel (€)	Rugby (contact)
Cascais Routes (€)	Volleyball	Football (Boys)	Speed Stack
	Chess	Clay Club	Surfing (€)
	Surfing (€)	Gymnastics	Art
	Tile Painting (€)	Photography	Football (Girls)
	Ballet (€)	Yoga	Tile Painting (€)
	Horse Riding (€)	Contemporary Dance (€)	Ballet (€)
	Coding	Library Club	Jazz Dance (€)
	Golf (€)	The Inventors (€)	Horse Riding (€)

# Grade 5 ASA Schedule



No ASA on Fridays



Monday	Tuesday	Wednesday	Thursday
Kendo	Chess	Library Club	Jazz Dance (€)
Football (Boys)	Tile Painting (€)	Taekwondo	Ballet Advanced (€) (5-6 pm)
Surfing (€)	Volleyball	Padel (€)	Judo
Contemporary Dance (€)	Golf (€)	Football Boy	Tile Painting (€)
Cascais Routes (€)	Speed Stack	Clay Club	Basketball Boy
Basketball (Girls)	Tennis (€)	Photography	Gymnastics
	Horse Riding (€)	Battle of the Books	Robotics and Coding
	Ballet Advanced (€) (5-6 pm)	Cross Country (4-5:30 pm)	Horse Riding (€)
		Contemporary Dance (€)	
		Horse Riding (€)	
		Football (Girls)	
		The Inventors (€)	



# TASIS Portugal 2024 Winter Term US After-School Activities (ASA) Schedule

### Grade 6 ASA Schedule

€ = PAID

Monday	Tuesday	Wednesday	Thursday
Football Boy	Volleyball	Football (Boys)	Chess
Basketball (Girls)	Speech and Debate	Football (Girls)	MUN
Surfing (€)	Speed Stack	Battle of the Books	Basketball (Boys)
Kendo	Golf (€)	Cross Country (4- 5:30 pm)	Robotics and Coding
Contemporary Dance (€)	Tile Painting (€)	Taekwondo	Tile Painting (€)
	Tennis (€)	Contemporary Dance (€)	Choir
	Ballet Advanced (€) (5:00-6:00 pm)	Padel (€)	Ballet Advanced (€) (5:00-6:00 pm)
	Horse Riding (€)	Horse Riding (€)	Judo
		The Inventors (€)	

### Grade 7 ASA Schedule





Monday	Tuesday	Wednesday	Thursday
Kendo	Football Boy	Book Bowl	Choir
Jazz Dance (€)	Football Girl	Taekwondo	MUN
Volleyball	Tennis (€)	Dance Sport	Volleyball
Robotics and Coding	Speed Stack	Cross Country (4:00-5:30 pm)	Football (Boys)
Surfing (€)	Hype Hour (girls)	Contemporary Dance (€) (5-6 pm)	Tile Painting (€)
Contemporary Dance (€) (5-6 pm)	Ballet Advanced (€) (5:00-6:00 pm)	Zumba	Golf (€)
	Speech and Debate	Badminton	Chess
		Basketball (Boys)	Judo
			Padel (€)
			Ballet Advanced (€) (5-6 pm)

### Grade 8 ASA Schedule





Monday	Tuesday	Wednesday	Thursday
Volleyball	Football (Boys)	Dance Sport	Choir
Kendo	Football (Girls)	Taekwondo	MUN
Jazz Dance (€)	Tennis (€)	Book Bowl	Volleyball
Robotics and Coding	Speed Stack	Badminton	Football (Boys)
Surfing (€)	Hype Hour (girls)	Zumba	Tile Painting (€)
Contemporary Dance (€) (5:00-6:00 pm)	Speech and Debate	Contemporary Dance (€) (5-6 pm)	Golf (€)
	Cross Country (4- 5:30 pm)	Basketball (Boys)	Chess
	Ballet Advanced (€) (5:00-6:00 pm)		Judo
	Investment Club		Padel (€)
			Ballet Advanced (€) (5:00-6:00 pm)

## Grade 9 ASA Schedule





Monday	Tuesday	Wednesday	Thursday
Volleyball	Investment Club	Dance Sport	Choir
Kendo	Cross Country (4- 5:30 pm)	MUN	Padel (€)
Basketball (Boys)	Speed Stack	Badminton	Golf (€)
Jazz Dance (€)	Tennis (€)	Taekwondo	Tile Painting (€)
Robotics and Coding	Tile Painting (€)	Zumba	Chess
Surfing (€)	Hype Hour (Girls)	Basketball Boy	Volleyball
Contemporary Dance (€) (5:00-6:00 pm)	Football (Boys)	Contemporary Dance (€) (5:00-6:00 pm)	Football (Boys)
	Football (Girls)		Ballet Advanced (€) (5:00-6:00 pm)
	Ballet Advanced (€) (5:00-6:00 pm)		
	Speech and Debate		

## Grade 10 ASA Schedule





Monday	Tuesday	Wednesday	Thursday
Volleyball	Speech and Debate	Dance Sport	Choir
Kendo	Cross Country (4- 5:30 pm)	MUN	Padel (€)
Basketball (Boy)	Speed Stack	Zumba	Golf (€)
Jazz Dance (€)	Tennis (€)	Taekwondo	Tile Painting (€)
Robotics and Coding	Tile Painting (€)	Badminton	Chess
Surfing (€)	Hype Hour (Girls)	Basketball (Boys)	Volleyball
Contemporary Dance (€) (5:00-6:00 pm)	Football (Boys)	Contemporary Dance (€) (5:00-6:00 pm)	Football (Boys)
	Football (Girls)		Ballet Advanced (€) (5:00-6:00 pm)
	Ballet Advanced (€) (5:00-6:00 pm)		
	Investment Club		