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École Française Internationale

FRENCH INTERNATIONAL SCHOOL

Extra-Curricular Activities

Term 2, 2019-2020

January 29th - March 31st

POLICIES AND AGREEMENT

ECA Term 2 is open to Junior kindergarten/Moyenne section students and above.

Registration

Registration will begin on Saturday, January 18th. Fees will be calculated on 8 guaranteed classes per session. Beginning and ending dates will vary each school year to allow for **8 classes per session**. All fees must be paid at registration time. **No spot will be reserved without payment.** Registrations will be accepted on a first come, first served basis until the class is full. Class sizes will be set by the administration and will not be changed. All applications will be dated. The time of application will be recorded. **There will be no discount or deduction if students register late for an activity or miss a class.**

Change of Activity

Due to organizational and staffing issues, changes will not be accepted after the activity schedule begins. Students may withdraw at any time with NO REFUND.

Make-up Classes

The activities will follow the CIS and EFI school year calendar. There will be no activities during the calendar days marked as holidays and school events. Make-up classes may be assigned if the scheduled lesson does not occur for some reason that is deemed to be the fault of the school or if the instructor is not available as scheduled. If a student does not come to class for any reason, no make-up class will be scheduled.

Cancellation

CIS may cancel classes due to low registration (**fewer than 3 participants unless stated otherwise**). Parents will be notified of cancelled classes. If another choice cannot be found that is acceptable, a credit can be made for the next semester. The list may only be updated at the end of a school day. If too many children are accepted into a class due to recording errors, the time and date of the application will be the deciding factor in the registration of a child. Parents will be notified to make other choices.

Refunds

By signing up for ECAs, the parent(s) acknowledge that extra-curricular activities are nonrefundable. If a child withdraws from a program within the first 2 weeks, a credit to the next semester may be made, providing the reason for withdrawal is acceptable to the school. Fees to be credited will be accepted by parents, as calculated by the office staff and established billing procedures. **No credit will be applied after 2 weeks.**

MONDAY ACTIVITIES

Elite Soccer**


| | | | |
|--------|---|--|---|
| Monday | SK-Gr.1 GS-CP  | Min: 6 students Limit: 12 Students **open to non-CIS and non-EFI students | Mr. Nicky Baldock  |
|--------|---|--|---|

Students will be introduced to the basics of soccer (football) with an emphasis on building skills with a qualified coach.

Needed: Comfortable clothing, running shoes, socks and a water bottle.

Junior Karate**


***Open to families!**

| | | | |
|--------|-----------------------------------|--|---|
| Monday | Gr.1-Gr.3 CP-CE2 | Min: 5 students Limit: 15 students **open to non-CIS and non-EFI students | Mr. Andy Kent  |
|--------|-----------------------------------|--|---|

This class starts with a standard formalized warm-up, and then we will study KATA, which is a set of sequenced movements to bring the body, mind and spirit together. The teaching method varies each day to keep it fun and exciting!

***Details:** Gi (Karate outfit) available for purchase through the instructor.

IT Academy: Web Development


| | | | |
|---------------|-----------------------|--|---|
| Monday | Gr.3+ CE2+ | Min: 5 students Limit: 15 students **open to non-CIS and non-EFI students | Mr. Jenny Soliven  |
|---------------|-----------------------|--|---|

Junior Computer Academy STEP is offering this special course about website development.

Discover how to create your own website, what makes a website attractive and how to make it available online. This course combines both design and coding skills using one of the most popular platforms for website development – WIX.


At the end of the course students will present their own personal projects, thus developing creative and project management skills.

Junior Badminton**

| | | | |
|---------------|---------------------------|--|--|
| Monday | SK-Gr.2 GS-CE1 | Min: 4 students Limit: 12 students **open to non-CIS and non-EFI students | 1coachandy Sports Academy Cambodia  |
|---------------|---------------------------|--|--|



Come enjoy junior badminton lessons with coach Green. Basic badminton training that is especially designed for young students is provided. This course will introduce the fundamental rules, skills and techniques of badminton while improving the students' focus and agility to play the game.

SNAG Golf**

| | | | |
|--------|-------------------|---|--|
| Monday | SK-Gr.2 GS-CE1 | Min: 4 students Limit: 10 students **open to non-CIS and non-EFI students | 1coachAndy Sports Academy Cambodia  |
|--------|-------------------|---|--|

SNAG is the perfect start for children to learn the sport of golf in a fun and easy way. Using an exciting, playful approach to golf, students will learn the basics of the sport, while also being challenged to improve their fine motor skills.



Sand Art**

| | | | |
|--------|--|---|--|
| Monday | Gr. 3+ CE 2+  | Min: 4 students Limit: 15 Students **open to non-CIS and non-EFI students | Mr. Can Erkan  |
|--------|--|---|--|

With different colours of sand and some extra items for decoration (think: rocks, shells, etc.) children are given free rein to create their own beautiful coloured layers of sand in bottles.

You don't need high-tech toys to engage children's physical, mental and emotional development. Sand art is a great way to boost a child's creativity and imagination, increases fine motor skills, enhances hand-eye coordination and allows them to explore and discover their artistic side while having fun.

Rainbow Clay Art**

| | | | |
|--------|--|---|---|
| Monday | JK-SK MS-GS  | Min: 4 students Limit : 12 students **open to non-CIS and non-EFI students | Ms. Khae  |
|--------|--|---|---|

Using specialized, non-toxic, air-dry clay, students will learn how to create various characters and household items using their hands and special tools. Use your imagination and take home your creations!



Origami Class**

| | | | |
|--------|---|--|-----------------------|
| Monday | Gr. 2+ CE 1+  | Min: 3 students Limit: 10 Students **open to non-CIS and non-EFI students | Ms. Susie Chen |
|--------|---|--|-----------------------|

Origami is the art of paper folding, which is often associated with Japanese culture. In modern usage, the word "origami" is used as an inclusive term for all folding practices, regardless of their culture of origin. The small number of basic origami folds can be combined in a variety of ways to make intricate designs.

Students will learn basic techniques of folding and will be given the opportunity to discover their artistic side while creating their own designs in origami.

K-Pop Dance**

| | | | |
|--------|---|--|--|
| Monday | Gr. 1-Gr.3 Cp-CE2  | Min: 5 students Limit: 15 Students **open to non-CIS and non-EFI students | Mr. Marloon Aranjuez  |
|--------|---|--|--|

“K-Pop” is a short term for Korean pop music which became popularly known for its infectious, catchy beats and tunes. It is influenced by different genres around the world such as hip hop, jazz, contemporary and the like. It can also be grounded in hip hop sounds and elements. This class will not only offer students the opportunity to learn k-pop dance moves but will also help them stay fit while having fun, as it is a good cardio exercise too!

TUESDAY ACTIVITIES

Khmer Beginner & Intermediate**


| | | | |
|---------|---|--|-------------------------------------|
| Tuesday | SK+  | Min: 3 students Limit: 20 students **open to non-CIS and non-EFI students | Ms. Sopheak and Ms. Sokheang |
|---------|---|--|-------------------------------------|

In this class, students will be divided into two groups according to their Khmer speaking, reading, and writing skills.

Beginners will be introduced to basic Khmer words, and will learn to recognize and read consonants, vowels and numbers. They will enjoy traditional games and stories too!

For the intermediate class, students will continue to expand on their Khmer language skills and will focus on vocabulary and basic phrases or sentences commonly used everyday such as Khmer greetings, asking directions, and the like.


Individual Piano Lessons**

| | | | |
|---------|---|--|----------------------------|
| Tuesday | JK+ MS+  | 30 minute one-on-one lessons **open to non-CIS and non-EFI students | Mr. Mathias Aspelin |
|---------|---|--|----------------------------|

This course is designed for each independent learner to increase their piano skills and knowledge to foster the growth of other musical skills.

Details: Piano is a one-on-one class with the instructor for 30 minutes per class. The price listed is calculated for one 30-minute session. Two spots are available.


IT Academy: Animation with Opentoonz

| | | | |
|----------------|-----------------------|--|--|
| Tuesday | Gr.3+ CE2+ | Min: 5 students Limit: 15 students **open to non-CIS and non-EFI students | Mr. Dmitrijs Borisenkovs  |
|----------------|-----------------------|--|--|

This course will teach students how to create their own cartoon animations. Students will develop stories, draw characters and finally animate movements and emotions using one of the most popular 2D animation software, Opentoonz. These skills are not only for fun, but will also help children to better understand technology and planning processes. It will give them the opportunity to try something that could potentially be a career in the future. The animation software Opentoonz is used by professional animation studios all around the world and is both fun and useful to learn.



Robotics: Beginner**

***Open to Families!**

| | | | |
|----------------|------------------------|--|--|
| Tuesday | JK-SK MS-GS | Min: 3 Students Limit: 12 Students **open to non-CIS and non-EFI students |  Advance Learning Academy |
|----------------|------------------------|--|--|

Hosted by Advance Learning Academy, students will learn how to make robots work. They will be using critical thinking skills, problem-solving skills, mathematics, science and language in completing each task. Using Lego products, students will learn how to design, construct, and program robots, using them to perform certain tasks.

Cooking Class**

| | | | |
|---------|--|--|--|
| Tuesday | SK-Gr.2 GS-CE1  | Min: 3 Students Limit: 15 students **open to non-CIS and non-EFI students | Dara Airport Hotel  |
|---------|--|--|--|

Students will learn how to prepare and enjoy a delicious dish each week. Hosted by Dara Hotel.

Expression Painting: Level 1**


***Open to Families!**

| | | | |
|---------|--|--|---|
| Tuesday | Gr.1+ CP+   | Min: 5 students Limit: 15 Students **open to non-CIS and non-EFI students | The Art Bar  |
|---------|--|--|---|

This activity gives freedom to students in expressing their emotions, ideas, concepts and personalities through expressive painting. It is an opportunity to let every student be an artist on their own terms, by not limiting them with techniques and strokes. With the guidance and assistance of the art teacher, they will learn to mix and match colours and start painting different patterns.

All materials will be provided and they will be bringing home their art pieces from each session.

Swimming: Active 1**


| | | | |
|---------|-------------------|--|---|
| Tuesday | SK-Gr.4 GS-CM1 | Min: 3 students Limit: 10 Students **open to non-CIS and non-EFI students |  |
|---------|-------------------|--|---|

This is the first stage of the Austswim program that aims to develop a fun and safe introduction to swimming while focussing on creating confident swimmers. The following skills will be taught and assessed:

1. Enter and exit the water safely and confidently.
2. Front float and recover to a secure position.
3. Back float and recover to a secure position.
4. Blow bubbles in water with face fully submerged and turn head to side, repeat action.
5. Front glide and kick for 3 metres unassisted (torpedo).
6. Back kick using kickboard for 5 metres.
7. Swim for a distance of 3 metres using an underwater arm action while kicking.
8. Float with a flotation aid for 30 seconds.
9. Submerge in waist depth water, open eyes and blow bubbles.
10. Demonstrate lock hands, lock head and steer up position in water.
11. Be pulled to safety by grasping a rescue aid.
12. Answer questions about dangers in the aquatic environment.

Needed: Swimsuit, towel, water bottle, goggles and swim cap.

Rock Climbing**

| | | | |
|---------|-----------------|--|--|
| Tuesday | Gr. 3+ CE 2+ | Min: 5 Limit:12 Students **Open to non-CIS and EFI students | Phnom Climb & Ms. Mercedes  |
|---------|-----------------|--|--|

This class, lead by Phnom Climb instructors, will introduce students to the fun world of climbing through games and activities. Children will learn basic climbing and safety skills while building confidence, strength and balance. With a climbing guide, students will learn the basics of safety, how to follow routes, identify holds, make figure-8 knots and proper harness usage. Kid-friendly and fun, experienced climbers will lead the classes off-campus.

Needed: PE uniform, socks and a water bottle.



Please Note: The school will drive students to the Phnom Climb near Russian Market. **Parents will be required to pick their child(ren) up when the class is finished.** Address: St.460 Number 345, Phnom Penh 12000

Mandarin class for Parents**

| | | | |
|---------|--|--|----------------|
| Tuesday | Open to all CIS and Non-CIS parents | Min: 2 students Limit: 6 students **Open to non-CIS and EFI parents | Ms. Alice Bian |
|---------|--|--|----------------|


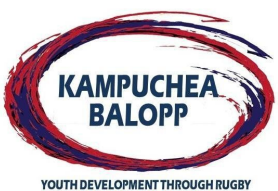
This class aims to help interested parents establish a solid foundation of vocabulary, grammar, and knowledge in Mandarin. The goal is to develop communication skills and enhance one's interest in learning the language. Beginners and advanced learners are welcome to join this class!

Tee-ball**

| | | | |
|----------------|--|--|---|
| Tuesday | Gr.1- Gr.3 CP-CE2  | Min: 4 students Limit: 12 students **Open to non-CIS and EFI students | 1coachAndy Sports Academy  |
|----------------|--|--|---|

Tee-ball is a team sport based on, and simplifying, baseball and softball. It is intended as an introduction for young children to develop ball-game skills and have fun. It is a great sport for youngsters to learn about teamwork and cooperation, and to be introduced to a sport they may play for many years ahead. In addition to the physical benefits of getting our children off the screens, tee-ball helps build self-confidence and self-esteem.

Junior Rugby**

| | | | |
|----------------|--|--|--|
| Tuesday | Gr.2- Gr.3 CP-CE2  | Min: 4 students Limit: 12 students **Open to non-CIS and EFI students | Kampuchea Balopp  |
|----------------|--|--|--|

Kampuchea Balopp promotes the importance of physical activities and team sports like rugby to the younger generation. Students will have fun learning and


expanding their knowledge of basic rugby rules, techniques and skills throughout the course.

Needed: PE uniform, sport shoes and a water bottle.

WEDNESDAY ACTIVITIES

Junior Karate**



***Open to families!**

| | | | |
|-----------|----------------|---|--|
| Wednesday | JK-SK MS-GS | Min: 5 students Limit: 15 students **open to non-CIS and non-EFI students | Mr. Andy Kent  |
|-----------|----------------|---|--|

This class starts with a standard formalized warm-up, and will lead into the study of KATA, which is a set of sequenced movements to bring the body, mind and spirit together. The teaching method varies each day to keep it fun and exciting!



***Details:** Gi (Karate outfit) available for purchase through the instructor.

Rainbow Clay Art**

| | | | |
|-----------|---|---|---|
| Wednesday | Gr.1-Gr.3 CP-CE2  | Min: 4 students Limit : 12 students **open to non-CIS and non-EFI students | Ms. Khae  |
|-----------|---|---|---|

Using specialized, non-toxic, air-dry clay, students will learn how to create various characters and household items using their hands and special tools. Use your imagination and take home your creations!

Swimming Active 2/3**

| | | | |
|-----------|---|--|--|
| Wednesday | Gr.1-Gr.2 CP-CE1  | Min: 3 students Limit: 15 Students **open to non-CIS and non-EFI students | Ms. Tracey & Tanami  |
|-----------|---|--|--|

This is the second/third stage of the Austswim program the continues to work on skills learned in Active 1, while introducing freestyle and backstroke techniques. The following skills will be taught and assessed:

1. Perform a step-in entry
2. Skull head first on the back in a streamlined body position
3. Swim 25 metres freestyle using correct technique
4. Swim 25 metres freestyle using correct technique
5. Swim 15 metres survival backstroke using correct technique
6. Demonstrate 10 metres breaststroke kick (symmetrical action)
7. Demonstrate the following continuous sequence:
 - a. survival sculling or treading water for 1 minute
 - b. swim for 1 minute, holding a flotation aid
8. Surface dive, swim underwater and recover an object from water of chest depth
9. Demonstrate a kneeling dive
10. Using a rigid aid to pull a partner to safety
11. Answer questions about dangers in the aquatic environment
12. Demonstrate introductory dolphin kick for a distance of 5 metres

Water Games**

| | | | |
|------------------|------------------------------|--|--------------------------|
| Wednesday | JK-SK MS-GS | Min: 3 students Limit: 12 Students **open to non-CIS and non-EFI students | Ms. Serena Brooks |
|------------------|------------------------------|--|--------------------------|



In this beginner class, students will engage in gross-motor activities at the Bassac Garden Campus pool and increase their confidence in water through water games and basic swimming techniques.

Needed: Swimsuit, towel, water bottle (goggles and swim cap optional).

Individual Piano Lessons**



| | | | |
|-----------|------------|---|---------------------|
| Wednesday | JK+ MS+ | One-on-one lessons Two spots available **open to non-CIS and non-EFI students | Mr. Mathias Aspelin |
|-----------|------------|---|---------------------|

In this course students will learn/improve their basic piano skills and knowledge. Learning piano will also foster the growth of other musical skills.

Details: Piano is a one-on-one class with the instructor for 30 minutes per class. The price listed is calculated for one, 30-minute session. Two spots are available.

Robotics: Intermediate**

***Open to Families!**



| | | | |
|-----------|---|---|---|
| Wednesday | Gr.1-Gr.2 CP- CE1  | Min: 3 Students Limit: 16 Students **open to non-CIS and non-EFI students |  |
|-----------|---|---|---|

Hosted by Advance Learning Academy, students will learn how to make robots work. They will be using critical thinking skills, problem-solving skills,

mathematics, science and language in completing each task. Using Lego products, students will learn how to design, construct, and program robots, using them to perform certain tasks.


Aviation**

***Open to Families!**

| | | | |
|------------------|--|--|---|
| Wednesday | Gr.3+ CE2+  | Min: 8 Students Limit: 12 Students **open to non-CIS and non-EFI students |  |
|------------------|--|--|---|

Learn how to fly quad drones with Advanced Learning Academy's newest activity. Aviation class offers an opportunity for students to not only understand the concept and science of flying, but also teaches about the history of flight. During the sessions, Mr. Daniel will show the functions of each part of the drone and will demonstrate how to assemble and control it during flight.

Drums**

| | | | |
|------------------|------------------------|---|---|
| Wednesday | JK-SK MS-GS | Min: 2 Students Limit: 4 Students **open to non-CIS and non-EFI students | Mr. James Adams  |
|------------------|------------------------|---|---|

Do you want to learn how to play drums or have you been playing for a while and got stuck? It doesn't matter if you are a complete beginner, or a long-time pro looking for new beats and fills. Teacher James will show you how to play the drums with more confidence. This class is meant to enlighten and challenge drummers of all skills.

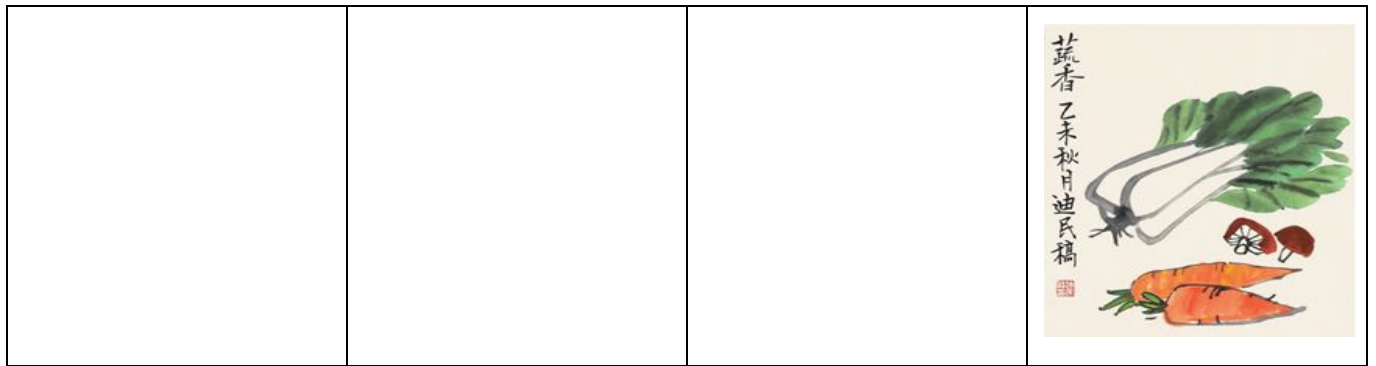
Elite Soccer**

| | | | |
|-----------|------------------------------------|--|---|
| Wednesday | Gr.2-Gr.3 CE1-CE2 | Min: 6 students Limit: 12 Students **open to non-CIS and non-EFI students | Mr. Nicky Baldock  |
|-----------|------------------------------------|--|---|

Students will continue to work on their soccer (football) skills and techniques, refining footwork and teamwork with a qualified coach from Elite Soccer.

Chinese Brush Painting**


| | | | |
|-----------|-----------------------------|--|--|
| Wednesday | Gr.2+ CE1+ | Min: 3 students Limit: 10 students **open to non-CIS and non-EFI students | Ms. Nian Zhang and Ms. Wenting Gong |
|-----------|-----------------------------|--|--|



Chinese Brush Painting is one of the oldest continuous artistic traditions in the world. Painting in the traditional style is known today in Chinese as *guó huà* as opposed to Western styles of art. Traditional painting essentially involves the same techniques as calligraphy, and is done with a brush dipped in black ink or coloured pigments; oils are not used. As with calligraphy, the most popular materials on which paintings are made are paper and silk. The finished work can be mounted on scrolls, such as hanging scrolls.

THURSDAY ACTIVITIES



Junior Soccer**

| | | | |
|----------|----------------|---|---|
| Thursday | JK-SK MS-GS | Min: 5 students Limit: 12 Students **open to non-CIS and non-EFI students | 1coachAndy Sports Academy  |
|----------|----------------|---|---|

Take advantage of your child's natural tendency to be active. Regular physical activity promotes healthy growth and development, and learning new skills build confidence.


In this class, children will have fun learning the fundamental soccer skills which are appropriate for their age; such as passing, receiving a pass and working with their team.

Robotics: Advanced**

| | | | |
|----------|---|---|--|
| Thursday | Gr.3-Gr.4 CE2-CM1  | Min: 3 Students Limit: 16 Students **open to non-CIS and non-EFI students | Robothink  |
|----------|---|---|--|


Hosted by Robothink, this course will give students the chance to use their knowledge of robotics to discover new areas in the field! With the use of RoboThink robotics kit, students will build and create a variety of Robots and will expand their technical thinking, innovation, creativity and in-depth knowledge of robotics.

Mini Olympics and Athletics

| | | | |
|----------|--|--|-------------------|
| Thursday | Gr.1-Gr.3 CP-CE2  | Min: 5 students Limit: 12 Students **open to non-CIS and non-EFI students | Coach Greg |
|----------|--|--|-------------------|



All activities in this class are PE-fun-based games such as warm-up activities, tag games, thinking games, group challenges, and many more. They enable students of all ages and abilities to achieve a range of core competencies evident in a fun and quality physical education program. Through games, students can develop a range of movement skills, concepts and strategies to acquire movement competence and increased physical literacy. Mini Olympics also develops their personal, interpersonal skills and uses critical thinking and problem solving skills.

Drums**

| | | | |
|----------|----------------------|---|---|
| Thursday | Gr.1+ CP+ | Min: 2 Students Limit: 4 Students **open to non-CIS and non-EFI students | Mr. James Adams  |
|----------|----------------------|---|---|

Do you want to learn how to play drums or have you been playing for a while and got stuck? It doesn't matter if you are a complete beginner, or a long-time pro looking for new beats and fills. Teacher James will show you how to play the drums with more confidence. This class is meant to enlighten and challenge drummers of all skills.



Hip-Hop Dance**

| | | | |
|----------|--|--|---|
| Thursday | Gr.3+ CE2+  | Min: 5 students Limit: 12 students **Open to non-CIS and EFI students | Mr. Marloon  |
|----------|--|--|---|

Hip-Hop is a great way to exercise; building strength, stamina, coordination and self-esteem while having fun!

Get in the groove and learn some great moves! Styles, musicality, techniques and basic elements essential to Hip-Hop (such as: breaking, popping & locking) will all be taught in this activity. Improvisation and personal interpretation are encouraged in this class and no prior dance experience is required.

Sand Art**


| | | | |
|----------|---|--|---|
| Thursday | Gr. 1-Gr.2 CP-CE1  | Min: 4 students Limit: 15 Students **open to non-CIS and non-EFI students | Mr. Can Erkan  |
|----------|---|--|---|

With different colours of sand and some extra items for decoration (think: rocks, shells, etc.) children are given free rein to create their own beautiful coloured layers of sand in bottles.

You don't need high-tech toys to engage children's physical, mental and emotional development. Sand art is a great way to boost a child's creativity and imagination, increases fine motor skills, enhances hand-eye coordination and allows them to explore and discover their artistic side while having fun.



FRIDAY ACTIVITIES

Group Piano Lessons**

| | | | |
|---------------|----------------------|---|---|
| Friday | Gr.1+ CP+ | Min: 2 students Max: 4 students **open to non-CIS and non-EFI students | Mathias Aspelin  |
|---------------|----------------------|---|---|

This course is designed to create a fun social environment for learning piano. Just like sports, group piano lessons can offer children a very good social learning environment while increasing their piano skills and knowledge to foster the growth of other musical skills. This class welcomes all levels and encourages beginners to have fun while learning with the group.

Ballet**


| | | | |
|---------------|--|--|---|
| Friday | SK-Gr.2 GS-CE1  | Min: 5 students Limit: 12 Students **open to non-CIS and non-EFI students |  |
|---------------|--|--|---|

This class will introduce students to basic ballet vocabulary and techniques in a structured, yet fun setting. It is suitable for beginners and will cover the fundamentals of classical ballet techniques.

Coordination, musicality, rhythm and concentration will be emphasized. The importance of strength, flexibility, rhythm, musicality and memorization will also be explored. Students are encouraged to explore space and enjoy dancing.

Needed: Comfortable clothing, running shoes, socks and a water bottle.


Chess**

| | | | |
|--------|----------------------|---|---|
| Friday | Gr.2-Gr.5 CE1-CM2 | Min: 5 Limit: 14 **open to non-CIS and non-EFI students | 1coach Andy sport academy  |
|--------|----------------------|---|---|

There are lots of reasons to play chess and it has been proven to be good for children, as it helps stimulate the brain.

Chess helps develop memory, logical thinking and improves concentration. It also encourages imagination and creativity. More importantly, chess develops the capability to predict and foresee consequences of actions.

Junior Tennis**


| | | | |
|--------|---------------------|---|--|
| Friday | Gr.1-Gr.3 CP-CE2 | Min: 3 students Limit: 15 students **open to non-CIS and non-EFI students | Tennis Cambodia  TENNIS CAMBODIA |
|--------|---------------------|---|--|

Come and play tennis with Tennis Cambodia! This course is designed for beginners looking to learn the basics of the game. We will develop hand-eye coordination, balance, agility and basic racket handling skills.

The coaches in the federation are trained in making it both educational and fun for the children. All the equipment, including rackets and balls will be provided by Tennis Cambodia, we just need the children to show up ready to play!

Needed: PE uniform, sport shoes and a water bottle.

Board Games**



| | | | |
|--------|------------------|---|---|
| Friday | JK-Gr.1 MS-CP | Min: 4 students Limit: 18 students **open to non-CIS and non-EFI students | Ms. Jacalyn Hannah  |
|--------|------------------|---|---|

Scrabble, Chinese Checkers, Dominos, Monopoly, Cambopoly, Trivial Pursuit, Pictionary and more!

Playing board games is all about having fun, but it's also good for memory formation, cognitive skills, reducing stress, and helps with brain development. In this class, children will be encouraged to play different types of board games while increasing their verbal skills, attention, concentration and communication skills, all while having fun playing games!

Yoga for kids**


***Open to Families!**

| | | | |
|--------|--|---|---|
| Friday | JK-Gr.2 MS-CE1  | Min: 3 students Limit: 10 students **open to non-CIS and non-EFI students | Ms. Nguyen  |
|--------|--|---|---|

Ms. Nguyen is a certified yoga teacher who trained at *Sivanada Ashram, Amedabad City* and *Iyengar Yoga* in India. Students will be taught yoga through a fun approach of themes, games, asana and activities. Some of the themes will include jungles, oceans, animals, shapes, sounds, mandala and play dough. Activities will help students create mindfulness, confidence, empathy, and self-awareness.

Needed: Comfortable clothing and a water bottle.

Kun Khmer (Cambodian Martial Arts)**

| | | | |
|--------|---------------|---|---|
| Friday | Gr.3+ CE2+ | Min: 3 students Limit: 10 students **open to non-CIS and non-EFI students | Mr. Theodore  |
|--------|---------------|---|---|


Kun Khmer or Pradal serey is an unarmed martial art and combat sport originating in Cambodia. *Pradal serey* may be translated as "free fighting".

This martial art is most well known for its kicking technique, which generates power from hip rotation rather than snapping the leg. It consists of four types of strikes: punches, kicks, elbows and knee strikes.

In this class, students will be able to learn the basic techniques of the sport, excluding harmful body contact. The lessons mainly focus on building physical and mental strength and emphasize the connection between mind and body. More importantly, Kun Khmer promotes self-discipline and respect for others.


Drums**

***Open to Families!**

| | | | |
|--------|--------------|--|--|
| Friday | Gr.1+ CP+ | Min: 2 Students Limit: 4 Students **open to non-CIS and non-EFI students | Mr. James Adams  |
|--------|--------------|--|--|

Do you want to learn how to play drums or have you been playing for a while and got stuck? It doesn't matter if you are a complete beginner, or a long-time pro looking for new beats and fills. Teacher James will show you how to play the drums with more confidence! This class is meant to enlighten and challenge drummers of all skills.



Roller Jam**

| | | | |
|--------|---------------|--|--|
| Friday | Gr.2+ CE1+ | Min: 5 students Limit: 15 students **Open to non-CIS and EFI students | Mr. Marloon  |
|--------|---------------|--|--|

The Roller Jam will have music and disco lights. It's a chance for students of all ages to come together and just skate and have fun! There won't be a lesson, but there will be coaches on the rink to supervise and encourage kids to be expressive, socialize, and have fun! Because after all, we skate because it's fun!

Expression Painting: Level 2**



***Open to Families!**

| | | | |
|---------|---|---|--|
| Tuesday | Gr.1+ CP+  | Min: 5 students Limit: 15 Students **open to non-CIS and non-EFI students | The Art Bar  |
|---------|---|---|--|

This level welcomes students who registered from expression painting level 1 of last term's ECA and also students who have a basic knowledge and background in painting. This activity intends to expand their skills in painting and gives opportunity for students to discover new techniques and strokes.

All materials will be provided and they will be bringing home their art pieces from each session.

Robotics: Coding**

| | | | |
|--------|---|--|---|
| Friday | Gr.3-Gr.4 CE2-CM1  | Min: 3 Students Limit: 16 Students **open to non-CIS and non-EFI students | Robothink  |
|--------|---|--|---|

RoboThink Coding Course is based on a modern curriculum which uses coding to manipulate robots and control them by using Python coding.

Benefits of this program includes:

- Digital Literacy and Technical Skills
- Python Introduction (Using Block-Coding)
- Advanced Robotics Knowledge
- Mainboard Usage and Knowledge
- Electronic Skills

CIS Roller Dome ECA schedule and Pricing

Inline Hockey by *CIS Roller Dome*

- 6 - 8 years old
 - Wednesdays, 3:20pm - 4:45pm
 - Saturdays, 11:00am - 12:00pm
- 9 - 12 years old:
 - Wednesdays, 5:00pm - 6:00pm
 - Saturdays, 12:00pm - 1:00pm
 - Sundays, 1:00pm - 2:00pm
- **Cost: \$80**



Quad Skating by *CIS Roller Dome*

- 5 - 7 years old
 - Thursdays, 3:20pm - 4:45pm
 - Saturdays, 1:00pm - 2:00pm
 - Sundays, 10:00am - 11:00am
- 8 - 12 years old
 - Thursdays, 5:00pm - 6:00pm
 - Saturdays, 2:00pm - 3:00pm
 - Sundays, 11:00am - 12:00pm
- **Cost: \$64**



Inline Skating by *CIS Roller Dome*

- 6 - 8 years old:
 - Tuesdays, 3:20pm - 4:45pm
 - Saturdays, 4:00pm - 5:00pm
- 9 - 12 years old:
 - Tuesdays, 5:00pm - 6:00pm
 - Saturdays, 5:00pm - 6:00pm
 - Sundays, 2:00pm - 3:00pm
- **Cost: \$64**



Jiu Jitsu by *H/Art Academy*

- 5 - 7 years old: Mondays, 3:20pm - 4:45pm
- 8 - 12 years old:
 - Thursdays, 3:20pm - 4:45pm
 - Saturdays, 2:00pm - 3:00pm
- **Cost: \$96**



Fencing by *Bruno Gabby (Head Coach of Cambodian Fencing Federation)*

- 8 - 12 years old:
 - Mondays, 3:20 - 4:45pm
 - Saturdays, 9:00am - 10:00am
- **Cost: \$96**



Ballet by *Dance Academy Cambodia*

- 3 - 5 years old: Sundays, 10:00am - 10:45am
- 5 - 7 years old: Saturdays, 2:00pm - 3:00pm
- 8 - 12 years old:
 - Fridays, 3:20pm - 4:45pm
 - Saturdays, 3:00pm - 4:00pm
- **Cost: \$96**



Contemporary Dance by *Dance Academy Cambodia*

- 8 - 12 years old: Wednesdays, 3:20pm - 4:45pm
- **Cost: \$96**



Acting by *Brighton Stage*

- 5 - 8 years old: Saturdays, 3:00pm - 3:45pm
- **Cost: \$96**



Acting by *Brighton Stage*

- 9 - 14 years old: Fridays, 3:20pm - 4:45pm
- **Cost: \$96**



Singing by *Brighton Stage*

- 5 - 9 years old: Saturdays, 4:00pm - 4:45pm
- **Cost: \$96**



PLEASE NOTE:

*All of these classes take place at the CIS Roller Dome. You can sign up for these classes during the CIS ECA Registration Days (please see Shiandy Puyao for more details), or you can register for these classes at the CIS Roller Dome anytime. Classes will begin January 29.

*For students that have already paid for an inline hockey or quad skating package, you will continue in this program for the duration of the 8-week ECA period **at no additional cost** (i.e. you do NOT need to pay for this ECA term)

***For programs that run Monday - Friday, from 3:20pm - 4:45pm, CIS will provide transportation to the Roller Dome. But, parents must pick their child up from the Roller Dome.**

*For programs that run Monday - Friday, from 5:00pm - 6:00pm, CIS will **NOT** provide any transportation. Please drop off, and pick up your child at the Roller Dome.

*For Saturday and Sunday programs, CIS will NOT provide any transportation. Please drop off, and pick up your child at the Roller Dome.

ECA Programs For Parents

Adult Quad Skating by *CIS Roller Dome*

- Thursdays, 6:00pm - 7:00pm
- Saturdays, 3:00pm - 4:00pm
- Sundays, 12:00pm - 1:00pm
- **Cost: \$64**



Adult Inline Skating by *CIS Roller Dome*

- Tuesdays, 6:00pm - 7:00pm
- Saturdays, 6:00pm - 7:00pm
- Sundays, 3:00pm - 4:00pm
- **Cost: \$64**



Zumba for Adults

- Tuesdays, 3:45pm - 4:45pm
- Saturdays, 11:00am - 12:00pm
- **Cost: \$96**



Yoga for Adults

- Adults: Thursdays, 10am - 11am
- **Cost: \$96**



ACTIVITY SCHEDULE & PRICING / 8 WEEKS

| | <u>Activities</u> | <u>Grade(s)</u> | <u>Price</u> |
|----------------|-----------------------------------|---------------------------|--------------|
| Monday | Elite Soccer | SK-Gr.1 | \$80 |
| | Karate | G1-G3 | \$80 |
| | Origami | G.2+ | \$80 |
| | IT Academy: Web Development | G3+ | \$100 |
| | K-Pop Dance | G.1-G3 | \$80 |
| | Junior Badminton | SK-G2 | \$80 |
| | Snag Golf | SK-G.2 | \$105 |
| | Rainbow Clay Art | JK-SK | \$120 |
| | Sand Art | G.3+ | \$140 |
| | Jiu Jitsu (Roller Dome) | 5-7 y/o | \$96 |
| | Fencing (Roller Dome) | 8-12 y/o | \$96 |
| Tuesday | Mandarin class for Parents | All CIS & non-CIS parents | \$80 |
| | Tee-ball | G.1-G.3 | \$80 |
| | Junior Rugby | G.2-G.3 | \$80 |
| | Piano - Individual Lessons | JK+ | \$150 |
| | Piano - Individual Lessons | JK+ | \$150 |
| | IT Academy: Animation | G.3+ | \$100 |
| | Robotics: Beginner | JK-SK | \$150 |

| | | | |
|------------------|-----------------------------------|----------|-------|
| | Cooking Class | SK-G.2 | \$120 |
| | Expression Painting:level 1 | G.1+ | \$100 |
| | Rock Climbing | G.3+ | \$100 |
| | Hip Hop | G.3+ | \$80 |
| | Swimming Active 1 | SK-G.4 | \$80 |
| | Khmer beg.& Int | SK+ | \$80 |
| | Inline Skating (Roller Dome) | 6-8 y/0 | \$64 |
| | Zumba (Roller Dome) | Adult | \$64 |
| Wednesday | Karate | JK-SK | \$80 |
| | Rainbow Clay Art | G.1-G.3 | \$120 |
| | Swimming Active2/3 | SK-G.4 | \$80 |
| | Chinese Brush Painting | G.2+ | \$80 |
| | Piano - Individual Lessons | JK+ | \$160 |
| | Piano - Individual Lessons | JK+ | \$160 |
| | Robotics: Intermediate | G.1-G.2 | \$150 |
| | Elite Soccer | G.2-G.3 | \$80 |
| | Drums | JK-SK | \$120 |
| | Aviation | G.3+ | \$160 |
| | Water Games | JK-SK | \$80 |
| | Inline Hockey (Roller Dome) | 6-8 y/o | \$80 |
| | Contemporary Dance (Roller Dome) | 8-12 y/o | \$96 |

| | | | |
|-----------------|------------------------------|----------|-------|
| Thursday | Junior Soccer | JK-SK | \$80 |
| | Mini-Olympics | G.1-G.3 | \$80 |
| | Robotics: Advanced | G.3-G.4 | \$150 |
| | Sand Art | G.1-G.2 | \$140 |
| | Drums | G.1+ | \$120 |
| | Quad Skating (Roller Dome) | 5-7 y/o | \$64 |
| | Jiu Jitsu (Roller Dome) | 8-12 y/o | \$96 |
| Friday | Group Piano Lessons | G.1+ | \$120 |
| | Ballet | SK-G.2 | \$90 |
| | Chess | G.2-G5 | \$80 |
| | Junior Tennis | G.1-G.3 | \$80 |
| | Board Games | JK-G.1 | \$80 |
| | Drums | G.1+ | \$120 |
| | Kun Khmer | G.3+ | \$80 |
| | Expression Painting: Level 2 | G.1+ | \$100 |
| | Yoga for kids | JK-Gr.2 | \$80 |
| | Roller Jam (Roller Dome) | G.2+ | \$64 |
| | Robotics:Coding | G.3+ | \$150 |
| | Ballet (Roller Dome) | 8-12 y/o | \$96 |
| | Acting Class (Roller Dome) | 9-14 y/o | \$96 |

SCHOOL HOLIDAYS

PLEASE NOTE: ECA 1 starts **January 29th** and ends **March 31st** . There will be no ECAs on these holidays:

- **March 9 - International Women's Day Recognition (No school for students)**
- **March 25 - Student-Led conferences (No school for students)**
- **March 26-27 - PD Day (No school for students)**

ECAs will be made-up to adjust for any other missed days.