



ECAs

Extra-Curricular Activities



Term 2, 2021-2022
January 24th - March 25th

POLICIES AND AGREEMENT

ECA DATES

Registration: January 14th - January 19th

ECAs begin: Monday, January 24th

Please see the schedule for the list of dates for each day as these may differ due to school holidays.

POLICIES AND AGREEMENT

ECAs will be open to CIS and EFI students from age 4 and up.

REGISTRATION

Registration opens on Friday, January 14th. Fees will be calculated on 8 guaranteed classes per session. Beginning and ending dates will vary to allow for 8 classes per session. All fees must be paid at the time of registration, and 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 and 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.

Please note that once a class becomes full it will no longer appear on the Google form. If the class is full and you wish to be added to the waiting list, please email sarah.longstaffe@cisp.edu.kh.

CHANGE OF ACTIVITY

Due to organizational and staffing issues, there will be no changes accepted after the activity schedule begins. Students may withdraw at any time with no refund.

MAKE-UP CLASSES

The activities will follow the CIS 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 error, 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 office staff and established billing procedures. No credit will be applied after 2 weeks.






STUDENTS ON SPORTS TEAM










Students who are on the sports team must stay committed to practices and games. If they are registered for an ECA on the same day that conflicts with sports games and practices, they will not be reimbursed.






ECA Schedule

	Activity	Grades	Provider	Cost	Dates
Monday 3.30-4.30pm	Karate	JK-2	Shimbukai Karate Academy	\$80	24 Jan 7,14,21,28 Feb 14,21,28 March
	Hip Hop Dance	G5-11	Katy Dance Studio	\$80	
	Taekwondo	G3-5	1CoachAndy Sports Academy	\$80	
	Skating	G2-5	CIS Roller Dome	\$140	
Tuesday 3.30-4.30pm	Rugby	G2-5	Kampuchea Rugby	\$80	25 Jan 8,15,22 Feb 1, 15, 22, 29 March
	Latin Dance	G2-5	Katy Dance Studio	\$80	
	Snag Golf	G1-5	1CoachAndy Sports Academy	\$105	
	Kwik Cricket	G2-5	1CoachAndy Sports Academy	\$80	
	Yoga	G2-5	Yoga cambodia	\$80	
	Taekwondo	JK-2	1CoachAndy Sports Academy	\$80	
	Painting	G5-11	The Art Bar	\$150	
	Graffiti	G9-11	The Art Bar	\$105	
Wednesday 3.30-4.30pm	Sand Art	G1-5	Sand Art	\$160	26 Jan 2,9,16,23 Feb 2,9,16 March
	Soccer	JK-2	1CoachAndy Sports Academy	\$80	
	Soccer	G3-5	1CoachAndy Sports Academy	\$80	
	Taekwondo	G6-11	1CoachAndy Sports Academy	\$80	
	Robothinks	G1-4	Robothinks	\$150	
	Robothinks	G5-11	Robothinks	\$150	
Thursday 3.30-4.30pm	Chess for Beginners	G1-5	1CoachAndy Sports Academy	\$80	27 Jan 3,10,17,24 Feb 3,10,17 March
	Elite Soccer	JK-2	Elite Soccer Coaching Cambodia	\$80	
	Elite Soccer	G3-5	Elite Soccer Coaching Cambodia	\$80	
	Karate	G3-5	Shimbukai Karate Academy	\$80	
	Yoga	JK-1	Yoga Cambodia	\$80	
	Badminton	JK-2	1CoachAndy Sports Academy	\$80	
	Painting	G5-11	The Art Bar	\$150	
	Graffiti	G9-11	The Art Bar	\$105	
	Lego	G2-5	CIS Roller Dome	\$56	
Friday 3.30-4.30pm	Rugby	G2-5	Kampuchea Rugby	\$80	28 Jan 4, 11, 18, 25 Feb 11, 18, 25 March
	Kwik Cricket	G2-5	1CoachAndy Sports Academy	\$80	
	Badminton	G3-5	1CoachAndy Sports Academy	\$80	
	Zumba	G1-5	1CoachAndy Sports Academy	\$80	
	Ballet	G2-5	Katy Dance	\$80	

Activity Descriptions

<p>Soccer</p>	<p>Elite Soccer</p> 	<p>Students will be introduced to the basics of soccer (football) with an emphasis on building skills with a qualified coach.</p> <p>Needed: Comfortable clothing, running shoes, socks and a water bottle.</p>
<p>Karate</p>	<p>Shimbukai Karate Academy</p> 	<p>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!</p> <p>*Details: Gi (Karate outfit) available for purchase from Decathlon.</p>
<p>Soccer</p>	<p>1CA Sports Academy</p> 	<p>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.</p> <p>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.</p> <p>Needed: Comfortable clothing, running shoes, socks and a water bottle.</p>
<p>Chess for beginners</p> 	<p>1CA Sports Academy</p> 	<p>There are lots of reasons to play chess and it has been proven to be good for children, as it helps stimulate the brain.</p> <p>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.</p>

<p>Kwik Cricket</p> 	<p>1CA Sports Academy</p> 	<p>Kwik Cricket is played with a plastic bat and ball rather than traditional cricket equipment, and is intended to introduce children to cricket and teach them basic skills, rules and strategies of Kwik Cricket while encouraging them to work together with teammates.</p> <p>Needed: Comfortable clothing, running shoes and a water bottle.</p>
<p>Taekwondo</p> 	<p>1CA Sports Academy</p> 	<p>Taekwondo (also known as Tae Kwon Do) is the art of self defense that originated in Korea. Students can come and learn the art and have some fun learning new skills and techniques.</p>
<p>Badminton</p>	<p>1CA Sports Academy</p> 	<p>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.</p> <p>Needed: Comfortable clothing, running shoes and a water bottle.</p>
<p>Snag Golf</p> 	<p>1CA Sports Academy</p> 	<p>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.</p> <p>Needed: Comfortable clothing, running shoes and a water bottle.</p>
<p>Zumba</p> 	<p>1CA Sports Academy</p> 	<p>Zumba Kids features the famous Zumba Fitness music, rhythms, and beats along with kid-friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips which makes the perfect recipe for fitness fun.</p> <p>Needed: Comfortable clothing and a water bottle.</p>

Painting	The Art Bar 	<p>The "workshop" is a step by step guidance by international artists. The classes are designed for entry level to advance. The students are expected to finish a piece in every ECA class.</p> <p>All materials will be provided for this class</p>
Graffiti	The Art Bar 	<p>The "workshop" is a step by step guidance by international artists. The classes are designed for entry level to advance. The students are expected to finish a piece in every ECA class.</p> <p>All materials will be provided for this class</p>
Hip Hop Dance	Katy Dance 	<p>Hip-Hop is a great way to exercise; building strength, stamina, coordination and self-esteem while having fun!</p> <p>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.</p> <p>Needed: Comfortable clothing and a water bottle.</p>
Ballet	Katy Dance 	<p>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.</p> <p>Needed: Comfortable clothing and a water bottle.</p>
Latin Dance	Katy Dance 	<p>This class will introduce students to basic latin dance vocabulary and techniques in a structured, yet fun setting. It is suitable for beginners and will cover the fundamentals of latin dance techniques.</p> <p>Needed: Comfortable clothing and a water bottle.</p>

<p>Skating</p>	<p>CIS Roller Dome</p> 	<p>Learn to skate at the roller dome.</p> <p>Needed: Water bottle and long socks</p>
<p>Robothink</p>	<p>Robothink</p> 	<p>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.</p>
<p>Rugby</p> 	<p>Kampuche Balopp</p> 	<p>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.</p> <p>Needed: PE uniform, sport shoes and a water bottle.</p>
<p>Yoga</p>	<p>Yoga Cambodia</p> 	<p>Ms. Nguyen is a certified yoga teacher who trained at <i>Sivanada Ashram, Amedabad City</i> and <i>Iyengar Yoga</i> in India. Students will be taught yoga through a fun approach of themes, games, asana and activities.</p> <p>Needed: Comfortable clothing and a water bottle.</p>
<p>Sand Art</p> 	<p>Sand Art</p>	<p>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.</p> <p>All materials will be provided for this activity and students will receive their sand art to take home</p>

Lego

CIS Roller Dome



Have fun building legos with many different choices at the maker space at Coconut Park.