



After-School Activities Program | Round 3: February-May 2023

The Canadian International School of Phnom Penh (CIS) offers both cocurricular activities (CCAs) and extracurricular activities (ECAs) as part of its After-School Activities Program. Advanced registration for CCAs and ECAs is required.

- CCAs are linked to the school curriculum and include clubs, competitive sports teams, and Language Labs. They are complimentary and as such are included as part of school tuition fees.
- ECAs are not linked to the school curriculum. A range of unique activities are offered, including skating, mountain biking, robotics, dance, karate and more. ECAs are an additional paid service—additional fees are levied.

CONTACT US

- For CCA and ECA schedules and registration: Athletics and Student Activities Team, studentactivities@cisp.edu.kh
- Invoices and payments: Payment Service Team, payments@cisp.edu.kh

CCAs

Registration

- All non-sport CCAs currently running will continue into Round 3. No new parental sign-up is needed.
- There are two new CCAs for elementary students: elementary basketball for girls and boys in Grades 3-5 and “Let’s Make It,” a fun CCA for students in Grades 2-3 that focuses on construction. Parents are invited to [register](#) their children for the two new CCAs now.
- Students who register for CCAs are asked to prioritize their attendance at these activities. If ECAs are missed as a consequence, reimbursements for ECAs will not be offered. Therefore, parents whose children wish to join the swim team or soccer team should not register for an ECA on the team’s practice day.

Sports teams

CIS is a member of the International School Sports Association of Phnom Penh (ISSAPP), a sports league made up of 10 international schools in Phnom Penh. Weekly sports practices are a part of our collection of CCAs. In addition to the practice sessions, participants engage in friendly matches and tournaments on- and off-campus after school and sometimes on weekends.

ECAs

Important dates in Round 3

Registration	Tuesday, January 24 - Friday, February 3
Parents receive email confirming registration	Monday, February 6
Payment Deadline	Friday, February 10

ECAs begin	Monday, February 13
End of trial period; deadline for changes or withdrawals	Saturday, February 18

Registration

- Parents are invited to [register](#) for ECAs from **Tuesday, January 24** until **Friday, February 3**.
- See Appendix I for the ECA schedule. See Appendix II for individual ECA descriptions.
- **All fees must be paid after the email confirmation has been received. No spot will be reserved without payment.**
- Registrations will be accepted on a first come, first serve basis until the registration period closes or the class limit has been reached. The dates and times of all registrations will be recorded.
- When the maximum number of students for a class is met, the class will be removed from the registration. In case there are errors in the registration form, parents will be notified.
- If minimum numbers for classes are not met, alternative classes may be offered.

Change of activity following registration

- There is a **1-week trial** period for all ECAs. Please note the trial period is not free. Students will be charged for the activities that they attend.
- During the trial period, parents may change activities or withdraw their child from the ECA by completing the [ECA Cancellation or Change of Activity Form](#).
- No changes or withdrawals are permitted after the 1-week trial period. (Please see the deadline for changes or withdrawals above.)
- At the end of the trial period, parents will be charged the full 12-week round for Monday-Thursday activities and a 10-week round for Friday activities. For example, if a parent withdraws their child after the second class, no refund will be given and parents will be liable for the full 12- or 10-week fee.
- If parents cancel the activities within the trial period, a credit can be made and will be calculated based on the actual class students attend. All refunds are subject to a 10% transaction fee.

Refunds

- CIS cannot guarantee that ECA participants will not contract COVID-19, nor can we guarantee that ECA participants will not come directly in contact with someone infected with COVID-19. Participants that test positive for COVID-19 and those that become a direct contact of someone who tests positive for COVID-19 must follow the CIS COVID-19 guidelines for quarantining.
- Participants who are asked to quarantine will not receive a refund for missed ECA classes, nor are the missed classes transferable to other ECAs, camps, tuition, or any other fees at CIS.
- If CIS is required to cancel ECA classes due to COVID-19 or other communicable diseases, or by government order, or for any other reason, students will not receive a refund for missed classes, nor are the missed classes transferable to other ECAs, camps, tuition, or any other fees at CIS.
- Students that miss an ECA class for any reason will not receive a refund for missed ECA classes, nor are the missed classes transferable to other ECAs, camps, tuition, or any other fees at CIS.
- CIS may cancel classes due to low registration (fewer than 3 participants unless stated otherwise). Parents will be notified of canceled classes. If another choice cannot be found that is acceptable, a credit can be made for the next semester.
- CIS reserves the right to cancel or change the dates of ECA classes at any time.

Payment

- Payments can be made in cash or cheque in the Payment Services Office or by bank transfer. Please contact the Payment Services Team with any questions: payments@cisp.edu.kh.
- Note that bank transfers can be made from ABA accounts to the school's Canada Bank account.
- When enacting a payment, please:
 1. Include your child's full name, grade and the ECAs for which they're registering on the bank transfer record.
 - Account Name: The Canadian In'L School of PP LTD
 - Account Number: 001 0002 142 298
 - Bank Name: Canada Bank PLC
 - Bank Address: No. 315, Ang Doung St. Corner Monivong Blvd, Phnom Penh, Cambodia
 - Swift: CADIKHPP
 2. Email the transaction details to the Payment Services Team: payments@cisp.edu.kh.

KHQR code for bank transfer:











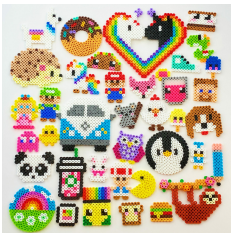





APPENDIX I: ECA SCHEDULE

	Activities	CIS Grade Level	EFI Grade Level	Providers	Fee	Dates
Monday 3.30-4.30 p.m.	Rainbow Clay	JK-G2	MS-CE1	Rainbow Clay	\$180.00	Feb 13, 27 Mar 6, 13, 20, 27 Apr 3, 17, 24 May 1, 8, 15
	Art Club	JK-G2	MS-CE1	Creative Kids Art Club	\$222.00	
	Soccer - Skills Program	SK-G1	GS-CP	CJ Coaching	\$300.00	
	Western Boxing	SK-G2	GS-CE1	The Ring Fitness	\$168.00	
	Hip Hop Dance	G1-5	CP-CM2	Katy Dance Studio	\$120.00	
	Gymnastics	G2-5	CE1-CM2	1CoachAndy Sports Academy	\$132.00	
	Reading Rocket Club	G2-12	CE1+	Learning Support Asia	\$528.00	
	Taekwondo	G3-5	CE2-CM2	1CoachAndy Sports Academy	\$132.00	
Tuesday 3.30-4.30 p.m.	Taekwondo	JK-2	MS-CE1	1CoachAndy Sports Academy	\$132.00	Feb 14, 28 Mar 7, 14, 21, 28 Apr 4, 18, 25 May 2, 9, 16
	Skating	JK-1	MS-CP	CIS Roller Dome	\$168.00	
	Art Class	JK-G2	MS-CE1	Katy Dance Studio	\$120.00	
	Multi-sport	JK-3	MS-CE2	CIS Staff	\$144.00	
	Rainbow Clay	G3-5	CE2-CM2	Rainbow Clay	\$180.00	
	Yoga	G3-5	CE2-CM2	Yoga Cambodia	\$120.00	
	Western Boxing	G3-12	CE2+	The Ring Fitness	\$168.00	
	Lego	G3-12	CE1+	Coconut Park	\$120.00	
Wednesday 3.30-4.30 p.m.	Soccer	JK-2	GS-CE1	1CoachAndy Sports Academy	\$132.00	Feb 15, 22, Mar 1, 8, 22, 29 Apr 5, 19, 26 May 3, 10, 17
	Junior Robotics level 1	JK-2	MS-CE1	Coconut Park	\$228.00	
	Craft Club	JK-2	MS-CE1	Coconut Park	\$168.00	
	Robothink	G1-4	CP-CM1	Robothink Cambodia	\$228.00	
	Cooking Class	G1-5	CP-CM2	Dara Airport Hotel	\$144.00	
	Beginner Swimming	G1-5	CP-CM2	CIS swim coach	\$144.00	
	Beginner Ballet	G2-5	CE1-CM2	School of Ballet Cambodia	\$192.00	
	Art Class	G3-6	CE2-6eme	Katy Dance Studio	\$120.00	
	Soccer	G3-5	CE2-CM2	1CoachAndy Sports Academy	\$132.00	
Thursday 3.30-4.30 p.m.	Soccer	JK-2	MS-CE1	Elite Soccer Coaching Cambodia	\$144.00	Feb 16, 23 Mar 2, 9, 23, 30 Apr 6, 20, 27 May 4, 11, 18
	Karate	JK-2	GS-CE1	Shimbukai Karate Academy	\$120.00	
	Yoga	JK-1	GS-CP	Yoga Cambodia	\$120.00	
	Badminton	JK-2	GS-CE1	1CoachAndy Sports Academy	\$132.00	
	Foundation of Drawing & Painting	G2-5	CE1-CM2	Coconut Park	\$228.00	
	Soccer	G3-5	CE2-CM2	Elite Soccer Coaching Cambodia	\$144.00	
	Karate	G3-5	CE2-CM2	Shimbukai Karate Academy	\$120.00	
	Skating	G2+	CE1+	CIS Roller Dome	\$168.00	
	Junior Robotics level 2	G3-12	CE1+	Coconut Park	\$228.00	
	Robothink	G5-11	CM2-1 ère	Robothink Cambodia	\$228.00	
Friday 3.30-4.30 p.m.	Yoga	JK-2	MS-CE1	Yoga cambodia	\$100.00	Feb 24 Mar 3, 10, 24, 31 Apr 7, 21, 28 May 5, 19
	Lego	JK-2	MS-CE1	Coconut Park	\$100.00	
	Beginner Swimming	G1-5	CE1-CM2	CIS Swim coach	\$120.00	
	Art Club	G3-5	CE2-CM2	Creative Kids Art Club	\$222.00	








	Volleyball	G3-5	CE2-CM2	Elite Soccer Coaching Cambodia	\$120.00	
	Basketball	G3-5	CE2-CM2	Elite Soccer Coaching Cambodia	\$120.00	

APPENDIX II: ECA DESCRIPTIONS

<p>Soccer - Skills program</p> 	<p>CJ Coaching</p> 	<p>Founded by UEFA Pro Licensed Coach, Colum Curtis, CJ Coaching aims to 'Engage, Educate and Inspire' its players.</p> <p>Our football programmes have been carefully designed to suit the developmental needs of boys and girls aged 4-17 years old. Everyone is welcome from beginners to advanced players; each class is aimed at developing the whole child as well as the footballer.</p> <p>Classes are coached by our team of UEFA and FA Licensed coaches with over 20 years experience coaching in Asia's most prestigious International Schools including Northbridge International School and the International School of Beijing.</p> <p>Students will also be given the opportunity to train alongside top professionals, such as Cambodian National Team footballer and CJ Coaching Ambassador, Thierry Chanthabin.</p>
<p>Western Boxing</p> 	<p>The Ring Fitness</p> 	<p>Western Youth Boxing is an incredible sport for kids and inspires self-confidence, respect, trust in others, and promotes determination and self-mastery at a very young age, which comes in handy when facing day to day problems in real life.</p> <p>Required items: It would be preferable, if the student has his/her own boxing gloves (6-8 once) and hand wraps (3/4 meters).</p>
<p>Reading Rocket Club</p> 	<p>Learning Support Asia</p>	<p>Up to 2 years of reading - level improvement can be possible in just a few sessions.</p> <p>With 20+ years of teaching experience in British and IB schools as well as a master's thesis on identifying and supporting students at risk of reading difficulties in English Language schools (awarded by Aberdeen University, UK) be used to support students to learn to love reading.</p> <p>Required items: Laptop</p>
<p>Beginner Ballet</p> 	<p>School of Ballet Cambodia</p>	<p>If you've ever wanted to try a ballet class but didn't know where to start - this is the place to do it! We will learn the main positions of the feet, legs, arms, and head and move up to adding turns, jumps, and exercises across the floor. You will be challenged to use your muscles, stand on one leg for a LONG time, spin on the tip of your toe, and</p>

		<p>jump and fly with a smile.</p> <p>Required items: Ballet slippers or socks, comfortable clothes (preferably form fitting, shorts & a tee shirt are ok)</p>
<p>Art Club</p> 	<p>Creative Kids Art Club</p> 	<p>At Creative Kids Art Club students will use a wide range of art materials, trying out everything from painting, drawing, crafting, collage, and sculpting; exploring different mediums each week. Students will be given the opportunity to learn new techniques which they can transfer into home life and in their classroom. We aim to create a fun, friendly, social and inspiring environment igniting creativity and imagination.</p> <p>Ms Niamh is committed to nurturing a calm and comforting classroom for children while also giving them the opportunity to learn and expand their creativity. Participation in the lessons will help improve their self-confidence, assist with relaxation and mental well-being, encourage independent thinking, improve fine motor skills and stretch their artistic talent.</p>
<p>Craft Club</p> 	<p>Coconut Park Makerspace</p> 	<p>Students will enjoy creating a range of crafty activities, such as: Handbuilt clay art, Perler beads, Diamond dot art, Tie dye and more.</p>
<p>Multi-sport Activities</p> 	<p>CIS Coach</p>	<p>Multi-sport Activity helps a child develop a sense of passion for sports and active living and begin to understand not just how but when to pass, jump, kick etc.</p> <p>Items required: 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>Items required: Gi (Karate outfit).</p>
<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>Items required: Comfortable clothing, running shoes, socks and a water bottle.</p>

		
<p>Basketball</p> 	<p>Elite Soccer</p>  <p>www.elitesoccer-coaching.com/cambodia</p>	<p>The classes would consist of:</p> <ul style="list-style-type: none"> - short warm up & warm down - technical presentation (one or more technical skills required to play the sport being coached: passing, catching, dribbling, shooting etc.) - technical practice (team or individual challenge based exercises for the students to use the technical skills) - technical production (playing the sport being coached in small sided matches, with conditions using the technical skills) <p>Items required: Comfortable clothing, running shoes, socks and a water bottle.</p>
<p>Volleyball</p> 	<p>Elite Soccer</p>  <p>www.elitesoccer-coaching.com/cambodia</p>	<p>The classes would consist of:</p> <ul style="list-style-type: none"> - short warm up - technical presentation (one or more technical skills required to play the sport being coached: passing, catching, dribbling, shooting etc.) - technical practice (team or individual challenge based exercises for the students to use the technical skills) - technical production (playing the sport being coached in small sided matches, with conditions using the technical skills) - short warm down <p>Items required: Comfortable clothing, running shoes, socks and a water bottle.</p>
<p>Soccer</p> 	<p>1CA Sports Academy</p> 	<p>Take advantage of your child's natural tendency to be active. 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>Items required: Comfortable clothing, running shoes, socks 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>Items required: Comfortable clothing and a water bottle</p>

<p>Badminton</p> 	<p>1CA Sports Academy</p> 	<p>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>Items required: Comfortable clothing, running shoes and a water bottle.</p>
<p>Gymnastic</p> 	<p>1CA Sports Academy</p> 	<p>8 fundamental skills will be built on including flexibility, core strength, balance, upper and lower-body strength, power, mental focus, discipline, and dedication. Different movements from the very basic forward roll to more advanced techniques will be taught.</p> <p>Items required: Comfortable clothing and a water bottle.</p>
<p>Hip Hop Dance</p> 	<p>Katy Dance</p> 	<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>Items required: Comfortable clothing and a water bottle.</p>
<p>Art Class</p> 	<p>Katy Dance</p> 	<p>Art is an important aspect of every child's life – be it scribbling on walls or finger painting, as children best express themselves through art at a young age. Parents should encourage such acts of creativity by sending children to art classes, which would allow them to become adaptable and passionate learners.</p> <p>Items required: Comfortable clothing and a water bottle.</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>Items required: Students do not need to bring anything to this class</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>Items required: Comfortable clothing and a water bottle.</p>
<p>Lego</p> 	<p>Coconut Park Makerspace</p> 	<p>Have fun building legos with many different choices at the maker space at Coconut Park.</p> <p>Items required: Students do not need to bring anything to this activity</p>
<p>Skating</p> 	<p>CIS Roller Dome</p> 	<p>Learn to skate at the roller dome.</p> <p>Items required: Water bottle and long socks</p>
<p>Ceramic Art</p> 	<p>Coconut Park Makerspace</p> 	<p>Students will learn how to prep and paint ceramics using different techniques, playing with bubbles, splattering, taping, and sponging.</p> <p>Each week the child will work on a different project and in the final week they will be able to glaze 2 of their own projects!</p> <p>Items required: Students do not need to bring anything to this activity.</p>
<p>Robotics - Junior Engineer Level 1</p> 	<p>Coconut Park Makerspace</p> 	<p>This class is designed for young children to explore and develop their engineering skills, using robotics equipment specifically designed for this age group. With asymmetric blocks and dynamic main boards, it's a comprehensive, creative project for children. Students will have hands -on experience in this class, learning to use different sensors and build robot models.</p> <p>Items required: Students do not need to bring anything to this activity.</p>
<p>Rainbow Clay Art</p> 	<p>Rainbow Clay Art</p> 	<p>Using specialized, non-toxic, air-dry clay, students will learn how to create various characters and household items using special tools and their hands. Use your imagination and take home your creations!</p> <p>Items required: Students do not need to bring anything to this activity.</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>Items required: Students do not need to bring anything to this activity. All materials will be provided for this class.</p>
Beginner Swimming 	CIS Swim Coaches	<p>This is the first stage of the swim program that aims to develop a fun and safe introduction to swimming while focussing on creating confident swimmers.</p> <p>Items required: Swimsuit, towel, water bottle, goggles and swim cap.</p>
Foundations of Drawing and Painting 	Coconut Park Makerspace 	<p>Students will learn the basics of drawing, sketching, and painting while exploring art history inspired by various artists around the world.</p> <p>Items required: Students do not need to bring anything to this activity. All materials will be provided for this class.</p>