

# BISCAP Term 3 Summary 2016-2017

## MONDAY (7 sessions - Excludes all school holidays.)

Date	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 3
Monday	Tae Kwon Do Beginner	Y1-3	Learn the traditional martial art of Tae Kwon Do through fun and informative lessons delivered by authentic and highly trained coaches. This activity is suitable for beginner students who have already possess a white belt. Excludes all school holidays. - RMB125 per session per week - 1 hour per session, maximum 12 places - Additional cost: Uniform RMB: 220, Shoes: RMB 110 (shoes required for exam only)	Gymnastics Room 250	3:30-4:30pm	Yes	Mingwu Kung FU	RMB125/class
Monday	Tae Kwon Do Intermediate	Y1-6	Learn the traditional martial art of Tae Kwon Do through fun and informative lessons delivered by authentic and highly trained coaches. This activity is suitable for more experienced students who have already passed examination and received the yellow, green or yellow/green belt. Excludes all school holidays. - RMB 125 per session per week - 1 hour per session, maximum 12 places - Additional cost: Uniform RMB: 220, Shoes: RMB 110 (shoes required for exam only)	Gymnastics Room 250	4:30-5:30pm	No	Mingwu Kung FU	RMB125/class
Monday	Swim Beginner Intermediate, Beginner Advanced (10 students maximum)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. - RMB 1200 for 10 sessions, 1 session per week - RMB 2200 for 20 sessions, 2 sessions per week	Secondary Pool	5:30-6:20pm	No	Champion	Dependant on sessions
Monday	Football (U8)	Y2-Y4	High performance training for boys and girls born between September 1st 2008 - August 31st 2010. Only the latest methodologies are employed by highly experienced and professional international coaches.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	1500RMB
Monday	Football (U14-U19)	Y8-13	High performance training for secondary school students born on or before September 1st 2002. Only the latest coaching methodologies are used by our team of experienced and highly professional international coaches.	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	1500RMB
Monday	Basketball	Y2-6	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. - Youth Star Package RMB 3800 for 23 sessions (Monday, Wednesday, Sunday League) - Skill Training Package RMB 1710 for 16 sessions (Monday, Wednesday) - One day with league Package RMB 2250 for 14/16 sessions (Monday or Wednesday, Sunday League) - Sunday League only RMB1550 for 7 sessions (Sunday) - One day training RMB 950 for 7/9 sessions (Monday or Wednesday)	Secondary Sports Hall	5:30-6:30pm	No	BSU	Dependant on sessions

Monday	Basketball	Y7-11	<p>BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays.</p> <ul style="list-style-type: none"> <li>- Youth Star Package RMB 3800 for 23 sessions (Monday, Wednesday, Sunday League)</li> <li>- Skill Training Package RMB 1710 for 16 sessions (Monday, Wednesday)</li> <li>- One day with league Package RMB 2250 for 14/16 sessions (Monday or Wednesday, Sunday League)</li> <li>- Sunday League only RMB1550 for 7 sessions (Sunday)</li> <li>- One day training RMB 950 for 7/9 sessions (Monday or Wednesday)</li> </ul>	Secondary Sports Hall	6:30-7:30pm	No	BSU	Dependant on sessions
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## TUESDAY (8 sessions - Excludes all school holidays.)

Date	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 3
Tuesday	Baby Tae Kwon Do	Reception Only	<p>Learn this traditional martial art through fun and enjoyable lessons. This session is only for Reception students of a beginner level</p> <p>RMB 125 per session per week. Excludes all school holidays.</p> <p>1 hour per session, with a maximum of 10 places</p> <p>Additional cost: Uniform RMB: 220, Shoes: RMB 110 (shoes required for exam only)</p>	Gallery	3:30-4:30pm	Yes	Mingwu Kung Fu	RMB125/class
Tuesday	Football (U6)	Y1-2	<p>Experienced and highly professional international coaches offering the opportunity to improve soccer skills in a session devoted entirely to the younger players. Suitable for complete beginners and continuing students.</p> <p>Excludes all school holidays.</p> <p>1 hour per session, maximum 20 places.</p>	Secondary Football Pitch	3:30-4:30pm	Yes	Ebbe Sand Soccer	1000RMB
Tuesday	Hip Hop	Y3-6	<p>A range of Hip Hop styles are introduced to students within these classes, helping students to become more versatile dancers and encouraging them to find their own unique style. Through these classes dancers build self confidence and performance skills through warm up technique, specific choreography and cool down. Excludes all school holidays.</p> <p>1 hour per session, with a maximum of 15 places.</p>	Gymnastics Room P250	3:30-4:30pm	Yes	Sport for Life	RMB100/Class
Tuesday	Lego NXT Robotics	Y3-5	<p>How many kids can say that they've built a robot, let alone programmed it? Our LEGO Robotics course allows you to do just that. Students will learn all about what makes a robot, and getting a hands on introduction to simple machines and the critical use of logic needed for programming real-life machinery! Using Mindstorms Educational kits, and iPads for programming, our unique approach to Robotics will soon make a tech-master out of you!</p> <p>1 hour per session, maximum 20 places. Excludes all school holidays.</p>	Primary Room 229 & 231	3:30-4:30pm	Yes	The Genius Workshop	RMB150/class
Tuesday	Sr.Engineering Exploration - Minion Mayhem	Y1-3	<p>What's small, yellow and really loves bananas? That's right - Minions. Join everyone's favourite mischief makers in our themed LEGO Engineering classes, where you can build all sorts of contraptions and doohickeys that minions would just love to get their hands on. Learn the mechanics behind what makes these fascinating machines work, from flipping levers to rotating gears and pulleys, and maybe you can even design and build a tool that a minion would be proud to call his own.</p> <p>1 hour per session, maximum 20 places. Excludes all school holidays.</p>	Primary Room 229 & 231	3:30-4:30pm	Yes	The Genius Workshop	RMB150/class

Tuesday	Tennis	Y1-6	<p>MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed, children can develop through the performance stages to reach their full potential.</p> <p>All of our programmes are designed to have the players ready to enter our MultiSport Tennis Tournament at either beginner, intermediate or an advanced level.</p> <p>If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.</p>	Secondary Tennis Courts	3:30-4:30	Yes	Multisport	RMB165/class
Tuesday	Tennis	Y7-11	<p>MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level.</p> <p>If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.</p>	Secondary Tennis Courts	4:30-6:00	No	Multisport	RMB165/class
Tuesday	Swim Beginner (15 students maximum)	Rec-Y2	<p>Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.</p> <p>RMB 1200 for 10 sessions, 1 session per week RMB 2200 for 20 sessions, 2 sessions per week</p>	Primary Pool	3:35-4:25	Yes	Champion	RMB120/Class
Tuesday	Swim Beginner Intermediate, Beginner Advanced (10 students maximum)	Y1-Y6	<p>Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M - 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.</p> <p>- RMB 1200 for 10 sessions, 1 session per week - RMB 2200 for 20 sessions, 2 sessions per week</p>	Secondary Pool	4:35-5:25	No	Champion	RMB120/Class
Tuesday	Swim Junior, Intermediate	Y3-11	<p>Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays.</p> <p>RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week</p>	Secondary pool	4:30-6:00	No	Champion	RMB140/class
Tuesday	Swim Intermediate, Advanced	Y3-11	<p>Focus on refining students' technique. Students are at an advanced level and are capable of swimming 2200-2500M per class. Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays.</p> <p>RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week</p>	Secondary pool	6:00-7:30	No	Champion	RMB140/class

Tuesday	Football Training (U10)	Y3-6	High performance program for skillfull players and beginners born between September 1st 2006 - August 31st 2008. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player into a team.	Secondary Football Pitch	5:00-6:30	No	Ebbe Sand Soccer	1500RMB
Tuesday	Football Training (U12)	Y6-9	High performance program for skillfull players and beginners born between September 1st 2004 - August 31st 2006. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player into a team.	Secondary Football Pitch	6:30-8:00	No	Ebbe Sand Soccer	1500RMB

## WEDNESDAY (9 sessions - Excludes all school holidays.)

Date	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 3
Wednesday	Ballet	Rec Only	Classic ballet is a fun and creative way of learning basic technique, terminology, barre work and choreography. Children are encouraged to use their imagination with the help of stories, theme, props, and music to help inspire and engage them. The class is designed to develop body awareness, self- confidence, independence and to improve posture. This class is for Reception students only. Excludes all school holidays. - RMB 120 per session per week - 1 hour per session, with a maximum of 15 places	Rumble Room	3:30-4:30pm	Yes	Sport for Life	RMB120/Class
Wednesday	Ballet	Y1-Y3	Classic ballet is a fun and creative way of learning basic technique, terminology, barre work and choreography. Children are encouraged to use their imagination with the help of stories, theme, props, and music to help inspire and engage them. The class is designed to develop body awareness, self- confidence, independence and to improve posture. Excludes all school holidays. - RMB 120 per session per week - 1 hour per session, with a maximum of 15 places	Rumble Room	4:30-5:30pm	No	Sport for Life	RMB120/Class
Wednesday	Tennis	Y1-6	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	3:30-4:30pm	Yes	Multisport	RMB165/class
Wednesday	Tennis	Y7-11	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	4:30-6:00pm	No	Multisport	RMB165/class

Wednesday	Wu Shu	Y1-6	Learn this traditional martial art through fun and informative lessons delivered by authentic and highly qualified coaches. Suitable for all levels. Excludes all school holidays. RMB 125 per session per week 1 hour per session, maximum 20 places Additional cost: Uniform RMB: 220, Shoes: RMB 110 (shoes required for exam only)	Gymnastics Room P250	3:30-4:30pm	Yes	Mingwu Kung FU	RMB125/class
Wednesday	MAD Science	Y4-6	Mad Science is back again with great hands-on experiments that puts you right in the middle of the action! Mad Science classes are suitable for all, new or old students can join up to experience the world around them that they might not have even known existed. Excludes all school holidays. 1 hour per session, maximum 20 places	Primary Science Lab	3:30-4:30pm	Yes	MAD Science	RMB200/class
Wednesday	Swim Beginner (15 students maximum)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. RMB 1200 for 10 sessions, 1 session per week RMB 2200 for 20 sessions, 2 sessions per week	Primary Pool	3:35-4:25pm	Yes	Champion	RMB120/Class
Wednesday	Swim Intermediate, Advanced	Y3-11	Focus on refining students' technique. Students are at an advanced level and are capable of swimming 2200-2500M per class. Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays. RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week	Secondary Pool	5:30-7:00pm	No	Champion	RMB120/Class
Wednesday	Football (U8)	Y2-Y4	High performance training for students born between September 1st 2008 - August 31st 2010. The latest methodologies are employed by experienced and highly professional international coaches.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	1500RMB
Wednesday	Football (U14-U19)	Y8-13	High performance training for secondary school students born on or before September 1st 2002. Only the latest coaching methodologies are used by our team of experienced and highly professional international coaches.	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	1500RMB
Wednesday	Gymnastics Advanced	Y4-7	This advanced gymnastics session is designed to cater for those children that show real promise and enthusiasm for the sport. More complex floor routines, vaults and balances are taught as well as an increase in conditioning work. Gymnasts are also prepared to compete against other gymnastics clubs in Shanghai, representing Multisports. Maximum 20 places, RMB 190 per session. 1.5 hours for Thursday sessions and 2 hours Saturday session 9 Sessions RMB 1485 (Wednesday or Thursday) 7 Sessions RMB 1330 (Saturday only) 10% discount for 2 days training All sessions excludes school holidays	Gymnastics Room P250	5:30-7:00pm	No	Multisport	RMB190/class

Wednesday	Basketball	Y2-6	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. - Youth Star Package RMB 3800 for 23 sessions (Monday, Wednesday, Sunday League) - Skill Training Package RMB 1710 for 16 sessions (Monday, Wednesday) - One day with league Package RMB 2250 for 14/16 sessions (Monday or Wednesday, Sunday League) - Sunday League only RMB1550 for 7 sessions (Sunday) - One day training RMB 950 for 7/9 sessions (Monday or Wednesday)	Secondary Sports Hall	5:30-6:30pm	No	BSU	Dependant on sessions
Wednesday	Basketball	Y7-11	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. - Youth Star Package RMB 3800 for 23 sessions (Monday, Wednesday, Sunday League) - Skill Training Package RMB 1710 for 16 sessions (Monday, Wednesday) - One day with league Package RMB 2250 for 14/16 sessions (Monday or Wednesday, Sunday League) - Sunday League only RMB1550 for 7 sessions (Sunday) - One day training RMB 950 for 7/9 sessions (Monday or Wednesday)	Secondary Sports Hall	6:30-7:30pm	No	BSU	Dependant on sessions

## THURSDAY (9 sessions - Excludes all school holidays.)

Date	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 3
Thursday	MAD Science	Y1-3	Mad Science is back again with great hands-on experiments that puts you right in the middle of the action! Mad Science classes are suitable for all, new or old students can join up to experience the world around them that they might not have even known existed. Excludes all school holidays. 1 hour per session, maximum of 20 places	Primary Science lab/Primary Room 326	3:30-4:30pm	Yes	MAD Science	RMB200/class
Thursday	Football (U6)	Y1-2	Experienced and highly professional international coaches offering the opportunity to improve soccer skills in a session devoted entirely to the younger players. Suitable for beginners and continuing students. Excludes all school holidays. Maximum of 20 students. 1 hour per session	Secondary Football Pitch	3:30-4:30pm	Yes	Ebbe Sand Soccer	1000RMB
Thursday	Tennis	Y1-6	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	3:30-4:30pm	Yes	Multisport	RMB165/class

Thursday	Tennis	Y7-11	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	4:30-6:00pm	No	Multisport	RMB165/class
Thursday	Gymnastics Beginner	Y1-3	Great posture, body tension, balance and flexibility are developed as children are introduced to movements on the floor, beam and vault. RMB 165 per session, 1 hour per session, maximum 15 places. Excludes all school holidays.	Gymnastics Room P250	3:30-4:30pm	Yes	Multisport	RMB165/class
Thursday	Gymnastics Advanced	Y4-7	This advanced gymnastics session is designed to cater for those children that show real promise and enthusiasm for the sport. More complex floor routines, vaults and balances are taught as well as an increase in conditioning work. Gymnasts are also prepared to compete against other gymnastics clubs in Shanghai. Maximum 20 places, RMB 190 per session. 10% discount for 2 days training All sessions excludes school holidays	Gymnastics Room P250	4:30-6:00pm	No	Multisport	RMB190/class
Thursday	Swim Beginner (15 students maximum)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. RMB 1200 for 10 sessions, 1 session per week RMB 2200 for 20 sessions, 2 sessions per week	Primary Pool	3:35-4:25pm	Yes	Champion	RMB120/Class
Thursday	Swim Beginner Intermediate, Beginner Advanced (10 students maximum)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. - RMB 1200 for 10 sessions, 1 session per week - RMB 2200 for 20 sessions, 2 sessions per week	Secondary Pool	4:35-5:25pm	No	Champion	RMB120/Class
Thursday	Swim Junior (8 students maximum)	Y3-11	Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays. RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week	Secondary Pool	4:30-6:00pm	No	Champion	RMB140/class

Thursday	Football (U10)	Y3-6	High performance program for skillfull players and beginners birn between September 1st 2006 - August 31st 2008 . Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	1500RMB
Thursday	Football (U12)	Y6-9	High performance program for skillfull players and beginners born between September 1st 2004 - August 31st 2006. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player.	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	1500RMB

## FRIDAY (9 sessions - Excludes all school holidays.)

Date	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 3
Friday	Musical Theatre	Y3-5	Come along and learn to move to the sound of musicals around the world! This class will be based on how dance is created on the stage teaching kids to express themselves and improve performance ability in fun and exciting ways. Through these classes dancers will learn about stage direction, performance, expressive dance and will aim to boost self-confidence and expression. 1 hour per session. Excludes all school holidays.	Gallery	3:30-4:30pm	No	Sport for Life	RMB100/Class
Friday	Gymnastics Boy's	Y1-3	Our beginner and intermediate Multisport Boys Gymnastics program includes skills on the vault, parallel bars and floor. Each lesson we incorporate strength and conditioning to develop the gymnasts strength and coordination which is valuable for gymnastics and all other sports. Skills taught include cartwheels and rolls as well as basic high bar, pommel horse and vault for the beginners. The intermediate boys gymnasts will focus on handstands and back handspring, drills on floor as well as more advanced skills on the high bar, pommel horse, and vault. All gymnastics will be invited to take part in our annual gymnastics competition. Excludes all school holidays.	Primary Sports Hall/Gymnastics Room	3:30-4:30pm	No	Multisport	RMB165/class
Friday	Football Girls only	Y3-11	High performance girls' program for skillfull players and beginners. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player. 1.5 hour per session. Excludes all school holidays.	Secondary Football Pitch	4:00-5:30pm	No	Ebbe Sand Soccer	1500RMB
Friday	Football: Speed, Co-ordination and Footwork	Y4-13	Specific football training based on speed, footwork and co-ordination. This will develop the players to improve their fundamental athletic skills related to football. 1 hour per session. Excludes all school holidays.	Secondary Football Pitch	5:00-6:00m	No	Ebbe Sand Soccer	1500RMB
Friday	Goalkeeper Training	Y4-13	This session is tailored specifically for goalkeepers. It is a one hour session with focus on hand-eye co-ordination, catching, shot stopping and distrubution - all of the attributes that a quality goalkeeper should possess. 1 hour per session. Excludes all school holidays.	Secondary Football Pitch	4:00-5:00pm	No	Ebbe Sand Soccer	1500RMB
Friday	Swim Beginner (15 students maximum)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. RMB 1200 for 10 sessions, 1 session per week RMB 2200 for 20 sessions, 2 sessions per week	Primary Pool	3:35-4:25pm	No	Champion	RMB120/Class



Friday	Swim Beginner Intermediate, Beginner Advanced (10 students maximum)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. - RMB 1200 for 10 sessions, 1 session per week - RMB 2200 for 20 sessions, 2 sessions per week	Secondary Pool	3:35-4:25pm	No	Champion	RMB120/Class
Friday	Swim Beginner Intermediate, Beginner Advanced (10 students maximum)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays. - RMB 1200 for 10 sessions, 1 session per week - RMB 2200 for 20 sessions, 2 sessions per week	Secondary Pool	4:30-5:20pm	No	Champion	RMB120/Class
Friday	Swim Junior (8 students maximum)	Y3-11	Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays. RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week	Secondary Pool	3:35-5:05pm	No	Champion	RMB140/class
Friday	Swim Junior, Intermediate	Y3-11	Focus on refining students' technique. Students are at an advanced level and are capable of swimming 2200-2500M per class. Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays. RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week	Secondary Pool	5:30-7:00pm	No	Champion	RMB140/class

## **SATURDAY - 6 sessions - Excludes all school holidays.)**

<b>Date</b>	<b>Programme Name</b>	<b>Year groups</b>	<b>Description</b>	<b>Location</b>	<b>Time</b>	<b>Transport</b>	<b>Provider</b>	<b>Price /Term 3</b>
Saturday	Gymnastics Intermediate	Y3-6	A more disciplined approach to gymnastics is adopted in this class. More emphasis is placed on skill development, along with gymnastic movements and routines. Particular areas of focus will be on student's strength, co-ordination, flexibility and agility. These are the building blocks for high quality performance. 1.5 hours per session, RMB 190 per session. Excludes all school holidays.	Primary Sports Hall	8:30-10:00am	No	Multisport	RMB190/class

Saturday	Gymnastics Advanced	Y4-7	<p>This advanced gymnastics session is designed to cater for those children that show real promise and enthusiasm for the sport. More complex floor routines, vaults and balances are taught as well as an increase in conditioning work. Gymnasts are also prepared to compete against other gymnastics clubs in Shanghai.</p> <p>Maximum 20 places, RMB 190 per session.</p> <p>1.5 hours Wednesday&amp;Thursday sessions, 2 hours Saturday session  9 Sessions RMB 1485 (Wednesday or Thursday)  7 Sessions RMB 1330 (Saturday only)  10% discount for 2 days training and 15%discount for 3 days training  All sessions excludes school holidays</p>	Primary Sports Hall	10:00am-12:00pm	No	Multisport	RMB190/class
Saturday	Tennis	Y1-3	<p>MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level.</p> <p>If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.</p>	Secondary Tennis Courts	9:00-10:00am	No	Multisport	RMB165/class
Saturday	Tennis	Y4-6	<p>MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level.</p> <p>If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes.</p>	Secondary Tennis Courts	10:00-11:00am	No	Multisport	RMB165/class
Saturday	Tennis	Y7-11	<p>MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level.</p> <p>If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.</p>	Secondary Tennis Courts	11:00am-12:30pm	No	Multisport	RMB165/class
Saturday	Swim Beginner Intermediate (5 students maximum)	Y1-6	<p>Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.</p> <p>- RMB 1200 for 10 sessions, 1 session per week  - RMB 2200 for 20 sessions, 2 sessions per week</p>	Secondary Pool	9:00-9:50am	No	Champion	RMB120/Class

Saturday	Swim Beginner (5 students maximum)	Rec-Y2	Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays. RMB 1200 for 10 sessions, 1 session per week RMB 2200 for 20 sessions, 2 sessions per week	Primary Pool	10:00-10:50am	No	Champion	RMB120/Class
Saturday	Swim Junior (8 students maximum)	Y3-11	Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays. RMB 1400 for 10 sessions, 1 session per week RMB 2600 for 20 sessions, 2 sessions per week	Secondary Pool	11:00am-12:30pm	No	Champion	RMB140/class

## **SUNDAY (7 Sessions - Excludes all school holidays.)**

<b>Date</b>	<b>Programme Name</b>	<b>Year groups</b>	<b>Description</b>	<b>Location</b>	<b>Time</b>	<b>Transport</b>	<b>Provider</b>	<b>Price /Term 3</b>
Sunday	Basketball	Y2-11	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. - Youth Star Package RMB 3800 for 23 sessions (Monday, Wednesday, Sunday League) - Skill Training Package RMB 1710 for 16 sessions (Monday, Wednesday) - One day with league Package RMB 2250 for 14/16 sessions (Monday or Wednesday, Sunday League) - Sunday League only RMB1550 for 7 sessions (Sunday) - One day training RMB 950 for 7/9 sessions (Monday or Wednesday)	Secondary Sports Hall/Primary Sports Hall	9:00-11:00am	No	BSU	Dependant on sessions
Sunday	Football (U6 - U14)	Y1-9	This is a high performance program for skillfull players and beginners from under 6 to under 14 years old. Experienced and highly professional international coaches offering the latest coaching methodologies to improve and develop as a football player. 2 hours per session. Excludes all school holidays.	Secondary Football Pitch	10:00am-12:00pm	No	Ebbe Sand Soccer	2000RMB
Sunday	Tennis	Y1-3	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	9:00-10:00am	No	Multisport	RMB165/class
Sunday	Tennis	Y4-6	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes.	Secondary Tennis Courts	10:00-11:00am	No	Multisport	RMB165/class

Sunday	Tennis	Y7-11	MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	11:00-12:30pm	No	Multisport	RMB165/class
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