



13 August 2018

## **Learning Enrichment Activity Program** **- Grade 4 - Grade 5 Registration Form**

**Dear Parents,**

Attached to this letter is an outline of Semester 1 activities being offered **to you** and **your child** as part of LEAP. Learning Enrichment Activities Program (LEAP) is an after school program that provides quality co-curricular activities in **Arts, Sports, Technology, Languages, Academic Learning** and **Service** to our **Primary** and **Secondary students, parents** and **other adults** from 3:10-4:00pm (Primary) and 3:40-4:30pm (Secondary). The purpose of LEAP is to enrich the lives of our students, parents and other adults with activities that broaden the child's educational experience, compliment their daily schooling and provide a healthy and active experience for parents and other adults. The aim of the program is to develop further interests and build foundations for learning through after school activities that operate on a semester basis.

**LEAP (Semester 1) will begin August 27 and finish on November 30 (12 WEEKS unless stated otherwise).**

Sessions are **3:10 - 4:00pm** for Primary and **3:40 - 4:30pm** for Secondary

### *Objectives:*

1. To complement students, parents and other adults' daily schooling
2. To expand and enrich student interests
3. To provide teacher and student mentorship
4. To create foundational skills for students
5. To build alternative learning communities
6. To develop creativity
7. To have fun

### **NEXT STEPS**

1. *Please read over the activities being offered to you and your child's particular grade.*
2. *Discuss this with your child and make a plan of the week.*
3. **Complete the signup form.**
4. **Take to the Business Office for payment. This constitutes your booking.**
5. Please note:
  - a. There is a minimum of 5 students per activity (unless specified).
  - b. There is a maximum number of students per activity to ensure quality and proper student and teacher/coach ratio (this may differ per activity).
  - c. The registration is **NOT** a guarantee that the student will participate in the chosen LEAP activity, nor that the activity will run. The LEAP Coordinator holds the right to cancel the activity if the registration is below the minimum number of students. If the LEAP activity is



oversubscribed, the LEAP Coordinator will, if possible offer a second class or provide an additional teacher/coach.

- d. Students **must** be **picked up promptly** after their LEAP classes. Students who are **NOT regularly** picked up may be removed from their LEAP classes.
- e. In case of emergency, illness, or injury to a child, the parent or guardian will be notified immediately. If the parents/guardian cannot be reached immediately, the emergency numbers on the registration form will be called.
- f. On discipline, all students are expected to adhere to the school values and guidelines at all times. Any consistent behavioral problems may lead to the child being removed from their LEAP classes.
- g. Bus riders need to go straight to the bus service as soon as the LEAP class is finished. This is **strictly only** for those who are already on the bus plan after school.

*Any questions please ask Ms Samnang at the Hub Reception or contact Ms. Shirley at [shirley.yambot@nisc.edu.kh](mailto:shirley.yambot@nisc.edu.kh)*

**Key information:**

- **LEAP Fair** on Friday, August 17th, 2:30 - 4:00pm at the Cafeteria, Amphitheater and Field
- **Registration:** Opens August 14th - 22nd 2018
- **Location of registration:** Business Office
- **LEAP Coordinator:** Ms Shirley
- **Start date:** August 27th 2018
- **End date:** November 30th 2018 (*varies depending on the day of the particular activity*)
- **Time:** 3:10 - 4:00pm (Primary) and 3:40 - 4:30pm (Secondary)
- **Cost of each activity:** varies depending on the particular activity -- see list

**Please complete the following information:**



Student Name:		Grade:	
Bus rider: Please encircle which applies		YES	NO
Parent Name:			
Parent email:		Tel:	
Name of activity : (Mon)		Cost : \$	
Name of activity : (Tues)		Cost : \$	
Name of activity : (Wed)		Cost : \$	
Name of activity : (Thurs)		Cost : \$	
Name of activity : (Fri)		Cost : \$	
Total costs:			
Parent Signature:			



**Activities available:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Category</b>	<b>G4-G5</b>	<b>G4-G5</b>	<b>G4-G5</b>	<b>G4-G5</b>	<b>G4-G5</b>
<b>ARTS</b>	Piano Fun  Choreography Leadership Program	Rockin' Recorder Club  Musical Theater	Rainbow Clay Art	Chinese Traditional Calligraphy  Dance: Pre Ballet  Boys Hip Hop/Breaking  Brass Blast  Community Choir	Sculpture
<b>ACADEMIC LEARNING</b>	Book Creator Club (G4 only)  English Grammar			Problem Solving	
<b>SPORTS</b>	Football Focus	Tennis (Beginner Level)  Tennis (Intermediate Level)	Multi Sports  Taekwondo: White to Green Tip Belt  Taekwondo: Green Belt and above	Tennis (Beginner Level)  Tennis (Intermediate Level)  SNAG Golf	Taekwondo: White to Green Tip Belt  Taekwondo: Green Belt and above
<b>TECHNOLOGY</b>	Film Club				ROBOTICS: MRT 3 (Senior Robotics)
<b>LANGUAGES</b>		Khmer for Beginner  Chinese (Mother Tongue)			Chinese (as a Second Language)
<b>SERVICE</b>	Basic First Aid Level 1				Basic First Aid Level 2



<b>PARENTS</b>	Board Games	Women's Self Defense	Tennis (Beginner Level)	Community Choir	Zumba for Parents and other Adults
	Strong Body Workout		Tennis (Intermediate Level)	Yoga	

### ACTIVITY DESCRIPTION

#### Piano Fun **New!**

A keyboard encounter for those with no piano experience; weekly exploration of easy songs aimed at introducing young students to the piano. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Mr John Bourque	<b>Day:</b> Monday	<b>Venue:</b> Primary Room 3312	<b>No. of Students:</b> Min. <u>5</u> Max. <u>9</u>	<b>Cost:</b> <b>No Fee</b>
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#### Choreography Leadership Program

Behind every great musical theater production is an amazing team of leaders. During this workshop, participants will use their creativity to construct dances for our upcoming musical production of Annie. We will use recording technology to create teaching videos that will be used by members of the cast. All participants in this program will take on the additional leadership role of teaching the dances to the members of the cast

**Important Note:** Members of this club will be required to attend our Tuesday cast rehearsals to teach their dances to members of the cast. Registration for the Tuesday program will be free of charge. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Mr. Craig Ziegler	<b>Day:</b> Monday	<b>Venue:</b> Primary Room 3211	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b> <b>\$75</b>
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#### Book Creator Club **New!** (Grade 4 only)

Students will be given a blank scrapbook and a booklet of instructions and then will use this to create their own story. The book will be interactive and children will make storytelling props. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Ms. Hannah Gaffney	<b>Day:</b> Monday	<b>Venue:</b> EL Room 2202	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b> <b>No Fee</b>
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#### English Grammar **New!**

This program covers the major areas of English grammar, such as: parts of speech, subject-verb agreement, verb tenses, and much more. Students will be provided practice and guidance in using and writing correct English grammar. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Mr. Sam James	<b>Day:</b> Monday	<b>Venue:</b> EL Room 2204	<b>No. of Students:</b> Min. <u>5</u> Max. <u>18</u>	<b>Cost:</b> <b>\$48</b>
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### ACTIVITY DESCRIPTION



### Football Focus **New!**

Players will develop their technical skills to become better football players. They will learn about the different positions and roles of players in each position. They will also improve fitness levels, stamina and understand the importance of a team mindset and a sense of fair play.

(12 weeks; ends on 26th of November)

<b>Teacher:</b> Mr. David Fox	<b>Day:</b> Monday	<b>Venue:</b> NISC Field	<b>No. of Students:</b> Min. <u>10</u> Max. <u>20</u>	<b>Cost:</b> <b>No Fee</b>
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### Film Club **New!**

This is an opportunity to learn and practice filmmaking with fellow film lover. We will develop some basics of filmmaking, including: storyboarding, filming and editing. We will have some special guests of experienced and professional film makers, and we will collaborate on projects with the goal of submitting films to some local festival competitions. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Mr. Jordan Marsh	<b>Day:</b> Monday	<b>Venue:</b> Primary Room 3208	<b>No. of Students:</b> Min. <u>5</u> Max. <u>12</u>	<b>Cost:</b> <b>No Fee</b>
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### Basic First Aid (Level 1)

Learning basic first aid techniques can help you cope with an emergency. The course will emphasize practical skills in a fun and interactive learning environment. (12 weeks; ends on 26th of November)



<b>Teacher:</b> Nurse Cherry Rinoza	<b>Day:</b> Monday	<b>Venue:</b> School Clinic	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>\$58</b>
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### Rockin' Recorder Club

The recorder is a great beginning wind instrument that is lots of fun for more advanced students too. It's easier to start on than the flute or clarinet and you can get to interesting music quickly. In the Rockin' Recorder club, we will play games, learn songs, and get to add in some other instruments as well such as the piano and xylophones. Soon the students will be rockin' on the recorder at home, on the playground, or even in the car! Any secondary students who are willing to assist with the recorder club will learn the recorder and get SA/CAS credit. (12 weeks; ends on 27th of November)



<b>Teacher:</b> Ms. Jennifer Harris Lowe	<b>Day:</b> Tuesday	<b>Venue:</b> Primary Room 3314	<b>No. of Students:</b> Min. <u>4</u> Max. <u>30</u>	<b>Cost:</b> <b>\$58</b>
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### ACTIVITY DESCRIPTION

#### Musical Theater

During this academic year, we are excited to bring the Broadway production of Annie to Northbridge. The preparation process begins with this course. During this program, we will work to develop our talents as singers, dancers and actors. We will learn and practice both the songs and dances that we will be performing for the musical. Members of this program will automatically be invited to participate in our



musical as members of the chorus, and be given the opportunity to audition for lead roles in the performance (to take place on March 1st).

**Important Note:** As we get closer to the performance, members of the chorus will be asked to participate in additional rehearsals to assist their preparation. These rehearsals will be held during recreation time at either snack or lunch recess. Specific schedules will be dependent on the role you are chosen for. For those chosen for lead roles, additional rehearsal time will be required. This schedule will be released upon completion of auditions. (12 weeks; ends on 27th of November)

<b>Teacher:</b> Mr. Craig Ziegler	<b>Day:</b> Tuesday	<b>Venue:</b> Primary Room 3211	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b>  <b>\$75</b>
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### **Tennis (Beginner Level) New!**

This course is designed for beginners, new players to the game of tennis who want to learn the basics of the game. We will develop the ABC's of tennis: agility, balance, and hand-eye coordination of the students, while also covering basic racket handling skills. Tennis Cambodia's coaches are trained to make it both educational and fun for the children. All the equipment, including rackets and balls will be provided by Tennis Cambodia.

Requirements: comfortable activewear and proper white sole running shoes. (12 weeks; ends on 27th or 29th of November)

<b>Teacher:</b> Mr. Phalkun (Tennis Cambodia)	<b>Day:</b> Tuesday <u>or</u> Thursday	<b>Venue:</b> NISC Tennis Court	<b>No. of Students:</b> Min. <u>4</u> Max. <u>12</u>	<b>Cost:</b>  <b>\$85</b>
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### **Tennis (Intermediate Level) New!**

This course is designed for students with experience in the game of tennis and who know the basics. We will develop the technique required for the various shots of tennis as well as basic strategy of the game. Tennis Cambodia's coaches are trained to make it both educational and fun for the children. All the equipment, including rackets and balls will be provided by Tennis Cambodia. Requirements: comfortable activewear and proper white sole running shoes.

(12 weeks; ends on 27th or 29th of November)

<b>Teacher:</b> Mr. Phalkun (Tennis Cambodia)	<b>Day:</b> Tuesday <u>or</u> Thursday	<b>Venue:</b> NISC Tennis Court	<b>No. of Students:</b> Min. <u>4</u> Max. <u>12</u>	<b>Cost:</b>  <b>\$85</b>
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## **ACTIVITY DESCRIPTION**

### **Khmer for Beginner (Mother Tongue) New!**

Students will learn how to read simple Khmer words, spell some basic words and learn to make sentences. This will reinforce the curriculum being taught in regular Khmer classes.

(12 weeks; ends on 27th of November)

<b>Teacher:</b> Mr. Savuth Hourt	<b>Day:</b> Tuesday	<b>Venue:</b> Primary Room 3203	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b>  <b>\$48</b>
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### Chinese (Mother Tongue) **New!**

The class will be provided only to native Chinese speaking to develop their listening and speaking skills, and apply high level skills in writing narratives and composition. Knowledge covered in the curriculum will be reinforced. (12 weeks; ends on 27th of November)

<b>Teacher:</b> Mr. Jack Tse	<b>Day:</b> Tuesday	<b>Venue:</b> Primary Room 3204	<b>No. of Students:</b> Min. <u>5</u> Max. <u>8</u>	<b>Cost:</b> <b>\$48</b>
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### Rainbow Clay Art



This activity specializes in teaching students to express themselves through creating unique works of art using non-toxic air-dry clay. Learning clay art develops concentration and fine motor skills. The materials are safe and environmentally friendly. Weekly, students will engage in fun art projects that they can bring home and be proud of. All materials and tools are included. (12 weeks; ends on 28th of November)



<b>Teacher:</b> Ms. Khae Pothipat	<b>Day:</b> Wednesday	<b>Venue:</b> EL Room 2208	<b>No. of Students:</b> Min. <u>4</u> Max. <u>15</u>	<b>Cost:</b> <b>\$165</b>
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### Multi Sports **New!**

The class will introduce basic skills, techniques and rules of a wide variety of sports and activities. Students participating in this class will learn to develop the ability and attitude to compete fairly; engage and interact appropriately with other children; and improved control, coordination, balance, agility and flexibility. Requirements: Proper sports attire and running shoes (12 weeks; ends on 28th of November)



<b>Teacher:</b> Mr. Cris of Elite Soccer Coaching	<b>Day:</b> Wednesday	<b>Venue:</b> NISC Field	<b>No. of Students:</b> Min. <u>4</u> Max. <u>16</u>	<b>Cost:</b> <b>\$85</b>
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## ACTIVITY DESCRIPTION

### TAEKWONDO: White to Green Tip Belt **New!**

ALA has partnered with Induk, a premier Singapore-based Taekwondo school in offering classes to everyone from toddlers to adults. Known for its emphasis on kicking and self defense technique, Taekwondo physically helps develop strength, flexibility and stamina as well as encouraging positive mental attitude. We believe that Taekwondo is for everyone of all ages and genders, with training programs designed with the ultimate goal of enhancing spirit and life through the training of mind and body. Uniforms will need to be purchased separately from the provider. (12 weeks; ends on 28th or 30th of November)



- Grading will be done at the end of the semester by the Cambodian Taekwondo Federation. Venue will be at Aeon Mall
- 2. Grading fees are charged separately.
- Students can participate on either Wednesday or Friday slots.

<b>Teacher:</b>	<b>Day:</b>	<b>Venue:</b>	<b>No. of Students:</b>	<b>Cost:</b>
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Advance Learning Academy	Wednesday <u>or</u> Friday	Performing Arts Room	Min. <u>3</u> Max. <u>25</u>	<b>\$156</b>
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### **TAEKWONDO: Green Belt and Above New!**

ALA has partnered with Induk, a premier Singapore-based Taekwondo school in offering classes to everyone from toddlers to adults. Known for its emphasis on kicking and self defense technique, Taekwondo physically helps develop strength, flexibility and stamina as well as encouraging positive mental attitude. We believe that Taekwondo is for everyone of all ages and genders, with training programs designed with the ultimate goal of enhancing spirit and life through the training of mind and body. Uniforms will need to be purchased separately from the provider. Students **must** attend **both** Wednesday and Friday sessions. (12 weeks; ends on 30th of November)



- Grading will be done at the end of the semester by the Cambodian Taekwondo Federation. Venue will be at Aeon Mall
- Grading fees are charged separately.

<b>Teacher:</b> Advance Learning Academy	<b>Day:</b> Wednesday <u>and</u> Friday	<b>Venue:</b> Performing Arts Room	<b>No. of Students:</b> Min. <u>3</u> Max. <u>25</u>	<b>Cost:</b> <b>\$231</b>
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### **Chinese Traditional Calligraphy New!**

The class will provide the opportunity to all students to understand, appreciate and learn Chinese culture through the ancient art of Chinese calligraphy. Students will practice mindfulness, express themselves and experience the traditional wisdom of Chinese. (12 weeks; ends on 29th of November)

<b>Teacher:</b> Mr. Jack Tse	<b>Day:</b> Thursday	<b>Venue:</b> Primary Room 3204	<b>No. of Students:</b> Min. <u>5</u> Max. <u>12</u>	<b>Cost:</b> <b>\$48</b>
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## **ACTIVITY DESCRIPTION**

### **Dance: Pre Ballet New!**

The CSTD Classical Ballet syllabus is based on all the pedagogy of technique, musicality and artistry. Pre ballet offers an introduction to the joy of ballet. Dancers will improve their posture, develop their poise and coordination, and will have refined quality and control of their body through the discipline of ballet technique. (12 weeks; ends on 29th of November)

<b>Teacher:</b> Advance Learning Academy	<b>Day:</b> Thursday	<b>Venue:</b> EL Room 2203	<b>No. of Students:</b> Min. <u>3</u> Max. <u>16</u>	<b>Cost:</b> <b>\$144</b>
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### **Boy's Hip Hop Class/Break Dance**

This dance class is for boys only to give them a comfortable environment for them to express themselves in dance. Hip Hop builds rhythm, confidence, style and coordination. The class will have exercises, strengthening activities, and we work towards a longer hip hop dance. It's fun and high energy. (12 weeks; ends on 29th of November)

<b>Teacher:</b> Ms. Yabei Chen	<b>Day:</b> Thursday	<b>Venue:</b> Primary New Dance Room 330-3302	<b>No. of Students:</b> Min. <u>5</u> Max. <u>12</u>	<b>Cost:</b> <b>\$48</b>
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### **Brass Blast New!**

Introductory level trumpet and trombone; a chance to try out one of the instruments of the brass family (12 weeks; ends on 29th of November)

<b>Teacher:</b> Mr. John Bourque	<b>Day:</b> Thursday	<b>Venue:</b> Primary Room 3312	<b>No. of Students:</b> Min. <u>5</u> Max. <u>8</u>	<b>Cost:</b> <b>No Fee</b>
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### **Community Choir New!**

This year, the greater NISC community including parents and staff are invited to join our students singing in the choir! Beginner singers are most welcome - no prior experience necessary. We have been invited to perform at the WIG Christmas Fair on November 4. If you love singing and can't get enough of Christmas music and cheer, then join us! It will be a great way to meet other members of our community while making music together. This is also a SA/CAS opportunity for secondary students who are willing to be a mentor to our young singers. (12 weeks; ends on 29th of November)

<b>Teacher:</b> Ms. Jennifer Harris Lowe	<b>Day:</b> Thursday	<b>Venue:</b> Primary Room 3314	<b>No. of Students:</b> Min. <u>5</u>	<b>Cost:</b> <b>No Fee</b>
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### **ACTIVITY DESCRIPTION**

### **Problem Solving New!**

In this club you will be required to work closely with other students to create, act and think in order to solve problems! (12 weeks; ends on 29th of November)

<b>Teacher:</b> Ms. Miri Walton	<b>Day:</b> Thursday	<b>Venue:</b> Primary Room 3210	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>No Fee</b>
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### **SNAG Golf New! (Grade 4 only)**

SNAG Golf is the easiest and most fun way to learn to play golf. SNAG Golf contains all the elements of golf but utilizes modified equipment and specialized teaching methods to deliver great results. This comprehensive system has been developed through years of research and field experience. SOFT BALLS! (12 weeks; ends on 29th of November)



<b>Teacher:</b> Mr. Steve Shepherd	<b>Day:</b> Thursday	<b>Venue:</b> NISC Field	<b>No. of Students:</b> Min. <u>4</u> Max. <u>12</u>	<b>Cost:</b> <b>\$138</b>
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### **Sculpture New!**

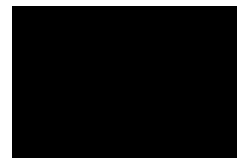
Sculpture is 3-dimensional artwork created by shaping or combining materials. Materials may be worked by removal such as carving; or they may be assembled such as by gluing. Our sculpture lessons include forming, carving, collage, gluing and make use of water based clays. Technique with tools, hands and structuring will be taught each week. (11 weeks; ends on 30th of November)

<b>Teacher:</b> The Art Bar	<b>Day:</b> Friday	<b>Venue:</b> Secondary Multi Purpose Room	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b> <b>\$275</b>
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### **ROBOTICS: MRT3 (Senior Robotics) New!**

MRT 3 curriculum is supporting students to learn essential STEM (Science, Technology, Engineering and Math) concepts. The curriculum includes the assembly process and its scientific principles help students to understand easily. It has hands-on activities that will help students to understand mechanical and structural principles. (11 weeks; ends on 30th of November)



<b>Teacher:</b> Advance Learning Academy	<b>Day:</b> Friday	<b>Venue:</b> EL Room 2208	<b>No. of Students:</b> Min. <u>3</u> Max. <u>16</u>	<b>Cost:</b> <b>\$176</b>
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### **ACTIVITY DESCRIPTION**

### **Basic First Aid (Level 2) New!**

Learning basic first aid techniques can help you cope with an emergency. The course will emphasize practical skills in a fun and interactive learning environment. (11 weeks; ends on 30th of November)



<b>Teacher:</b> Nurse Cherry Rinoza	<b>Day:</b> Friday	<b>Venue:</b> School Clinic	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>\$54</b>
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### **Chinese (as a Second Language) New!**

The class will be provided to students who want to learn Chinese as their second language. The lessons will focus on listening, speaking and writing. Opportunity provided for students to practice Chinese. (11 weeks; ends on 30th of November)

<b>Teacher:</b> Mr. Jack Tse	<b>Day:</b> Friday	<b>Venue:</b> Primary Room 3204	<b>No. of Students:</b> Min. <u>5</u> Max. <u>8</u>	<b>Cost:</b> <b>\$44</b>
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### **Board Games New!**

This activity will help you use and develop different skills such as observation, strategy, communication, analysis, reflection and social skills. Join us and challenge yourself. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Mr. Simon Etaby	<b>Day:</b> Monday	<b>Venue:</b> Primary Room 3214	<b>No. of Students:</b> Min. <u>5</u> Max. <u>12</u>	<b>Cost:</b> <b>No Fee</b>
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### **Strong Body Workout for Parents**

Sculpt your muscles, blast those fats, and get lean all over. This workout helps you to condition your body to keep you fit and healthy. Requirements: Comfortable activewear (12 weeks; ends on 26th of November)





<b>Teacher:</b> Ms. Tijana Stojkovic	<b>Day:</b> Monday AM: 10:00-11:00	<b>Venue:</b> Performing Arts Room	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b> <b>Drop in: \$12 per session</b> <b>Prepaid: 5 consecutive sessions - \$48</b>
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#### ACTIVITY DESCRIPTION

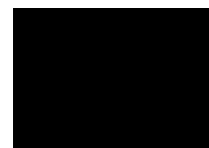
##### **Women's Self Defense New!**

With basic Taekwondo skills, this program is designed to make women aware, prepared and ready to counter immediate threats of violence. (12 weeks; ends on 27th of November)

<b>Teacher:</b> Advance Learning Academy	<b>Day:</b> Tuesday AM: 8:00-9:00	<b>Venue:</b> Performing Arts Room	<b>No. of Students:</b> Min. <u>3</u> Max. <u>25</u>	<b>Cost:</b> <b>\$156</b>
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##### **Tennis (Beginner and Intermediate Level) New!**

This course is designed mainly for adults, where the class will take a 'Cardio Tennis' approach. Cardio Tennis focuses more on the movements in tennis and will be a moderately intense hour of jumping over hurdles, running through speed ladders, learning the different shots of Tennis while having fun at the same time! All the equipment, including rackets and balls will be provided by Tennis Cambodia. Requirements: comfortable activewear and proper white sole running shoes. (12 weeks; ends on 28th of November)



<b>Teacher:</b> Mr. Phalkun (Tennis Cambodia)	<b>Day:</b> Wednesday AM: 8:00-9:00	<b>Venue:</b> NISC Tennis Court	<b>No. of Students:</b> Min. <u>4</u> Max. <u>12</u>	<b>Cost:</b> <b>\$85</b>
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#### ACTIVITY DESCRIPTION

##### **Community Choir New!**

This year, the greater NISC community including parents and staff are invited to join our students singing in the choir! Beginner singers are most welcome - no prior experience necessary. We have been invited to perform at the WIG Christmas Fair on November 4. If you love singing and can't get enough of Christmas music and cheer, then join us! It will be a great way to meet other members of our community while making music together. This is also a SA/CAS opportunity for secondary students who are willing to be a mentor to our young singers. (12 weeks; ends on 29th of November)



<b>Teacher:</b> Ms. Jennifer Harris Lowe	<b>Day:</b> Thursday	<b>Venue:</b> Primary Room 3314	<b>No. of Students:</b> Min. <u>5</u>	<b>Cost:</b> <b>No Fee</b>
<b>ACTIVITY DESCRIPTION</b>				
<b>Yoga New!</b>  This course will focus on developing movement to enhance physical fitness and promote emotional wellbeing to manage stress, gain strength and increase focus. The weekly activity will focus on asanas, meditation and technique with an experienced practitioner and certified yoga teacher. <b>Requirements:</b> yoga mats, comfortable activewear, Yoga strap (optional), Yoga block (optional). (12 weeks; ends on 29th of November)				
<b>Teacher:</b> Ms. Jennifer Arvay	<b>Day:</b> Thursday	<b>Venue:</b> Secondary Multi Purpose Room	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>No Fee</b>
<b>Zumba for Parents and other Adults</b> An aerobic fitness dance party mixed with low-intensity and high-intensity moves for interval-style training. This program features movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Crush calories to the rhythm with this super effective and fun workout in disguise. Comfortable active dance clothes. (11 weeks; ends on 30th of November)				
<b>Teacher:</b> Ms. Tijana Stojkovic	<b>Day:</b> Friday <u>AM:</u> 8:00-9:00 <u>PM:</u> 3:10-4:00	<b>Venue:</b> AM: Performing Arts Room PM: EL Room 2203	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b> <b>Drop in: \$12 per session</b> <b>Prepaid: 5 consecutive sessions - \$48</b>





### LEAP Programme Calendar Semester 1

AUG	LEAP Registration				F	S	Su				LEAP Registration/LEAP Fair on 17th Aug					LEAP Registration					Week 1				
											13	14	15	16	17	20	21	22	23	24	27	28	29	30	31
	SEP					Week 2					Week 3					Week 4					Week 5				
						3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28
OCT	Week 6					Pchum Ben - No School					Week 7				Week 8					Week 9					
	1	2	3	4	5	8	9	10	11	12	15	16	17	18	19	22	23	24	25	26	29	30	31		
NOV	Week 9					Week 10					Week 11					Week 12		Water Festival			Week 13				
				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30
DEC	Catch Up Week											School Close for Winter Break													
	3	4	5	6	7	10	11	12	13	14	14	15	16	17	18	21	22	23	24	25	28	29	30	31	

**Gray - No School**

**October 8-15** - Pchum Ben Holiday

**October 16** - Parent Teacher Conference

**November 9** - WASC Professional Development Day

**November 21-23** - Water Festival Holiday