

BISCAP Term 1 Summary 2019-2020

MONDAY (12 sessions - Excludes all school holidays.)

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 1
Monday	BISCAP	Lego-Mechanic	Reception Only	Students work around various mechanical concepts, which they and their parents may or may not have ever notices in their daily lives. Gears, pulleys and inclined planes are only a few examples out of many mechanisms that the students come across in class. Students have to get their fingers ready to snap the bricks, push the axle and squeeze the pulley wheels together. Maximum 20 places. Excludes all school holidays.	Reception Canteen	3:30-4:30pm	Yes	The Genius Workshop	RMB2040
Monday	BISCAP	Chess	Y1-6	Chess requires a good understanding of the game, competing, learning from mistakes and challenging oneself. Through this process, children will undoubtedly acquire invaluable skills sets such as developing stronger spatial reasoning, attention span, sportsmanship and confidence. The program strives to teach these valuable skills by: -Nurturing sportsmanship and planning patience and good decision making students in a positive manner students to learn from mistakes -Training -Guiding -Encouraging	Art Room P306	3:30-4:30pm	Yes	ActiveKids	RMB1880
Monday	BISCAP	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. - Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes RMB110	Gymnastics Room P250	3:30-4:30pm	Yes	Mingwu Kung FU	RMB1800
Monday	BISCAP	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. - Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes RMB110	Gymnastics Room P250	4:30-5:30pm	No	Mingwu Kung FU	RMB1800
Monday	BISCAP	Swim Improvers	Y1-6	The improver classes help your child to progress further and classes cover stages 5 - 7 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. Swimmers will be developing their fundamental skills and learning to swim each of the four strokes with efficiency.	Secondary Pool	5:30-6:20pm	No	Champion	RMB1560
Monday	BISCAP	Swim Active	Y3-11	Swim Active covers stages 8 -10 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. This group is for swimmers who do not wish to swim competitively as part of the BISS Lions swim team. Swimmers are encouraged to progress their swimming further and swimming for fitness is introduced.	Secondary Pool	5:30-7:00pm	No	Champion	RMB1800
Monday	BISCAP	Football (U8)	Y2-Y4	High performance training for boys and girls born between September 1st 2010 - August 31st 2012. Only the latest methodologies are employed by highly experienced and professional international coaches.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	RMB2310
Monday	BISCAP	Football (U14-U19)	Y8-13	High performance training for secondary school students born on or before September 1st 2004. 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	RMB2310
Monday	BISCAP	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.	Secondary Sports Hall	5:30-6:30pm	No	BSU	RMB1800
Monday	BISCAP	Basketball Academy	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.	Secondary Sports Hall	5:30-7:30pm	No	BSU	TBC

TUESDAY (13 sessions - Excludes all school holidays.)										
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 1	
Tuesday	BISCAP	Baby Tae Kwon Do	Reception Only	Learn this traditional martial art through fun and enjoyable lessons. This session is only for Reception students of a beginner level - Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes: RMB110	Rumble Room	3:30-4:30pm	Yes	Mingwu Kung Fu	RMB1950	
Tuesday	BISCAP	Science Adventure	Reception Only	This is not just an after school program! We aim to deliver lessons that are not just funny and entertaining, we want to leave behind something that is remarkable! We aim to spark interest in science by pointing at the world around us. In order to achieve that, we will work closely with schools to support them in delivering their science programs. Through fun activities, experiments and demonstrations, students will be able to experience the great and fascinating world of science. From chemistry to physics passing through geology and biology we will discover the world around us and what is beyond it. We also believe that emotions are very important, so at the end of each semester, parents will get a video summary of what has been done. This will give them the chance to understand what students have learnt and how. We do believe that passion is one of the most important factors to pass on the knowledge, so our instructors are either scientists or share a deep passion for science!	Reception Canteen	3:30-4:30pm	Yes	ActiveKids	RMB2600	
Tuesday	BISCAP	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 complete beginners and continuing students. Excludes all school holidays. 1 hour per session, maximum 20 places.	Secondary Football Pitch	3:30-4:30pm	Yes	Ebbe Sand Soccer	RMB1540	
Tuesday	BISCAP	Lego-Robotics	Y3-5	Recruits who join are trained to specialize in Advanced Robotics Mechanics. Our recruits are given specific task which require them to build, program, and tinker with robots to complete these tasks with maximum efficiency. 1 hour per session, maximum 20 places. Excludes all school holidays.	P208	3:30-4:30pm	Yes	The Genius Workshop	RMB2210	
Tuesday	BISCAP	Lego - Engineering	Y1-3	Students will experiment how different combinations of mechanical LEGO pieces can work together to serve some meaningful and creative purposes, or accomplish challenges assigned by our professional instructors. You never know if these experiences will spark any brilliant ideas that might change human life in the next generation, right? 1 hour per session, maximum 20 places. Excludes all school holidays.	P209	3:30-4:30pm	Yes	The Genius Workshop	RMB2210	
Tuesday	BISCAP	Tennis Reception	Reception Only	General coordination, motor skills & lots of fun As well as a curriculum focused on general coordination and motor skills, at this age its about learning to follow instructions, understand corrections and feel the improvements. The lesson takes place on a tennis court or in any open space such as aerobics room or squash courts as there are no nets involved at this point. Many different items of equipment are used to help support the children, keep them focused and allow them to balance alone while hitting, throwing and blocking. They use specialised (100% slower than normal tennis balls) and rackets in order to give them more time to swing and therefore more participation. And, for the Early Year Program only, we allow parents to volunteer to be on court, helping children to follow the exercises and keeping general order during the lesson. This is truly a unique program in China and we look forwards to seeing it grow.	Secondary Tennis Courts	3:30-4:30	Yes	SportED	RMB1885	
Tuesday	BISCAP	Tennis White	Y1-2	Full participation & balance while moving For this program the curriculum focuses on movement and change of direction while receiving or hitting a ball. Being able to move your feet while not looking down and focusing on an object (tennis ball) is a key skill needed to go to the next level where rallying with a partner is the main goal of the game. This program also utilises very special adapted equipment to allow students the time and control to learn the normal tennis ball. It is recommended to be rolled on the ground engaging rally activity but it can also bounce nicely with a very soft texture. There is still no net required at this stage of development, but students start to learn how to move the ball around with the rackets, understanding the energy the ball has and how to control it.	Secondary Tennis Courts	3:30-4:30	Yes	SportED	RMB1885	
Tuesday	BISCAP	Tennis Purple	Y2-3	Basic stroke technique & understanding This program starts to use a mini net with clear court outlines. There is much less stationary feeding drills and much more about player collaboration and participation which means players start to understand rally concept, in and out and friendly competition. ball (15cm), players are able to lift the ball, rally and compete with each other thanks to the age adapted size making the sweet spot larger and contact easier. This is the perfect transition program before Rainbow Red, where you can start to compete in mini tournaments.	Secondary Tennis Courts	3:30-4:30	Yes	SportED	RMB1885	
Tuesday	BISCAP	Tennis Red	Y3-Y4	Rally concept & friendly competition This program is designed for children aged 7-8 years old. At this stage of development players have solid stroke technique, understand ball trajectory and are able to move around the court well. Now we start to focus on rallies. Being able to keep a ball going not just with a coach but with each other. This takes good foundation skills which is why its so important to follow the layered development and improve at the right speed. slower than a normal ball and designed to bounce at hip height. Once players have a solid level of rally skills and run official tournaments for this level for Under 10 players. The main goal of these tournaments is not winning, but participation, fun and making friends. Competition is all apart of the learning curve and a big part of our curriculum.	Secondary Tennis Courts	4:30-5:30pm	No	SportED	RMB2080	

Tuesday	BISCAP	Tennis Orange	Y4-Y5	<p>Rally stamina and consistency</p> <p>This program is the first of 2 key transition programs, for 8-9 year olds, before yellow ball and full court programs. And for the first time in our player pathway the balls are the same size as normal yellow tennis balls but less pressurised, meaning slower and easier to control. In this program we want to see players rallying with each other and really starting to control the ball, moving each other around the court and saving the difficult balls, keeping the rally alive.</p> <p>Now played on a full court, center line to doubles line and slightly shorter than a full court (3/4 court) and with years old. Its a very important stage or development and one that is usually overlooked! Ball control is the</p>	Secondary Tennis Courts	4:30-5:30pm	No	SportED	RMB2080
Tuesday	BISCAP	Tennis Green	Y5-Y6	<p>Starting & finishing a point</p> <p>The last in the transition programs before full court and yellow balls. This is such an important program in the player pathway and is even used for adult beginners or top players wanting to work on specific technical changes. Before entering our Junior Programs and once players have mastered their rally skills, we now focus o starting and finishing a point. This means a huge focus on serve, return and a more aggressive court position, using the approach shot, volley and overhead/smash.</p> <p>normal tennis ball) allow for greater control and more chance for success. We can start to play full court points with rallies lasting longer thanks to the less pressurised balls. There are many tournaments for players to compete in at this level, run by IFT and USTA and can be taken very seriously.</p>	Secondary Tennis Courts	4:30-5:30pm	No	SportED	RMB2080
Tuesday	BISCAP	Swim Beginner	Rec-Y2	<p>Our experienced and friendly teachers work to Swim England national teaching framework. Our beginners classes cover stages 1 - 4, swimmers receive a certificate when they have successfully completed all skills required for each stage. At this level swimmers are developing their confidence in the water and learning fundamental movements for all four strokes.</p>	Primary Pool	3:35-4:25	Yes	Champion	RMB1690
Tuesday	BISCAP	Swim Improvers	Y1-Y6	<p>The improver classes help your child to progress further and classes cover stages 5 - 7 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. Swimmers will be developing their funamental skills and learning to swim each of the four strokes with efficiency.</p>	Secondary Pool	4:35-5:25	No	Champion	RMB1690
Tuesday	BISCAP	Swim Active	Y3-11	<p>Swim Active covers stages 8 -10 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. This group is for swimmers who do not wish to swim competitively as part of the BISS Lions swim team. Swimmers are encouraged to progress their swimming further and swimming for fitness is introduced.</p>	Secondary pool	5:30-7:00	No	Champion	RMB1950
Tuesday	BISCAP	Football Training (U10)	Y3-6	<p>High performance program for skillfull players and beginners born between September 1st 2007 - August 31st 2009. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player into a team.</p>	Secondary Football Pitch	5:00-6:30	No	Ebbe Sand Soccer	RMB2310
Tuesday	BISCAP	Football Training (U14-16)	Y6-9	<p>High performance program for skillfull players and beginners born between September 1st 2005 - August 31st 2007. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player into a team.</p>	Secondary Football Pitch	6:30-8:00	No	Ebbe Sand Soccer	RMB2310

WEDNESDAY (13 sessions - Excludes all school holidays.)										
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 1	
Wednesday	BISCAP	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. - Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes RMB110	Gymnastics Room P250	3:30-4:30pm	Yes	Mingwu Kung FU	RMB1950	
Wednesday	BISCAP	Science Adventure	Y1-3	This is not just an after school program! We aim to deliver lessons that are not just fun and entertaining, we want to leave behind something that is remarkable! We aim to spark interest in science by pointing at the world around us. In order to achieve that, we will work closely with schools to support them in delivering their science programs. Through fun activities, experiments and demonstrations, students will be able to experience the great and fascinating world of science. From chemistry to physics passing through geology and biology we will discover the world around us and what is beyond it. We also believe that emotions are very important, so at the end of each semester, parents will get a video summary of what has been done. This will give them the chance to understand what students have learnt and how. We do believe that passion is one of the most important factors to pass on the knowledge, so our instructors are either scientists or share a deep passion for science!	Reception Canteen/P306	3:30-4:30pm	Yes	ActiveKids	RMB2600	
Wednesday	BISCAP	Swim Beginner	Rec-Y2	Our experienced and friendly teachers work to Swim England national teaching framework. Our beginners classes cover stages 1 - 4, swimmers receive a certificate when they have successfully completed all skills required for each stage. At this level swimmers are developing their confidence in the water and learning fundamental movements for all four strokes.	Primary Pool	3:35-4:25pm	Yes	Champion	RMB1690	
Wednesday	BISCAP	Swim Active	Y3-11	Swim Active covers stages 8 -10 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. This group is for swimmers who do not wish to swim competitively as part of the BISS Lions swim team. Swimmers are encouraged to progress their swimming further and swimming for fitness is introduced.	Secondary Pool	5:30-7:00pm	No	Champion	RMB1690	
Wednesday	BISCAP	Football (U8)	Y2-Y4	High performance training for students born between September 1st 2009 - August 31st 2011. The latest methodologies are employed by experienced and highly professional international coaches.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	RMB2310	
Wednesday	BISCAP	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.	Secondary Sports Hall	5:30-6:30pm	No	BSU	RMB1800	
Wednesday	BISCAP	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.	Secondary Sports Hall	5:30-7:30pm	No	BSU	RMB5000	

THURSDAY (13 sessions - Excludes all school holidays.)										
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 1	
Thursday	BISCAP	Science Adventure	Y4-6	This is not just an after school program! We aim to deliver lessons that are not just funny and entertaining, we want to leave behind something that is remarkable! We aim to spark interest in science by pointing at the world around us. In order to achieve that, we will work closely with schools to support them in delivering their science programs. Through fun activities, experiments and demonstrations, students will be able to experience the great and fascinating world of science. From chemistry to physics passing through geology and biology we will discover the world around us and what is beyond it. We also believe that emotions are very important, so at the end of each semester, parents will get a video summary of what has been done. This will give them the chance to understand what students have learnt and how. We do believe that passion is one of the most important factors to pass on the knowledge, so our instructors are either scientists or share a deep passion for science!	P230	3:30-4:30pm	Yes	ActiveKids	RMB2600	
Thursday	BISCAP	Tennis Reception	Reception Only	General coordination, motor skills & lots of fun As well as a curriculum focused on general coordination and motor skills, at this age its about learning to follow instructions, understand corrections and feel the improvements. The lesson takes place on a tennis court or in any open space such as aerobics room or squash courts as there are no nets involved at this point. Many different items of equipment are used to help support the children, keep them focused and allow them to balance alone while hitting, throwing and blocking. They use specialised racket (15') pom do, which is a plastic glove and instead of normal balls; light "beach like" inflatable balls (100% slower than normal tennis balls) and balloons in order to give them more time to swing and therefore more participation. And, for the Early Year Program only, we allow parents to volunteer to be on court, helping children to follow the exercises and keeping general order during the lesson. This is truly a unique program in China and we look forwards to seeing it grow.	Secondary Tennis Courts	3:30-4:30	Yes	SportED	RMB1885	
Thursday	BISCAP	Tennis White	Y1-2	Full participation & balance while moving For this program the curriculum focuses on movement and change of direction while receiving or hitting a ball. Being able to move your feet while not looking down and focusing on an object (tennis ball) is a key skill needed to go to the next level where rallying with a parter is the main goal of the game. This program also utilises very special adapted equipment to allow students the time and control to learn the correct technique and skills. The adapted rackets are 17' and balls are 26' white and 95%shlower than a normal tennis ball. It is recommended to be rolled on the ground engaging rally activity but it can also bounce nicely with a very soft texture. There is still no net required at this stage of development, but students start to learn how to move the ball around with the rackets, understanding the energy the ball has and how to control it.	Secondary Tennis Courts	3:30-4:30	Yes	SportED	RMB1885	
Thursday	BISCAP	Tennis Purple	Y2-3	Basic stroke technique & understanding This program starts to use a mini net with clear court outlines. There is much less stationary feeding drills and much more about player collaboration and participation which means players start to understand rally concept, in and out and friendly competition. With mini rackets (19')and played on a mini court with purple balls which are 90% shower than a normal tennis ball (15cm), players are able to lift the ball, rally and compete with each other thanks to the age adapted size making the sweet spot larger and contact easier. This is the perfect transition program before Rainbow Red, where you can start to compete in mini tournaments.	Secondary Tennis Courts	3:30-4:30	Yes	SportED	RMB1885	
Thursday	BISCAP	Tennis Red	Y3-Y4	Rally concept & friendly competition This program is designed for children aged 7-8 years old. At this stage of development players have solid stroke technique, understand ball trajectory and are able to move around the court well. Now we start to focus on rallies. Being able to keep a ball going not just with a coach but with each other. This takes good foundation skills which is why its so important to follow the layered development and improve at the right speed. Played on a mini court, slightly large than the purple court, using mini rackets(23') and red balls which are 75% slower than a normal ball and designed to bounce at hip height. Once players have a solid level of rally skills and scoring they can start to compete in mini pop up tpurnaments that are hosted around Shanghai--ITF&USTA run official tournaments for this level for Under 10 players. The main goal of these tournaments is not winning, but participation, fun and making friends. Competition is all apart of the learning curve and a big part of our curriculum.	Secondary Tennis Courts	4:30-5:30pm	No	SportED	RMB2080	

Thursday	BISCAP	Tennis Orange	Y4-Y5	<p>Rally stamina and consistency</p> <p>This program is the first of 2 key transition programs, for 8-9 year olds, before yellow ball and full court programs. And for the first time in our player pathway the balls are the same size as normal yellow tennis balls but less pressurised, meaning slower and easier to control. In this program we want to see players rallying with each other and really starting to control the ball, moving each other around the court and saving the difficult balls, keeping the rally alive.</p> <p>Now played on a full court, center line to doubles line and slightly shorter than a full court (3/4 court) and with 23' rackets. The orange balls are 50% slower than normal tennis balls and is perfectly adapted to children 8-9 years old. Its a very important stage of development and one that is usually overlooked! Ball control is the foundation to tactical fundamentals, without it you can't impelment you game plan.</p>	Secondary Tennis Courts	4:30-5:30pm	No	SportED	RMB2080
Thursday	BISCAP	Tennis Green	Y5-Y6	<p>Starting & finishing a point</p> <p>The last in the transition programs before full court and yellow balls. This is such an important program in the player pathway and is even used for adult beginners or top players wanting to work on specific technical changes. Before entering our Junior Programs and once players have mastered their rally skills, we now focus o starting and finishing a point. This means a huge focus on serve, return and a more aggressive court position, using the approach shot, volley and overhead/smash.</p> <p>Now plying on a full court, with 25'-27' racket but still using slightly depressurised balls (25% less than a normal tennis ball) allow for greater control and more chance for success. We can start to play full court points with rallies lasting longer thanks to the less pressurised balls. There are many tournaments for players to compete in at this level, run by IFT and USTA and can be taken very seriously.</p>	Secondary Tennis Courts	4:30-5:30pm	No	SportED	RMB2080
Thursday	BISCAP	Gymnastics Beginner	Y1-3	<p>Great posture, body tension, balance and flexibility are developed as children are introduced to movements on the floor, beam and vault.</p> <p>Maximum 20 places. Excludes all school holidays.</p>	Gymnastics Room P250	3:30-4:30pm	Yes	Multisport	RMB2340
Thursday	BISCAP	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 10% discount for 2 days training All sessions excludes school holidays</p>	Gymnastics Room P250	4:30-6:30pm	No	Multisport	RMB3120
Thursday	BISCAP	Swim Beginner	Rec-Y2	<p>Our experienced and friendly teachers work to Swim England national teaching framework. Our beginners classes cover stages 1 - 4, swimmers receive a certificate when they have successfully completed all skills required for each stage. At this level swimmers are developing their confidence in the water and learning fundamental movements for all four strokes.</p>	Primary Pool	3:35-4:25pm	Yes	Champion	RMB1690
Thursday	BISCAP	Swim Improvers	Y1-6	<p>The improver classes help your child to progress further and classes cover stages 5 - 7 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. Swimmers will be developing their funamental skills and learning to swim each of the four strokes with efficiency.</p>	Secondary Pool	4:35-5:25pm	No	Champion	RMB1690
Thursday	BISCAP	Swim Active	Y3-11	<p>Swim Active covers stages 8 -10 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. This group is for swimmers who do not wish to swim competitively as part of the BISS Lions swim team. Swimmers are encouraged to progress their swimming further and swimming for fitness is introduced.</p>	Secondary Pool	5:30-7:00pm	No	Champion	RMB1950
Thursday	BISCAP	Football (U10)	Y3-6	<p>High performance program for skillfull players and beginners birn between September 1st 2007 - August 31st 2009 . Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player.</p>	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	RMB2310
Thursday	BISCAP	Football (U13)	Y6-9	<p>High performance program for skillfull players and beginners born between September 1st 2005 - August 31st 2007. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player.</p>	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	RMB2310

FRIDAY (11 sessions - Excludes all school holidays.)									
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 1
Friday	BISCAP	Gymnastics Boys	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	Yes	Multisport	RMB1980
Friday	BISCAP	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 distribution - 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	RMB1500
Friday	BISCAP	Swim Improvers	Y1-6	The improver classes help your child to progress further and classes cover stages 5 - 7 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. Swimmers will be developing their fundamental skills and learning to swim each of the four strokes with efficiency.	Secondary Pool	4:30-5:20pm	No	Champion	RMB1560
Friday	BISCAP	Swim Active	Y3-11	Swim Active covers stages 8 -10 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. This group is for swimmers who do not wish to swim competitively as part of the BISS Lions swim team. Swimmers are encouraged to progress their swimming further and swimming for fitness is introduced.	Secondary Pool	5:30-7:00pm	No	Champion	RMB1800
Friday	BISCAP	Basketball Academy	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.	Secondary Sports Hall	5:30-7:30pm	No	BSU	RMB5000

SATURDAY - 9 sessions - Excludes all school holidays.)									
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 1
Saturday	BISCAP	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. Excludes all school holidays.	Primary Sports Hall	8:30-10:00am	No	Multisport	RMB2730
Saturday	BISCAP	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. All sessions excludes school holidays	Primary Sports Hall	10:00am-12:00pm	No	Multisport	RMB3120
Saturday	BISCAP	Football	U6-U8	This is a high performance program for skillful 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. 1.5 hours per session. Excludes all school holidays.	Secondary Football Pitch	9:30am-11:00am	No	Ebbe Sand Soccer	RMB2310
Saturday	BISCAP	Football	U10-U12	This is a high performance program for skillful 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. 1.5 hours per session. Excludes all school holidays.	Secondary Football Pitch	11:00am-12:30pm	No	Ebbe Sand Soccer	RMB2310
Saturday	BISCAP	Adult & Child Swim	Nurse/Pre Nursery	Our Adult and Child classes are for infants who wish to start their swimming early accompanied by an adult. These classes are overseen by specially trained teachers and are fantastic for bonding and gaining water confidence	Primary Pool	9:15-9:55am	No	Champion	RMB3510
Saturday	BISCAP	Swim Improvers	Y1-6	The improver classes help your child to progress further and classes cover stages 5 - 7 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. Swimmers will be developing their fundamental skills and learning to swim each of the four strokes with efficiency.	Secondary Pool	9:00-9:50am	No	Champion	RMB1170
Saturday	BISCAP	Swim Beginner	Rec-Y2	Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays.	Primary Pool	10:00-10:50am	No	Champion	RMB1170
Saturday	BISCAP	Swim Active	Y3-11	Swim Active covers stages 8 -10 of the Swim England national teaching framework, a certificate will be awarded when all skills have been successfully completed for each stage. This group is for swimmers who do not wish to swim competitively as part of the BISS Lions swim team. Swimmers are encouraged to progress their swimming further and swimming for fitness is introduced.	Secondary Pool	10:00-11:30am	No	Champion	RMB1350

SUNDAY (13 Sessions - Excludes all school holidays.)									
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term1
Sunday	BISCAP	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.	Secondary Sports Hall/Primary Sports Hall	9:00-11:00am	No	BSU	TBC
Sunday	BISCAP	Basketball Academy	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.	Secondary Sports Hall/Primary Sports Hall	9:00-11:00am	No	BSU	TBC