

13 August 2018

<u>Learning Enrichment Activity Program</u> - Grade 8 - Grade 9 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 <u>August 27</u> and finish on <u>November 30</u> (12 WEEKS unless stated otherwise).

Sessions are <u>3:10 - 4:00pm</u> for Primary and <u>3:40 - 4:30pm</u> 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 <u>NOT</u> 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

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:

	Monday	Tuesday	Wednesday	Thursday	Friday
Category	G8-G9	G8-G9	G8-G9	G8-G9	G8-G9
	NISC Dance Company	NISC Dance Company	Secondary Dance Club	Dance: Modern Jazz	Rock Band Friday
ARTS		Drum Circle Rockin' Recorder Club Still Life Painting	Concert Band Calligraphy	Brass Blast Community Choir	Sculpture
ACADEMIC LEARNING	NISC Secondary Writing Center Board Games	NISC Secondary Writing Center Math Olympiad	NISC Secondary Writing Center	NISC Secondary Writing Center Math Olympiad	
SPORTS		Multi Sports Tennis (Beginner Level) Tennis (Intermediate Level)	Educational Soccer Taekwondo: White to Green Tip Belt Taekwondo: Green Belt and above	Tennis (Beginner Level) Tennis (Intermediate Level)	Taekwondo: White to Green Tip Belt Taekwondo: Green Belt and above Multi Sports
LANGUAGES	Korean Book Club	Chinese (Mother Tongue)			Chinese (as a Second Language)
SERVICE			Basic First Aid Level 1		
PARENTS	Board Games Strong Body Workout	Women's Self Defense	Tennis (Beginner Level) Tennis (Intermediate Level)	Community Choir Yoga	Zumba for Parents and other Adults

NORTHBRIDGE INTERNATIONAL SCHOOL A NORD ANGLIA EDUCATION SCHOOL

		ACTIVITY DESCRIF	ντιον		
ISC Dance Compa	ny New! SA	conditional ask Ms.	Netcy)		
he dance company	will also offer mo	ious and intermediate re performance oppor mance. (12 weeks; e	tunities whi	ich means possi	ible weekend
Teacher: Ms. Yabei Chen	Day: Monday <u>and</u> Tuesday	Venue: Primary New Da Room 3301-3302	nce No.	of Students:	Cost: \$48
•	Writing Center v ents. The center i	vill be open Monday - s open to all secondary			
Teacher: Mr. Logan Brennan-Sawyer	Day: Monday <u>to</u> Thursday	Venue: Secondary Roon 5112		of Students: & Max. as per up	Cost: No Fee
•	nd social skills. J	elop different skills suc oin us and challenge y `)		rvation, strategy	, communication,
Teacher: Mr. Simon Etaby	Day: Monday	Venue: Primary Room 3214	No. of St Min. <u>5</u>	tudents: Cos Max. <u>12</u>	st: No Fee
Forean Book Club (lembers will need to lub will choose. (12	o read, think, talk	and write about Korea	n novels, p	poetry and other	papers that the
Teacher: Ms. Yunjung Kim	Day: Monday	Venue: Primary Room	3206	No. of Studer Min. <u>5</u> Max.	



Drum Circle Tuesday **New!** SA (conditional ask Ms. Netcy)

Students will learn rhythm and team building, and a bit of dancing, while playing a percussion instrument. (12 weeks; ends on 27th of November)

Teacher:	Day:	Venue:	No. of Students:	Cost:
Mr. Ian Francisco	Tuesday	Primary Room 3312	Min. <u>5</u> Max. <u>10</u>	\$48

Rockin' Recorder Club (SA credit)

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)

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

Still Life Painting New!

Still life is the genre style of painting that allows the painter to experiment with the composition of the subject. Due to the subject being inanimate, it allows painters to practice everything from values, color, compositional balance or colors and placement. Students will work with a 1mx1m canvas for each week. Students will complete a total of 4 canvases. This course is designed to teach students how to map and paint an inanimate subject onto canvas. (12 weeks; ends on 27th of November)

	Teacher: The Art Bar	Day: Tuesday	Venue: Secondary Multi Purpose Room	No. of Students: Min. <u>5</u> Max. <u>15</u>	Cost: \$360
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ACTIVITY DESCRIPTION

Math Olympiad New!

NORTHBRIDGE INTERNATIONAL SCHOOL CAMBODIA A NORD ANGLIA EDUCATION SCHOOL

The goal is to encourage an interest in mathematics while also encouraging them to value intellectual pursuits. The emphasis is not on speed or memorization but rather understanding concepts and algorithms. We aim to value skills that develop the ability to think about and solve complex problems. We encourage students of all abilities. Finally, we encourage and develop cooperation, friendship, inspiration, and encouragement to a great degree. We hope to make this a great social and intellectual opportunity for students. (12 weeks; ends on 27th or 29th of November)

Teacher: Mr. John Smith	Day: Tuesday <u>or</u> Thursday	Venue: Secondary Room 5313	No. of Students: Min. <u>2</u> Max. <u>8</u>	Cost: No Fee
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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 (11 weeks; ends on 27 of November)

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

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)

Teacher: Mr. Phalkun (Tennis Cambodia)Day: Tuesday or ThursdayVenue: NISC Tennis CourtNo. of Students: Min. 4Cost: \$85
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ACTIVITY DESCRIPTION

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











Teacher: Mr. Phalkun (Tennis	· ·	Venue: NISC Tennis Co		No. of Stude Min. 4 Max	nts: (Cost: \$85
Cambodia)	Thursday					
Chinese (Mother To	• <i>i</i>					
The course will be ain opportunity to practice metalinguistic skills su	e and reinforce th	e language skills in	reading, v	writing, listeni	ng , speak	king and
Teacher: Mr. Jack Tse	Day: Tuesday	Venue: Primary Room	n 3204	No. of S Min. <u>5</u>	tudents: Max. <u>8</u>	Cost: \$48
Darice Ciud IOF SIUGEL	its that are new to	o dance or want a fu	/Is. Netcy In. no pres		vironment	to start
		o dance or want a fu t required. (12 wee Venue: Primary New D Room 3301-33	in, no pres eks; ends ance	ssure, fun en	ovember) Its: Co	to start ost: \$48
learning. Performing i Teacher: Ms. Yabei Chen Concert Band Nev	s optional and no Day: Wednesday V! SA (condit	t required. (12 wee Venue: Primary New D Room 3301-33	in, no pres eks; ends vance 02 y)	ssure, fun en on 28th of No Io. of Studen /in. <u>5</u> Max.	ovember) nts: Co 20 Co	ost: \$48
learning. Performing i Teacher: Ms. Yabei Chen Concert Band Nev	s optional and no Day: Wednesday V! SA (condit	t required. (12 wee Venue: Primary New D Room 3301-33	in, no pres eks; ends pance 02 y) eks; ends No	ssure, fun en on 28th of No Io. of Studen /in. <u>5</u> Max.	ovember) <u>20</u> Co ovember)	ost: \$48
learning. Performing i Teacher: Ms. Yabei Chen Concert Band Nev Wind band ensemble fo Teacher:	s optional and no Day: Wednesday V! SA (condit r students with pric Day:	t required. (12 wee Venue: Primary New D Room 3301-33 ional ask Ms. Netc or experience. (12 wee Venue:	in, no pres eks; ends ance 02 y) eks; ends 12 No Min	ssure, fun en on 28th of No lo. of Studen lin. <u>5</u> Max.	ovember) <u>20</u> Co ovember)	ost: \$48 Cost:
learning. Performing i Teacher: Ms. Yabei Chen Concert Band Nev Wind band ensemble fo Teacher:	s optional and no Day: Wednesday V! SA (condit r students with pric Day:	t required. (12 wee Venue: Primary New D Room 3301-33 ional ask Ms. Netc or experience. (12 wee Venue: Primary Room 33	in, no pres eks; ends ance 02 y) eks; ends 12 No Min	ssure, fun en on 28th of No lo. of Studen lin. <u>5</u> Max.	ovember) <u>20</u> Co ovember)	ost: \$48 Cost:



Teacher: The Art Bar	Day: Wedr	sesday Se	enue: econdar oom	y Multi Purpose	e	No. of S f Min. <u>5</u>	t udents: Max. <u>15</u>		Cost	:: \$300
Educational Socce	er N	ew!								
Students will learn t Requirement: sport 12 weeks; ends on	swear	, soccer kit	and spo		nee	ded to pla	y soccer.			
Teacher: Mr. Takahiro Unno)	Day: Wednesday	Ven NIS	iue: C Field	_	n. <u>6</u> Ma	ents: x. <u>16</u>	Cost:	\$12	0
lexibility and stamir hat Taekwondo is f Iltimate goal of enh	or eve	eryone of all	l ages a	nd genders, wi	th tr	aining pro	grams de	esigned	with t	the
purchased separate Grading will be 2. Grading fee • Students can p Teacher: Advance Learning	bly fro done a sare c barticipa Da We	m the provid at the end of the charged separa ate on either W y: ednesday <u>or</u>	der. (12 ne semes ately. Vednesda	e weeks; ends of the Cambod of	ian 1	8th or 30t aekwondo	h of Nove Federation. No. of S	mber) Venue	will be a	eed to be at Aeon Ma
 ourchased separate Grading will be 2. Grading fee Students can p Teacher:	bly fro done a sare c barticipa Da We	m the provic at the end of the charged separa ate on either W	der. (12 ne semes ately. Vednesda	e weeks; ends of the Cambod of	ian 1	8th or 30t aekwondo	h of Nove Federation.	mber) Venue	will be a	eed to be at Aeon Ma
purchased separate Grading will be 2. Grading fee Students can p Teacher: Advance Learning	bly fro done a sare c barticipa Da We	m the provid at the end of the charged separa ate on either W y: ednesday <u>or</u>	der. (12 he semes ately. Vednesda	e weeks; ends of ter by the Cambod y or Friday slots. Venue: Performing An	rts F	8th or 30t ⁻ aekwondo	h of Nove Federation. No. of S	mber) Venue	will be a	eed to be at Aeon Ma
purchased separate Grading will be 2. Grading fee Students can p Teacher: Advance Learning	ely fro done a s are c aarticipa Da We Frid	m the provic at the end of th sharged separa ate on either W y: ednesday <u>or</u> day	der. (12 he semes ately. Vednesda	2 weeks; ends of ter by the Cambod y or Friday slots. Venue: Performing An	rts F	8th or 30t ⁻ aekwondo	h of Nove Federation. No. of S	mber) Venue	will be a	eed to be at Aeon Ma

5	Teacher:	Day:	Venue:	No. of Students:	Cost:
	Advance Learning	g Wednesday <u>and</u>	Performing Arts Room	Min. <u>3</u> Max. <u>25</u>	\$231



Academy	Friday												
Basic First Aid (Level 1) New! SA (conditional ask Ms. Netcy) 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. The course will (11 weeks; ends on 28th of November) Image: Content of the course will													
Teacher: Nurse Cherry Rinoz	a Day We	/: dnesday	Venue: School Clinic	No. Min	of Students: . <u>5</u> Max. <u>10</u>	Cos	st: \$58						
Dance: Modern Jazz New! SA (conditional ask Ms. Netcy) CSTD Modern Jazz syllabus incorporates several styles which use the body as an instrument to interpret a variety of music. Forms of jazz includes Modern Jazz, Contemporary and Broadway. In these dance forms, rhythm and expression are incorporated while strength and flexibility are increased. (12 weeks; ends on 29th of November)													
Teacher: Advance Learning AcademyDay: ThursdayVenue: Performing Arts RoomNo. of Students: Min. 3Cost: Max. 16													
Brass Blast New! SA (conditional ask Ms. Netcy)													
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)													
Teacher: Mr. John Bourque	Day: Thurs		/ enue: rimary Room 3312		No. of Studer Min. <u>5</u> Max	Cost: No Fee							
ACTIVITY DESCRIPTION													
Community Choir New! (SA credit)													
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)													
Teacher: Ms. Jennifer Harris		ay: hursday	Venue: Primary Room 3314	No. Min.	of Students: 5	Cos	st: No Fee						
Rock Band Friday	New!	-	itional ask Ms. Netcy)			1							
			f playing in a band. All in:	etrum	ents and voices or	o wo	Icome (11						
weeks; ends on 30th			i piaying in a ballu. All lll	SUUIII	ents and voices al								
Teacher:		Day:	Venue:		No. of Student	is:	Cost:						



Mr. Ian Francisco Friday Primary Room 3312 Min. 5 Max. 10 \$44 Sculpture New! Sculpture is 3-dimensional attwork 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 class. Technique with tools, hands and structuring will be taught each week. (11 weeks; ends on 30th of November) No. of Students: Cost: Teacher: Day: Venue: Recondary Multi Purpose No. of Students: Cost: \$275 Chinese (as a Second Language) New! No. of Students: Cost: \$275 Chinese language and culture. (11 weeks; ends on 30th of November) Immediate and learn Immediate Cost: Mr. Jack Tse Day: Venue: No. of Students: Cost: \$44 The class will provide opportunity to all students to understand, appreciate and learn Cost: \$44 Teacher: Day: Venue: No. of Students: Cost: Mr. Jack Tse Day: Venue: No. of Students: No. for Students: State If cacher: Day: Monday Venue: No. of Students: No Fee <													
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) Teacher: Day: Venue: No. of Students: Cost: The Art Bar Priday Venue: No. of Students: Cost: Koom No. of Students: Strong Strong Strong Chinese (as a Second Language) New! No. of Students: Cost: \$\$275 Chinese (as a Second Language) New! No. of Students: Cost: \$\$275 The class will provide opportunity to all students to understand, appreciate and learn Chinese language and culture. (11 weeks; ends on 30th of November) Cost: \$\$44 Mr. Jack Tse Day: Venue: No. of Students: Cost: \$\$44 Board Games New! No. of Students: Mos. \$\$ \$\$44 Its activity will help you use and develop different skills such as observation, strategy, communication, analysis, reflection and social skills. Join us and challenge yourself. No. of Students: No Fee Strong Body Workout for Parents Monday Primary Room	Mr. Ian Francisco		Frid	ay	Primary I	Room 3	312	Min.	<u>5</u>	Max. <u>10</u>	\$44		
Teacher: The Art Bar Day: Friday Venue: Secondary Multi Purpose Room No. of Students: Min. 5 Cost: Max. 15 Chinese (as a Second Language) New! The class will provide opportunity to all students to understand, appreciate and learn Chinese language and culture. (11 weeks; ends on 30th of November) Image: Cost: Strong Body Teacher: Mr. Jack Tse Day: Friday Venue: Primary Room 3204 No. of Students: Min. 5 Cost: Stat Board Games New! ACTIVITY DESCRIPTION Cost: Stat Cost: Stat Cost: Stat Image: Primary Room 3204 No. of Students: Min. 5 Max. 8 Cost: Stat Image: Primary Room 3204 No. of Students: Min. 5 Max. 8 Cost: Stat Image: Primary Room 3204 No. of Students: Min. 5 Max. 12 Cost: No Fee 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) Cost: Drop in: \$12 per session Prepaid: 5 consecutive sessions - \$48 Women's Self Defense New! No. of Students: Min. 5 Cost: Drop in: \$12 per session Prepaid: 5 consecutive sessions - \$48 Women's Self Defense New! No. of Students: Min basic Taekwondo skills, this program is designed to make	Sculpture is 3-dimensional artwork created by shaping or combining materials. Materials may by removal such as carving; or they may be assembled such as by gluing. Our sculpture less forming, carving, collage, gluing and make use of water based clays. Technique with tools, has structuring will be taught each week. (11 weeks; ends on 30th of November)												
The class will provide opportunity to all students to understand, appreciate and learn Image: Control of November) Teacher: Day: Yenue: No. of Students: Cost: Mr. Jack Tse Day: Primary Room 3204 No. of Students: Cost: Mr. Jack Tse Day: Primary Room 3204 No. of Students: Cost: Mr. Jack Tse Day: Primary Room 3204 No. of Students: Cost: Mr. Jack Tse Day: Venue: No. of Students: Cost: St44 Day: Mr. Simon Etaby Day: Venue: No. of Students: Cost: No Fee 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 Cost: Ms. Tijana Stojkovic Day: Men: 5 Max. 15 Drop in: \$12 per session Prepaid: 5 consecutive sessions - \$48 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) Cost:	Teacher:	Day:	Ve Se	enue: econda			No. of	Stude	ents:				
Mr. Jack Tse Friday Primary Room 3204 Min. 5 Max. 8 \$44 ACTIVITY DESCRIPTION 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) Teacher: Day: Venue: No. of Students: Cost: No Fee 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 Cost: Drop in: \$12 per session Ms. Tijana Stojkovic Day: Monday Arts Room Venue: Performing Arts Room No. of Students: Cost: Ms. Tijana Stojkovic Day: Monday 11:000- Venue: Performing Arts Room Max. 15 Cost: Drop in: \$12 per session Prepaid: 5 consecutive sessions - \$48 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) Venue: Prepared and ready to counter immediate threats of violence.	The class will provide opportunity to all students to understand, appreciate and learn												
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) Join us and challenge yourself. Teacher: Day: Monday Venue: No. of Students: Cost: Mr. Simon Etaby Day: Monday Venue: No. of Students: No Fee 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 Image: Cost: No. of Students: Drop in: \$12 per session Ms. Tijana Stojkovic Day: Monday AM: 10:00- Venue: No. of Students: Drop in: \$12 per session 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) Cost:			•										
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Mr. Simon EtabyMondayPrimary Room 3214Min. 5Max. 12No FeeStrong Body Workout for ParentsSculpt 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 (12Image: Comparison of the comparison of	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.												
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) Teacher: Day:Monday Venue: No. of Students: Drop in: \$12 per session Ms. Tijana Stojkovic AM: 10:00- Performing Min. 5 Max. 15 Cost: 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)						3214							
Teacher: Day:Monday Venue: No. of Students: Drop in: \$12 per session Ms. Tijana Stojkovic AM: 10:00- 11:00 Arts Room No. of Students: Drop in: \$12 per session 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)	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												
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Teacher:Day:Venue:No. of Students:Cost:	With basic Taekwo	ndo skill	s, this pro	-	-					epared a	nd ready to)	
	Teacher:		Day	:	Ve	nue:		No. of	Stu	dents:	Cost:		



Advance Learning Academy Tuesday Performing Arts Min. <u>3</u> Max. <u>25</u> \$156												
	5	<u>AM:</u> 8:0		Room		_						
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)												
Mr. Phalkun (Tennis	Day: Wednes AM: 8:0		Venue: NISC T	ennis Court		No. of Stu Min. <u>4</u> M	dents: lax. <u>12</u>	Cost: \$85				
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)												
Teacher: Ms. Jennifer Harris LoweDay: ThursdayVenue: Primary Room 3314No. of Students: Min. 5Cost: No Fee												
Yoga New!												
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. Requirements: yoga mats, comfortable activewear, Yoga strap (optional), Yoga block (optional). (12 weeks; ends on 29th of November)												
Teacher: Ms. Jennifer Arvay	Day: Thur	S Salav	enue: econdary urpose R	/ Multi	No. o Min. <u>{</u>	of Student 5 Max. <u>′</u>		Cost: No Fee				
Zumba for Parents and	other	Adults										

NORTHBRIDGE INTERNATIONAL SCHOOL CAMBODIA A NORD ANGLIA EDUCATION SCHOOL

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)

	Teacher: Ms. Tijana Stojkovic	Day: Friday <u>AM:</u> 8:00-9:00 <u>PM:</u> 3:10-4:00	Venue: AM: Performing Arts Room PM: EL Room 2203	No. of Students: Min. <u>5</u> Max. <u>15</u>	Cost: Drop in: \$12 per session Prepaid: 5 consecutive sessions - \$48
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LEAP Programme Calendar Semester 1

AUG	LE.	AP Re	gistra	tion	F	s	Su						gistrat on 17t				LEAP gistrat						Week (1	
											13	14	15	16	17	20	21	22	23	24	27	28	29	30	31
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			SEP			3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28
ост	Week 6					Pcl	hum B	len - N	- No School				Week 7			Week 8				Week 9					
001	1	2	3	4	5	8	9	10	11	12	15	16	17	18	19	22	23	24	25	26	29	30	31		
NOV		N	Week	9			V	Veek 1	0 Week 11 Week 12 Water Festival					tival	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				Cate	h Up V	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

