



13 August 2018

## **Learning Enrichment Activity Program** **- Grade 10 - Grade 11 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:**

	Monday	Tuesday	Wednesday	Thursday	Friday
Category	G10-G11	G10-G11	G10-G11	G10-G11	G10-G11
<b>ARTS</b>	NISC Dance Company	NISC Dance Company  Drum Circle  Rockin' Recorder Club  Still Life Painting	Secondary Dance Club  Concert Band  Calligraphy	Dance: Modern Jazz  Community Choir	Rock Band Friday  Sculpture
<b>ACADEMIC LEARNING</b>	NISC Secondary Writing Center  Board Games	NISC Secondary Writing Center  Math Olympiad	NISC Secondary Writing Center	NISC Secondary Writing Center  Math Olympiad	
	SAT Crash Course				
<b>SPORTS</b>		Multi Sports  Tennis (Beginner Level)  Tennis (Intermediate Level)	Taekwondo: White to Green Tip Belt  Taekwondo: Green Belt and above	Tennis (Beginner Level)  Tennis (Intermediate Level)  Yoga	Educational Soccer  Taekwondo: White to Green Tip Belt  Taekwondo: Green Belt and above
<b>LANGUAGES</b>	Korean Book Club		Chinese (Mother Tongue)		Chinese (as a Second Language)
<b>SERVICE</b>			Basic First Aid Level 1		
<b>PARENTS</b>	Board Games  Strong Body Workout	Women's Self Defense	Tennis (Beginner Level)  Tennis (Intermediate Level)	Community Choir  Yoga	Zumba for Parents and other Adults



### ACTIVITY DESCRIPTION

#### **NISC Dance Company** **New!** **SA (conditional ask Ms. Netcy)** **CAS Credit (G11)**

NISC Dance Company is for more serious and intermediate level dancers that wish to train more often. The dance company will also offer more performance opportunities which means possible weekend rehearsals when it is closer to a performance. (12 weeks; ends on 27th of November)

<b>Teacher:</b> Ms. Yabei Chen	<b>Day:</b> Monday <u>and</u> Tuesday	<b>Venue:</b> Primary New Dance Room 3301-3302	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>\$48</b>
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#### **NISC Secondary Writing Center** **New!** **CAS Credit (G11)**

The NISC Secondary Writing Center will be open Monday - Thursday after school to assist students with their written assignments. The center is open to all secondary students. Please fill out the form to book an appointment. (12 weeks; ends on 29th of November)

<b>Teacher:</b> Mr. Logan Brennan-Sawyer	<b>Day:</b> Monday <u>to</u> Thursday	<b>Venue:</b> Secondary Room 5112	<b>No. of Students:</b> Min. & Max. as per sign up	<b>Cost:</b> <b>No Fee</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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#### **Korean Book Club (Mother Tongue)** **New!**

Members will need to read, think, talk and write about Korean novels, poetry and other papers that the club will choose. (12 weeks; ends on 26th of November)

<b>Teacher:</b> Ms. Yunjung Kim	<b>Day:</b> Monday	<b>Venue:</b> Primary Room 3206	<b>No. of Students:</b> Min. <u>5</u> Max. <u>12</u>	<b>Cost:</b> <b>No Fee</b>
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### ACTIVITY DESCRIPTION

#### **Drum Circle Tuesday** **New!** **SA (conditional ask Ms. Netcy)** **CAS credit (G11)**

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

<b>Teacher:</b> Mr. Ian Francisco	<b>Day:</b> Tuesday	<b>Venue:</b> Primary Room 3312	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>\$48</b>
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#### **Rockin' Recorder Club** **(SA credit)** **CAS credit (G11)**

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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#### **Still Life Painting** **New!** **CAS credit (G11)**

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)



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



### Math Olympiad **New!**

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)

<b>Teacher:</b> Mr. John Smith	<b>Day:</b> Tuesday <u>or</u> Thursday	<b>Venue:</b> Secondary Room 5313	<b>No. of Students:</b> Min. <u>2</u> Max. <u>8</u>	<b>Cost:</b> <b>No Fee</b>
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### Multi Sports **New!** CAS credit (G11)

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)



<b>Teacher:</b> Mr. Cris of Elite Soccer Coaching	<b>Day:</b> Tuesday	<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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### Tennis (Beginner Level) **New!** CAS credit (G11)

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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### ACTIVITY DESCRIPTION

### Tennis (Intermediate Level) **New!** CAS credit (G11)

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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### **Chinese (Mother Tongue) New!**

The course will be aiming at consolidating the knowledge covered in the curriculum and provide opportunity to practice and reinforce the language skills in reading, writing, listening, speaking and metalinguistic skills such as presentation and debating. (12 weeks; ends on 28th of November)

<b>Teacher:</b> Mr. Jack Tse	<b>Day:</b> Wednesday	<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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### **Secondary Dance Club New! SA (conditional ask Ms. Netcy) CAS credit (G11)**

Dance club for students that are new to dance or want a fun, no pressure, fun environment to start learning. Performing is optional and not required. (12 weeks; ends on 28th of November)

<b>Teacher:</b> Ms. Yabei Chen	<b>Day:</b> Wednesday	<b>Venue:</b> Primary New Dance Room 3301-3302	<b>No. of Students:</b> Min. <u>5</u> Max. <u>20</u>	<b>Cost:</b> <b>\$48</b>
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### **Concert Band New! SA (conditional ask Ms. Netcy) CAS credit (G11)**

Wind band ensemble for students with prior experience. (12 weeks; ends on 28th of November)

<b>Teacher:</b> Mr John Bourque	<b>Day:</b> Wednesday	<b>Venue:</b> Primary Room 3312	<b>No. of Students:</b> Min. <u>5</u>	<b>Cost:</b> <b>\$48</b>
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## **ACTIVITY DESCRIPTION**

### **Calligraphy New! CAS credit (G11)**

Every written language is based on calligraphy. Calligraphy is the art of writing and the practice of scribes from all around the world. It is a fundamental art form that is used so much, but it is often overlooked. Students will learn note fundamentals, terminology, and tools in the first week. The following weeks will cover different styles from different brushes. The final tasks of this course will challenge students to create their own original and creative A-Z alphabet on canvas. (12 weeks; ends on 28th of November)





<b>Teacher:</b> The Art Bar	<b>Day:</b> Wednesday	<b>Venue:</b> Secondary Multi Purpose Room	<b>No. of Students:</b> Min. <u>5</u> Max. <u>15</u>	<b>Cost:</b> <b>\$300</b>
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### Educational Soccer **New!** CAS credit (G11)

Students will learn the different technique and proper skills needed to play soccer.  
Requirement: sportswear, soccer kit and sports shoes.  
(11 weeks; ends on 30th of November)



<b>Teacher:</b> Mr. Takahiro Unno	<b>Day:</b> Friday	<b>Venue:</b> NISC Field	<b>No. of Students:</b> Min. <u>6</u> Max. <u>16</u>	<b>Cost:</b> <b>\$110</b>
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### TAEKWONDO: White to Green Tip Belt **New!** CAS credit (G11)

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> Advance Learning Academy	<b>Day:</b> Wednesday <u>or</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>\$156</b>
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## ACTIVITY DESCRIPTION

### TAEKWONDO: Green Belt and Above **New!** CAS credit (G11)

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
- 2. 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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**Basic First Aid (Level 1) New! SA (conditional ask Ms. Netcy) CAS credit (G11)**



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 28th of November)

<b>Teacher:</b> Nurse Cherry Rinoza	<b>Day:</b> Wednesday	<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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**Dance: Modern Jazz New! SA (conditional ask Ms. Netcy) CAS credit (G11)**

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)

<b>Teacher:</b> Advance Learning Academy	<b>Day:</b> Thursday	<b>Venue:</b> Performing Arts Room	<b>No. of Students:</b> Min. <u>3</u> Max. <u>16</u>	<b>Cost:</b> <b>\$144</b>
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**ACTIVITY DESCRIPTION**

**Community Choir New! (SA credit) CAS credit (G11)**

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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**Rock Band Friday New! SA (conditional ask Ms. Netcy) CAS credit (G11)**

Students will be introduced to the experience of playing in a band. All instruments and voices are welcome. (11



weeks; ends on 30th of November)

<b>Teacher:</b> Mr. Ian Francisco	<b>Day:</b> Friday	<b>Venue:</b> Primary Room 3312	<b>No. of Students:</b> Min. <u>5</u> Max. <u>10</u>	<b>Cost:</b> <b>\$44</b>
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### **Sculpture New! CAS credit (G11)**

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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### **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)



<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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## **ACTIVITY DESCRIPTION**

### **SAT Crash Course New!**

For those interested in attending University in the United States, your performance on the SAT will be an important factor in your admissions. Thankfully, the SAT is an exam that can be prepared for, with much potential to add points to your score. During this intensive training course, we will learn strategies that will help you to succeed on the exam, then practice putting them into action through diagnostic practice tests. The results of these practice exams allow us to design an instructional path that meets YOUR specific needs. We will use curriculum materials from A-List Education in New York City that have been proven to add points to your score. Students who participated in this course last year saw substantial improvement in their testing performance. We hope you will take advantage of this opportunity.

#### **Important Notes:**

- Course enrollment fee of \$600 includes 20 sessions to be held from 4:00 - 5:15pm (days will vary based on individual needs), and three diagnostic practice tests. There is an additional fee of \$65 for online and hard-copy course materials.
- Practice Exams will be held monthly on Saturday mornings from 8am - 12pm.
- Instructional sessions will be offered on different days of the week depending on results of diagnostic assessment. This will allow for instruction that is designed specifically to help you with your needs.

<b>Teacher:</b> Mr. Craig Ziegler	<b>Day:</b> Depending on	<b>Venue:</b> Primary Room 3211	<b>No. of Students:</b> Min.    Max.	<b>Cost:</b> <b>\$665</b>
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	the placement test	Time: 4:00pm		
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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!**

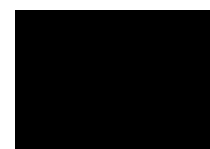
With basic Taekwondo skills, this program is designed to make women aware, prepared and ready to counter immediate threats of violence. (12 weeks; ends on 27th of November)

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

### Yoga **New!** CAS credit (G11)

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)

<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>	Cost: <b>No Fee</b>
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### Zumba for Parents and other Adults

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 AM: 8:00-9:00 PM: 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>	Cost: <b>Drop in: \$12 per session</b> <b>Prepaid: 5</b>
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				<b>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**



**NORTHBRIDGE INTERNATIONAL SCHOOL  
CAMBODIA**

A NORD ANGLIA EDUCATION SCHOOL

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**October 16** - Parent Teacher Conference

**November 9** - WASC Professional Development Day

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