



# Extracurricular programme 2021-2022



**COLLÈGE DU LÉMAN**  
International School · Geneva



# Introduction

Our Extracurricular programme aims at nurturing our students' passions and enabling them to build powerful connections. It complements our academic programme and puts the holistic wellbeing of our students at the heart of everything we do, as we ensure that their physical, emotional and social needs are met. This in return enables them to perform better academically and inspires them to be their best selves.

We offer an extensive range of Private lessons and group Activities.

- Our Private lessons programme provides one-to-one tuition in a variety of subjects. You will discover as part of this brochure a wide choice of music, language, science or fitness lessons as well as the passionate teachers offering these lessons
- Our group Activities are available at all school levels and include sports, performing arts, crafts, school clubs, academic courses and various social events.

As a parent in our community, I can testify to the enthusiasm that my own children have each time they join an activity from the Extracurricular programme. They deepen their connections with their friends and the staff and simply have fun doing what they love.

For me and my team, it is an immense joy to witness the energy and fulfilment of our students as they enjoy our extracurricular offer. We are pleased to help them follow their passions and grow into happy and confident individuals.

I look forward to greeting you in August,



**Romolo Calvini**

Senior Extracurricular Manager  
on behalf of the Extracurricular Team



## PRIVATE LESSONS

<b>Academic</b>	<b>12</b>
French.....	14
English.....	16
Arabic.....	16
Chinese.....	17
German.....	17
Portuguese.....	18
Russian.....	18
Spanish.....	19
<b>Music</b>	<b>22</b>
Guitar.....	30
Voice.....	32
<b>Art</b>	<b>36</b>
<b>Fitness</b>	<b>38</b>

## ACTIVITIES

<b>Pre-school</b>	<b>44</b>
Art world.....	44
Classical dance by RAD UK.....	45
Cooking.....	47
Daycare.....	47
Football mini.....	47
Gymnastics ABC.....	48
Judo ABC.....	48
Mini-tennis.....	48
Petit chœur du Léman.....	49
Ponies and nature discovery.....	49
Rugbytots.....	50
Siesta.....	50
Street dance.....	50
Swimming Aqua Lud'Eau.....	50
Swimming Red Whale.....	52
World of magic.....	52
<b>Primary • Sports</b>	<b>54</b>
Acrobatic gymnastics.....	54
Artistic gymnastics.....	54
Basketball mixed.....	55
Football mixed.....	55
Horse riding.....	56
Mini basket.....	59
Multisport.....	59
Netball.....	59
Running club.....	59
Swimming Aqua Lud'Eau.....	60
Swimming Red Whale.....	62
Tennis.....	63

<b>Primary • Club</b>	<b>64</b>
Art and craft	64
Beads club	65
Drawing and painting	66
Easy robotics	66
Lego club	66
Make X robotics lab	67
Makers lab	67
Robotics lab level 1	70
Robotics lab level 2	71
Woodcrafting	71
Yoga	71
<b>Primary • Performing arts</b>	<b>72</b>
Classical dance by Rad UK.Ballet with a view of pointe work	72
Guitar ensemble	73
Hip hop	74
Junior & Little show choir	74
Musical production	75
<b>Primary • Academic</b>	<b>76</b>
French FLE beginner A1	76
French FLE intermediate & advanced from A2 to B1	77
German for beginners	78
German for intermediate	78
Homework support English	80
Italian embassy course	80
Je parle français	80
Childcare	80
<b>Secondary • Sports</b>	<b>82</b>
Badminton mixed	82
Basketball	82
Basketball 3 x 3	84
Bodyshaping	84
Boxing boys / boxing girls	84
Fitness	84
Football	86
Golf practice	86
Gym - move	88
Horse riding	88
Judo	91
Kick boxing	91
Netball	92
Running club	92

Sailing	92
Sailing team Panthers	94
Swimming Aqua Lud'Eau	96
Tennis	97
Volleyball mixed	97
<b>Secondary • Club</b>	<b>98</b>
3D illusion drawing	98
Acrylic painting	99
Artificial intelligence lab	100
Cooking & bakery	100
Create startup	100
Debate club	101
Future leader	102
Mindfulness and dynamic relaxation	102
Music DJ mix	103
Photography	105
Python developers lab	107
Robotics Make X lab	107
Sculpture	108
Space lab	109
Surrealism	109
Watercolour painting	109
Woodcrafting	110
Yoga	110
<b>Secondary • Performing arts</b>	<b>112</b>
Classical dance RAD.Ballet with a view of pointe work	112
Creative rock band	113
Creative writing	114
Drama	114
Hip hop	114
Honour wind band	115
Keyboard club	115
<b>Secondary • Academics</b>	<b>116</b>
Chinese	116
French FLE	117
Homework support	118
IELTS	118
Italian embassy course	119
SAT exam preparation	120
MIT - mentoring in training	121
<b>Our partners</b>	<b>122</b>

A young man with dark hair, smiling broadly, stands in the center of the frame. He is wearing a bright red, ribbed, zip-up sweater over a black t-shirt and black pants. He is holding a black bag or folder under his left arm. The background is a modern, multi-story building with large windows and balconies, suggesting an urban or institutional setting. The lighting is bright and natural, indicating daytime. The overall mood is positive and professional.

PRIVATE LESSONS



## Terms & Conditions for Private lessons

### Enrolment

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#### Stage 1: Review the Private lessons on offer and ask any questions.

- From 21st July:** The Extracurricular programmes are available online so that you can read about the Private lessons on offer.
- From 3rd August:** The Extracurricular team will be in the office and available for any questions about the Private lessons, though we cannot take registrations at this point.

#### Stage 2: Registrations

It is possible to request a private lesson at all time as of 9<sup>th</sup> August 2021. Complete the registration form on our website.

### Dates & place

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**Semester 1:** from 30<sup>th</sup> August to 17<sup>th</sup> December 2021

**Semester 2:** from 10<sup>th</sup> January to 17<sup>th</sup> June 2022

Private lessons will not take place during days when there are no classes (e.g. parent/teacher days). Our school year calendar is available on our website and our CDL News app.

All Private lessons take place on the CDL premises.

### Billing

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Private lessons will be invoiced by unit at the end of each semester.

### Unavoidable cancellations

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There may be times when Private lessons are affected by situations beyond our control. We reserve the right to cancel the activity for safety reasons.

### Student absences

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In case your child should be absent from a private lesson, we ask you to notify the Extracurricular department by sending an email to: [extracurricular@cdl.ch](mailto:extracurricular@cdl.ch) before 17:00 the previous day. If this period is respected, the Extracurricular department will be able to inform the teacher in time and will not charge for the missed lesson.

### Number of lessons and notice of cancellation

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There is not a number of lessons determined in advance. The Extracurricular department considers students enrolled until the end of the school year (Friday 17th June) unless a notice in writing is provided. You can cancel the registration at any time by sending us an e-mail to: [extracurricular@cdl.ch](mailto:extracurricular@cdl.ch). A notice of 2 weeks is required if you wish to stop the Private lessons on a permanent basis.



## Academic

13

The Extracurricular department supports the education of the students by offering a programme of private academic lessons. Our private tutors are in strong contact with the students' schoolteachers to define the areas of development and the goals of the lessons. This allows them to target student's needs at their best. Private teachers write a short report to be shared with the parents of each student, 2-3 weeks before the end of each marking period.

The Private lessons programme can also be an opportunity to learn a language that is not necessarily part of the student's curriculum like German, Spanish, Portuguese, Arabic or Italian.

For Primary students, tutoring can be given under the form of homework support, allowing students to review their lessons and acquire effective learning strategies.

Whether your child wishes to overcome their difficulties in a specific subject, to improve his learning to follow a particular degree programme or to develop his skills in view of an exam or a competition for a College admission, Private lessons can provide personalised assistance that takes into account his specific needs and objectives.

Private lessons are given by qualified teachers with experience in individual and group teaching. Our tutors have a deep knowledge of the programmes, digital learning resources and other curriculum materials. Language courses are taught by native teachers with teaching qualifications.

*Prices for private academic lessons*

*40 mins: CHF 80 / lesson*

*45 mins: CHF 90 / lesson*

*60 mins: CHF 110 / lesson*

*90 mins: CHF 165 / lesson*

For students preparing for the International Baccalaureate, Private lessons are given by specialised teachers who have in-depth knowledge of the IB programme, are familiar with the requirements of this study track and know how to give their students the keys to success.

*Prices for IB, high level and specific subjects:*

*60 mins: CHF 130 / lesson*

# French

French Private lessons are aimed both at pupils of French mother tongue as at pupils who study French as a foreign language. Depending on the student's programme enrolment and needs, they cover respectively the four basic language skills (reading, writing, speaking and listening) for French learners, while for native speakers, they follow the Swiss or French curricula.

Also, depending on the students' pathway, focus can be more specifically directed towards exam preparation, that is DELF and DALF exams for those who study French as a foreign language, or French Bacculaureate and Swiss Maturité for students in the francophone programme.

A wide variety of teaching resources are used, from playful materials for the youngest students to textbooks and digital tools for the older ones.



## Our French teachers

### Lucie Grenier



Lucie is a teacher of French and French as a foreign language, she holds a degree in modern literature in France and a CAPES (national teaching certificate), highly recognized teaching qualifications.

She can support French learners and help them with their final exams. To non-native speakers she can teach the language as a whole: writing, speaking, grammar, reading. Her courses cover everything from grammar to literature, and from conjugation to spelling, while she is also qualified to teach philosophy.

### Julie LIEZE



Julie first studied English and Spanish language and culture at university before deciding to specialize in the teaching of her mother tongue: French. She passed her DAEFLE diploma with distinction in 2018. She now teaches all ages from preschool to adults and all levels from A1 to B2. Patient, caring and passionate, she enjoys educational challenges and is herself continuously learning.

### Lucy Ruegg



Lucy graduated from the Faculty of Letters in Geneva and has always aimed to continue her career in teaching.

Before joining Collège du Léman she taught French and general knowledge lessons to primary and secondary students whom she regularly monitored over several years. Ensuring the educational follow-up in close collaboration with the day teachers and the parents, she is committed to build self-confidence in students and to interest them in French.

### Joelle Torzuoli



Being passionate about words and communication, the choice of being a teacher has always been obvious to Joelle. Her aim is not only to teach the basic rules of French, her mother-tongue language but to share her interest in discovering a language through its linguistic and cultural aspects which enable a better understanding and lead to a good command of it. After graduating, she started teaching in France to a wide range of students (children, teenagers and adults) from beginner to advanced level by mixing academic lessons and drama/songs workshops.



## English

Depending on the students' needs and goals, lessons are designed to help learn English either as an additional language or with a focus on English literature for mother-tongue students. EAL classes can cover all language levels from A1 to C2, that is from the basic use of familiar everyday expressions to a level close to that of a native speaker. At every stage, grammar, vocabulary and pronunciation are adapted to students' proficiency level. For anglophone students, courses generally follow curriculum instructions and are directed towards literary analysis, summaries and essay writing. Complex grammatical structures are approached as well as a more elaborated use of vocabulary. Exam preparation classes for international students (IELTS etc.) are available upon request.

## Arabic

Arabic, one of the oldest languages still spoken, is today the first language of more than 400 million people. Developed within a very rich civilization, Arabic is, along with the 5 other languages, part of the official languages of the United Nations. Our school offers lessons both for students who are complete beginners as well as for students who have an advanced level or are native speakers. The courses can be given as part of the modern languages curriculum in middle and high school or as a completely independent course.

### Our Arabic teacher

#### Samah El Habib



Graduated from the Faculty of Legal and Political Sciences of Tunis, Samah has been a teacher for 25 years and specialised in teaching the Arabic language in 2009. She has a rich professional experience in teaching learners of all ages, children, teenagers and adults, and in different schools, public and private schools or associations.

## Chinese

Chinese is said to be one of the languages of the future. Whether you are interested in Chinese tuition as a supplement to a school curriculum or as an independent course, we can help you reach your goals. Our teacher is qualified to work with students of different ability levels, from beginner to advanced and native speakers. Lessons can follow the French or English curriculum, depending on the student's section.

### Our Chinese teacher

#### Liru Nowakowski



Liru has been working as a Mandarin teacher at Collège du Léman since 2009. She has been teaching all levels in the Secondary school, Anglophone and Francophone programmes, actively promoting the Chinese language and culture within the school. In addition to this experience, she has been preparing students for the HSK qualification at various levels.

## German

German is one of the three official languages in Switzerland and speaking German at a proficient level is a real asset in an international career. Our Department offers German lessons tailored for your needs: whether you're preparing for final exams (Maturité Suisse or Bac français) or you need help to improve your speaking skills, Private lessons can provide a solution. Our general language tuition of exam preparation covers the six reference levels, from A1 to C2 and follows the school curriculum.



## Portuguese

For Portuguese as a foreign language, the purpose of the class is to offer a playful introduction to the language, while for the mother tongue students, tuition focuses on further expand their language skills and offer them a deeper understanding of the Portuguese culture.

### Our Portuguese teacher

#### Sandra Oliveira

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Portuguese teacher (mother tongue and for foreigners) and French (for foreigners) since 1998.

Passionate by teaching, Sandra can create a nice relationship with her students who learn easily and feel motivated, confident and comfortable. Her classes are always pleasant and fun. She has also some experience with teenagers and students with learning difficulties and she is currently doing a PG in Special Needs Education.

## Russian

Like for the other modern languages, Russian tuition may consist in classes for non-native students, often specifically intended for students having chosen the option Russian for the Baccalaureate (preparation of the project for the oral exam and preparation for the written exam) or can be designed for native speakers in which case courses are oriented on advanced training and upgrading of linguistic abilities (spelling, syntax, vocabulary, etc.).

### Our Russian teacher

#### Irina Lobova

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Born in Ukraine, Irina has lived and studied for 22 years in Russia and abroad. A lover of languages, she began teaching Russian and French in Ukraine and has continued here in Geneva for about 16 years in various schools and online. She is at the same time the creator and illustrator of several Russian language teaching and learning resources.

## Italian

The lessons are mainly aimed at those who want a personalised, 'tailor-made' course that suits their particular needs in terms of both language and timetable flexibility. The programme is agreed with the teacher based on the student's needs and aims to facilitate the student's integration into the context in which he or she works. However, systematic work on the four language skills is envisaged, through didactic proposals that respect the different cognitive styles, that follow a humanistic-affective approach and playful methodologies, comprehension and production Activities that are stimulating and fun.

## Spanish

Private lessons are for both students who are fluent in Spanish (native speakers) and students who are studying Spanish at school. For the first ones, classes focus on literacy, intending to develop and improve students' skills and knowledge of their home language and culture, through a variety of resources. For the second ones, classes focus on oral and written communication skills, covering all levels from beginners to advanced.

### Our Spanish teacher

#### Cristina Rodriguez Dona

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Owning a degree from the University of Granada and with over 20 years of teaching experience, Cristina gives tailor-made private Spanish classes. Her classes are adapted to the needs of students and teachers when it comes to school support. They can also adapt to the needs of parents who want to strengthen their children's language skills.

## Maths & science

In mathematics and science, private teachers accompany students to enhance their achievements, fill in potential gaps, gain self-confidence and more generally develop a positive attitude towards science. Courses follow the school curriculum and are delivered either in French or English, depending on the students' section. From basic arithmetic rules to probability, statistics and trigonometry all levels and chapters are covered so students can advance their abilities and interest in scientific fields. Depending on students' needs, classes can be strictly curriculum-based or remedial lessons to assist students struggling with a specific topic.



### Our maths & science teachers

#### John Clarke • Maths for English section



Fervent supporter and advocate of International Education, IBDP Examiner for Mathematics, John's main interests are Mathematics and Physics with extensive experience in UK /US/France/ Switzerland curricula and with, in particular: IGCSE, A/S Levels, Oxbridge Entrance, Open University / AP AB/ BC Calculus, Physics, Statistics / IB Mathematics, Physics.

#### Jacques Delcourt • Maths for the French section



Jacques has been teaching Mathematics in the French-speaking section at the CDL since 1973, at all levels both for French Bac and Swiss Maturity sections, mainly to grades 10, 11 and 12 in recent years. He was head of department and during all these years he gained great experience in teaching Mathematics.

#### Mariagrazia Fucile • Maths for the English section



Mariagrazia is a first-class honours graduate in physics, qualified teacher, and MA Durham University candidate with a very long experience teaching Mathematics, Physics, and Natural Science in Secondary schools. She has a strong focus on improving students' performance, both covering gaps and strengthening skills.

#### Lutchmee Maccagnan



Subject: Physics, Chemistry and Maths for French and English sections  
After she obtained her Higher School Certificate in Mauritius, Lutchmee completed her studies in Lille, France; 2 years « Diplôme d'Etudes Universitaires Générales A » and 3 years at Polytech « Diplôme d'Ingénieurs Instrumentation-technico commercial ». Starting in 2002 she has been working as a Science (Biology and Physics) and IT teacher, and later Maths teacher. She has also done several replacements at CDL both in MS and HS, starting in 2013 and in two other colleges in France.



## Music

23

Piano, violin, saxophone, cello, guitar, drums, voice ... A wide choice of instruments are available, from Pre-school to Second Cycle / High School.

Collège du Léman is surrounded by professional musicians who love sharing their knowledge with our students. Our music teachers have years of experience in the world of education. They guide the children who start learning an instrument or who wish to improve their playing to take ABRSM exams. Students enrolled in Private lessons will be encouraged to participate in several recitals during the school year.

Primary and Secondary students also can join the different Extracurricular music groups.

*Prices for private music lessons*

*30 mins: CHF 65 / lesson*

*45 mins: CHF 90 / lesson*

*60 mins: CHF 120 / lesson*

### **Why take an ABRSM exam?**

And first, what is ABRSM? The Associated Board of the Royal Schools of Music (ABRSM) was established in 1889 and is one of the leading exam boards for examinations in music. They operate in over 90 countries worldwide and graded exams are available for more than 35 instruments, voice, ensemble and theory.

These exams are entirely voluntary but are a good goal to aim for, for students who have instrumental or voice lessons. The assessments are designed to motivate students of all ages and levels, giving them a series of realistic goals and tangible rewards for their achievements.

## Practical Exams

These exams incorporate four individual components:

1. Play three pieces from the grade syllabus. Each piece is marked out of 30. The pass mark is 20.
2. Scales, arpeggios or broken chords. These are marked out of 21. The pass mark is 14.
3. Sight-reading. The student is presented with an unseen piece, has up to 30 seconds to prepare, and then must play to the best of his or her ability. Sight-reading is marked out of 21. The pass mark is 14.
4. Aural tests. Listening and musical perception is tested by the examiner through a series of exercises played on the piano. This is marked out of 18. The pass mark is 12.

The exams are marked out of 150, where 100 is a pass, 120 a pass with merit, and 130 a pass with distinction.

## Music Theory Exams

A pass at Grade 5 or above in Music Theory must be obtained before candidates can enter for Grades 6, 7 or 8 Practical exams. ABRSM believes that a thorough understanding of the elements of music is essential for full and satisfying performance at these higher grades. Grades 1 to 5 Music Theory exams are now being held online every month.

All instrumental lessons incorporate some theory instruction. However, students wishing to pursue a theory exam (especially at the Grade 5 level) may wish to speak to Extracurricular to request specific exam preparation lessons.

Private lesson teachers are responsible for recommending students for the exams. Parents must return the completed "Associated Board of the Royal Schools of Music Exam Registration Form 2021-2022" to the ABRSM Coordinator by the due date. The entry fee should be submitted either in cash or by an agreement to have it added to the student's account.

For any further information, please contact Ms Jessie Hosti, ABRSM coordinator.



## Piano

### BEGINNERS LESSONS

For students with little to no prior training piano lessons focus on the exploration of the instrument and basic rhythms, but also on the note-reading, dynamics and elementary technique. For pre-schoolers, colours and games might be used to learn note reading. Solfege is taught at the same time, following directly what is needed for the progression on the instrument. Some pieces can be directly played together at 4 hands, to produce a beautiful sound and bring very early the pleasure of doing music. The focus is on having fun by making music.

### INTERMEDIATE LESSONS

For all those who have most likely been playing their instrument for at least 2 years, master reading and playing and wish to explore different repertoire or genres. At this level, students play more complex music and dedicate some time to nurture their technique. Different music styles can be addressed: classical, jazz, pop songs and movie music. In some cases, the repertoire is chosen by the teacher in line with the student's interests and technical ability, to ensure an optimal evolution, in others, the teacher adapts a song the student is fond of, to his skill level. For older and more advanced students, repertoire may be agreed upon by a discussion with the teacher.

### ADVANCED LESSONS

For students who have mastered a certain level of technical virtuosity and may have an established performance repertoire. At this level, students can play longer pieces (for example a whole Sonata) and they discover how to overcome stage fright while performing in public. Lessons will focus on musical interpretation, advanced technique and exploration of concert repertoire. Students learn how to practice at home (what to focus on to improve their technical skills or to overcome a more complex passage), and how to work on difficult pieces.

## MUSIC THEORY

Provided during the instrumental lesson to enhance understanding which contributes to a satisfying performance. However, it must be noted that the focus of the lesson is on practical music-making. Additional theory lessons can be needed to go deeper into theory knowledge, especially at higher degrees and to those who prepare for the ABRSM exams. Theory-specific lessons are available upon request.

Duration of classes varies depending on the level, capacity to focus, goals and personal motivation of each student. In general, for younger students, we recommend a lesson no longer than 30 minutes. The teacher will advise if additional lesson time is beneficial. Older students and students at upper levels can take longer lessons (45 min or 60 min sessions) to ensure a high-quality practice. For these students, taking more than one lesson per week can also be useful.

## Our piano teachers

### José Carretero Gil

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José has taught piano for over 20 years at conservatories and music schools in several European countries. He holds Music Degrees in Spain and Italy as well as a Master from the HEM of Geneva. His musical education includes Piano and Piano Pedagogy, Organ, Harpsichord, Improvisation and Composition. He performs as a soloist, accompanist and basso continuo player having international experience in chamber music and opera. His pedagogical approach is always flexible to best fit the expectations and needs of every student.

Main music styles: Classical tuition though able to work on other musical styles if required.

Languages spoken: English, French, Spanish, Italian

### Claire Charles

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Claire was trained as a pianist and cellist at Birmingham Conservatoire and then as a Secondary School Music teacher at Cambridge University. She has worked in 4 different countries and is currently Music Coordinator at CDL. She is very involved in the local music scene, playing in 2 orchestras, singing in a choir and playing in a String Quartet.

Main music styles: Classical

Languages spoken: English and French

### Jessie Hosti

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Jessie is an experienced piano teacher with a master's degree in music from Pembroke College, University of Oxford. She has taught extensively in the U.K. and France before teaching in Switzerland. Passionate and patient, she enjoys bringing out a child's full musical potential through a diverse variety of repertoires. She is experienced in ABRSM music preparation (practical and theory).

Main music styles: Classical, modern and jazz

Languages spoken: English and French

### Michael Lao Cu

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Michael graduated with a bachelor of music in piano performance from Towson University, and a master's and postgraduate degrees in music from the Royal Conservatory of Brussels. As an educator, he is specialised in early childhood pedagogy and teaching music to children with special needs.

His role is to involve students in different means of self-expression that will lead them to a better understanding, not only of their instrument but also of themselves and the world around them.

Main music styles: Classical, popular, musical theatre and contemporary

Languages spoken: English, French, Dutch, German, Chinese, Filipino

### Ornella Ponnaz

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Ornella graduated from the jazz section of the Lausanne Conservatory (current HEMU). She takes part in several different jazz projects of the Swiss jazz scene as well as international. She has been teaching for over 10 years. She aims to identify student's wishes and skills and make them grow from that point.

Main music style: Jazz, Pop, Latin and Classical

Languages spoken: French, English and Portuguese

### Nouchine Schopfer

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Nouchine has long experience in piano teaching but is also a concert pianist. She has been accompanying professional violin classes at the High School of Music Geneva (HEMu) for many years. Recipient of the award Ernst Göhner foundation and Migros "cultural per cent", she founded the Chamber Music "Ensemble Anthea", with which she plays most often in concert.

Main music styles: Classical music, Pop music, Movie Music

Languages spoken: English and French

# Violin

## BEGINNER LESSONS

A focus on learning how to read the notes and how to solve technical issues like holding the bow, using all fingers to play a piece, correct use of the mechanisms of the right and left hand.

## INTERMEDIATE LESSONS

Designed for students who master intonation in the first, second and third position and wishes to play in tune.

## ADVANCED LESSONS

More complex techniques: musical phrases as well as vibrato, spiccato, sigh reading, intervals, how to change positions and how to play harder notes.

## MUSIC THEORY

Taught together with the practical, but with limitations due to the limited amount of time. For Primary students, it is usually taught at school during the music lessons. For middle and high school students who don't have an intermediate level, the theory is reinforced in the violin lesson.

Students can choose their repertoire sometimes, usually when the pieces are not above their technical level, but in general, the teacher chooses the repertoire, depending on the level and skills required by the piece which is going to be played.

Duration of classes varies depending on the level students in general, also considering the age.

## Our violin teachers

### Anna Orlik • Violin

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Graduated with the highest distinctions from the Royal Academy of Music in London, the International Menuhin Music Academy in Switzerland and the Chopin University of Music in Warsaw, Anna has performed as a soloist with the orchestra or in recital, in Europe, Africa and South America. Since 2012 she is sharing her experience gained from the world-class artists and pedagogues with the new generation of young musicians in Warsaw, London and currently in Switzerland.

Main music styles: Classical

Languages spoken: English, German, Polish, French

### Nestor Rodríguez • Violin and viola

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Bachelor of Arts in Music and Master of Arts in Music Pedagogy at Haute école de Musique de Lausanne, Nestor has taken part in several concerts with many orchestras and chamber ensembles. He was first violin in several orchestras. Member of the « Société Suisse de Pédagogie Musicale » he combined Activities as a teacher in the project "Un violon dans mon école" Cantonal Conservatory of Valais, the Eternum Music School and the international school Collège du Léman.

Main music styles: Classical

Languages spoken: English, French, Spanish and Italian

### Ramón Velazquez Aba • Violon

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Graduated from the Conservatoire Supérieur de Lausanne, Site de Sion, Ramón is also a member of the Sedunum String Orchestra.

Main music styles: Classical

Languages spoken: English, French, Spanish, Italian and Portuguese



# Guitar

## BEGINNERS LESSONS

Focus on covering the basics of the instrument and an application of essential music fundamentals. At this level, students will learn the basics of playing the guitar through studying music notation, chord symbols, and tablature. A brief history of the guitar and a study of its respective musical styles may also be covered in this course. The main objective of this course is to create an enhanced appreciation for music through playing the guitar. Easy versions of songs from different styles are approached. This way, students will better understand many musical genres, including classical, flamenco, blues, jazz, rock, and pop music. Ear training with easy melodies is practiced.

## INTERMEDIATE LESSONS

Address the students who have some guitar foundation and want to solidify the knowledge and get advanced with their style, learn how to listen to other musicians, and learn how to be a guitar player as a member of a band; for classical guitarists - exercising pieces of influential classical composers. At this level, students can start soloing on guitar.

## ADVANCED LESSONS

Designed to help take the guitar technique and fretboard knowledge to the highest level and teach intervals, complex chords (jazz chords) and rhythmic structures, modes, arpeggios, extended chord harmony, rock foundations, and soloing. Sight-reading both in the classic form and tablature form might be used as well as the use of a metronome to expand rhythmic precision.

## BASIC MUSIC THEORY

Given to every student but can be extended to the advanced level upon consultation with parents. Music theory can also be approached through the songs. For instance, the C-scale is approached through easy melodies for beginners. Intermediate and advanced students have to study a minimum of music theory as a path to real improvements.

The duration of classes varies depending on the level students attend. It is recommended to run the course for 30-45 mins if the student's age is younger than 8. For students older than 8 y.o., a 1-hour class is recommended for better results.

## Our guitar teachers

### Yalcin Hasancebi • Guitar (classical, bass, jazz, rock), ukulele



Yalcin has been teaching guitar for children and adults for over 18 years. He is holding the MA with honours from the JazzMasters Programme of BAU University. Over the years, he has been combining his teaching career with the professional development of a guitar musician. Starting at a young age with rock music playing and composing, he developed a professional interest in jazz and has been working with many established jazz artists and bands in Turkey and abroad.

Main music styles: Classical, jazz, rock, Latin  
Languages spoken: English, German, Turkish

### Laurent Nigg • Electric guitar and acoustic guitar



Laurent has 10 years of experience as a teacher in individual and group lessons. He is also a performer in many bands and a songwriter.

Main music styles: Rock, folk, metal, jazz, blues  
Languages spoken: English, French, Spanish and German







## Voice

Voice lessons are designed to help students: discover and/or improve the use of their own singing voice, better use their spoken voice which is a life tool that will be useful for their presentations and conferences at school and later in their professional careers, discover the wide vocal repertoire in different musical styles.

A typical lesson consists of two parts: Vocal technique (breathing exercises and vocalizations) and work on pieces and songs of different styles (analysis, vocal technique development, interpretation).

Half of the pieces are chosen by the student. The teacher proposes the other half to help students discover other musical styles. The repertoire is always adapted to the level and the progress of the student.

### Our voice teacher

#### Alfredo Lavalley • Choral ensemble and voice teacher for individuals



Alfredo has a degree in baroque singing from the Center of Ancient Music (Geneva Conservatory). He has also earned degrees in choir conducting from Lausanne Conservatory, Milano Choral Academy and the Secretariat of Children's Choirs of Catalonia. He conducts five choral ensembles in Geneva's area, leads choral workshops and teaches in his private voice studio from 2001.

Main music styles: Vocal and choral music (baroque, classical, pop and world music)

Languages spoken: English, French, Italian and Spanish

## Drums

### BEGINNERS LESSONS

Drums lessons for beginners focus on basic technique (how to hold drumsticks, play the bass and snare drums) and reading and playing notes for drums and playing simple charts.

### INTERMEDIATE LESSONS

Designed for all those who master simple drum chart reading and can play the basic drum styles (rock, swing, waltz, 6/8) and wishes to advance into improvising and playing more sophisticated styles and songs.

### ADVANCED LESSONS

More sight-reading improvising, playing special time signatures (7/8, 5/4, 9/8...)

### MUSIC THEORY

For drums, music theory is simpler than for pitched instruments (piano, guitar...) but there is a certain amount of theory necessary to play the drums successfully.

Students are encouraged to suggest songs and styles they would like to learn, but the teacher does have a repertoire ready for them to play. Duration of classes is determined only by the amount of time a student desires but must be 30, 45 or 60 minutes long.

### Our drums teacher

#### John Kirby Bivans • Drums



Kirby has worked as a professional musician most of his life in the US. He is now happy to teach the younger ones what he has learned, himself always learning, many times from his students.

Main music styles: Pop, rock, folk, country, classical but also Jazz and Latin  
Languages spoken: English and French

# Trumpet

## BEGINNERS LESSONS

Music lessons for beginners focus on sound production, student position and note reading.

## INTERMEDIATE LESSONS

Focus on expanding sound amplitude and managing notes with rhythms.

## ADVANCED LESSONS

Focus on interpretation, sound according to the repertoire and instrumental technique.

## BASIC MUSIC THEORY

Is automatically taught during the lesson. Students have to know a little bit of theory to understand the scale for example.

Students can choose their repertoire but the teacher does have material for the students too. The duration of classes varies depending on the age and the level that the student wants to reach.

## Our trumpet teacher

### Raphaël Hugon • Trumpet and music theory



Raphaël has been teaching trumpets and directing wind orchestras for over 20 years in various music schools around Geneva. He studied at the Superior Conservatory of Music in Geneva. He specialised in the teaching and practice of wind instruments.

Main music styles: Classical and jazz  
Languages spoken: English and French

# Music production

The lesson is dedicated to the students that want to learn how to make music using a computer. Students will discover how to create & sequence Music, using music production software (DAW) such as Sonar, Pro Tools, Ableton Live, Logic, Reason, Fruity loops. They will study several processes and techniques such as connectivity, midi, VST, recording technics, Workflow, signal processing, Mixing, Sampling.

This class will provide students with everything they need to know to start creating the music of their choice.

Student must have their own laptop computer.

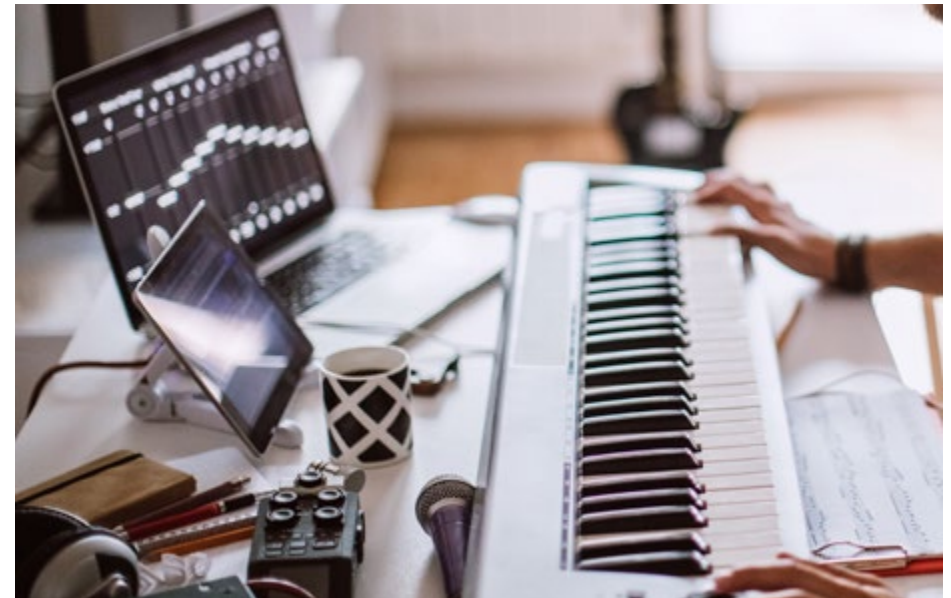
## Our music production teacher

### Christian Horn • Music Production



Christian discovered music at a young age playing the piano for a couple of years and then went on to Djing in the late 90s mixing and making people dance around Switzerland. He studied Sound engineering and Music Production at SCAD USA, Bath Spa University, UK and SAE Institute in Geneva CH. He joined CDL in 2014 teaching "DJing" in the Extracurricular programme.

Languages spoken: French and English





# Art

## **BEGINNERS LESSONS**

Art lessons for beginners focus on basic skills such as holding a pencil correctly and drawing shapes accurately while having fun. It helps students to develop their knowledge in the application of the correct colours and visual elements, according to the objective of the image and what they want to communicate through their artworks.

## **INTERMEDIATE LESSONS**

Our intermediate lessons are for all those who master skills taught in the curriculum and wish to draw or paint with more accuracy and find their own style. At an intermediate level, students develop their knowledge and skills based on classic techniques and artistic movements such as impressionism, expressionism, surrealism, byzantine period, abstract painting, among others.

## **ADVANCED LESSONS**

Advanced lessons allow students who are interested in the IB programme or generally art-oriented students to expand their knowledge and perfect their craft in more specific themes of their choice. Students develop now their own artistic proposals and artistic style, they learn techniques of mixed media, but also how to use and prepare different supports for painting and how to exhibit their works.

## **ART THEORY**

Art Theory will be always briefly integrated, as the art lessons are structured and planned according to it. Art theory will also be used as a guide to explain and solve technical and aesthetic problems as the student progresses in his artistic project. The students will learn about the art theories through the topics, concepts and techniques worked in class.

The teacher will be always prepared and suggest a theme but, there will be the flexibility that allows students to suggest their own theme, as long as it is related to the objectives of the activity and complies with the application of concepts and discussed techniques.

## **Our arts teachers**

### **Sylvain Habersaat**



Sylvain grew up in Geneva before attending university in New York, where he studied art and education. He has been teaching art at CDL for the past five years, mostly developing new Activities for the Extracurricular programme from preschool to high school. He specializes in realistic drawing and surrealist painting and enjoys finding new ways to teach young artists to develop their drawing or painting skills and more essentially their creativity. Each student expresses his ideas differently. This is why Private lessons are more beneficial for art, as the teacher can guide better, and emphasize personal skills, style, and above all, make art fun as it is always accommodated.

### **Héctor López**



Héctor teaches courses in drawing, watercolour, painting, sculpture and mosaic (depending on the age of the student). He is a passionate teacher and encourages students to develop their observation skills and to work with different art techniques such as pencil, pastel, charcoal, acrylic and others. Héctor studied pedagogy and visual art and has a PhD in art history.



# Fitness

Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g. memory). Not only can exercise help with concentration and focus but also with mental health, mood and sleep, and reduce stress and anxiety.

Through weekly coaching sessions, the goal is to tone up your body, lose weight, improve your stamina or sculpt your body to the way you want it. The instructor will guide and accompany you throughout your physical improvements.

## Our fitness teacher

**Linda Gaion**



**Fitness Instructor and Nutrition Consultant**

2 possibilities:

**Individual courses**

**Group lessons for 2 to 5 students.**

These group classes are more playful, set with music, and target the gluteal and abdominal muscles.

*Prices for private fitness lessons*

*Personal Training (1 student) 60 mins: CHF 110*

*Personal Training (1 student) 90 mins: CHF 165*

*Personal Training (2-3 students) 60 mins: CHF 150 for the group*

*Personal Training (4-5 students) 60 mins: CHF 200 for the group*

## Terms and conditions for Fitness group lessons

For the groups, fitness lessons will only start once we have received a registration form for each student involved. As this option relies on the whole group participating, in the event of absences the lesson fee will be carry out in full. The absent student is not allowed to give his place to another student. In case the whole group cancels one lesson, as long as the usual cancellation period is respected (Extracurricular department informed more than 6 hours before the lesson), the lesson will not be billed.

### Permanent cancellation of one student

The parents or house parents from the other students of the group will be informed by the Extracurricular department. In case it involves a price adjustment, they will be informed and will have to confirm their wish to continue. The lessons will be suspended until we receive confirmation from all parents or guardians concerned.

### Contact

For more information, please contact us at [extracurricular@cdl.ch](mailto:extracurricular@cdl.ch)



## ACTIVITIES

## Terms & conditions for Activities

### Enrolment

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#### Stage 1: Review the Activities on offer and ask any questions.

1. **From 21<sup>st</sup> July:** The Extracurricular programme and Schedule are available online so that you can read about the Activities on offer.
2. **From 3<sup>rd</sup> August:** The Extracurricular team will be in the office and available for any questions about the Activities, though we cannot take registrations at this point.

#### Stage 2: Registrations

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##### Opening of registrations

**1<sup>st</sup> semester:** From 9<sup>th</sup> August at 12:30 to 10<sup>th</sup> September 2021

**2<sup>nd</sup> semester:** From 13<sup>th</sup> December 12:30 to 21<sup>st</sup> January 2022

All parents will receive login details on 9<sup>th</sup> August at 9:30 am.

Please note that places will be allocated on a first-come, first-served basis, if demands exceed the number of places available students will be placed on a waiting list. Some Activities may require a minimum number of students; the Extracurricular Department reserves the right to cancel any activity if the minimum requirements are not satisfied.

##### Dates

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**Semester 1:** From 30<sup>th</sup> August to 17<sup>th</sup> December 2021

**Semester 2:** From 10<sup>th</sup> January to 17<sup>th</sup> June 2022

##### Number of lessons

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The programme is divided into two semesters (see above). Due to the different lengths of each period, (semester one shorter than semester two) different pricing will apply, please see details on the schedules available. If any activity is missed due to the teacher's unavailability, the course will be replaced by a substitute teacher or cancelled. In the event of cancellation, no refunds or costs adjustment will be made.

### Notice of cancellation

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Subscription to Activities is for the semester; parents wishing to continue an activity for the whole academic year do not need to renew their registration from a semester to the next. If you decide to cancel during the semester, for any other reason than a medical one, there will unfortunately not be a refund. If you decide to cancel for the second semester, please do so before 13<sup>th</sup> December. To cancel please email [extracurricular@cdl.ch](mailto:extracurricular@cdl.ch)

New registrations will be accepted during the second sign-up phase (as previously mentioned).

### Billing

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Activities will be invoiced at the end of each sign-up phase at the start of each semester.

### Student absences

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Should your child be absent from an activity, kindly notify the Extracurricular Department. Unfortunately, we cannot offer a refund for missed classes.

### Unavoidable cancellations

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There may be times when the Extracurricular Activities are affected by situations beyond our control, such as the weather; we reserve the right to cancel the activity for safety reasons.

### Changing rooms and valuables

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Please ensure that students leave all of their valuables in a personal school locker or that they bring a small lock for the lockers in the changing room. All sports clothes left in the changing rooms will be put in a lost and found box. Unclaimed items will be given to the Red Cross. Please assist by keeping the changing rooms clean, tidy and secure. Unfortunately, the school cannot accept responsibility for any lost or stolen items.



## Pre-school

45

### Art world

**PS2-PS3 | English and French spoken**

This class will be a great way to creatively explore concepts and themes learned in the regular classes. In this course, the students will develop their reflection capacity and problem-solving skills in a fun way. They will interact with new and recycled materials through which they will learn different artistic techniques and the vast options that the art world offers them. Each activity will be adapted to the ages, needs, and abilities of the students.

*Yearly fee: CHF 760*

### Classical dance by RAD UK

**PS2-PS3 | English spoken**

In this course, children will learn the programme “Pre-school in dance” and “Primary in dance”. Using fun and imaginative ideas, children will learn the basics of classical ballet, including improvisation and performance.

Pre-schoolers will start their year by learning “Pre-school in Dance” ballet, as well as free exercises, stretches and imaginative ideas designed by the teacher. Movements affected include leg stretching, galloping, running and pausing, etc.

At the end of each term, parents are invited to an “open studio” and will have the opportunity to attend a performance of selected exercises.

In the middle of the year, students will learn “Elementary in Dance”, moving from circle work to line dancing. Towards the end of the year, children will perform their last “open studio” showing a selection of chained exercises with an element of performance.

*Yearly fee: CHF 750*



## Cooking

### PS2-PS3 | English and French spoken

The cooking activity aims to promote development and learning. Cooking is not only a fun, engaging activity for children, but one that has been used for years as an important teaching and development tool for all ages. Cooking Activities help children develop pride and confidence in their skills and abilities.

The act of following a recipe can encourage self-direction and independence, while also teaching children to follow directions and use thinking skills to solve problems.

Physical development: chopping, squeezing, spreading and mixing are all cooking skills that help develop a child's small muscle control and hand coordination. Cooking inspires children's curiosity, thinking and problem solving by offering new opportunities to make predictions and observations.

*Yearly fee: CHF 660*

## Daycare

### PS0-PS3 | English and French spoken

*Mon, Tue, Wed, Thu & Fri (from 15h15 to 18h45) Day care PS0-PS1 & PS2-PS3 Wednesday (from 12h30 to 15h15)*

The Pre-school section offers the opportunity to entertain, monitor and supervise children after the end of class. Children will be engaged in different Activities such as social games, walks, time for rest etc.

*Yearly fee: CHF 530 / day chosen*

*Occasional daycare: CHF 25 / time*

## Football mini

### PS3 | English and French spoken

In Mini Football players are going to be introduced to all sorts of fun games including the necessary motor skills and coordination to learn the basic movements of football. We will also build a team dynamic and understanding of the individual within a group.

Respect will be the key factor of the lesson.

*Yearly fee: CHF 660*



## Gymnastics ABC

**PS2-PS3 | English and French spoken**

Discovery of floor and apparatus gymnastics (balance, suspension, rotations) in the form of fun courses and materials discoveries.

### Objectives

Development of psychomotricity, coordination, pleasure practice.

*Yearly fee: CHF 660*

## Judo ABC

**PS2-PS3 | French spoken**

The goals of our activity are the development of motor skills and coordination, but also the awareness of the child's body in space, respect for his body and that of others in a healthy and playful environment.

We offer you the possibility of joining a team of instructors, officials of the Swiss Judo Federation, Swiss Olympic, Youth & Sports members and of Vaud and Geneva Cantonal Associations, who will be happy to share their knowledge, at the upper belt exams, their experiences and their passion for this art.

Wearing a Kimono is compulsory for the practice of this Martial Art. From the second lesson, we will provide your child with a Kimono, certified and embroidered with the image of the BSA school, for an amount of CHF 50.

*Yearly fee: CHF 930*

## Mini-tennis

**PS2-PS3 | English and French spoken**

For children who want to learn the basics of tennis in a fun atmosphere, this is a fun-filled introduction to tennis, using eye-hand and motor skills games and Activities. Beach balls, foam tennis balls, and other teaching aids are used. The group size is limited to 4 students and the class lasts 30 minutes. Children need to provide their own tennis racket (19-21 inches).

*Yearly fee: CHF 930*

## Petit chœur du Léman

**PS2-PS3 | English spoken**

*Performance schedule: December and May (to be confirmed)*

Petit Chœur du Léman provides an uplifting experience where very young children can express themselves through singing. This is a fun and educational choir where children will develop their appreciation for melody, harmony and rhythm in a positive environment.

Singing in a choir develops self-esteem and confidence. Let your child experience the magic of being part of a community of voices. All your child needs are a desire to sing and a willingness to learn.

*Yearly fee: CHF 750*

## Ponies and nature discovery

**PS2-PS3 | English and French spoken**

Your child will develop listening skills, gain self-confidence and ease the contact with animals. He will learn how to respect the basic safety rules during grooming and riding lessons. At the beginning of the riding lessons your child will exercise how to improve the balance when riding a horse and how to follow the rhythm of the movement of the animal.

During grooming lessons your child will learn about the tools and the techniques used for keeping the horse clean and healthy. During the lessons it will be explained how to feed the ponies and the type of food that will be given. Testing for successful participation of the child to these lessons done by the teachers will be mainly focused on the respect of the safety rules by the child.

Then, the exercises on the horse will be focused on techniques of rising trot, be lunged on the pony by a monitor, driving the pony during walking (straight, right and left circles...), stability exercises. Improvement in horse riding and grooming technique will be evaluated by the teachers on the base of the child's active participation and attitude.

Additional contact with other animals like dogs, cats, birds and plants is part of the instruction programme.

A certificate will be provided at the end of the course.

*Yearly fee: CHF 1,050*

## Rugbytots

**PS1-PS2 | English and French spoken**

Rugbytots Geneva is a team activity whose main objective is the development of coordination and motor skills through sport. It is a fun and non-contact activity around rugby for toddlers where we learn to share and socialise.

*Yearly fee: CHF 1,020*

## Siesta

**PS0-PS1 | English and French spoke**

This option is reserved for PS0 & PS1 children who are having a nap in the afternoon.

*Yearly fee: CHF 530*

## Street dance

**PS3 | English and French spoken**

The activity introduces different styles of street dance such as break dance, house, locking... Students will discover the different types of music and movements that are at the base of each style, learning how to bounce, lock and freeze! The class will allow students to work on coordination, strength and musicality through fun exercises and games.

*Yearly fee: CHF 750*

## Swimming Aqua Lud'Eau

**PS2-PS3 | English and French spoken**

*Available until March 2022 - Exact date to be confirmed*

The purpose of this activity is to familiarize children with the aquatic environment, to provide basic lessons for beginners and advanced lessons for the most proficient students.

Learning takes place with appropriate training accessories (noodles, kickboards, mats) to make it more interactive. Courses are held in swimming pools of various depths (from 0.8m to 2m).

During the first session, the instructors will evaluate your children's' level in order to place them by level group. To move from level-to-level tests have been developed.

### **DISCOVERY**

Jump from the edge, make ventral starfish by bubbling for 5 seconds. Stand up and make the starfish on the back with equipment. Go get a ballasted object at small depth. No eyewear allowed for the course.

### **BEGINNER**

Jump from the edge, make ventral starfish by bubbling for 5 seconds then take a breath and join the red square. Jump off the edge and move backwards, arms alongside the body. No eyewear allowed for the course.

### **LEVEL 1**

Diving from the edge. Swim 25 meters backstroke. Make a roll and then swim 15 meters in crawl.

Due to the swimming pool's calendar, some lessons may be cancelled. You will be informed by the Extracurricular Department.

*Fees*

*1<sup>st</sup> semester: CHF 570*

*2<sup>nd</sup> semester: To be confirmed once the exact end date is known*



## Swimming Red Whale

### PS1-PS3 | English and French spoken

Available from March 2022 - Exact date to be confirmed

At Red Whale, we ensure that swimming classes are fun, effective, and something to look forward to! Our teachers are always present in the water, to provide personal attention and make children feel safe and comfortable. Lessons take place at our warm water pool in Bellevue, which is the first and only custom-built pool in Switzerland for children's swimming lessons.

The proven learn-to-swim programme that we adopted is organized into levels that gradually introduce necessary competencies. Children move through the levels as they develop new skills. All children learn in the same sequence, but at different speeds, which is perfectly normal. We believe that with ample patience, encouragement, and repetition all children can become good swimmers!

#### 1. PLATYPUS

Entry Criteria: Be at least 3 years old and comfortable with separating from parents to follow basic instructions from a teacher.

Primary objective: Building confidence in the water without an accompanying parent.

#### 2. SEA OTTER

Entry Criteria: Ability to fully submerge their head for 3 seconds when asked.

Primary Objective: dog paddle for 5m and take at least two breaths.

#### 3. CROCODILE

Entry Criteria: Ability to dog paddle for 5m and take at least two breaths.

Primary Objective: Torpedo kicking for longer distances.

#### Fees

1<sup>st</sup> semester: Activity not available with Red Whale. See Aqua Lud'Eau.

2<sup>nd</sup> semester: To be confirmed once the exact starting date is known.

## World of magic

### PS3 | English and French spoken

In collaboration with the biggest magic school of Europe "L'Ecole de Magie de la Côte - The Two Dragons Magic School", a fabulous magic class is opening for pre-school kids! Children will be initiated to secrets of magicians and in addition will develop presentation skills. They will learn easy but impressive magic tricks and learn how to present them. Their posture, voice, control of the public, storytelling will be not only a game but will become fantastic abilities that will serve them all their life.

Yearly fee: CHF 720





## Primary • Sports

55

### Acrobatic gymnastics

**Grades 4-5 | English and French spoken**

Initiation to apparatus, floor and acrobatics (mini-trampoline) gymnastics. General circuits and specific work on exercise basis. Circuits of evolution to improve his/her skills.

#### **Objectives**

Coordination, daring and courage, basic elements of acrobatics, sequences of gymnastic elements. Project for participation in an internal and external competition at Collège du Léman.

*Yearly fee: CHF 660*

### Artistic gymnastics

**Grades 1-3 | English and French spoken**

Initiation to gymnastics in the form of fun circuits, introduction to gymnastics movements on the floor and on the machines, discovery of the major types of gymnastics (rotations, acrobatic approaches, jumps, suspension, supports, others)  
Objectives: Coordination, motor skills, flexibility, agility, reinforcement.

*Yearly fee: CHF 660*

### Basketball mixed

**Grades 5 | English and French spoken**

The activity is first and foremost considered recreational. This activity is open to boys and girls regardless of their level or experience. After warm-up and light conditioning, the activity consists of basic skills and strategy development followed by games.

*Yearly fee: CHF 520*

### Football mixed

**Grades 1-5 | English and French spoken**

The activity is first and foremost considered recreational. It is open to girls and boys regardless of their level or experience with groups made accordingly. After warm-up and light conditioning, the activity consists of basic skills and strategy development followed by games.

*Yearly fee: CHF 520*

# Horse riding

Grades 1-5 | English and French spoken

## HORSE RIDING INITIATION

### Initiation objectives

Getting near the pony, putting on a halter, putting on the saddle and the bridle, basic grooming.

- Revise safety rules
- Practice bringing out and into the box the pony/horse
- Rising trot on the lunge
- Drive the horse (walking)
- Improve riding position and balance during riding and ease horse movements
- Techniques to prevent horse unexpected reactions
- Safety rules in group lessons.

### Theory

Food, Anatomy of the horses (basic), Type of horses, Illness.

### Practical riding

All the children that during the first period are enough self-confident for rising trot free without lunge. The other can go on with the trot on the lunge during the second period.

### Target

Prepare the horse (brushing, taking care of the hoofs, preparing saddle, bridle), ask for double check. Go in and out the box with the horse. Apply safety rules when riding in a group. Ride free and drive the horse/pony by rising trot.

## HORSE RIDING BEGINNERS

Preparation of the horse/pony, apply brushing techniques, taking care of hoofs, check the horse, double checking (belt saddle, bridle).

- Learn how to go in and out of the box with the horse and how to present the horse in the riding hall in a group (safety rules)
- Revise the basic rules for rising trot.
- Sit on the trot, suspension in the trot
- Improve balance techniques as the exercises are getting more demanding
- Recognize the correct diagonal at the trot
- Introduction to canter
- Simple dressage arena pattern exercises
- Theory: equine coat colours, nutrition elements, anatomy
- Testing: knowledge of previous elements
- Target: Learn how to canter. Execute the dressage arena pattern exercises correctly.

## HORSE RIDING INTERMEDIATE

- Preparation of the horses
- Revise trot and base exercises
- Check and improve balance in view of easy jumping exercises

- Initiation of canter and learning to canter on the good lead
- Testing canter capabilities
- Theory: some subjects of the Brevet Federal
- Jumping up to 60 cm
- Simple dressage arena pattern exercises
- Target: Trot and canter at the correct diagonal, execute correctly dressage pattern exercises, jumping 60 cm oxer and verticals.

## HORSE RIDING ADVANCED

Note: only riders having achieved the capabilities of riding easy jumping courses and having a sufficient dressage are admitted to this group.

- Prepare the horses
- Revise the riding techniques in jumping/dressage. Testing the individual capabilities
- How to get the correct canter lead
- Preparation exercises for jumping. Improve balance and dynamic position on the horse as long as the exercise is getting more demanding
- Revise basic dressage
- Riding gymnastic exercises for the preparation of jumping
- Jumping: oxer and vertical 60cm to 100cm (for jumping riders)
- Jumping course for jumping riders
- Dressage: Develop and execute a Dressage Programme FB (Swiss system) for dressage riders
- Advanced theory.

### Target

Practice and improve jumping courses and/or the dressage courses. Preparation in view of the different types of swiss licences of jumping and dressage.

A certificate of attendance will be awarded at the end of the course.

Yearly fee: CHF 1,050





## Judo

**Grades 1-5 | French spoken**

Judo is a Martial Art. It allows the improvement of the techniques used, with an approach to individual and team competition. Particular attention will also be paid to ethics and respect for himself and his classmates. We offer you the possibility of joining a team of instructors, officials of the Swiss Judo Federation, Swiss Olympic, Youth & Sports members and of Vaud and Geneva Cantonal Associations, who will be happy to share their knowledge, at the upper belt exams, their experiences and their passion for this art.

The team of Budo Schools Ashita makes every effort to support children, in multisport courses, in official national and international competitions; for those who want it.

Wearing a Kimono is compulsory for the practice of this Martial Art. From the second lesson, we will provide your child with a Kimono, certified, and embroidered with the image of the BSA school, for an amount of CHF 50.

*Yearly fee: CHF 930*

## Mini basket

**Grades 2-4 | English and French spoken**

The activity is first and foremost considered recreational. This activity is open to boys and girls regardless of their level or experience. After warm-up and light conditioning, the activity consists of basic skills and strategy development followed by games.

*Yearly fee: CHF 520*

## Multisport

**Grades 3-4 | English and French spoken**

The activity is an extension of the physical education curriculum which introduces the children to basic PE development of motor skills: running, stretching, body control and space awareness. Various exercises and games are organized with more emphasis on introduction to team sports such as football, hockey and basketball.

*Yearly fee: CHF 520*

## Netball

**Grades 4-5 | English spoken**

Netball is a fun, non-contact team game, which consists of running, jumping, throwing and catching a ball. It is easy to learn and an excellent way to keep fit, as well as improve coordination and teamwork skills. During these sessions, students will learn the basic rules of netball (if they don't already know them) through play.

Each session will start with a warm-up, leading into specific ball skills Activities designed to improve catching and throwing, followed by games. Students could have the possibility to progress into a CDL netball team, although the main aim of the game is to have fun! Sportswear and sturdy sports shoes are required.

*Yearly fee: CHF 320*

## Running club

**Grades 2-5 | English and French spoken**

The running club will be an opportunity for students to train for an hour each Friday afternoon. It will involve a warm-up, some stretching then a variety of training methods, from a nice gentle jog to intensive hill sprints. It should be a nice sociable club and provide an invigorating way to get the weekend started with a bang!

*Yearly fee: CHF 200*

## Swimming Aqua Lud'Eau

**Grades 1-5 | English and French spoken**

*Available until March 2022 - Exact date to be confirmed*

Swimming is a sport, but it is above all an activity that can save lives.

Our qualified instructors will be there to teach your children this complete sports activity. During the first session, the instructors will evaluate your children's level in order to place them by level group. The levels go from the discovery level to the perfection level. To move from level-to-level tests have been developed.

### **DISCOVERY**

Jump from the edge, make ventral starfish by bubbling for 5 seconds. Stand up and make the starfish on the back with equipment. Go get a ballasted object at small depth. No eyewear allowed for the course.

### **BEGINNER**

Jump from the edge, make ventral starfish by bubbling for 5 seconds then take a breath and join the red square. Jump off the edge and move backwards, arms alongside the body. No eyewear allowed for the course.

### **LEVEL 1**

Diving from the edge. Swim 25 meters backstroke. Make a roll and then swim 15 meters in crawl.

### **LEVEL 2**

Dive from the diving platform with a beautiful breaststroke then swim the length of the pool in crawl. Turn crawl and start again for 25 meters backstroke. Make a jump from the diving platform then swim the breaststroke until the yellow square.

### **LEVEL 3**

Dive from the diving platform with a beautiful breaststroke then make 25 meters breaststroke. Make 25 meters crawl then 25 meters back crawl. Diving from the diving platform then make waves until the yellow square.

### **ADVANCED LEVEL**

Make a plunge from the diving platform with a butterfly stroke then make 200 meters 4 individual medley.

During the lessons, the instructors will use different educational tools so that the children learn to swim while having fun. At the end of each semester, diplomas will be distributed to your children. Either a diploma of participation or a diploma of success.

Please note that the students will be back at CDL around 18:40. Therefore, it will not be possible to take the second bus home. Parents can pick their child up either at the Swimming pool in Chésereux or at CDL.

Due to the swimming pool's calendar, some lessons may be cancelled. You will be informed by the Extracurricular Department.

### *Fees*

*1<sup>st</sup> semester: CHF 540.*

*2<sup>nd</sup> semester: To be confirmed once the exact starting date is known.*



## Swimming Red Whale

### Grades 1-5 | English and French spoken

Available from March 2022- Exact date to be confirmed

At Red Whale, we ensure that swimming classes are fun, effective, and something to look forward to! Our teachers are always present in the water, to provide personal attention and make children feel safe and comfortable.

Lessons take place at our warm water pool in Bellevue, which is the first and only custom-built pool in Switzerland for children's swimming lessons.

The proven learn-to-swim programme that we adopted is organized into levels that gradually introduce necessary competencies. Children move through the levels as they develop new skills.

All children learn in the same sequence, but at different speeds, which is perfectly normal. We believe that with ample patience, encouragement, and repetition all children can become good swimmers!

#### LEVEL 4 - PENGUIN

Entry criteria: Ability to maintain a strong sustained kick with head in the water for 7m.

Primary Objective: Swim crawl with straight arms (5m) and backstroke with straight arms (5m)

#### LEVEL 5 - SEAL

Entry criteria: Ability to perform crawl and backstroke with straight arms for 5m (breathing not required).

Primary Objective: Swim a controlled crawl with breathing on one side.

#### LEVEL 6 - DOLPHIN

Entry criteria: Ability to perform controlled crawl (with breathing) and backstroke for 10m.

Primary Objective: Swim 20m controlled crawl, backstroke, and breaststroke with correct technique.

#### Fees

1<sup>st</sup> semester: Activity not available with Red Whale. See Aqua Lud'Eau.

2<sup>nd</sup> semester: To be confirmed once the exact starting date is known.

## Tennis

### Grades 1-5 | English and French spoken

The activity is first and foremost considered recreational with very limited competition and follows the International Tennis Federation (ITF) "Tennis10s" principles. Tennis10s is tennis for players aged 10-and-under, played on smaller courts with slower Red (Stage 3), Orange (Stage 2) and Green balls (Stage 1) that allow players to start at the suitable level for their ability.

It is a fun way to start tennis and makes it easy for children to play the game, develop good technique and tactics and a love for the sport. Indeed, using the slower balls helps players to develop the most efficient technique and to be able to implement advanced tactics that in most cases could not be performed using the Yellow ball on the full court.

Each session will start with a warm-up and students will be coached on stroke technique, court position, and footwork. Children need to provide their own tennis racket.

These courses are taught by Mr. Roquain Bassong, teacher and international tennis player. Through an evolving, varied and fun pedagogy suitable for all levels and for all ages, children will have the opportunity to make significant progress in a friendly and dynamic atmosphere.

Yearly fee: CHF 930







## Primary • Club

### Art and craft

**Grades 1-5 | English and French spoken**

This course is a great opportunity for students to develop their artistic skills and creativity! Intended to further support the regular Visual Arts Curriculum, this course will help students to apply and deepen concepts from their regular classes in a fun way. Art and Craft is a workshop where students will experiment with different materials, artistic and craft techniques, which allows for the development of problem-solving capacities and teamwork. Each activity will be adapted to the ages, needs, and abilities of the students.

*Yearly fee: CHF 490*

### Beads club

**Grades 3-5 | English and French spoken**

A fun way to create animals and other items using various kinds of colourful beads and wires. This activity requires thoroughness and patience, because the materials are quite small, but the techniques are simple to learn. While children have fun creating small animals by manipulating the wire inside and across the beads, they improve their coordination, concentration and dexterity. Once an object is finished, children have the option to turn it into a keychain, mobile phone chain, and bracelet or simply keep it as a decoration.

*Yearly fee: CHF 450*

## Drawing and painting

### Grades 3-5 | English and French spoken

A fun and interactive art activity where young artists will have the opportunity to learn the basics of perspective, composition, proportions and other technical concepts that will strengthen their abilities beyond their classroom art lesson. They will experiment with different techniques of drawing and painting, as well as folding, cutting and sticking.

The main objective of this activity is for students to learn how to express their ideas with the use of games, thematic situations or individual projects.

*Yearly fee: CHF 490*

## Easy robotics

### Grades 1 | English and French spoken

Did you know robotics is accessible to early years? If your child enjoys Lego let them try the Codey Neuron builder's kit, giving them a first look at how smart sensors work. By simply snapping together colourful magnetic blocks children can build fun 'smart pets' that detect objects, smile and talk. With flow-coding, or pairing lines with blocks on the iPad, children can code without using a keyboard, while learning how smart devices communicate with each other via Wi-Fi and the Internet.

*Yearly fee: CHF 1,050*

## Lego club

### Grades 3-5 | English and French spoken

The only limit of Lego is your imagination. In this activity we will discover together the hidden secrets of small bricks but also new construction techniques. In addition to having fun, we try to develop educational values such as teamwork, sharing, competitiveness, creativity and organization. Alone we build fast, together we can build bigger.

*Yearly fee: CHF 450*

## Magic kids

### Grades 1-5 | English and French spoken

Discover the wonderful world of illusionism! In collaboration with the biggest magic school of Europe "Ecole de Magie de la Côte - The Two Dragons Magic School", The Magic Kids class will train children to create magic through mastering illusionism et public speaking.

Young Magicians will make various objects appear and disappear, defy gravity, transform materials, read minds and see in the future. They will learn magic tricks, but also techniques and presentation secrets.

The magic classes are not only an entertainment allowing them to impress their family and friends but most importantly lessons of dexterity, psychology, open-mindedness, and creativity. It is also an excellent way of overcoming one's shyness and discomfort in front of an audience. Come and join the Magic side of the World!

*Yearly fee: CHF 720*

## Make X robotics lab

### Grades 4-5 | English and French spoken

Is your child an mBot pro and ready to compete? Training begins for the 2021 Make X robotics competition, where students customize their mBots for a series of automated tasks testing for speed and ingenuity.

Missions include variable colour detection, obstacle maneuver and removal, and voice activated commands using Artificial Intelligence. With the right combination of servo motors, smart sensors and block-coding skills students can take CDL to victory at the Make X arena!

*Yearly fee: CHF 1,050*

## Makers lab

### Grades 4-5 | English and French spoken

Do you have a little inventor in the family? In this beginner's course students will learn Design Thinking and apply their knowledge to build prototypes of robotic toys and creative, fun inventions! With the latest tools from Micro: Bit and Make block, students will discover how servo motors and smart sensors work and learn the basics of Artificial Intelligence.

This class offers a playful learning environment for children to build and experiment, while learning new skills like block coding, 3D design and 3D printing. Children finish the semester on a team project with a presentation video for parents.

*Yearly fee: CHF 1,050*

# Photography

Grades 4-5 | English spoken

This course is designed for all students interested to step into the creative world of photography. The aim of this class is to build basic skills and competences in those young students who have an interest and curiosity in photography, but no prior experience. Through a continuous playful-learning, students will be encouraged to practice at their best some personal skills, related to specific topics, organised into outdoor and indoor photo classes exercises, inspirational presentations and friendly photo-challenges.

During the outdoor Activities, we will exercise various photo-themes, designed to stimulate their creativity into a relaxing way, but also to increase specific skills and competences.

A few examples of topics involve discovering lights; playing with shadows and highlights; macro(s): flowers, little insects and other details; lakescape - waves and movement; geometry and figures; season topics (autumn leaves, winter shapes, spring green& flowers); kids& animals; instantaneous shoots; portraits: angles and emotions; lines, colours, shapes and strange forms; "Seeing the unseen", etc. Outdoor photo-shootings will be alternated with indoor classes (mainly the 2<sup>nd</sup> marking period), aiming to focus students' attention and to shape their sense of observation (interesting presentations, inspirational photo-videos and interesting portfolios, stimulating discussions and debates, etc.)

**At the end of this course, students will achieve:**

- Basic photo skills and competences
- A more developed visual skill and an increased sense of observation
- Increased imagination and creativity.

Those transversal skills could be transferred and applied into other academic classes or personal hobbies and interests.

**Required equipment**

For this level any type of camera is welcomed: incorporated smartphone cameras, compact cameras, mirror-less, etc.

*Yearly fee: CHF 600*



## Robotics lab level 1

**Grades 2-3 | English and French spoken**

For little coders there is a world to discover with a driving and smiling robot named Codey Rocky. This activity offers an introduction to Scratch 3.0 and Artificial Intelligence through a series of maze challenges and games. Equipped with 10 electronic modules Codey Rocky understands basic AI applications such as face and age recognition and knows how to gather data from the Internet. We will learn how to code wearable devices and motion sensors, learning how robots can help us in everyday life.

*Yearly fee: CHF 1,050*

## Robotics lab level 1

**Grades 4-5 | English and French spoken**

For children already familiar with block coding, this activity teaches them to develop problem-solving skills through simple and complex robot challenges. During the semester students work in teams to 'train' their cheerful metal mBots to complete arena-based missions that promote teamwork and cooperation. Children will familiarize with more advanced sensors and servo motors, coding their mBots for tasks such as colour detection, obstacle maneuver and removal, and robot dancing.

*Yearly fee: CHF 1,050*



## Robotics lab level 2

**Grades 2-3 | English and French spoken**

Has your child already participated in a Tech Labs robotics club and wishes to improve their abilities and knowledge? In Robotics Lab Level 2 we will discover more complex coding tasks using Codey Rocky, mBot and discovering the Halo Code micro-computer. Fun robot games include converting the Halo Code into a game controller and learning voice and speech recognition. We can also convert the mBots into a 'smart home' device for watering plants and feeding animals.

*Yearly fee: CHF 1,050*

## Woodcrafting

**Grades 1-5 | English and French spoken**

If your child is creative and enjoys playing, why not let him/her build their own toys? With wood you can do everything; there are no limits as to what you can achieve with even the most basic tools. Whether it be car circuit, a doll's house, or a sailing boat for the river. This activity creates opportunities and stimulates mental growth.

It is the beautiful understanding of the relationship between the hands and learning. In this course your child will learn how to build with wood by cutting, drilling and sanding. For safety and pedagogy reasons, only manual tools will be used in the workshop.

Do not hesitate to come with your own ideas or projects. We can make them happen together!

*Yearly fee: CHF 720*

## Yoga

**Grades 3-5 | English and French spoken**

Yoga for young children stimulates sharpness, creativity, self-confidence and the ability to take initiative. It develops the child's growing body in a harmonious way while increasing flexibility and agility. It also promotes knowledge and awareness of the body.

*Yearly fee: CHF 480*



## Primary • Performing arts

73

### Classical dance by Rad UK. Ballet with a view of pointe work

#### Grades 1-5 | English spoken

In this class the children will learn the Grade 1 Ballet syllabus as well as free barre work, improvisation and performance.

The Grade 1 children will start their year learning the Grade 1 Ballet. Along with free exercises, stretches and imaginative ideas devised by the teacher. The movements covered include leg stretches, galop, run and pause etc

At the end of the first term Parents are invited to an “open studio” for a chance to watch a performance of selected exercises.

In the middle of the year students will start using the barre with exercises devised by the teacher.

Near the end of the year the children will perform their final “open studio” showing a selection of exercises and enchainment and choreography with a performance element.

*Yearly fee: CHF 600*

### Guitar ensemble

#### Grades 3-4 | English and French spoken

Learning how to read music and eventually perform with others in a group is vital for a student's overall music education. The Guitar Ensemble classes will provide students of any age or skill level an opportunity to not only read music in a group, but to also learn practical and fun ways to use the musical tools that a guitar or ukulele player needs to perform all styles of music.

Also unique to Guitar Ensemble is being around a number of students each week who are working on the same music material. When students surround themselves with others who are working to become better musicians as well, they'll find encouragement from each other and maintain a healthy and productive outlook on their musical development.

Guitar Ensemble is a wonderful supplement to Private lessons and is highly encouraged for all guitar players to learn a variety of musical styles.

### Why guitar ensemble?

Guitar is a versatile instrument capable of rhythm, harmony, and melody. Combining multiple guitar players into a group, all playing together, is quite an awesome experience. Guitar students very rarely get the ensemble experience that band, and orchestra instruments do in schools. Guitar ensemble is a great way to experience playing guitar whilst learning to read music in a group, which actually stimulates faster learning and understanding of the instrument. Basic note reading is essential for all participants. Guitar Ensemble will include training to improve one's playing/ performance techniques as well as working on material towards performance.

#### Required skills:

The students are expected to have reasonable mastery of the following techniques:

- Knowledge about guitar techniques
- Recognition of the notes on the instrument
- Ability to read off sheet music.

*Yearly fee: CHF 660*

## Hip hop

### Grades 1-5 | English and French spoken

This course will make it possible for each one to be initiated with the basic techniques of Hip hop dance, and in addition, to acquire the rhythmic and musical senses. The students will learn the basic movements while carrying out choreographies. The goal is for the students to express their personality by adapting the learned movements. This course is intended to girls as well as to boys.

*Yearly fee: CHF 600*

## Junior & Little show choir

### Grades 1-5 | English and French spoken

*Performance schedule: December and May (to be confirmed)*

Little Show Choir (Grades 1-2) & Junior Show Choir (Grades 3-5) introduce young children to the repertoire of musicals and films.

This is a fun and educational choir where children will develop an appreciation for melody, harmony and rhythm in a positive environment. Your child will sing, move to music and be part of a dynamic performance ensemble. Singing in a choir develops self-esteem and confidence. Let your child experience the magic of being part of a community of voices.

*Yearly fee: CHF 600*

## Musical production

### Grades 2-5 | English and French spoken

Does your child dream of singing and performing on a stage? He is passionate and cannot choose between these two disciplines? Then musical comedy lessons are made for him.

It is no longer in front of Walt Disney that he will sing at the top of his mind, it will be on a stage. The musical theatre classes allow young people to express themselves in several disciplines. They will learn these bases of song and theatre and you will demonstrate their talent at the end of the school year for a show worthy of the West end.

*Yearly fee: CHF 600*





## Primary • Academic

77

### French FLE beginner A1

**Grades 3-5 | French spoken**

*Entry test on 25<sup>th</sup> August*

This course is intended for beginners and pre-intermediate students (0 to 2 years of French). The goal is to learn in a motivating and caring environment. Through Cap Sur, an attractive and fun language method, students will work on the 4 skills: listening, speaking, reading and writing.

In addition, thanks to various games and Activities, they will discover cultural diversity... and the pleasure of communicating in French!

*Yearly fee: CHF 750*

### French FLE intermediate & advanced from A2 to B1

**Grades 3-5 | French spoken**

*Entry test on 25<sup>th</sup> August*

The students of this course already have a good basis in French (intermediate-advanced level / minimum A1 acquired). In a benevolent and motivating environment, they will gain confidence, both orally and in writing.

The goal is to consolidate their reading and written comprehension skills, to enrich their vocabulary, to consolidate their grammar and to improve their syntax in order to express themselves more easily ... and to take pleasure in reading and communicating in French! In this perspective, we will read together three great stories that will further allow students to enrich and share their knowledge of the world.

*Yearly fee: CHF 750*

## German for beginners

### Grades 1-5 | German and English spoken

Entry test on 25<sup>th</sup> August

The 'Beginner' course focuses on the fundamental and basic skills of German language. In this course topics such as capitalization of nouns, getting to know der, die, das and differentiate nouns, verbs and adjectives from each other are the main focus. Furthermore, students in this course also learn about punctuation, (when to use question marks and when to use an exclamation mark) and about basic German sentence structures.

The beginner course is made for students who have little experience with German language. I teach this course with much enthusiasm to get the students motivated and willing to learn German. The resources I use for this course are online resources and learning in books. Online learning games and online resources motivate children because electronics are involved, furthermore online resources are a good way to learn because of the many engaging material provided. Nevertheless, it is important to learn from books and to hand write. When handwriting from books to paper or working in a workbook information gets processed faster in the brain.

Following topics will be worked on: Family, Eat, Drink and Leisure

#### Teaching objectives

- Ask and reply to simple questions as well as make and respond to requests
- Write about yourself and others using simple expressions and sentences
- Understand conversations and texts about familiar topic.

#### Book proposals

Kurzgeschichten

Yearly fee: CHF 750

## German for intermediate

### Grades 1-5 | German and English spoken

Entry test on 25<sup>th</sup> August

The 'Intermediate' course focuses on the development of the student ability to use abstract nouns, singular/plural and "Zusammengesetzte Nomen". In the intermediate course students also learn how to properly use commas and they learn about sentence fragments, rearrange sentences and how to shorten or lengthen a sentence.

To add on, further into the year they will also learn to write into "Präsens", "Präteritum" and "Perfekt". These are the German times. The intermediate course is made for German speakers who are familiar with the German language and literature and who already know the basics of German language. We will be watching the movie "das Schweigende Klassenzimmer", a book from Dietrich Garstka and movie from Lars Kraume.

This is an educational film, while watching students need to take notes to later on write a 100 -250 words paragraph reflection on the movie and writing a short version of what has happened in the movie. This is a great way to assess the student's ability of comprehension of German language and it will also assess their listening skills. All students taking this course must buy a copy of the book: Lern-und Uebungsgrammatik Deutsch als Fremdsprache, Duden.

#### Teaching objectives

- Understand and use sentences and common expressions in everyday situations
- Make yourself understood in simple, routine situations requiring an exchange of information on familiar and common topics
- Describe your background and education, immediate surroundings and other matters associated with your immediate needs, in a simple way.

#### Book proposals

Die weisse Rose by Sophie Scholl, Novellen by Stefan Zweig

Yearly fee: CHF 750





## Homework support English

### Grades 1-5 | Available in English

This programme will focus on quality academic instruction. Conditions to ensure quality include class ratios of 5-9 students per teacher, qualified teaching staff, an environment conducive to learning and additional work provided by the teacher when necessary.

A performance indicator on preparation and engagement can be emailed when requested. Students need to bring actual homework or work given in class in order to maximize the progress. Students are expected to be engaged in academic work during this time.

*Yearly fee: CHF 750*

## Italian embassy course

### Grades 1-5 | Mother tongue Italian

This course is available to all students holding Italian Passports.

*Yearly fee: External charges*

## Je parle français

### Grades 1-3 | French spoken

Based primarily on oral communication, this course will allow children to develop their vocabulary and their French-speaking culture through fun and artistic Activities: games, drawings, songs, crafts ... This course is ideal for starting or strengthening their basic skills. in a positive atmosphere and respectful of the children's school rhythm.

*Yearly fee: CHF 750*

## Childcare

### Grades 1-5 | English and French spoken

The Primary section offers the opportunity to entertain, monitor and supervise children after the end of class. Children will be engaged in different Activities such as social games, walks, time for rest etc.

*Yearly fee: CHF 450 / day chosen*

*Occasional childcare: Kindly note that your children have the possibility to attend Childcare on an exceptional basis. In this case, please inform the Extracurricular department by email 24 hours in advance and be aware that this will include an extra fee of 25 CHF/child per day.*





## Secondary • Sports

83

### Badminton mixed

**Grades 6-12 | English and French spoken**

The activity is first and foremost considered recreational with very limited competition. Some of the activity's participants may be selected for interscholastic competition. After a warm-up and light conditioning, the activity consists of basic skills and strategy development followed by games.

*Yearly fee: CHF 150*

### Basketball

**Grades 6-12 | English and French spoken**

#### **BASKETBALL MIXED – GRADE 6 RECREATIONAL**

The activity is first and foremost considered recreational. This activity is open to boys and girls regardless of their level or experience. After warm-up and light conditioning, the activity consists of basic skills and strategy development followed by games.

#### **BASKETBALL BOYS - GRADES 7-12 DEVELOPMENT**

The activity is first and foremost considered recreational. The activity is open to boys regardless of their level or experience with groups made accordingly. Some of the participants may be selected for interscholastic competition. After a warm-up and some conditioning, the activity consists of skills and strategy development followed by games.

#### **BASKETBALL GIRLS - GRADES 7-12 DEVELOPMENT**

The activity is first and foremost considered recreational. After a warm-up and some conditioning, the activity consists of skills and strategy development followed by games. Some of the activity participants may be selected for interschool competitions.

#### **BASKETBALL BOYS TEAMS / GIRLS TEAMS - GRADES 7-12 - SELECTED BY SPORT COACHES**

The aim of these practices is to enable the students to compete at higher levels. Some of these students will be chosen to play on the school team and will then participate in interscholastic competitions. The team will be chosen during the first two weeks of practice, but other players may be called upon to join the team based on skill development, school commitments and other constraints.

*Yearly fee*

*Grade 6: CHF 520*

*Grades 7-8 Development: CHF 150*

*Grades 7-12 Teams: Free*

*Grades 9-12 Development: Free*

## Basketball 3 x 3

**Grades 9-12 | English and French spoken**

3x3 has been a basketball format long played in streets and gyms across the world and has recently become an Olympic sport. It is a form of the game played three a side on one basketball hoop. It is a very engaging giving everyone a chance to play in all positions and being completely engaged. The activity will consist of playing games and learning the rules, as they are slightly different from full court basketball. Mini tournaments will be organised throughout the term.

*Yearly fee: CHF 150*

## Bodyshaping

**Grades 9-12 | English and French spoken**

This energetic and demanding class is a fantastic way to tone the lower and upper body with a medium intense cardiovascular fitness training. It is designed to strengthen muscles and burn calories by using functional whole-body exercises.

*Yearly fee: CHF 720*

## Boxing boys / boxing girls

**Grades 9-12 | English and French spoken**

The three values that form the basis of this course are: courage, respect and commitment.

The progress of a course consists of warm-up, rehearsal of the techniques learned, cardio, boxing skills, personal work, sparring, sheathing and stretching. The purpose of the discipline is to develop a flexible concept of boxing in a harmonious environment.

*Yearly fee: CHF 850*

## Fitness

**For 16 years old and over | English and French spoken**

The Fitness Center offers stationary bikes, ellipticals and weight machines for working out. A staff member will be present at all times to supervise, answer basic questions and demonstrate proper use of equipment.

*Yearly fee: CHF 220*



## Football

**Grades 6-12 | English and French spoken**

*Grade 6: from 31/08 to 14/06/2021 (no winter interruption)*

*Grades 7-12: from 30/08 to 15/11.2021 & from 21/03 to 16/06/2022*

### **FOOTBALL MIXED : GRADES 6 RECREATIONAL**

The activity is first and foremost considered recreational. It is open to girls and boys regardless of their level or experience with groups made accordingly. After warm-up and light conditioning, the activity consists of basic skills and strategy development followed by games.

### **FOOTBALL BOYS / GIRLS - DEVELOPMENT: GRADES 7-12**

The activity is first and foremost considered recreational. After a warm-up and some conditioning, the activity consists of skills and strategy development followed by games. Some of the activity participants may be selected for inter-scholastic competitions.

### **FOOTBALL BOYS / GIRLS - TEAMS AND DEVELOPMENT - GRADES 7-12 - TEAMS SELECTED BY SPORT COACHES**

The aim of these practices is to enable the students to compete at higher levels. Some of these students will be chosen to play on the school team and will then participate in interscholastic competitions. The team will be chosen during the first two weeks of practice, but other players may be called upon to join the team based on skill development, school commitments and other constraints.

*Yearly fee:*

*Grade 6: CHF 520*

*Grades 7-8 Development:*

*Grades 9-12 Development: Free*

*CHF 150 Grades 7-12 Teams: Free*

## Golf practice

**Grades 6-12 | English and French spoken**

*From 30/08 to 13/10/2021 and from 25/04 to 15/06/2022*

In order to play on the 9-hole pitch and putt golf course as early as possible, children will learn how to master different parts of the game by using several facilities: practice, putting green and green of approach. Whichever the level of the student, the goal is to be able to play golf independently.

*Period Fee: CHF 350*



## Gym - move

Grades 6-12 | English and French spoken

Multi-Activities on the gymnastic bases. Introduction to acrobatics with mini-trampoline (occasional use of the big trampoline) and on the floor, muscle building, gymnastics apparatus, juggling ...

Yearly fee: CHF 660



## Horse riding

Grades 6-12 | English and French spoken

### HORSE RIDING INITIATION

#### Initiation objectives

Getting near the pony, putting on a halter, putting on the saddle and the bridle, basic grooming.

- Revise safety rules
- Practice bringing out and into the box the pony/horse
- Rising trot on the lunge
- Drive the horse (walking)
- Improve riding position and balance during riding and ease horse movements
- Techniques to prevent horse unexpected reactions
- Safety rules in group lessons.

### Theory

Food, Anatomy of the horses (basic), Type of horses, Illness.

### Practical riding

Rising trot free without lunge for all children who are confident enough. Everybody else will move on to the trot on the lunge during the second period.

### Target

Prepare the horse (brushing, taking care of the hoofs, preparing saddle, bridle), ask for double check. Go in and out the box with the horse. Apply safety rules when riding in a group. Ride free and drive the horse/pony by rising trot.

### HORSE RIDING BEGINNERS

Preparation of the horse/pony, apply brushing techniques, taking care of hoofs, check the horse, double checking (belt saddle, bridle).

- Learn how to go in and out of the box with the horse and how to present the horse in the riding hall in a group (safety rules)
- Revise the basic rules for rising trot
- Sit on the trot, suspension in the trot
- Improve balance techniques as the exercises are getting more demanding
- Recognize the correct diagonal at the trot
- Introduction to canter
- Simple dressage arena pattern exercises.

### Theory

Equine coat colours, nutrition elements, anatomy.

### Testing

Knowledge of previous elements.

### Target

Learn how to canter. Execute the dressage arena pattern exercises correctly.

### HORSE RIDING INTERMEDIATE

- Preparation of the horses
- Revise trot and base exercises
- Check and improve balance in view of easy jumping exercises
- Initiation of canter and learning to canter on the good lead
- Testing canter capabilities
- Theory: some subjects of the Brevet Federal
- Jumping up to 60 cm
- Simple dressage arena pattern exercises.

### Target

Trot and canter at the correct diagonal, execute correctly dressage pattern exercises, jumping 60 cm oxer and verticals.

## HORSE RIDING ADVANCED

Note: only riders having achieved the capabilities of riding easy jumping courses and having a sufficient dressage are admitted to this group

- Prepare the horses
- Revise the riding techniques in jumping/dressage. Testing the individual capabilities.
- How to get the correct canter lead
- Preparation exercises for jumping. Improve balance and dynamic position on the horse as long as the exercise is getting more demanding
- Revise basic dressage
- Riding gymnastic exercises for the preparation of jumping
- Jumping: oxer and vertical 60cm to 100cm (for jumping riders)
- Jumping course for jumping riders
- Dressage: Develop and execute a Dressage Programme FB (Swiss system) for dressage riders
- Advanced theory.

### Target

Practice and improve jumping courses and/or the dressage courses.

### Preparation

In view of the different types of swiss licences of jumping and dressage a Certificate of attendance or excellence will be delivered.

*Yearly fee: CHF 1,050*



## Judo

### Grades 6-12 | French spoken

Judo offers physical, tactical and muscular development and improvement as well as the deepening of technical knowledge, the possibility of evolution in the competition for interested participants. We offer you the possibility of joining a team of instructors, officials of the Swiss Judo Federation, Swiss Olympic, Youth & Sports members and of Vaud and Geneva Cantonal Associations, who will be happy to share their knowledge, at the upper belt exams, their experiences and their passion for this art. The team of Budo Schools Ashita makes every effort to support children, in multisport courses, in official national and international competitions; for those who want it.

Wearing a Kimono is compulsory for the practice of this Martial Art. From the second lesson, we will provide a Kimono, certified and embroidered with the image of the BSA school, to your child, for an amount of CHF 50.

*Yearly fee: CHF 930*

## Kick boxing

### Grades 9-12 | English and French spoken

Kickboxing is a safe martial art practiced for self-defence, general fitness or as a contact sport. It involves punching and kicking techniques delivered to pads, bags, partners or opponents to the waist height and above. This is practiced with boxing gloves, shin guards and bare feet. This course consists in learning how to coordinate a wide variety of techniques and sequence of strikes, combining fists and feet as well as blockages and dodging. It is a work of breathing and stretching for all the muscles involved during the workout, accentuating the work of flexibility in all muscle groups.

Students are asked to be equipped with their own gloves and other items needed to practice this discipline. (Clothing should be relatively loose fitting to give you a large range of motion in your kicks and punches).

*Yearly fee: CHF 850*

## Netball

### Grades 6-8 | English and French spoken

Netball is a fast, fun, non-contact team game, which consists of running, jumping, throwing and catching a ball. It is easy to learn and an excellent way to keep fit, as well as improve coordination and teamwork skills.

Each session will start with an arm up, which will lead into specific ball skills Activities, strategy development and maneuvers, followed by games. Students will learn the basic rules of netball (if they don't already know them), through play. Students could have the possibility to play in the CDL - Junior/ Moyennes netball team, although the main aim of the game is to have fun! Sportswear and sturdy sports shoes are required.

*Yearly fee: CHF 320*

## Running club

### Grades 6-12 | English and French spoken

The running club will be an opportunity for students, staff and parents to train for an hour each Friday afternoon. It will involve a warm-up, some stretching then a variety of training methods, from a nice gentle jog to intensive hill sprints. It should be a nice sociable club and provide an invigorating way to get the weekend started with a bang!

*Yearly fee: CHF 150*

## Sailing

### Grades 6-12 | English and French spoken

*From 31/08 to 14/10 & from 26/04 to 16/06*

#### GRADES 6-8

This class is open to beginners or teenagers with limited experience. On new generation boats, the RS Feva, the sailing school invites students to discover the pleasure of doublehanded sailing. Sailing in a crew will bring them notions regarding work-sharing, the importance of communication and joint decision-making. These modern boats enable students to learn all the new sailing techniques with asymmetric spinnakers.

#### GRADES 9-12

This class for teenagers is aimed at learning double-handed and single-handed sailing on a 420er and/ or Laser. These legendary boats will allow them to learn the basics of sailing and the good practices on a boat, all in an atmosphere suiting their age.

*Period fee: CHF 350*

In addition, the health advantages and intrinsic enjoyment that can be gained through taking to the water in an active and energetic outdoor pursuit reinforce our will to promote such an opportunity.



### Eligibility

Students in the High School/Second Cycle who are motivated and committed and, ideally (but not necessarily), have some sailing experience are eligible.

### CNV and Swiss Sailing membership

The considerable operational costs of this activity will be met mainly by CDL but also through the extra-curricular subscription. Through our working relationship with the Club Nautique de Versoix students under the age of 18 will automatically become members of the CNV, which brings significant benefits of club membership, including social events and the use of CNV facilities. The fee also covers annual membership of 'Swiss Sailing', which is mandatory for participation in regattas.

### Safety

A qualified instructor will be present with the students. Lifejackets are provided and students will be instructed on appropriate and safe conduct in boats.

### Clothing and Kit

Students should wear clothing appropriate to the weather conditions – normally warm clothing, wind-resistant jacket, white-soled deck shoes, sunglasses and sailing gloves. A basic change of clothing, water bottle and sun-tan cream kept in a kit bag in case of need is also a wise precaution! CDL will provide team polo shirts, wind-breaking jackets and wet-weather gear for the regattas.

*Yearly fee: CHF 700*

## Sailing team Panthers

### Grades 9-12 | English and French spoken

*Mandatory: 2 training sessions per week*

The Panthers Sail Racing Team brings together both students and staff to compete in key sailing events in the region aboard our two 'Surprise' sailing boats, thereby extending our extra-curricular Activities to make exciting use of our magnificent lake-side location.

Sail racing encourages skill development in a multitude of domains, such as:

- Responsibility and respect (towards others and the natural environment)
- Motivation and self-discipline
- Teamwork and leadership
- Motor skills and coordination
- Competitiveness and sportsmanship.

In addition, the health advantages and intrinsic enjoyment that can be gained through taking to the water in an active and energetic outdoor pursuit reinforce our will to promote such an opportunity.

### Eligibility

Students in High School/Second Cycle who are motivated and committed and, ideally (but not necessarily), have some sailing experience are eligible.

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*Yearly fee: CHF 500*





## Swimming Aqua Lud'Eau

**Grades 6-12 | English and French spoken**

*Available from March 2022 – Exact date to be confirmed*

Our qualified instructors will be there to teach your children this complete sports activity.

During the first session, the instructors will evaluate your children's' level in order to place them by level group. The levels go from the discovery level to the perfection level. To move from level-to-level tests have been developed.

### **DISCOVERY**

Jump from the edge, make ventral starfish by bubbling for 5 seconds. Stand up and make the starfish on the back with equipment. Go get a ballasted object at small depth. No eyewear allowed for the course.

### **BEGINNER**

Jump from the edge, make ventral starfish by bubbling for 5 seconds then take a breath and join the red square. Jump off the edge and move backwards, arms alongside the body. No eyewear allowed for the course.

### **LEVEL 1**

Diving from the edge. Swim 25 meters backstroke. Make a roll and then swim 15 meters in crawl.

### **LEVEL 2**

Dive from the diving platform with a beautiful breaststroke then swim the length of the pool in crawl. Turn crawl and start again for 25 meters backstroke. Make a jump from the diving platform then swim the breaststroke until the yellow square.

### **LEVEL 3**

Dive from the diving platform with a beautiful breaststroke then make 25 meters breaststroke. Make 25 meters crawl then 25 meters back crawl. Diving from the diving platform then make waves until the yellow square.

### **ADVANCED LEVEL**

Make a plunge from the diving platform with a butterfly stroke then make 200 meters 4 individual medley.

During the lessons, the instructors will use different educational tools so that the children learn to swim while having fun. At the end of each semester, diplomas will be distributed to your children. Either a diploma of participation or a diploma of success.

Please note that the students will be back at CDL around 18:40. Therefore, it will not be possible to take the second bus home. Parents can pick their child up either at the Swimming pool in Chésereux or at CDL.

Due to the swimming pool's calendar, some lessons may be cancelled. You will be informed by the Extracurricular Department.

### *Fees*

*1<sup>st</sup> semester: Activity not available*

*2<sup>nd</sup> semester: To be confirmed once the exact starting date is known*

## Tennis

**Grades 6-12 | English and French spoken**

### **TENNIS (INTERMEDIATE "GREEN / STAGE 1") - GRADE 6-12**

The activity is first and foremost considered recreational with very limited competition and follows the International Tennis Federation (ITF) "Tennis10s" principles.

Tennis10s is tennis for players who plays on smaller courts with slower Red (Stage 3), Orange (Stage 2) and Green balls (Stage 1) that allow players to start at the suitable level for their ability. It is a fun way to start tennis and makes it easy for children to play the game, develop good technique and tactics and a love for the sport. Using the slower balls helps players to develop the most efficient technique and to be able to implement advanced tactics that in most cases could not be performed using the Yellow ball on the full court.

This programme is for players who are able to serve, keep score, and rally (hit the ball back and forth over the net) with a partner. Each session will start with a warm-up and students will be coached on stroke technique, court position, footwork, and patterns of play. Group size is limited to 6 students. Children need to provide their own tennis racquet.

*Yearly fee: CHF 930*

## Volleyball mixed

**Grades 6-12 | English and French spoken**

### **VOLLEYBALL MIXED DEVELOPMENT – GRADES 6-12**

The activity is open to girls and boys regardless of their level or experience. After a warm-up and conditioning, the activity consists of basic skills and strategy development followed by games.

### **VOLLEYBALL MIXED TEAMS – GRADES 6-12 - SELECTED BY SPORT COACHES**

The aim of these practices is to enable the students to compete at higher levels. Some of these students will be chosen to play on the school team and will then participate in interscholastic competitions. The team will be chosen during the first two weeks of practice, but other players may be called upon to join the team based on skill development, school commitments and other constraints.

*Yearly fee:*

*Grades 6-8 Development: CHF 150*

*Grades 6-12 Teams: Free*



## Secondary • Club

99

### 3D illusion drawing

**Grades 6-12 | English and French spoken**

This is an entertaining activity where students learn innovative drawing techniques in order to create 3D optical illusions. Specific Activities will be provided for beginners, in which they will learn how perspective works and how to use shading to enhance the impression of volume in their drawings. More advanced students will have the opportunity to improve their drawing skills using concepts and tricks covered in this course and eventually work on their own drawing projects. The illusion of a 3D object is created when the drawing is photographed at a specific angle, so the students will be introduced to work looking at a tablet, camera or mobile phone screen instead of looking directly at their drawing.

*Yearly fee: CHF 450*

### Acrylic painting

**Grades 6-12 | English and French spoken**

This course explores the incredible and beautiful world of painting. Designed to support the objectives of the regular visual arts curriculum, this course will help students develop the foundation for appreciation and mastery of acrylic painting and mixed techniques. Experimentation with various materials and techniques will offer students myriad opportunities to develop their creativity, critical thinking, basic research skills, and to expand their manual skills. Throughout this course, students are expected to create an artistic portfolio, develop their proposals and style, as well as the professional presentation of their works. Each activity will be tailored to the ages, needs, and abilities of the students.

*Yearly fee: CHF 720*

## Artificial intelligence lab

### Grades 6-8 | English and French spoken

Does your child dream of having a robot companion? Now they can experience the amazement of Artificial Intelligence in the palm of their hand! In this course students will gain mastery of the HaloCode micro-computer to discover how robots work, think and play. They will explore the principles of Machine Learning, training the robot on face and speech recognition, enabling the robot to take specific actions. During the semester students will discover how to turn their hand into a game controller, and build a voice activated robot car that will only respond to the commands of its owner!

*Yearly fee: CHF 1,050*

## Cooking & bakery

### Grades 6-12 | English and French spoken

This teaching is designed in a spirit of conviviality, creativity, professionalism and pedagogy.

For this new academic year, students will be able to learn about cooking, pastry and chocolate work. The cuisines of the world will be discussed as well as the art of the know-how and the table setting. The school has a very modern and updated kitchen: wok, multifunctional oven, plancha, cooling cell and other equipment for the comfort of students and the chef. At the end of the module, students will be tasting the dishes and/or desserts they have made; a moment of conviviality: the work plans will be transformed into a guest table. All conditions will be reunited to share culinary knowledge, awaken the senses, enjoy unforgettable moments in the best conditions. It is possible to choose from 15 different modules according to the desires and tastes of each participant.

*Yearly fee: CHF 1,200*

## Create startup

### Grades 6-12 | English and French spoken

Participants will develop creative capacity, entrepreneurial confidence, and acquire the necessary skills to build start-ups that solve real problems. They will understand how to create a business around innovative and new business models, meet and debate with entrepreneurs, play an investor pitch battle in teams to win a business challenge and become an expert in all their project presentations, learn how to talk in public and make a good impression.

*Yearly fee: CHF 1,200*

## Debate club

### Grades 6-12 | English and French spoken

The Debate Club is the ideal place for anyone who would like to learn to speak in public, to defend their opinions and to become a better speaker. Each week the students will be confronted with new exercises that will encourage them to get out of their comfort zone to master the art of debate. The watchword of this workshop is learning by doing!

#### GRADES 6-8

The initiation to the practice of the debate is done first of all by the basic tools of the construction of an argumentation as well as the structuring of the thought. In addition, there are specific exercises to become aware of your non-verbal language (voice, posture, body language, speaking, eloquence, argumentation, structuring of ideas).

#### GRADES 9-12

For older students we will add to all these a more advanced practice on topic analysis, position taking, systems thinking, role play, systems thinking, multi-dimensional analysis, exercises. empathy and role playing.

*Yearly fee: CHF 600*



## Future leader

**Grades 6-12 | English and French spoken**

Interactive and fun leadership workshop, with games, challenges, in situation role play, debates, to become true leaders of your generation.

- Know yourself
- Your personal development goals and 21st century skills
- Discovering leaders of the world: past & future
- UN Sustainable Development Goals
- How to manage a team
- Team building games
- Improve your communication skills
- “Become a leader” challenge
- Meet today business leaders and leadership experts
- The art of debate
- Negotiating like a jedi
- Media training: how to answer questions
- Posture and attitude
- Talking in public
- Self marketing
- Efficient networking
- How to pitch: yourself, your business
- Social media: opportunities and dangers
- Presenting your CV, resume.

*Yearly fee: CHF 1,200*

## Mindfulness and dynamic relaxation

**Grades 6-12 | English and French spoken**

This is an activity where for one hour a week you can take a break from “doing” and practice “being”. Performing at your best in school and out of it requires an active mind in a relaxed body. Sophrology and Mindfulness exercises reset the mid-brain so that you can set emotions aside and achieve at your best level.

These stress management techniques will help you beyond the walls of CDL assisting you in finding clarity and confidence in decision making, increasing your ability to concentrate, giving you the courage to be yourself and approach stressful periods with a sense of calm. Experience happiness inside and out.

*Yearly fee: CHF 480*

## Music DJ mix

**Grades 6-12 | English and French spoken**

This activity is dedicated to students who would like to start practicing DJ mix. As a beginner, the student will learn everything he/she needs to know to be a good DJ from equipment to mixing technics.

The students will learn how to mix music (house, electro, hip hop) with the use of a specific deck which will introduce them to the DJ world.

Students must be equipped with their own laptop and headset.

*Yearly fee: CHF 900*



# Photography

Grades 6-12 | English spoken

## PHOTOGRAPHY BEGINNER

This course is designed for all students interested to step into the creative world of photography. The aim of this class is to build basic skills and competences in those students who have an interest and curiosity in photography, but no experience. Through a continuous playful-learning, students will be encouraged to practice at their best some personal skills, related to specific topics.

How? By understanding some basic photo-concepts (shooting modes, focus, exposure triangle, blur-sharp, white balance and more) and then by practicing them with personal digital cameras. Topics include aesthetic and techniques of digital photography: composition, camera and lens settings, memory cards, file formats, lighting, boosting creativity, basic image editing software and output. Students will be encouraged to discover the 'unseen', to be creative and to practice "how to see more" and "how to better frame"; they will be inspired by several topic- discussions, portfolios and representative tutorials and by getting and by getting outdoor to practice them ideas.

The course is organised into outdoor and indoor photo classes exercises, inspirational presentations and friendly photo-challenges. Personal photo-cameras and prepared photo-supports (photo-galleries /portfolios, videos, tutorials, lectures etc.) will be used accordingly.

A few examples of outdoor topics involve discovering lights; playing with shadows and highlights; landscape and nature; lakescape- waves and movement; sport photography.

Outdoor photo-shootings will be alternated with indoor classes (the second semester), aiming to focus students' attention and to shape their sense of observation.

### At the end of this course, students will achieve:

- Basic photo- skills and competences
- A more developed visual skills and an increased sense of observation
- Increased imagination and creativity
- The basics of photo-camera settings and features - all taught in simple terms
- Composition(s) of various type of photos: from inspiring landscapes, architectural or abstract to minimal themes to dreamy portraits
- Know-how in creating photos that are sharp, blurred, colourful and well composed

Those transversal skills could be transferred and applied into other academic classes or personal hobbies and interests.

No prior photography experience is required at this stage.

### Required equipment

For this level any type of camera is welcomed: incorporated smartphone cameras, compact cameras, mirror-less, etc.

## PHOTOGRAPHY INTERMEDIATE



This intermediate level course is designed to expand the practical knowledge and abilities of motivated students, that have completed previous photo classes or for those that have previous know-how and some fundamental knowledge and competences about digital photography. The basics in photography and in post-process skills learned last year (or in other photo-contexts) will be exercised and refined through their photo-work or personal projects, aiming to develop and shape a personal photographic vision in each student.

**Practical sessions will include:**

Outdoor-indoor Activities (where students will alternate mainly photo-shooting free choice and required themes. These will include stimulating creativity and motivation through photographing various themes and considering effective use of lights (natural and artificial sources); the impact of (in)visible elements and tools into photo-results; deepening aesthetic composition; the role model in increasing the auto-determination and boosting motivation; Indoor classes (deepening post-processing techniques started already; further digital image manipulation (masks and layers, filters, new gadgets and accessories & more) and (where possible) starting to develop a photographic vision; port-folio creation; watching and analysing new, relevant videos and other learning supports; debates about progress, inspirational photo-path(s) and other social media photo-topics).

Students will be further encouraged to discover and reframe the 'unseen', to be perseverant and creative, to 'think differently', and to practice at their best their personal skills, related to specific topics, but in a relaxed, creative mood.

Each student will be challenged visually and intellectually (according to them age and skills), to explore specific photographic themes. They will be encouraged to create a personal portfolio of 5-10 unique photographs that fit into one of those chosen themes (final goal).

**At the end of this course, students will achieve:**

- A personal photo-project

Those transversal skills may be transferred and applied into other academic classes or personal hobbies and interests.

**Required equipment:**

Students entering the Photo Club course are encouraged to have a personal digital camera, with aperture and shutter priority and exposure compensation (Compact systems, mirror-less or DSLR Cameras; Alternatively, very good smartphone cameras incorporated are also agreed).

**Bonus**

- 1-2 photographers as "special guests" to share their experience and stimulate students' dreams

- Having at least one of his/her best photos printed and exposed into a group exhibition in Switzerland
- This class intends to include a photo-trip: "Discovering Swiss wonders through photography".

*Yearly fee: CHF 600*

## Python developers lab

**Grades 6-12 | English and French spoken**

Students will transition from block-coding to Python through game-based challenges using the CyberPi console. This engaging approach to Python shows students how coding can be used to develop Apps and data management tasks for the real-world. Using MIT App Inventor children will explore the landscape of ideas underlying a variety of everyday Apps that people use. The journey continues with local and cloud-based databases to build shopping lists, to-do lists, multi-user quizzes, and private chat spaces.

*Yearly fee: CHF 1,050*

## Robotics Make X lab

**Grades 6-8 | English and French spoken**

For mBot pros with an age advantage, this is your chance to join the 2021 Make X competition. Students must customize their mBots for a series of automated tasks testing for speed and ingenuity. Missions include variable colour detection, obstacle maneuver and removal, and voice activated commands using Artificial Intelligence. Make X is a great way for teenagers to learn interdisciplinary knowledge and problem-solving skills and meet other robotics enthusiasts from across Switzerland!

*Yearly fee: CHF 1,050*

## Sculpture

**Grades 6-12 | English spoken**

This course explores the fantastic world of Sculpture. Intended as additional support for the objectives of the regular Visual Arts Curriculum, this course will help students to develop the bases for an iconographic appreciation of sculptural images and the mastery of techniques and processes for the creation of Two-dimensional art. Students will be able to experiment with different artistic techniques as introduction to the medium of sculpture. The students will develop a solid knowledge in the construction of the different types of sculptures that include ceramics, wire sculpture, human body sculptures, oxidation effects as well as free theme projects in which they will develop their own artistic proposals. Each activity will be adapted to the ages, needs, and abilities of the students.

*Yearly fee: CHF 450*



## Space lab

**Grades 6-8 | English and French spoken**

Get ready to blast off on a series of challenges on the fundamentals of rocket science and space engineering. This cross-disciplinary course let's students test their skills building and customizing robots, rockets and drones while learning about flight and propulsion. Students will design prototypes, conduct scientific experiments, and build flight applications using Micro:bit technology. Activities include testing how to bring astronauts and space capsules safely back to earth and building smart devices capable of growing plants in space.

*Yearly fee: CHF 1,050*

## Surrealism

**Grades 6-12 | French and English spoken**

Imagination has no boundaries in this activity. Let the creativity of your child flow on the canvas or paper using various style such as metaphorical, satire or symbolic. Students will not only learn how to turn their ideas into a thought-provoking painting or drawing, but also improve their technical skills.

*Yearly fee: CHF 450*

## Watercolour painting

**Grades 6-12 | English spoken**

This course explores the incredible and beautiful world of watercolour. Designed in a way to support the objectives of the regular Visual Arts Curriculum, this course will help students to develop the bases for the appreciation and mastery of watercolour. The experimenting with various materials and techniques will offer students numerous opportunities to develop their creativity, critical thinking, basic research skills, and to expand their manual skills. Throughout this course, students are expected to create a portfolio of their artistic pursuits, build their proposals, and develop their style. Each activity will be tailored to the ages, needs, and abilities of the students.

*Yearly fee: CHF 720*

## Woodcrafting

**Grades 6-12 | French and English spoken**

Your child wants to discover a new activity that will allow him/her to use the head and hands at the same time? With wood you can do everything; there are no limits as to what you can achieve with even the most even basic tools. Throughout the year, your child will learn how to build his/her own games with wood by cutting, drilling and sanding. Your child will develop an expertise that will serve him/her all life by collaborating with other students.

For safety and pedagogy reasons, only manual tools will be used in the workshop. This activity creates opportunities and growth with the pleasure of working with wood; being able to repair a piece of wood which belongs to you already whether it be a statue, a personalised box for example as oppose to purchasing something new to replace it. Also, what about making something to offer as a gift? Do not hesitate to come with your own ideas or projects. We can make them happen together!

*Yearly fee: CHF 720*

## Yoga

**Grades 6-12 | French and English spoken**

Yoga strengthens muscles, leads to harmonious body development, improves endurance and helps to channel the energy we spend. Yoga makes us aware of the importance of breathing by synchronizing breath and movement. It teaches us to communicate, to help each other and to share experiences.

Yoga contributes to improving attention, concentration and memorization. It affirms our personality, fosters relationships with others and promotes a healthy spirit of competition.

*Yearly fee: CHF 480*







## Secondary • Performing arts

113

### Classical dance RAD. Ballet with a view of pointe work

**Grades 6-12 | English and French spoken**

An innovative programme designed to train dancers muscle memory, to improve technique, flexibility, and longevity in dance.

This class combined with the RAD Ballet classes at CDL will lead to preparation for pointe work and for those already on pointe.

*Yearly fee: CHF 600*

### Creative rock band

**Grades 6-12 | English and French spoken**

The general aim of this lesson is to learn to play modern music in the context of a band. There are two main guidelines to this lesson: skills and creativity. The skills part focuses on covering existing musical ideas, such as Bowie, AC/DC, Coldplay or Bruno Mars, and the list could go on forever! The creativity part centers on creating the very own material of the students, helping to develop their musical and lyrical ideas. The training provided is singing, electric and folk guitar, bass guitar, drums, keyboards/ synths.

Students must bring their own instrument, a tuner and a folder to organize the material.

*Yearly fee: CHF 660*

## Creative writing

### Grades 6-8 | English and French spoken

There is something magical about us: imagination. Sometimes it is used at night before falling asleep to create fantastic stories. Sometimes, looking through a window, we catch ourselves drawing our future. And sometimes we happen to take a pen and a notebook to keep track of our stories. This course will equip you with the tools to move from imagination to writing. You will learn how to write individually and as a group. Use the collective imagination as well as your own so that the paper finally reflects the beauty of your ideas.

*Yearly fee: CHF 600*

## Drama

### Grades 6-12 | English and French spoken

Theatre is a very interesting discipline for children. Through fun, this discipline allows them to learn many personal skills. They will learn to collaborate with their stage partners, to listen to each other, to show solidarity so that the common project can achieve the requested result. They will also have the opportunity to gain self-confidence, improve their ease in front of an audience as well as their memory. These elements will be beneficial for their personal development and their education. But the most fun will be the end-of-year show which will close their year of work.

*Yearly fee: CHF 600*

## Hip hop

### Grades 6-12 | English and French spoken

This course will make it possible for each one to be initiated with the basic techniques of Hip hop dance, and in addition, to acquire the rhythmic and musical senses. The students will learn the basic movements while carrying out choreographies. The goal is that the students express their personality by adapting the learned movements. These courses are intended to girls as well as to boys.

*Yearly fee: CHF 600*

## Honour wind band

### Grades 6-12 | English and French spoken

The Honour Wind Band aims to develop the skills and techniques of playing wood-wind, brass and percussion. A wide selection of music is covered from film music, pop, classical and folk. On several occasions throughout the year, wind players will join with the String Orchestra to have a full symphonic experience.

Wind players should be at least grade 2/3 Associated Board standard and will be accepted by audition only. Students will perform in the regular CDL concerts and Graduation. Pianists may be interested in becoming percussion players.

*Yearly fee: CHF 600*

## Keyboard club

### Grades 6-12 | English and French spoken

Students will follow a fully differentiated keyboard course, modelled on that which is currently taught in Middle School / Premier Cycle Music lessons. The course has 35 levels of difficulty and is based on a varied repertoire. Students who successfully complete the course will continue their studies using the published Trinity School of Music Curriculum.

At the end of the course, students will be able to play 2 octaves of notation on the treble staff; add left hand chords; use the functions of the keyboard, including programming it with an accompaniment; improvise over a chord pattern; perform in front of an audience; perform in ensemble.

To make optimum progress, it is advised that students have a keyboard at home on which to practise. (Mrs Charles can supply details of suitable keyboards)

*Yearly fee: CHF 600*



## Secondary • Academics

117

### Chinese

**Grades 9-12 | English and French spoken**

#### **BEGINNER & INTERMEDIATE**

This course is specifically designed for beginners and intermediate students to learn the most essential Chinese quickly and effectively. We focus on Chinese usable in everyday life, and our teaching methods will help student build a strong foundation for mastering the Chinese language.

We have developed a curriculum to teach students the four building blocks of language to understand, speak, read and write:

- Understand Chinese word rules, structure, spelling (pinyin), phonetics, and tones
- Understand and communicate on familiar matters regularly encountered in work, school, leisure, etc...
- Discuss key topics related to daily life, including greetings, relationships, shopping, invitations, restaurants, dates and times, likes and dislikes, travel and transportation, and compliments
- Comprehension expressions in most daily situations using around 300 and more Chinese words, and basic grammar /patterns sentences.

*Yearly fee: CHF 750*

### French FLE

**Grades 6-12 | French spoken**

*Entry test on the 25<sup>th</sup> of August*

#### **FRENCH FLE BEGINNER FROM A1 TO A2**

#### **FRENCH FLE INTERMEDIATE AND ADVANCED FROM B1 TO C1**

This course aims at practicing and enjoying French in an enthusiastic and studious atmosphere. Through a large range of resources, games and Activities, students will improve the 4 skills: listening, speaking, reading, and writing. They will also discover more about French and Swiss French cultures. The course will cover a wide variety of themes in order to help students both with their day-to-day needs and with the different exams they are preparing for.

The programme includes two classes for secondary students, based on the level: beginner / elementary A1-A2; intermediate / advanced B1-C1. All students will take a level test at the end of August to help them join the right group.

*Yearly fee: CHF 750*

## Homework support

### Grades 6-12 | English and French spoken

This programme will focus on quality academic instruction. Conditions to ensure quality include class ratios of 5-9 students per teacher, qualified teaching staff, an environment conducive to learning and additional work provided by the teacher when necessary. A performance indicator on preparation and engagement can be emailed when requested. Students need to bring actual homework or work given in class, in order to maximize progress for the student. Students are expected to be engaged in academic work during this time.

*Yearly fee: CHF 900*

## IELTS

### GRADES 11-12 | English spoken

*1<sup>st</sup> course: 30/08 to 11/10*

*2<sup>nd</sup> course: 25/10 to 13/12*

The course comprises 1-hour lessons each week with an experienced, native English IELTS expert. A large focus of the course will be on preparing for the writing section, which is often the more challenging part of the exam. Through timed practice tests, carefully targeted exercises, individual and group work, the teacher will offer tips and advice on how to manage all sections of the exam efficiently.

Speaking practice will focus on form and content, aiming to increase students' vocabulary range, as well as their ability to use a variety of grammatical structures and appropriate discourse markers to demonstrate fluency. The teacher will also offer the opportunity to practice listening and reading exercises and offer strategies for maximising the marks available in these sections of the exam.

A language test will need to be completed on the first class with the aim to ascertain each student's level. The Extracurricular office will give feedback within 3 days of the test confirming if the student will be able to complete the course, or alternatively requires additional EFL tuition. As a guide, the minimum level of English required to attend this course is the equivalent to B2.

If you have questions regarding which IELTS exam is best, please contact our University Advisor at [melanie.batey@cdl.ch](mailto:melanie.batey@cdl.ch). For candidates attending the Geneva based exam, a chaperone is provided to accompany the students from Collège du Léman to the test venue, and back to school afterwards. For those sitting the IELTS for UKVI, a coach will be provided by the school.

### Course details

- 10.5 hours course
- English entry test (if no passed, no charges will apply)
- IELTS specialised teacher
- Books
- Registration fees to either exams
- Exam
- Transports
- Pack Lunch.

### Fees

*IELTS or IELTS UKVI: CHF 800 per course (Includes besides the course: Exam, books, transports, pack lunch and registration fees)*

Students are responsible for checking the required IELTS score with their prospective university. Admission scores vary depending on the institution and it is important that candidates have their required grade in mind.

Please note that this course can only run with a minimum of 15 participants.

## Italian embassy course

### Grade 6 | Mother tongue Italian

This course is available to all students holding Italian Passports.

*Yearly fee External charges*



## Jump start

### Grades 6-12 | English spoken

Jump Start is a fun interactive English course which allows students at an elementary level to improve their language skills outside the classroom. This course teaches students to communicate effectively in real-life situations. It allows them to develop and integrate the use of appropriate phrases needed to help them as they settle into a new school environment.

Furthermore, the Jump Start course encourages students to develop adequate communication and interpersonal skills to participate in spontaneous spoken discourse in familiar social situations.

#### A few relevant teaching methodologies will include:

- Having short, targeted discussions about interesting themes
- Utilising multimedia digital resources that develop communication skills
- Creating oral presentations on relevant topics
- Recording short texts and simple rhymes
- Playing games that pair an action or gesture with a vocabulary word.

Not only will this course help the students to improve their English language skills and their confidence but will also enable them to integrate more easily into life in an international school.

*Yearly fee: CHF 750*

## SAT exam preparation

### Grades 9-11 | English spoken

With proven, score-raising strategies taught by our most experienced SAT prep teacher, this course gives everything the students need to achieve the best score. The course takes place during a module, with a test at the end.

#### This course is for Grade 9 - 11 students who are considering admissions to:

- Universities in U.S. (all students), Canada & Japan
- European countries: Check individual universities for information. Ecole Hôtelière de Lausanne (EHL) requires the SAT test from High School Diploma applicants.
- UK Foundation, International Year One, or bachelor courses.

#### Four courses are proposed on Thursdays from 04:30 pm to 07:00 pm at the following dates:

*1<sup>st</sup> course: 02/09 - 30/09/2021*

*2<sup>nd</sup> course: 04/11 - 02/12/2021*

*3<sup>rd</sup> course: 10/02 - 10/03/2022*

*4<sup>th</sup> course: 24/03 - 05/05/2022*

*Fee: CHF 580 per course*

## MIT - mentoring in training

Collège du Léman is aiming to give the opportunity to the students of its community to actively interact with the Extracurricular programme on offer. A Mentor in Training will mainly do the same activity as a coach, but his/her duties will be coordinated and supervised by the teacher.

A range of Activities is available to stimulate and encourage Secondary students to interact and support younger children (usually Primary and Pre-schooler) during the supervision and progression of their activity. During this experience within the extracurricular Activities, students from Grades 6 to 12 and the IB diploma will be offered the opportunity to help with the coordination of the Extracurricular programme. By doing this responsibly, they can increase their awareness and obtain Responsible Citizenship hours for REACH and Service hours for CAS or simply contribute to the well-being of the community. Students enrolling will be periodically evaluated and they will be required to attend occasional meetings with the Extracurricular Manager. Students will be expected to sign up and help run some of these Activities for a minimum of one marking period.

### Terms & Conditions for MIT Programme

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## Our partners



### GRAINES ENTREPRENEURS

[www.grainesentrepreneurs.ch](http://www.grainesentrepreneurs.ch)  
076 540 47 17  
[info@grainesentrepreneurs.com](mailto:info@grainesentrepreneurs.com)



### GOLF Golf de la Vieille-Bâtie

[www.golf-vieille-batie.ch](http://www.golf-vieille-batie.ch)  
022 774 35 20  
[info@golf-vieille-batie.ch](mailto:info@golf-vieille-batie.ch)



### HORSEBACK RIDING Ecurie de Richelien

[www.richelien.ch](http://www.richelien.ch)  
022 779 20 00  
[ecurie.richelien@bluemail.ch](mailto:ecurie.richelien@bluemail.ch)



### RUGBYTOTS Rugbytots Genève & Rugbytots La Côte

[www.rugbytots.ch/](http://www.rugbytots.ch/)  
078 691 19 23  
[geneve@rugbytots.ch](mailto:geneve@rugbytots.ch)



### TECHLABS Techlabs

[info@techlabs.ch](mailto:info@techlabs.ch)  
078 847 05 55  
[www.techlabs.ch](http://www.techlabs.ch)



### TUTOR PLUS

[www.tutorsplus.com](http://www.tutorsplus.com)  
022 731 81 48  
[info@tutorsplus.com](mailto:info@tutorsplus.com)



### ITALIAN Italian Embassy



### JUDO Budo school Ashita



### MAGIC & ILLUSIONISM Ecole de magie de la Côte

[www.magie-lacote.ch](http://www.magie-lacote.ch)  
076 822 09 00  
[magielacote@gmail.com](mailto:magielacote@gmail.com)



### RED WHALE Swim School

[www.redwhale.ch](http://www.redwhale.ch)



### SAILING Club Nautique de Versoix

[www.cnv.ch](http://www.cnv.ch)  
022 755 35 00  
[secretariat@cnv.ch](mailto:secretariat@cnv.ch)



### SWIMMING Aqua Lud'eau

[www.aqualudeau.ch](http://www.aqualudeau.ch)  
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**COLLÈGE DU LÉMAN**  
International School · Geneva