

Made
for
Stars



EXTRACURRICULAR PROGRAMME

2019-2020



COLLÈGE DU LÉMAN
École Internationale - International School



Introduction

Collège du Léman is committed to offering an extracurricular program (ECP) of the highest quality. The ECP strives to enhance and supplement the academic programme and reinforce key areas of our mission throughout the whole school by accommodating the needs of our school community. These activities help students in many areas; both socially and with their academic performances. Extracurricular activities are found at all levels of our school system and include sports, performing arts, student council, school clubs, academic programmes, art and various social events.

We believe extracurricular activities are an essential and extensive part of education. The development of skills when working in groups, along with the cultivation of hobbies and interests, the production of artwork, performances in plays and participation in interscholastic athletics and intramural sports all present many opportunities to students to discover and develop talents that emulate life in the adult community.

Romolo Calvini
Extracurricular Manager

The Athletics Department welcomes you to the 2019-2020 academic year and the 59th sports season. Sports activities are an important aspect of student life which contributes to the creation of a “common culture” for students arriving from various geographical horizons.

The strength of our program is team spirit, commitment and dedication that is deep rooted in the entire CDL Sports community. During the course of the year, students in PE will be participating in a wide variety of physical activities, both individual and team. Among our aims and objectives are the development of knowledge, skills, sportsmanship and that our students will have positive experiences that will lead to lifelong participation and enjoyment.

The PE program is supplemented by extensive extracurricular activities including among others, interscholastic Sports Teams, Intramural/House competitions, recreational, fitness and dance opportunities. All are cordially welcome to attend our sports events and on behalf of the team, I wish all in the CDL sports community a memorable and successful season.

Pierre Quilez
Head of Physical Education



Terms and conditions for activities

Enrolment

Parents wishing to enrol their children should complete a registration form electronically on extracurricular.cdl.ch and will be redirected to the CHQ platform. Extracurricular registrations will open from August 7th. Please note that no registration will be accepted prior to this date although schedules will be accessible from the 29th of July on the extracurricular website.

If demand exceeds the number of places available, places will be allocated on a first come, first served basis. 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

Registration to activities will remain available for the first two weeks of each marking period after which, activities can only be discontinued.

Please note that the Extracurricular activities will start on Monday, September 2nd, 2019. The last day of the Extracurricular activities will be on Friday, June 19th, 2020.

Number of lessons:

The yearly fees quoted for any activity are based on the student receiving 30 sessions per academic year and are divided into three termly charges. This does not necessarily mean that your child will receive ten sessions per term due to the varying length of terms (for instance they may have 12 lessons during one term and 8 during the next). If any activity is missed due to the teacher's unavailability, the course will be replaced by a substitute teacher or a cost adjustment will be made at the end of the academic year, if the 30 sessions are not reached.

Notice of cancellation

Subscription to most activities are for the whole year, but you can cancel the registration at any time by sending an e-mail to extracurricular@cdl.ch. When cancelling, please note that you are liable to be charged the full term's fees. If registration is cancelled due to the student's poor behaviour, no refund will be issued.

Billing

Billing will be carried out at the end of each term.

Student absences


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


Unavoidable cancellations

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

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.

		
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ART WORLD - PS2-PS3

Maximum 10 students
English and French spoken

In this activity, kids will discover many creative ways to express themselves. They will develop technical skills in cutting, folding, molding and gluing for instance, and create small objects made from various materials such as fabric, card board, wood and wire. In addition, there will be drawing and painting activities to stimulate their creative side.

Yearly Fee: CHF 750
(Three invoices of CHF 250 for each period)

CLASSICAL DANCE BY RAD UK - PS2-PS3

Maximum 20 students
English spoken

Classical dance lessons develop preschool children's physical skills, stamina, creativity, expression and musicality using a range of movements and musical styles.

As in music, classical dance is the basis for all other dance forms and some sports: hip hop, jazz, contemporary, tap, rhythmic gymnastics, ice skating...

Yearly Fee: CHF 750
(Three invoices of CHF 250 for each period)

CLIMBING - PS3

Maximum 10 students
English and French spoken

Climbing is a fun sport that combines strength, balance and coordination. Supervised by qualified instructors from TOTEM Escalade, your children will discover the joys of fighting against gravity in a safe environment. TOTEM proposes a climbing style called bouldering in which climbers attempt to top walls up to 4 meters high. No ropes are necessary as falls are protected by 30cm thick mats that cover the whole climbing area. Bouldering is thus a safe, affordable, fun and socially conducive activity.

Our classes are built on clear objectives, based on 4 key pedagogical areas, aimed at improving children's motor skills, their cognitive and affective abilities, as well as their social skills. Depending on the age of the children, the benefits of regular climbing are as follows:

Children from 4 to 5 years:

- Motor benefits: Increased strength and coordination
- Cognitive benefits: Improved balance, anticipation and memory
- Emotional benefits: Control your emotions and take responsibility
- Social benefits: Understanding individual and collective safety rules

Yearly Fee: CHF 720
(Three invoices of CHF 240 for each period)





COMBO SIESTA + ACTIVITY - PS0-PS1

English and French spoken

Designed for the youngest, this option provides the opportunity to join up the need of the Siesta with an activity amongst those available (Rugby tots or Dance tales). Cannot be used for activities taking place outside campus.

Yearly Fee: CHF 780
(Three invoices of CHF 260 for each period)

COOKING - PS2-PS3

Maximum 15 students

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
(Three invoices of CHF 220 for each period)



DANCE TALES - PS0-PS1

Maximum 9 students

English and French spoken

Dance Tales is an afterschool dance club designed for students to develop their skills in many areas of dance. It gives students the opportunity to explore and be inspired by narrative dance. Students work in different size groups, working on a variety of dance pieces that will be performed in the dance shows. It is fun, invigorating and rewarding.

Yearly Fee: CHF 750
(Three invoices of CHF 250 for each period)

DAYCARE - PS0-PS3

English and French spoken

The Preschool 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.

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

Yearly Fee: CHF 525
(Three invoices of CHF 175 for each period/day)
Occasional Daycare: CHF 25 / time





GYMNASTICS ABC - PS2-PS3

Maximum 16 students
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.
June 2020: "Gymnastics Circuit" demonstration to families and friends

Yearly Fee: CHF 660
(Three invoices of CHF 220 for each period)

JUDO ABC - PS2-PS3

Maximum 16 students
English and French spoken

The goals of our activity are the development of motor skills and coordination, but also the awareness of your body in space, respect for your body and that of others in a healthy and fun environment. We offer you the opportunity to join a team of instructors who will be happy to share their knowledge, their experiences and their passion for this art.
Direction Budo Swiss Academy

Yearly Fee: CHF 930
(Three invoices of CHF 310 for each period)

MINI-TENNIS - PS2-PS3

Maximum 12 students
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
(Three invoices of CHF 310 for each period)



MUSIC EXPLORERS - PS2-PS3

Maximum 8 students
English spoken

These music classes are 45 minutes long and designed to introduce preschool students to the joy of singing, listening to music, and playing tuned percussion instruments. The students will also have opportunities to listen to and learn about some of the more common instruments. Students will have an opportunity to learn fun, age appropriate songs and rhymes in English and French. Emphasis will be given to singing in tune, with clear diction and mastering simple rhythm patterns and musical concepts.

Yearly Fee: CHF 750
(Three invoices of CHF 250 for each period)

PONIES AND NATURE DISCOVERY - PS2-PS3

Maximum 15 students
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 program.

A final demonstration show will be organized for parents and persons in charge of the children at the end of the third period.
A certificate will be provided at the end of the course.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)



RUGBYTOTS – PS0-PS3

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
(Three invoices of CHF 340 for each period)

SWIMMING - PS2-PS3

English and French spoken

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.

Yearly Fee: CHF 1'290
(Three invoices of CHF 430 for each period)

SIESTA – PS0-PS1

English and French spoken

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

Yearly Fee: CHF 525
(Three invoices of CHF 175 for each period/day)





ARTISTIC AND 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

(Three invoices of CHF 220 for each period)

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.

June 2020: "mini-gym" presentation/demonstration to families and friends of the work achieved during the year.

Yearly Fee: CHF 660

(Three invoices of CHF 220 for each period)

BASKETBALL - 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 300

(Three invoices of CHF 100 for each period)



CLIMBING - Grades 1-5

Maximum 15 students

English and French spoken

Climbing is a fun sport that combines strength, balance and coordination. Supervised by qualified instructors from TOTEM Escalade, your children will discover the joys of fighting against gravity in a safe environment. TOTEM proposes a climbing style called bouldering in which climbers attempt to top walls up to 4 meters high. No ropes are necessary as falls are protected by 30cm thick mats that cover the whole climbing area. Bouldering is thus a safe, affordable, fun and socially conducive activity.

Our classes are built on clear objectives, based on 4 key pedagogical areas, aimed at improving children's motor skills, their cognitive and affective abilities, as well as their social skills. Depending on the age of the children, the benefits of regular climbing are as follows:

Children from 6 to 10 years:

- Motor benefits: Strengthening of upper body / arm muscles and increased flexibility & balance
- Cognitive benefits: Improve special visualisation, concentration and creativity
- Emotional benefits: Cooperate and observe, advise and encourage others
- Social benefits: Learn to respect safety rules and other climbers

Yearly Fee: CHF 630

(Three invoices of CHF 210 for each period)

CROSSFIT - Grades 1-5

English and French spoken

The CrossFit Kids Health Quota primary program introduces children to functional fitness and inspires them to achieve their goals in a fun and supportive environment. The workouts consist of constantly varied, functional movements that are broad, inclusive and scalable for any child participating. As such, the CrossFit Kids program benefits an accomplished athlete or a less active child by challenging each of them just enough to deliver measurable results and personal progress.

Each workout builds confidence and teaches healthy habits and values along with encouraging team work and forging new friendships. Each class is coached by a certified trainer and consists of a warm-up, a focus or skill work, a workout of the day (WOD) and finishes with a game.

Yearly Fee: CHF 600

(Three invoices of CHF 200 for each period)



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 colors, nutrition elements, anatomy
 - Testing: knowledge of previous elements
 - Target: Learn how to canter. Execute the dressage arena pattern exercises correctly.
 - A final demonstration show will be organized for parents, house parents and persons in charge of the children at the end of the third period.

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
 - A final demonstration show will be organized for parents, house parents and persons in charge of the children at the end of the third period.



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 Program 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
- Certificate of attendance or/and certificate of excellence will be delivered
- A final demonstration show will be organized for parents, house parents and persons in charge of the children at the end of the third period.

Certificate of attendance will be delivered

Yearly Fee: CHF 1'050

(Three invoices of CHF 350)





JUDO - Grades 1-5

English and French spoken

Judo is a Martial Art. It allows the improvement of the used techniques, with an approach of individual and team competition. Particular attention will also be paid to ethics and respect for yourself and your comrades. We offer you the opportunity to join a team of instructors who will be happy to share their knowledge, their experiences and their passion for this art.

Direction Budo Swiss Academy

Yearly Fee: CHF 930

(Three invoices of CHF 310)

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 300

(Three invoices of CHF 100 for each period)

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 soccer, hockey and basketball.

Yearly Fee: CHF 300

(Three invoices of CHF 100 for each period)



NETBALL - Grades 2-5

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! Sports wear and sturdy sports shoes are required.

Yearly Fee: CHF 450

(Three invoices of CHF 150 for each period)



RUNNING CLUB - Grades 1-5

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: 150
(Three invoices of CHF 50 for each period)

SAILING - Grades 4-5

Maximum 8 students
English and French spoken
From 03.09 to 15.10 and 28.04 16.06

This class is open to beginners or children with limited experience. Through play and pleasure, the aim is to help children get to know the lake and its environment, to feel comfortable on the boat and to discover the first sliding sensations. Independence and sense of responsibility are qualities that children will develop during this learning process. The sailing school provides all the necessary learning material and a broad expertise.

Period Fee: CHF 350

SOCCER - Grades 3-5

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: CHF300
(Three invoices of CHF 100 for each period)



SWIMMING - Grades 1-5

English and French spoken

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 with feet placed.

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 the first quarter (mid-December) and the third quarter (mid-June), 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 18h40. 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.

Yearly Fee: CHF 1'230
(Three invoices of CHF 410 for each period)



TENNIS - Grades 1-5

Maximum 10 students
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
(Three invoices of CHF 310 for each period)



VOLLEYBALL - Grades 5

English and French spoken

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

Yearly Fee: CHF 300
(Three invoices of CHF 100 for each period)





ART AND CRAFT - Grades 1-5

English and French spoken

This activity will encourage the creativity of children from a purely manual approach. The range of projects and exercises will be broad and diverse, from the origami, pencil holders, Paper Mache sculptures, shadow theater or hanging decoration. This activity will be focused on getting used to different materials to perform various practical exercises where freedom of expression is essential.

The arts and crafts is an activity that contributes to the academic formation of a student, as it develops concentration, associative, conceptual and empowered thinking. This activity is also a great opportunity to encourage the value of beauty, develop habits of cleanliness, order and care. Creativity is there at all times and we live surrounded by materials that we can use and transform with very little. That is why in this activity the student will be made aware of the concept of recycling and, above all, how the re-use of materials - sculptures with recycled material, different objects and toys - could help make this a better world, using art as the tool.

Yearly Fee: CHF 450

(Three invoices of CHF 150 for each period)

BEADS CLUB - Grades 3-5

English and French spoken

A fun way to create animals and other items using various kinds of colorful 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, cellphone chain, and bracelet or simply keep it as a decoration.

Yearly Fee: CHF 450

(Three invoices of CHF 150 for each period)

CHESS CLUB BEGINNER - Grades 2-5

English and French spoken

This group is for beginners who just started playing chess. In this group you will learn the basics.

Yearly Fee: CHF 300

(Three invoices of CHF 100 for each period)





DIY LAB - Grades 3-5

Maximum 10 students
English and French spoken

DIY Lab is an open format for students to develop their entrepreneurial spirit! Whether inspired by social impact, education or the arts, we design programming tasks to help realize their vision.

With 3D printing, Lego, sensors, light and sounds we'll create unique devices and experiments. Our previous projects have used Micro:Bit, CodeBug, and HaloCode to make boardgames, RobOlympics and digital art. Children will familiarize with visual programming software that's as easy as snapping code blocks together like a puzzle.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)



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 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 450
(Three invoices of CHF 150 for each period)

LEGO CLUB - Grades 2-4

English and French spoken

At LEGO club children create a range of amazing models where their imagination is their only limit! The club helps promote teamwork and develop new skills.

Yearly Fee: CHF 300
(Three invoices of CHF 100 for each period)

MAGIC & ILLUSIONISM - Grades 3-5

English and French spoken

The magician trains himself to create illusions: he makes various objects appear and disappear, he defies gravity, transforms materials, reads minds and can see in the future. Thanks to his shrewdness, skill and dexterity, the magician creates a situation in which his trick – sometimes simple but ingenious – becomes amazing and gives the impression that a mystery has just happened before our eyes. The young magicians learn magic tricks, but also techniques and presentation secrets. Children can develop their fine motor skills, imagination, creativity and self-confidence while having fun.

Yearly Fee: CHF 720
(Three invoices of CHF 240 for each period)



PHOTOGRAPHY - Grades 4-5

Maximum 10 students
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 insectes 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 2nd 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. Moreover, those who will complete minimum 2 Marking periods will receive at the end a personal printed-brochure (or a selection of printed pictures - A5/ A4 format), including 3-5 evidences of their best results.

* Required equipment: for this level any type of camera is welcomed: incorporated smart-phone cameras, compact cameras, Mirror-less, etc.

Yearly Fee: CHF 600
(Three invoices of CHF 200for each period)

ROBOTICS LAB - Grades 1-5

Maximum 10 students
English and French spoken

TechLabs is the exclusive organizing partner for the Global Makeblock MakeX robotics competition in Switzerland and nearby regions. Kids enrolled in this program will train to participate in this competition using the latest in STEM robotics technology! Working with the MakeBlock robotics kit, kids design, build, and program robots and develop the innovative-thinking, team-collaboration, and problem-solving skills necessary to succeed in the MakeX challenges. Note that participation in MakeX is not required in order to join the course and experience



the thrill of designing a champion robot!

Makeblock supports both mBlock, a drag-and-drop visual programming environment based on Scratch for beginners and Python or C++ for kids ready for additional programming challenges. Our curriculum provides hands-on collaborative and competitive challenges where students build robots and learn about electronics, mechanical design, code development and algorithms.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)

STEAM - Grades 3-5

English and French spoken

No matter where their future takes them, today's kids will undoubtedly benefit from early exposure to programming. As they are growing up surrounded by digital technology, it's important that they obtain the right skills and knowledge to help them successfully navigate and compete in our digital world. This course gives your child a head start!

This is a great opportunity for children to:

- Be introduced to child friendly and fun programming, computer science concepts and skills.
- Explore the idea of commands, code blocks (loops and functions), conditionality and variables.

Learn about electricity and how it works : Build a Piano using Fruits !

- Feel empowered to create things from scratch, with possibilities as endless as their imaginations.
- Develop other key competencies such as creativity, critical analysis, problem solving, logic, patience, and persistence.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)





VR/AR 3D Design & Animation - Grades 3-5

English and French spoken

In this program, you will get to explore the fascinating world of Virtual Reality through hands-on building of your own 3D space. During the year, kids will be able to build and code their own experiences, not just consume them. We will build 3D content with CoSpaces' user-friendly creation tools & technology. For those looking for an extra challenge, you learn to add interactions and animations with CoBlocks, JavaScript or TypeScript coding.

Through this interactive and creative course, kids will learn how to design an immersive world in 3D format. They will explore story creation, character development, and landscapes creation all used to guide the user through their new 3D world. In addition to VR, kids will get to experience creating projects and projecting them as holograms that you can hold, move, and interact with.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)

WOODCRAFTING - Grades 1-5

Maximum 8 students
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
(Three invoices of CHF 240 for each period)



WORLD OF MAGIC - Grades 1-2

English and French spoken

Upon entering the world of magic the young magicians will learn fabulous spells and secret techniques to stupefy their spectators. Above all they will have a lot of fun discovering their orator skills and developing their creativity, inventing and presenting magic illusions.

Yearly Fee: CHF 720
(Three invoices of CHF 240 for each period)

YOGA - Grades 1-5

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
(Three invoices of CHF 160 for each period)





CLASSICAL DANCE BY RAD UK - Grades 1

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
(Three invoices of CHF 200 for each period)



CREATIVE WRITING GROUP - Grades 5

English spoken

Students take part in weekly creative writing workshops that nurtures the individual's ideas, imagination and expressions and promotes the inspiring and rewarding nature of writing. As well as exploring a range of written work from short stories and poetry, to song lyrics and scriptwriting, the teacher uses a series of games, activities, competitions and group work to encourage students to advance their writing skills in a fun and relaxed environment.

Yearly Fee: CHF 600
(Three invoices of CHF 200 for each period)





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. Students should generally have some private lesson experience before joining the guitar ensemble. 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:

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

Yearly Fee: CHF 660

(Three invoices of CHF 220 for each period)

HIP-HOP - Grades 1-2

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

(Three invoices of CHF 200 for each period)





MINI CHOIR - Grades 1-2

English spoken

Singing in choir is an excellent way to build confidence and acquire basic singing skills. This group will focus on singing in tune, expanding vocal range, acquiring breath support, improving pronunciation, and singing in canon. The mini choir will learn a short musical to perform for parents in class. Our goal is to sing in one concert per year and one class assemblies per year. Mini Choir is open for all students in levels 1 and 2. No previous music experience is required.

Yearly Fee: CHF 660

(Three invoices of CHF 220 for each period)

MUSICAL PRODUCTION - Grades 2-5

English and French spoken

If you enjoy singing, acting, dancing or indeed all three, then this activity is for you! At the start of this class in September, we will begin developing your skills by combining your preferred disciplines whilst enhancing your learning experience by discovering other aspects of Performing Arts. In November, we will begin working on a particular musical that we will perform in the spring, after the Easter holidays. Everyone will perform according to the discipline of their choice and two friendly casts will be organised to appoint specific roles. All performers will be encouraged to take part in the Chorus. There will be opportunities for those who play instruments at a good level to play as part of the ensemble.

Overall, you will be taught acting and/or dance skills as well as ensemble and solo singing. It will be up to each student to choose which of the performing arts they would like to specialise in.

All you need is enthusiasm and a desire to GO OUT ON THE STAGE.

Yearly Fee: CHF 600

(Three invoices of CHF 200 for each period)

WORLD OF MUSIC A CAPELLA - Grades 4-5

English and French spoken

Students are introduced to a variety of songs from around the world to be sung in as a Capella choir (choir performs without musical accompaniment). Emphasis is given to the development of the voice and ear training as singers are expected to sing in harmony. Participants will learn to sing as a group and will be exposed to different languages and music styles and genres from around the world. The choir will work towards performances throughout the school year.

Yearly Fee: CHF 600

(Three invoices of CHF 200 for each period)





ESL A0 TO A2 “English as foreign Language” - Grades 1-5

English spoken

This activity aims to support students with the learning of the English Language when knowledge is still at a beginner stage.

The class will be structured 60% of Syllabus and 40% project-based learning, covering the following domains:

Speaking:

Vocabulary a key focus on everyday vocabulary with an emphasis on nouns and verbs using past, present and future tense. Project learning based on: Acting, drama and role play.

Reading:

PM Benchmark reading scheme in line with the primary school using various reading comprehension Aps. Project learning based on: script reading and acting (role play)

Listening:

The understanding of basic sentence structure and key question words. Project learning based on: Guest speakers related to various topics (liaising with primary teachers and key stakeholders of the school).

Writing:

Handwriting focus (teaching handwriting for students who cannot scribe in English)

Yearly Fee: CHF 750

(Three invoices of CHF 250 for each period)

FRENCH FLE - Grades 1-5

Maximum 12 students

French FLE Beginner from A1 to A2 Discovering:

The student can understand and use simple familiar expressions to satisfy his or her immediate needs. He/she can introduce him/herself, someone or something, ask and answer simple questions.

French FLE Intermediate and Advanced from B1 to C1 Dealing with:

The student can cope and express himself coherently in different situations concerning areas that are familiar to him/her or interest him/her. He/she can tell an event, experience or dream, describe a hope or purpose, and briefly explain a project or an idea.

Yearly Fee: CHF 750

(Three invoices of CHF 250 for each period)

GERMAN - Grades 1-5

German spoken

Entry test on the 29th of August

German Beginner Course:

The Beginner course focuses on the fundamental and basic skills of German lan-



guage. 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 and about basic German sentence structures.

The beginner course is made for students who have little experience with German language. The resources used 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.

It is also 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. All students taking this course must buy a copy of the book: Lern-und Uebungsgrammatik Deutsch als Fremdsprache, Duden.

German Intermediate Course:

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”.

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. All students taking this course must buy a copy of the book: Lern-und Uebungsgrammatik Deutsch als Fremdsprache, Duden.

German Advanced & Mother Tongue:

This course concentrates on developing enthusiastic readers and writers in German. Emphasis is placed on studying novels, different writing processes and giving oral presentations. Students will work to increase their vocabulary and improve their abilities in correct grammatical usage, spelling, and mechanics, by focusing on the tenses, direct speech, the cases, parts of speech, the capitalization rules, and das/dass.

The students will learn the distinction between das /dass. Students revise the correct use of the tenses, deepen their understanding of the cases (Nominativ, Accusative, Dative and Genitive).

They further improve their texts by using adjectives. Analyze the relationship between characters. Materials requested for this course: Deutschbuch 6 including workbook Rechtschreibung “Alles klar” Lern und Übungsheft 1 (Cornelsen)

Yearly Fee: CHF 750

(Three invoices of CHF 250 for each period)



HOMWORK SUPPORT - Grades 1-5

Available in English or in French

This program 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
(Three invoices of CHF 250 for each period)

ITALIAN EMBASSY COURSE - Grades 1-5

Mother tongue Italian

This course is available to all students holding Italian Passports.
Yearly Fee: External Charges

MOTHER TONGUE PROGRAM - Grades 1-5

Minimum 5 students

Available for Arabic and Spanish
This course is designed for students who are fluent in their mother tongue. It focuses on literacy, with a goal to develop and improve students' skills and knowledge of their home language and culture, through a variety of resources. If a class could not open due to the lack of participants, you may contact Mr Salvini to discuss a further arrangement.

Yearly Fee: CHF 750
(Three invoices of CHF 250 for each period)



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.

	1 d/week	2 d/week	3 d/week	4 d/week	5 d/week
For each period:	CHF 150	CHF 300	CHF 450	CHF 600	CHF 750
Yearly:	CHF 450	CHF 900	CHF 1'350	CHF 1'800	CHF 2'250

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.





AEROBIC - Grades 9-12

English and French spoken

This program, also called “gym tonique” in French, which will boost cardiovascular fitness and improve overall health. It is a music based class with fast moves at medium intensity. The one hour session is broken up into a warm up, main exercise block and then a cool down. Students will push their limits and improve over time at their own pace while doing their best.

Yearly Fee: CHF 720

(Three invoices of CHF 240 for each period as participation fee)

BADMINTON - Grades 9-12

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 300

(Three invoices of CHF 100 for each period)

BASKETBALL - Grades 6-12

English and French spoken

Basketball Boys - Grades 7-8 Recreational:

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 7-8 Recreational:

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 interscholastic competitions.

Basketball Mixed- Grades 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/Girls Team- Grades 9-12 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 others players may be called upon to join the team based on skill development, school commitments and other constraints.

For Middle School:

Yearly Fee: CHF 150

(Three invoices of CHF 50 for each period as participation fee)

For High School: free



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

(Three invoices of CHF 240 for each period)

BOX BOYS / BOX 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 840

(Three invoices of CHF 280 for each period)

CIRCUIT TRAINING & WEIGHT LIFTING

For 16 years old and over

English and French spoken

Circuit training is a full body workout involving different exercises performed in rotation. It's ideal for teenagers because they can measure their improvement week after week, reducing the rest time or increasing the weights. Each month, the exercises will be changed in order to learn new ones and make sure the class is challenging for everyone. Each lesson will start with a demonstration and a speech in order for the students to have all the keys to do a useful and safe workout. No level needed, all the exercises can be adapted, from beginners to advanced students. Minimum age 16.

Yearly Fee: CHF 720

(Three invoices of CHF 240 for each period)



CLIMBING - Grades 6-12

Maximum 15 students

English and French spoken

Climbing is a fun sport that combines strength, balance and coordination. Supervised by qualified instructors from TOTEM Escalade, your children will discover the joys of fighting against gravity in a safe environment. TOTEM proposes a climbing style called bouldering in which climbers attempt to top walls up to 4 meters high. No ropes are necessary as falls are protected by 30cm thick mats that cover the whole climbing area. Bouldering is thus a safe, affordable, fun and socially conducive activity.

Our classes are built on clear objectives, based on 4 key pedagogical areas, aimed at improving children's motor skills, their cognitive and affective abilities, as well as their social skills. Depending on the age of the children, the benefits of regular climbing are as follows:

Children from 11 to 18 years:

- Motor benefits: Acquiring better posture and reducing the risk of developing muscular imbalances
- Cognitive benefits: Improved fighting spirit and mental strength, Managing stress and fear of heights, learning to overcome personal limits
- Emotional benefits: Increased trust in others and solidarity
- Social benefits: Respect other climbers and the climbing gear

Yearly Fee: CHF 630

(Three invoices of CHF 210 for each period)

CROSSFIT - Grades 6-12

English and French spoken

The CrossFit Kids Health Quota secondary program builds functional fitness and strength in a fun and dynamic environment. The workouts consist of constantly varied, functional movements that are broad, inclusive and scalable for anyone participating. As such, the CrossFit program benefits an accomplished athlete or a less active child by challenging each of them just enough to deliver measurable results and personal progress. Each workout builds confidence and teaches healthy habits and values along with encouraging team work and forging new friendships. The classes are coached by a certified CrossFit trainer and consists of a warm-up, a focus or skill work, a workout of the day (WOD) and finishes with a game and/or mobility work as a cool down.

Yearly Fee: CHF 600

(Three invoices of CHF 200 for each period)

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 150

(Three invoices of CHF 50 for each period)



FLOOR HOCKEY - Grades 6-12

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.

For Middle School:

Yearly Fee: CHF 150

(Three invoices of CHF 50 for each period as participation fee)

For High School: free

GOLF PRACTICE - Grades 6-12

Minimum 5 students, maximum 8

English and French spoken

From 02.09 to 16.10 & from 27.04 to 15.06

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

(Three invoices of CHF 220 for each period)

HORSE RIDING - Grades 6-12

English and French spoken

Please refer to the level description for the primary section.

Yearly Fee: CHF 1'050

(Three invoices of CHF 350 for each period)



JUDO- Grades 6-12

English and French spoken

Judo offers a physical, tactical and muscular development and an improvement. As well as the deepening of the technical knowledge, the possibility of evolution in the competition for the interested participants. We offer you the opportunity to join a team of instructors who will be happy to share their knowledge, their experiences and their passion for this art.

Yearly Fee: CHF 930

(Three invoices of CHF 310 for each period)

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 900

(Three invoices of CHF 300 for each period)

NETBALL - Grades 6-8

Minimum 7 students

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 a warm 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! Sports wear and sturdy sports shoes are required.

Yearly Fee: CHF 450

(Three invoices of CHF 150 for each period)



RUGBY - Grades 6-12

English and French spoken

The coaching philosophy is based on developing core skills, improving decision-making and increasing game understanding within a game-based learning environment. The course's content will focus on the skills of passing, running, kicking, tackling and contact.

Yearly Fee: CHF 300

(Three invoices of CHF 100 for each period as participation fee)

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 warmup, 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

(Three invoices of CHF 50 for each period)

SAILING - Grades 6-12

English and French spoken

From 03.09 to 31.10 & from 28.04 to 18.06

Middle School: maximum 10 students

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 double-handed 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.

High School: maximum 10 students

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



SAILING TEAM PANTHERS - Grades 9-12

English and French spoken

Mandatory: 2 training sessions per week Thursdays & Saturdays

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 the High School/Second Cycle who are motivated and committed and, ideally (but not necessarily), have some sailing experience are eligible. We have a maximum of twelve places.

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.

Period fee per year: CHF 500





SOCCKER - Grades 6-12

English and French spoken

Grade 6: from 03.09 to 16.06 (no winter interruption)

Grades 7-12: from 02.09 to 14.11 & 27.02 to 18.06

Soccer Recreational grades 6-12

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 interscholastic competitions.

Soccer Boys/Girls Teams (students selected by sport coaches) grades 9-12

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.

Grade 6: Yearly Fee: CHF 300

(Three invoices of CHF 100 for each period as participation fee)

For Grade 7-8: Period Fee: CHF 50 as participation fee

For High School & High School teams: free

SOFTBALL - Grades 8-12

English and French spoken

This activity is first and foremost considered recreational. It 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 300

(Three invoices of CHF 100 for each period as participation fee)

SWIMMING - Grades 6-12

English and French spoken

Please refer to the level description for the primary section.

Yearly Fee: CHF 1'230

(Three invoices of CHF 410 for each period)



TENNIS - Grades 6-8

Maximum 12 students

English and French spoken

Tennis (Intermediate "Green / Stage 1") - Grade 6-8 (ages 11-13)

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 program 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

(Three invoices of CHF 310 for each period)

VOLLEYBALL - Grades 6-12

English and French spoken

Volleyball - Grades 6-8 - Recreational

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 - Grades 9-12 - Recreational

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

Volleyball Mixed Team Selected by sport coaches - Grades 9-12

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.

For Middle School:

Yearly Fee: CHF 150

(Three invoices of CHF 50 for each period as participation fee)

For High School:

Yearly Fee: free



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 cellphone screen instead of looking directly at their drawing.

Yearly Fee: CHF 450
(Three invoices of CHF 150 for each period)

3D ROBOHAND - Grades 6-12

English and French spoken

In collaboration with the Enabling The Future project, children participating in this program will design, create and deliver a prosthetic robotic hand to underprivileged children throughout the world. 1 in 2000 children are born each day that can benefit from a prosthetic device produced in conjunction with this program. Over 6000 prosthetic arms have already been successfully donated by Enabling The Future. This highly focused program teaches how a group of STEM students can come together and provide access to life-improving technology. A special curriculum has been built, utilizing all of TechLabs' resources, to engage children in a highly focused project where they will get to experience the impact of open source technology to lower barriers to innovation and provide access to life-improving technology. Learning objectives include 3D design and printing techniques, circuitry, sensors, and open source research skills.

Yearly Fee: CHF 1'140
(Three invoices of CHF 380 for each period)

BE CHILL - 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 750
(Three invoices of CHF 250 for each period)



COOKING AND 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 960 (Three invoices of CHF 320 for each period)





CREATE STARTUP - Grades 6-12

English and French spoken

MODULE 1 “Innovation & Creativity” from 02.09 to 15.11

Invent the products and services of tomorrow with the best design tools, understand the design thinking process, test live among your potential users, and adapt your ideas before making your prototype. Participants will develop creative capacity, entrepreneurial confidence, and acquire the necessary skills to build startups that solve real problems.

No prior knowledge necessary. You can also follow module « new business models » and « Branding & communication strategy » to benefit the full entrepreneur’s toolbox program.

- Team building games & Team management tips
- Guide to efficient Brainstorming
- UN Sustainable Development Goals
- innovative problem solving
- design thinking
- market study, live and online survey
- What is the Value Proposition
- prototyping your idea
- pitch your idea

MODULE 2 “New business Model “from 18.11 to 14.02

Understand how to create your business around innovative and new business models, meet and debate with entrepreneurs, play an investor pitch battle in teams to win a business challenge.

This module introduces students to the entrepreneurial mindset and provides hands-on training in the implementation of their ideas.

No prior knowledge necessary. You can also follow module « Innovation & Creativity » and module « Branding & communication strategy » to benefit the full entrepreneur’s toolbox program.

- How to transform your ideas into a viable business
- Inventing new business models in teams
- meeting inspiring entrepreneurs and experts
- How to succeed and fail
- In teams, play investor role vs startup creator
- Class challenge and implementation on a real issue
- pitch your startup



MODULE 3 “Branding & Communication Strategy” from 24.01 to 19.06

Become an expert in all your project presentations, learn how to talk in public and make a good impression. Learn how to build a brand strategy and use modern innovative way to communicate.

No prior knowledge necessary. You can also follow module « innovation & Creativity » and « new business models » to benefit the full entrepreneur’s toolbox program

- project presentation
- How to make a good pitch
- talking in public
- digital marketing and communication
- Create your own brand: Logo, slogan, identity
- How to use Social Networks effectively
- making your 1st commercial video
- creating your website
- Show your achievements and get valuable feedbacks

Module Fee: CHF 400 per module





FUTURE LEADER - Grades 6-12

(1st and 2nd trimester only)
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

Module Fee: CHF 400 per module

MAGIC & ILLUSIONISM - Grades 6-8

English and French spoken

Discover the wonderful world of illusionism! The magician trains himself to create illusions: he makes various objects appear and disappear, he defies gravity, transforms materials, reads minds and can see in the future. Thanks to his shrewdness, skill and dexterity, the magician creates a situation in which his trick becomes amazing and gives the impression that a mystery has just happened before our eyes.

The young magicians 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. They are also an excellent way of overcoming one's shyness and feeling comfortable in front of an audience.

Yearly Fee: CHF 720
(Three invoices of CHF 240 for each period)



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
(Three invoices of CHF 300 for each period)





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 (mainly the 2nd and 3rd Marking Period), 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
- Moreover, those who will complete minimum 2 Marking periods will receive at the end a personal printed-brochure (or a selection of printed pictures – A5/A4 format), including 3-5 evidences of their best results

* No prior photography experience is required at this stage

** Required equipment: for this level any type of camera is welcomed: incorporated smart-phone 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-class-



es 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; portfolio creation; watching and analyzing 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 relaxfull, 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 who will complete minimum 2 Marking periods will receive a selection of printed pictures – A5/A4 format; or at the end of 3rd Marking Period, students could be part of a group exhibition in Switzerland, that will include their best photographs or photo-projects.

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 Guest" to share his experience and stimulate students' dreams.
- Having at least one of his/her best photo printed and exposed into a group exhibition in Switzerland
- This class intend also to include a photo-trip: "Discovering Swiss wonders through photography"

Yearly Fee: CHF 600

(Three invoices of CHF 200 for each period)



ROBOTICS LAB - Grades 6-12

English and French spoken

TechLabs is the exclusive organizing partner for the Global Makeblock MakeX robotics competition in Switzerland and nearby regions. Kids enrolled in this program will train to participate in this competition using the latest in STEM robotics technology! Working with the MakeBlock robotics kit, kids design, build, and program robots and develop the innovative-thinking, team-collaboration, and problem-solving skills necessary to succeed in the MakeX challenges. Note that participation in MakeX is not required in order to join the course and experience the thrill of designing a champion robot!

Makeblock supports both mBlock, a drag-and-drop visual programming environment based on Scratch for beginners and Python or C++ for kids ready for additional programming challenges. Our curriculum provides hands-on collaborative and competitive challenges where students build robots and learn about electronics, mechanical design, code development and algorithms.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)

SCULPTURE - Grades 6-12

English spoken

This activity allows the student to approach creativity through intuition, improve skills and spatial thinking. Sculpture is an excellent technique that allows the student to relate him/herself directly and instinctively with materials and textures.

Sculpture exercises the visual memory and the observation of the elements. Also, it is a technique based on the intuition of the tactile. The complexity of it, relays in the relationship between what we see and what we shape: followed by its translation onto the three dimensions.

Students will interact with different materials, understand their textures, needs and possibilities. The exercises will be focused in copying certain basic elements, perform realistic approximate exercises, making an interpretation of modern and classical sculptures, or creating characters (superheroes, mystics, goblins, etc). They will also try to do realistic and abstract exercises to bring together the qualities of each one. The activity will get progressively more complex as the students are older.

In this activity the opinion and tastes of the students will be fundamental: at the beginning, the teacher will talk with them to see their preferences, to ensure a closer and more interesting activity for them.

Yearly Fee: CHF 450
(Three invoices of CHF 150 for each period)



STEAM - Grades 6-12

(Science, Technology, Engineering, Art, Math)

English spoken

No matter where their future takes them, today's kids will undoubtedly benefit from early exposure to programming. As they are growing up surrounded by digital technology, it's important that they obtain the right skills and knowledge to help them successfully navigate and compete in our digital world.

This is a great opportunity for children to:

Be introduced to child friendly and fun programming, computer science concepts and skills.

Join us to explore the forces of physics and engineering that can send humans to the moon and beyond designing and building a rocket!

How does the weather work? Let's build a weather station and learn about it. Develop other key competencies such as creativity, critical analysis, problem solving, logic, patience, and persistence.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)





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
(Three invoices of CHF 150 for each period)

VR / AR 3d Design & Animation - Grades 6-12

French and English spoken

In this program, you will get to explore the fascinating world of Virtual Reality through hands-on building of your own 3D space. During the year, kids will be able to build and code their own experiences, not just consume them. We will build 3D content with CoSpaces' user-friendly creation tools & technology. For those looking for an extra challenge, you learn to add interactions and animations with CoBlocks, JavaScript or TypeScript coding.

Through this interactive and creative course, kids will learn how to design an immersive world in 3D format. They will explore story creation, character development, and landscapes creation all used to guide the user through their new 3D world. In addition to VR, kids will get to experience creating projects and projecting them as holograms that you can hold, move, and interact with.

Yearly Fee: CHF 1'050
(Three invoices of CHF 350 for each period)

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 personalized 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
(Three invoices of CHF 240 for each period)



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
(Three invoices of CHF 160 for each period)





CLASSICAL DANCE RAD - Grades 6-12

English spoken

In this class the students will learn Grade 5/6 Ballet syllabus with devised exercises and free work, improvisation and performance, character dance including Russian, Hungarian and Polish.

The Grade 6/12 students will start their year learning the Grade 5 to Intermediate Ballet. The syllabus now involves more advanced barre work, along with free exercises, pirouettes, centre practice, big jumps, preparation for pointe work and stretch. The movements covered include leg stretches, galop, run and pause etc

At the end of the first term Parents are invited to a combined extracurricular performance with a choreographed dance.

In the middle of the year the children will start learning Hungarian and Polish Character dance with exercises devised by the teacher. Character gives them a chance to stamp, clap, turn, leap in a less restrictive way. They will also start rehearsals for the final combined extracurricular performance.

Yearly Fee: CHF 600
(Three invoices of CHF 200 for each period)

CREATIVE WRITING GROUP - Grades 6

English spoken

Students take part in weekly creative writing workshops that nurtures the individual's ideas, imagination and expressions and promotes the inspiring and rewarding nature of writing. As well as exploring a range of written work from short stories and poetry, to song lyrics and scriptwriting, the teacher uses a series of games, activities, competitions and group work to encourage students to advance their writing skills in a fun and relaxed environment.

Yearly Fee: CHF 600
(Three invoices of CHF 200 for each period)

DRAMA - Grades 6-12

English and French spoken

Your child will learn how to express in a creative way and develop confidence in performing publicly in a safe and fun environment! Following the continued success of Les Mis and Frankenstein, the Middle/High School Drama Club gives an opportunity for students to participate in live performance of high quality. The weekly session is co-led by two experienced bilingual drama teachers, who work with a dynamic group of young actors to develop skills in an ensemble way.

Students who sign up to Drama Club are committed to a public performance which



will take place during marking period three. Registration for the year preferably takes place in marking period 1, with the play being cast in December. Students must be prepared to learn lines, and as in professional theatre rehearsals, may on occasion, be required to wait patiently for their turn on stage. Students must be available to attend two Saturday rehearsals and perform on 2-3 after school shows in April (dates to be confirmed in September).

We are keen to encourage French speakers to participate as our shows reflect the bilingual nature of the school.

Yearly Fee: CHF 600
(Three invoices of CHF 200 for each period)





GUITAR ENSEMBLE 6-8

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.

Students should generally have some private lesson experience before joining the guitar ensemble. 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:

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

Yearly Fee: CHF 660

(Three invoices of CHF 220 for each period)

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

(Three invoices of CHF 200 for each period)



HONOR WIND BAND - Grades 6-12

English and French spoken

The Honor Wind Band aims to develop the skills and techniques of playing woodwind, 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

(Three invoices of CHF 200 for each period)





KEYBOARD COURSE - 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 stave; 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

(Three invoices of CHF 200 for each period)

MIDDLE SCHOOL CHOIR - Grades 6-8

English spoken

The Middle School Choir continues to develop and expand on the elements of choral singing introduced in the Primary School Choir. Body posture, tone production, note and rhythm reading, ensemble skills, and developing technique and interpretation are the fundamentals of this course. Students are voice tested in the first few weeks.

Yearly Fee: CHF 660

(Three invoices of CHF 220 for each period)

SAMBA DRUMMING - Grades 6-12

English and French spoken

This is an energetic, uplifting and fun activity workshop where participants will learn to play rhythms from the street parade carnival of Brazil. All sessions can be tailor-made to suit the needs and abilities of the group.

The Carnival sounds of Brazil involve a range of traditional large Samba drums and smaller handheld instruments.

The lessons may include warm-up exercises working with rhythm and body percussion, clapping and 'call and response', an introduction to the cultural context of the music, opportunities for individual and group creativity and composition. The students will learn to play the instruments with a series of rhythms in small group sections and then as a whole group. The sections of rhythms are



then put together following a series of visual and aural cues.

A samba group normally consists of Tamborins, Snare drums (Caixa), Agogo bells, surdos, Ganzás / Chocalho (shakers), Cuíca, Timbal, Pandeiro, and the Repinique also called as Repique (often played by the leader for calls) whistles (at the beginning to give the samba a beat). The Apito is often used by the leader to signal breaks and calls.

Samba is perfect for team-building: the Samba ensemble is built up in a work-piece, only through the interaction of all participants can the groove of the Samba music arise.

Samba Drumming Group is good for:

- Ensemble and musical skills development
- Teamwork, Communication skills, therapeutic and well-being
- Latin, Brazilian cultural understanding
- Celebrations and performances
- Energisers and stress busting sessions

Required skills:

The applicants are expected to have reasonable rhythmic knowledge.

Yearly Fee: CHF 600

(Three invoices of CHF 200 for each period)





SHOW DANCE - Grades 6-12

English spoken

Show dance embodies different dance styles; from classical and jazz ballet to modern, contemporary and lyrical dance. While it is based on technique, such as jazz ballet, it is not limited by it and allows for a far greater creativity in dance and movement that does not adhere to the strict rules of ballet and modern dance.

Show dance is dynamic and at the same time subtle. It focuses on conveying feelings and emotions through movement and is usually set to popular songs. Although proper dance technique is important, the true heart of Show dance is found in its expressive nature and its story. Due to the upbeat music, power-packed moves and limitless style, it is perfect for exploring your creativity.

Yearly Fee: CHF 600
(Three invoices of CHF 200 for each period)



DRIVER'S LICENCE ACADEMIC - Grades 9-12

"First aid Course"

English spoken

Valid for the Swiss driver's license and CAS hours.

This is the First Aid Course for the Swiss Driver's Licence as recognised by Das Bundesamt für Strassen (ASTRA)/Office fédéral des routes (OFROU).

This course certification is valid for 6 years.

Please note that when the course is split into different modules, HealthFirst is not able to deliver the official Swiss Driver's Licence certification unless participants attend all modules. If modules are missed, we are able to provide a HealthFirst 'Certificate of Attendance' for those modules attended which may help towards CAS points/certification.

Three sessions proposed of 10 hours each (see below the dates and schedule of each courses):

1st session on Mondays: 9th 16th; 23rd and 30th of September
2nd session on Tuesdays: 5th; 12th, 19th and 26th of November
3rd session on Tuesdays: 25th Feb; 3rd, 10th and 24th of March

4 courses in each session of 2.5 hours 16:30-19:00
Course fee: CHF 220

FRENCH FLE - Grades 6-12

French spoken

Entry test on the 29.08

French FLE Beginner from A1 to A2 Describing:

Targeted skills:

The student can talk about his environment (family, friends, school, hobbies, ...) and communicate during simple and usual tasks on everyday topics.

French FLE Intermediate and Advanced from B1 to C1 Arguing:

Targeted skills:

The student can understand most of the points, concrete or abstract, of a complex text or during a technical discussion about a known field, for instance. He/she can express himself in a clear and detailed manner on a wide range of topics, give his opinion and outline the advantages and disadvantages of a given situation.

EVALUATION:

Placement test on August 29th. Then, an intermediate assessment will be proposed in December. A final test in June will enable to obtain a certificate of the achieved level.

Yearly Fee: CHF 750
(Three invoices of CHF 250 for each period)



GERMAN - Grades 6-12

German spoken

Entry test on the 29th of August

German Beginner Course:

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 and about basic German sentence structures.

The beginner course is made for students who have little experience with German language. The resources used 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.

It is also 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. All students taking this course must buy a copy of the book: Lern-und Übungsgrammatik Deutsch als Fremdsprache, Duden.

German Intermediate Course:

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”.

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. All students taking this course must buy a copy of the book: Lern-und Übungsgrammatik Deutsch als Fremdsprache, Duden.

German Advanced & Mother Tongue:

This course concentrates on developing enthusiastic readers and writers in German. Emphasis is placed on studying novels, different writing processes and giving oral presentations. Students will work to increase their vocabulary and improve their abilities in correct grammatical usage, spelling, and mechanics, by focusing on the tenses, direct speech, the cases, parts of speech, the capitalization rules, and das/ dass.

The students will learn the distinction between das /dass. Students revise the correct use of the tenses, deepen their understanding of the cases (Nominativ, Accusative, Dative and Genitive).

They further improve their texts by using adjectives. Analyze the relationship between characters. Materials requested for this course: Deutschbuch 6 including workbook Rechtschreibung “Alles klar” Lern und Übungsheft 1 (Cornelsen)

Yearly Fee: CHF 750

(Three invoices of CHF 250 for each period)



HOMEWORK SUPPORT - Grades 6-12

English and French spoken

This program 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

(Three invoices of CHF 300 for each period)

ITALIAN- Grades 6-12

English and Italian spoken

Entry test on the 29.08

Italian for Beginners up to A1 level:

Italian course in line with the A1-A2 levels of the Common European Framework, for students who have never studied Italian or for students who only know a few Italian.

Based on a communicative approach, the lessons focus on the development of the 4 language skills, with an emphasis on communication and taking into consideration the needs of the students. The topics covered in the classroom concern the daily life of children, music, food, art and sport.

All students will undergo an entry test to find out where they are in their language learning journey.

Italian for Advanced and Mother tongue:

Italian course in line with levels B1-B2 of the Common European Framework. It is for students who already have a good basic level in the 4 language skills. The course includes the study and analysis of grammar, syntax, vocabulary and communication through a greater use of authentic materials (articles, literary passages, interviews, videos ...). The topics covered in class concern aspects of society and culture of Italy.

All students will undergo an entry test to find out where they are in their language learning journey.

Yearly Fee: CHF 750

(Three invoices of CHF 250 for each period)



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

(Three invoices of CHF 250 for each period)

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 modules proposed of 15 hours each (see below the dates, times and duration of each module):

- Module 1: Classes every Thursdays from 12.09 to 17.10 - 16h30 to 19.00
- Module 2: Classes every Thursdays from 31.10 to 05.12 - 16h30 to 19.00
- Module 3: Classes every Thursdays from 16.01 to 27.02 - 16h30 to 19.00
- Module 4: Classes every Thursdays from 05.03 to 09.04 - 16h30 to 19.00

Module Fee: CHF 400 per module

SPANISH MOTHER TONGUE- Grades 6-12

Spanish spoken

This course is designed for students who are fluent in Spanish. It focuses on literacy, with a goal to develop and improve students' skills and knowledge of



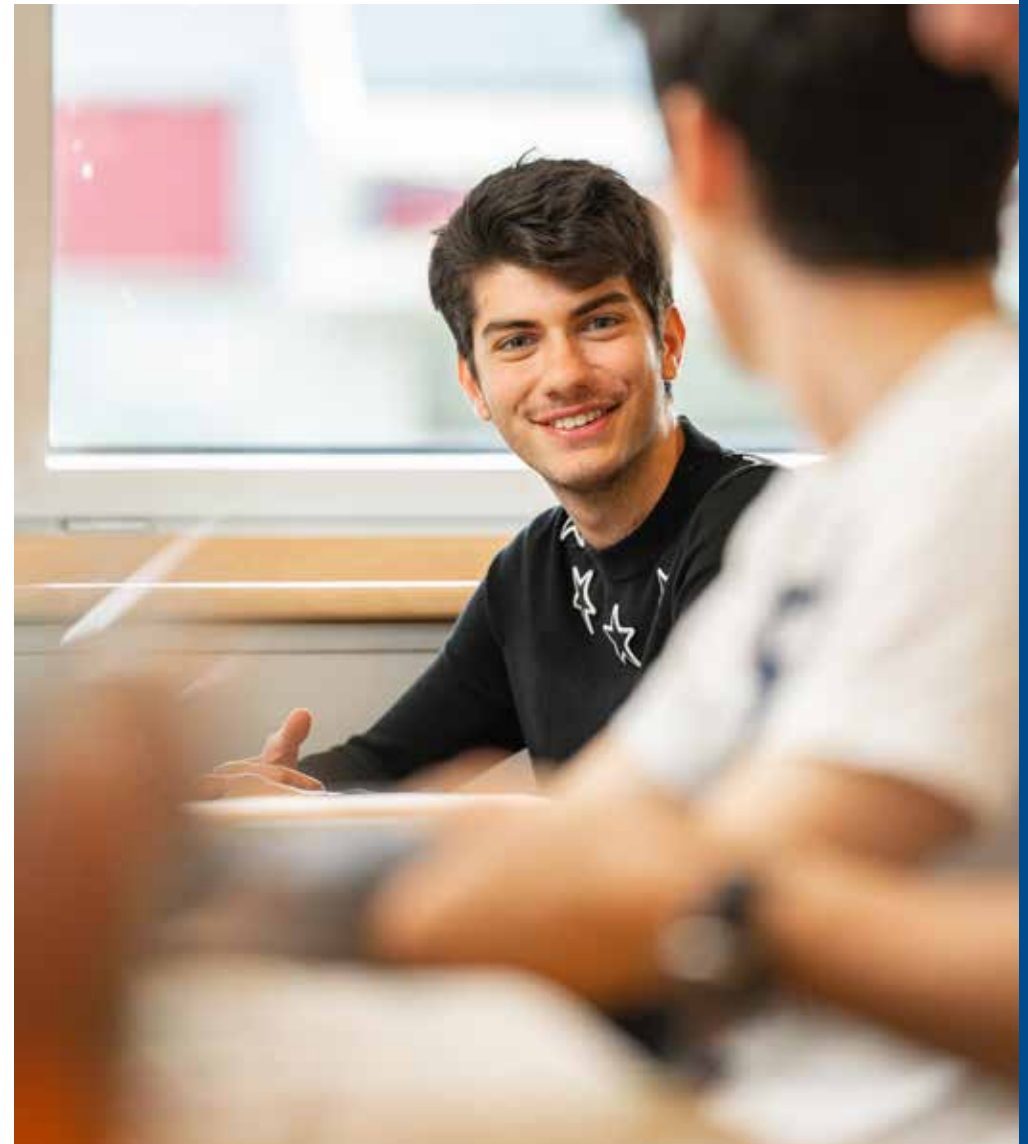
their home language and culture, through a variety of resources.

The class offers a strong foundation for students willing to join the I.B language “A Self-Taught program in their mother tongue.”

If a class could not open due to the lack of participants, you may contact Mr. Calvini to discuss a further arrangement.

Yearly Fee: CHF 750

(Three invoices of CHF 250 for each period)





MIT - MENTORING AND TRAINING

Collège du Léman is aiming to give the opportunity to the students of its community to actively interact with the extracurricular program 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 program. 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.



BOX

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CROSSFIT

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ENTREPRENEURSHIP

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GOLF

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HORSEBACK RIDING

Ecurie de Richelien

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022 779 20 00
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ITALIAN

Italian Embassy



JUDO

Budo school Ashita



MAGIC & ILLUSIONISM

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RUGBYTOTS

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TECHLABS

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CLIMBING

Totem Versoix

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TUTOR PLUS

Tutor Plus

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SAILING

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SQUASH

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SWIMMING

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COLLÈGE DU LÉMAN
École Internationale - International School