



CAYMAN INTERNATIONAL SCHOOL
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Early Childhood and Elementary After School Activities, Session 1, 2018

Dear Parents,

It is an honor to have the opportunity to work with you to provide your families with a world class co-curricular learning environment at Cayman International School. We all acknowledge and value the role that learning outside of the classroom plays in the development of our students. It is humbling and rewarding to share in this opportunity with you all.

In this document you will find an outline of the clubs and activities offered your children for this After School Activity (ASA) Session. Please note that we will send out additional information and instructions on Friday, August 31 ahead of our online registration launch. Please do not hesitate to contact me directly with any additional questions or concerns. Again, I look forward to working with you all now and in the future.

Warm Regards,

Colin Crumpton

Director of Athletics and Activities

Colin.crumpton@cis.ky

Session Dates

- ASA Session 1 will run from **Monday, September 17** to **Friday, November 30**.
 - *No clubs will run October 15-19 and November 5-9*

Registration Dates

- Online registration will open **6:00am on Sunday, September 2** and close at **3:00pm on Tuesday, September 4**. Registration will reopen **6:00am on Wednesday, September 5** and close again at **3:00pm on Friday, September 7**. More information about this process will be distributed prior to registration.

Changes to Registration

- Any changes made must be done via *Google Form* no later than **Wednesday, September 12**. This form will be distributed prior to registration.

Billing

- The online registration software will calculate the total of all clubs registered through this software. We will make adjustments to registrations based on responses received through the Google Form distributed alongside the active registration link.
- All families will be charged for the total amount of the clubs and activities for which they have registered at the beginning of the ASA Session (i.e. September 2018).
- Questions related specifically to billing can be directed to cis.billing@cis.ky. Please copy Colin Crumpton (colin.crumpton@cis.ky) on all communications regarding ASAs.

Timetables

Note- All Timetables were also sent separately via email

Early Childhood, 2:20pm-3:00pm

Monday (7 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (8 Sessions)
<u>Pee Wee Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$175	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly	<u>Pre-Handwriting Club</u> , Kidsability, A3, Max 10, \$200	<u>Pee Wee Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200	
<u>Lego Club</u> , Mrs. Fernanda, A1, Max 10	<u>Chess</u> , Cayman Chess, Library, Max 16, Cost \$128	<u>PLAYSHOP: KIDS MUSIC & DANCE</u> , Cayman Music School, A2, Max 12, Cost \$144	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A3 Rain Out), Max 10, Cost \$144	
<u>Rhythm and Movement</u> , Mrs. Danielle, ARC Stage, Max 10	<u>Yoga</u> , Yoga Sprouts, A2, Max 12, Cost \$144	<u>Lego Club</u> , Mrs. Manuela, A4, Max 10	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly	
		<u>Pee Wee Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200		

Grades K-2, 2:20pm-3:00pm

Monday (7 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (8 Sessions)
<u>Swimming</u> , CBAC, Pool (A3 Rain Out), Max 6, Cost \$126	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Swimming</u> , CBAC, Pool (A3 Rain Out), Max 6, Cost \$126	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200
<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$175	<u>Yoga</u> , Cayman Sports, A1, Max 8, \$136	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Yoga</u> , Cayman Sports, A1, Max 8, \$136	<u>Swim, Stroke, and Safety</u> , Fitness Connection, Pool (A4 Rain Out), Max 6, Cost \$144
<u>Classical Kids: MOZART'S MAGIC FANTASY</u> , Cayman Music School, A2, Max 10, Cost \$105	<u>Handwriting Club</u> , Kidsability, A4, Max 10, Cost \$200	<u>Chess</u> , Cayman Chess, Library, Max 16, Cost \$128	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A4 Rain Out), Max 10, Cost \$144	<u>Budding Chef Cooking Club</u> , What's Cooking? With Ms. Maureen, STEAM Lab, Max 20, Cost \$200
<u>We-Thinkers Social Skills Club</u> , Kidsability, A4, Max 10, Cost \$175	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A3 Rain Out), Max 20, Cost \$144	<u>Drama Club</u> , Mrs. Sophie, B3, Max 12	<u>Movers and Shakers</u> , Yoga Sprouts, Thursdays, C4, Max 12, \$144	<u>UKULELE CLUB</u> , Cayman Music School, ARC Stage, Max 8, \$120
<u>Lego Club</u> , Mrs. Vanessa, A9, Max 12	<u>ACTING: PERFORMANCE</u> , Cayman Music School, C2, Max 10, Cost \$120	<u>Under 9 Football (PFL)</u> , Total Soccer, Pitch (ARC Patio Rain Out), Cost \$400 (two sessions per week); NB- Only for more experienced players. Training is 3:15-4:15pm.	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly	
<u>Under 9 Football (PFL)</u> , Total Soccer, Pitch (ARC Patio Rain Out), Cost \$400 (two sessions per week); NB- Only for more experienced players. Training is 3:15-4:15pm.	<u>Zumba</u> , Ms. Soraya, Location TBD, Max 10, Free	<u>Rockstar Club</u> , Mrs. Anna, C1, Max 10	<u>Triathlon Club</u> , Mrs. Philippa and Mrs. Jody, End of A-Block (C5 Rain Out), Max 24	
	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly		<u>Zumba</u> , Ms. Soraya, Location TBD, Max 10, Free	

Grades 3-5, 3:15pm-4:00pm

Monday (7 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (8 Sessions)
<u>Under 9 Football (PFL)</u> , Total Soccer, Pitch (ARC Patio Rain Out), Cost \$400 (two sessions per week)	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Swim, Stroke, and Safety</u> , Fitness Connection, Pool (A4 Rain Out), Max 6, Cost \$144
	<u>Yoga</u> , Cayman Sports, A1, Max 8, \$136	<u>Under 9 Football (PFL)</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$400 (two sessions per week)	<u>Yoga</u> , Cayman Sports, A6, Max 8, \$136	
	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A3 Rain Out), Max 20, Cost \$144	<u>Chess</u> , Cayman Chess, Library, Max 16, \$128	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A4 Rain Out), Max 10, Cost \$144	
	<u>Under 11 Football (PFL)</u> , Total Soccer, (ARC Patio Rain Out), Cost \$400 (two sessions per week)	<u>Yoga</u> , Mrs. Monica, MPR, Max 10, Free	<u>Under 11 Football (PFL)</u> , Total Soccer, (ARC Patio Rain Out), Cost \$400 (two sessions per week)	
		<u>The Kindness Project</u> , Mrs. Andrea, A5, Max 10, Free	<u>Triathlon Club</u> , Mrs. Tatum and Mrs. Darcy, End of C-Block (B5 Rain Out), Max 24	

After School Activities Descriptions

Early Childhood

- **Pee Wee Tennis by Cayman Sports**
 - An age-appropriate tennis program that introduces your child to the sport by using fun games and contests. Basic fundamentals will be explored using specially designed Pee Wee tennis balls which are large and decompressed. Racquets are available.
- **Lego Club with Mrs. Manuela and Mrs. Fernanda**
 - Students will enjoy a fun, relaxing, play-based Lego building experience. Some of the skills learned in this club will build forward toward our STEAM Co-Curricular Learning strand.
- **Rhythm and Movement with Mrs. Danielle**
 - Students will learn fundamentals of rhythm and movement through music and dance. This is a great way to get kids moving and interested in music and healthy living.
- **Chess with Cayman Chess School**
 - Students will learn from internationally recognized chess masters no matter their experience and skill level. Truly open to all levels.
- **Yoga by Yoga Sprouts**
 - Yoga comes to life in our fun, creative and developmentally appropriate classes. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques will foster your child's emotional growth, self-esteem and creativity while improving their flexibility, strength, balance, and posture. Our classes motivate children to be active, build confidence, and manage the spectrum of emotions they experience during their day to day activities. In a typical class, the children will sing, dance, skip, imagine and laugh, ALL while practicing yoga, meditation, and relaxation.
- **Skills and Control by Total Soccer**
 - Developmentally appropriate football (soccer) training offered by highly qualified, internationally recognized football professionals. Students will master a number of fundamental skills while learning to love the world's most popular sport.
- **Pre-Handwriting Club**
 - The pre-handwriting club will utilize the handwriting without tears program through multi sensory activities. The club will include; songs, dances, crafts and activities that will introduce your little one to printing.
- **Playshop: Kids Music and Dance**
 - Instruments, props, magic and make believe bring joy and learning alive in this fun class. Your child will be introduced to world music, classical music and

instruments, musicality and movement and simple dance that supports and nurtures their physical development. A great early preparation for learning an instrument or dance

- **Fundamental Movement by Edge Athletics**

- A progression through 22 crucial body management, locomotor and object manipulation skills. Join us as we build a strong foundation of basic to complex skills required by all sports and physical disciplines.

Grades K-2

- **Swimming by CBAC**
 - Swim lessons will be provided by Camana Bay Aquatic Club (CBAC) instructors. The CBAC instructors may assess the child's level, along with the CIS Swim Coach, for specific level placement. The instructors' flexibility will allow them to offer a combination of levels on the same day should the demand dictate a need. Aquatic fitness & fun classes may also be an option for the swimmers.
- **Tennis by Cayman Sports**
 - The children learn basic tennis skills through a variety of games. They improve their hand eye coordination with movement and motor skill exercises. The focus is on fun and becoming comfortable on a tennis court and with a racquet. These mini-tennis sessions use decompressed balls.
- **Classical Kids: Mozart's Magic Fantasy**
 - With child-appropriate verse and popular themes and arias from the original opera, students will engage their imaginations and learn about music and musical concepts through various activities including listening, singing, playing simple instruments, discussion, story writing, and art activities (puppet making, colouring, drawing).
- **We-Thinkers Social Skills Club by Kidsability**
 - The We Thinkers! series helps children build fundamental social competencies and improve their social and academic performance. This program uses stories and play to navigate through social skills for this age group.
- **Lego Club with Mrs. Vanessa**
 - Students will build on prior knowledge and experience with Lego building and design. While still a play-based curriculum, students will have the opportunity to work collaboratively to build more complex structures. Many of the skills and concepts learned in this club will build forward toward our STEAM Co-Curricular Learning strand.
- **Yoga by Cayman Sports**
 - Students enrolled in yoga learn how to identify feelings in their own bodies and to focus through various yoga poses. In playful games of imagination, they dream up their own poses to learn how to creatively explore and move their own bodies.
- **Handwriting Club by Kidsability**
 - The handwriting club will utilize the Handwriting Without Tears program to introduce and reinforce correct letter formation. Various fine motor activities and games will be incorporated to develop printing skills.
- **Fundamental Movement by Edge Athletics**
 - A progression through 22 crucial body management, locomotor and object manipulation skills. Join us as we build a strong foundation of basic to complex skills required by all sports and physical disciplines.

- **Acting: Performance by Cayman Music School**
 - An introduction to acting for stage, we will cover voice, character development, improvisation, sharing ideas and opinions clearly and with confidence, and stage craft.
- **Zumba by Soraya**
 - Fun, easy to follow simple choreography set to fun Latin music. The goal is to get the kids moving, having fun, and be secure in their own body and dancing.
- **Skills and Control by Total Soccer**
 - Developmentally appropriate football (soccer) training offered by highly qualified, internationally recognized football professionals. Students will master a number of fundamental skills while learning to love the world's most popular sport.
- **Chess by Cayman Chess School**
 - Students will learn from internationally recognized chess masters no matter their experience and skill level. Truly open to all levels.
- **Drama Club with Mrs. Sophie**
 - Students will engage in fun games in small groups and pairs that will build toward understanding the basic concepts of theater and acting.
- **Under 9 Football (PFL) by Total Soccer**
 - Students will train with Coach Peter and his team of professional coaches to prepare for the Primary Football League. Open to all students born March 1, 2011 or earlier. Training begins the week of September 3, 2018. Students born March 1, 2009 or later are not eligible for this league and must play at U11.
NB- Currently the PFL only facilitates a U9 Boys League. We will have more information about the possibility of a U9 Girls League by September 10, 2018. Please see EC/ES Football Document for more information about the Primary Football League.
- **Movers and Shakers by Yoga Sprouts**
 - Our bodies were designed to move, and that's exactly what we do in these fun, creative and developmentally appropriate classes. Participants will explore movement concepts through games and activities that support development of their functional mobility skills, balance, flexibility, and coordination. Our classes motivate children to be active and build confidence, as they sing, dance, bend, twist, skip, imagine and laugh. All participants will become confident movers and shakers!
- **Triathlon Club by Mrs. Jody and Mrs. Philippa**
 - Students will work on their swimming, biking, and running as they prepare for the You Gotta Tri! event later on in the year. Most importantly, students will learn the value of physical activity while having fun with their friends.
- **Swim, Stroke, and Safety**
 - What's the best way to end the school week? Fun in the pool! Fitness Connection's Coach Laura will be leading swim lessons based on the Starfish

Aquatic Institute's Swim & Stroke schools. Whether your swimmer is looking to gain confidence in the water or build endurance before joining a swim team, we individualize each class to keep the swimmers challenged and having fun. We will require all swimmers to be able to swim half a length of the Camana Bay Pool.

- **Budding Chef Cooking Club**

- These classes will be provided by Maureen Cubbon and her team. Maureen is the Lead Instructor for the Budding Chef healthy cooking classes at Bon Vivant and has helped to create and implement other children's food and health focused programs in Cayman. Class will incorporate kitchen skills such as mixing, measuring, tasting, and some cooking as age appropriate. Recipes will not be repeated even if similar subject matter or ingredients have been covered in past sessions. All recipes will incorporate healthy options and ingredients are nut free. Children are encouraged to get hands on, work together, and to try new things while becoming more thoughtful about what they eat and being creative in the process.

- **Ukulele Club**

- Students will learn basic beginner techniques on ukulele such as strumming, and reading music notation and tablature. Students will learn how to play pieces with a group, as well as how to perform solo for their friends, family, and the public. Ukuleles will be provided for each student.

- **Rockstar Club with Mrs. Anna**

- Karaoke-loving kids don't need to confine their singing to the shower! Rockstar Club is the perfect way for kids who are eager to sing their hearts out to their favorite tunes. Rock on!

Grades 3-5

- **Under 9 Football (PFL) by Total Soccer**
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- **Under 11 Football (PFL) by Total Soccer**
 - Students will train with Coach Peter and his team of professional coaches to prepare for the Primary Football League. Open to all students born July 1, 2007 or earlier. Open to boys and girls. Training begins the week of September 3, 2018. Please see EC/ES Football Document for more information about the Primary Football League.
- **Tennis by Cayman Sports**
 - The children learn basic tennis skills through a variety of games. They improve their hand eye coordination with movement and motor skill exercises. The focus is on fun and becoming comfortable on a tennis court and with a racquet. These mini-tennis sessions use decompressed balls.
- **Yoga by Cayman Sports**
 - Students enrolled in yoga learn how to identify feelings in their own bodies and to focus through various yoga poses. In playful games of imagination, they dream up their own poses to learn how to creatively explore and move their own bodies.
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- **Fundamental Movement by Edge Athletics**
 - A progression through 22 crucial body management, locomotor and object manipulation skills. Join us as we build a strong foundation of basic to complex skills required by all sports and physical disciplines.
- **Triathlon Club with Mrs. Tatum and Mrs. Darcy**
 - Students will work on their swimming, biking, and running as they prepare for the You Gotta Tri! event later on in the year. Most importantly, students will learn the value of physical activity while having fun with their friends.
- **Swim, Stroke, and Safety by Fitness Connection**
 - What's the best way to end the school week? Fun in the pool! Fitness Connection's Coach Laura will be leading swim lessons based on the Starfish Aquatic Institute's Swim & Stroke schools. Whether your swimmer is looking to gain confidence in the water or build endurance before joining a swim team,

we individualize each class to keep the swimmers challenged and having fun. We will require all swimmers to be able to swim half a length of the Camana Bay Pool.

- **The Kindness Project with Mrs. Andrea**

- Are you a person who loves to surprise people with random acts of kindness? Do you love making people feel happy? The Kindness Project is for kids who want to make a difference in people's lives and believe that kindness starts with each of us. Following the great tradition of service learning at our school, The Kindness Project club will help spread kindness around our school and community in surprising, creative and fun ways

- **Yoga with Mrs. Monica**

- Mrs. Monica will offer age appropriate yoga sessions for interested learners. She is a certified yoga professional who wishes to share her experiences and love of the practice with our students.