



CAYMAN INTERNATIONAL SCHOOL
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Early Childhood and Elementary After School Activities, Term 2, 2018-2019

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.

You will notice that we have begun making some changes to our ASA program. Some of these are as simple as adding new outside providers or encouraging our teachers to offer activities that are aligned to our school-wide vision for co-curricular learning. Some of these changes have occurred behind the scenes, providing additional layers of safety and accountability for our kids and community. Please know that we remain committed to supporting student learning in and out of the classroom, during regular school hours and as part of our After School Activity program.

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 have also distributed detailed instructions for registration and a special release of our new programs. 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, January 14** to **Friday, March 22**.
 - *No clubs will run February 11-15*

Registration Dates

- Online registration will open **8:00am on Sunday, December 9** and close at **3:00pm on Tuesday, December 11**. Registration will reopen **6:00am on Wednesday, December 12** and close again at **6:00pm on Thursday, December 13**. 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 **Friday, December 14**. You can find this form below and will be attached to registration instructions and on the registration itself.
- [EC/ES ASA Change Request, Term 2 2018-2019](#)

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- There may be some small changes to time tables that are unavoidable.

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

Monday (7 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (8 Sessions)
<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***WILL REGISTER SEPARATELY***	<u>Pee Wee Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200 ***Must be PreK4 or have done activity before***	<u>Pre-Handwriting Club</u> , Kidsability, A3, Max 10, \$200 ***Please see additional communication about KidsAbility activities.***	<u>Pee Wee Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200	
	<u>Yoga</u> , Yoga Sprouts, A1, Max 12, Cost \$144	<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>Fundamental Movement</u> , Edge Athletics, Pitch (A3 Rain Out), Max 10, Cost \$144	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***WILL REGISTER SEPARATELY***		
		<u>Pee Wee Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200 ***Must be PreK4 or have done activity before***		

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 \$144	<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, A2, Max 8, \$144	<u>Tennis</u> , Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	<u>Yoga</u> , Cayman Sports, A2, Max 8, \$144	<u>Swim, Stroke, and Safety</u> , Fitness Connection, Pool (A4 Rain Out), Max 6, Cost \$144
<u>Classical Kids: Beethoven</u> , Cayman Music School, A2, Max 10, Cost \$126	<u>Handwriting Club</u> , Kidsability, A4, Max 10, Cost \$200; ***Please see additional communication about KidsAbility activities.***	<u>Chess</u> , Cayman Chess, Library, Max 12, Cost \$128	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A4 Rain Out), Max 10, Cost \$144	<u>Biomechanic Fitness and Alignment</u> , Cayman Movement, ARC Patio, Max 12, \$160
<u>We-Thinkers Social Skills Club</u> , Kidsability, A4, Max 10, Cost \$175 ***Please see additional communication about KidsAbility activities.***	<u>Fundamental Movement</u> , Edge Athletics, Pitch (A3 Rain Out), Max 20, Cost \$144	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***WILL REGISTER SEPARATELY***	<u>Movers and Shakers</u> , Yoga Sprouts, Thursdays, A1, Max 12, \$144	<u>UKULELE CLUB</u> , Cayman Music School, ARC Stage, Max 8, \$120
<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***WILL REGISTER SEPARATELY***	<u>Drama and Acting</u> , Cayman Music School, B1, Max 10, Cost \$120	<u>French Club</u> , Ms. Dawn, Location C2, Max 12, Free	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***WILL REGISTER SEPARATELY***	
<u>Multi-Sport Training</u> , Cayman Movement, ARC Patio, Max 12, \$140	<u>Skills and Control</u> , Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***WILL REGISTER SEPARATELY***	<u>Anatomy Based Yoga</u> , Cayman Movement, B1, Max 12, \$160	<u>Zumba</u> , Ms. Soraya and Ms. Anna, Location A3, Max 14, Free	
		<u>Play to Learn Basketball</u> , ACX Basketball Cayman, ARC, Max 12, \$200	<u>Performing Arts</u> , JukeBox!, Location TBD, Max 12, \$144	
			<u>World Literature</u> , Ms. Kristine, Location C5, Max 12, Free	

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

Monday (7 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (8 Sessions)
<u>Track and Field</u> , Ms. Mary Catherine, B10, Max 12, Free.	<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>CIS Eye Witness News</u> , Ms. Carol and Ms. Jen V-C, Tech Lab, Max 20, Free.	<u>Yoga</u> , Cayman Sports, A2 Max 8, \$144	<u>CIS Serves</u> , Ms. Mallory, B9, Max 16, Free.	<u>Yoga</u> , Cayman Sports, A6, Max 8, \$144	<u>Biomechanic Fitness and Alignment</u> , Cayman Movement, ARC Patio, Max 12, \$160
<u>Multi-Sport Training</u> , Cayman Movement, ARC Patio, Max 12, \$160	<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>Girls Only Football</u> : Ms. Gisela, Pitch, Max 20, Free
<u>Maker Club: Using the Laser Cutter</u> , Ms. Amy, B5, Max 10, Free. GRADE 5 ONLY	<u>Play to Learn Basketball</u> , ACX Basketball Cayman, ARC, Max 12, \$200	<u>Jr. Batabano</u> , Ms. Jen B., B7, Max 16, Free.	<u>Eco-Art</u> , Ms. Jess, ES Art Room, Max 12, Free.	
		<u>Maker Club: Rube Goldberg Machines</u> , Mr. Brad, C6, Max 8, Free.	<u>The Kindness Project</u> , Ms. Andrea and Ms. Brandi, A5, Unlimited, Free.	
		<u>Anatomy Based Yoga</u> , Cayman Movement, B1, Max 12, \$160		

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.
- **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 by KidsAbility**
 - 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.
 - Please note that a separate communication about KidsAbility will also be distributed. Please read that document carefully before registering your child for any KidsAbility activities.
- **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

- **ACX BASKETBALL's with Coach Sefu**
 - "PLAY TO LEARN" — ALL PLAYERS. ALL SKILLS. Kids will experience more touches, more dribbles, and more shots with the 'aim of the game' for them to become a 'boss with the ball'. It's all about building ball mastery and control. ACX Basketball (ACX) will utilize curriculum and an approach from Athlete Centered: learner-driven, development focused, values-based, and science directed.
- **Performing Arts with JukeBox**
 - In JukeBox performing arts classes students tackle the great combination of singing, drama and movement/dance. Students can explore these elements in a fun and imaginative way while improving self-awareness and poise as performers. Classes combine taught elements along with improvisational devised theatre in which students can be inventive. Classes focus on building skills, creativity and confidence.
- **Biomechanic Fitness and Alignment with Cayman Movement:**
 - Learn what is happening in your body while exercising. In these classes your child will do exercises that help prevent injury, correct alignment and posture, stretch tight muscles and hit windows of achievement for motor pattern development. Want your child to develop coordination quickly? Correct their posture? Sign them up for this class.
- **Anatomy Based Yoga with Cayman Movement**
 - Does your child want to be a doctor? Are they interested in how the body works? Sign up for an anatomy-based stretching/yoga movement program. The kids will learn how to safely stretch their muscles, what the muscles and bones are called as well as basic functioning of muscles.
- **Multi-Sport Training with Cayman Movement**
 - Sign up for a multisport club that includes tennis, rugby, basketball, dynamic stretching/track work-outs and yoga/static stretching. Learn basic skills for each sport and compete in fun games. Cross-training is highly advantageous in preventing overuse injuries while game play increases cognitive development by using game scenarios to train quicker decision-making.
- **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: Beethoven**
 - With child-appropriate verse and popular excerpts from Beethoven's music, students will engage their imaginations and learn about music, history, and

musical concepts (rhythm, pitch, developing a descriptive vocabulary) through various activities including listening, singing, playing simple instruments, discussion, story writing, and art activities.

- **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.
 - Please note that a separate communication about KidsAbility will also be distributed. Please read that document carefully before registering your child for any KidsAbility activities.
- **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.
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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.
- **Drama & Acting 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.
- **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!

- **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.
- **Ukulele Club by Cayman Music School**
 - 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.
- **French Club with Ms. Dawn**
 - A fluent speaker of French, Ms. Dawn will offer developmentally appropriate lessons for K-2 students to develop their language skills and find a love for the languages of the world. NB- Not appropriate for native speakers.
- **World Literature with Ms. Kristine**
 - Students will explore the wide world of literature while building their reading comprehension skills. Ms. Kristine will help students choose developmentally appropriate texts that will help them access important social, cultural, and historical themes in world literature.

Grades 3-5

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 - 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 (ADD SOMETHING NEW HERE)**
 - 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.
- **Maker Club with Mr. Brad**
 - The Rube Goldberg Machine Contest describes a Rube Goldberg machine as: "A crazy contraption which accomplishes a simple task in the most complicated – and funniest – way possible! Based on the "Invention" cartoons of the famous Pulitzer Prize-winning American cartoonist, Rube Goldberg, actual machines are at the heart of the Rube Goldberg Machine Contest. They use everyday items (mostly junk!), they tell a story and, most important of all – they make you LAUGH." In this after school activity, students will plan, design, build, and integrate simple machines to accomplish a simple task (to be determined by students) in the most complicated way possible.
- **Eco-Art with Ms. Jess**
 - Grades 3-5 will learn about the major issues of environmental importance (like marine pollution, food waste, air pollution, deforestation, etc) and will be guided through art projects to express their feelings on the issue. The art projects will be completed in multiple media, from clay to acrylics to recyclables.
- **CIS Eyewitness News with Ms. Carol and Ms. Jen V-C**
 - Have you ever wondered if you've got what it takes to work on a TV news show? This activity will give you a chance to take on all the roles involved in producing a quality news program for the CIS community. Students will rotate through the jobs of writer, director, camera operator, editor, teleprompter, reporter, newscaster and sportscaster to learn about all aspects of television news production.
- **Track and Field with Ms. Mary**
 - An avid runner in her own right, Ms. Mary is excited to help support interested students in developing their understanding of track and field an important genre of competitive sports. Students will learn about the major categories of track and field including sprinting, middle-distance, long-distance, jumps, and simple throws.
- **CIS Serves with Ms. Mallory**
 - CIS Serves is an after-school activity which strives to turn knowledge into action. Students will familiarize themselves with social issues, get to know their community and it's needs, and use critical thinking skills to solve real-

world problems. Through volunteerism students will develop life-long leadership and communication skills, while building empathy and compassion. The goal of CIS Serves is to empower students to be part of a solution. We will provide students with meaningful experiences that will bring about social awareness and inspire them to join a cause that they are passionate about.

- **Jr. Batabano with Ms. Jen B.**
 - Equal parts dance, music, and cultural history, Jr. Batabano will encourage interested students to embrace Caymanian culture. Students will create simple costumes and learn the history of Batabano in addition to learning the steps to hit de road!
- **Maker Club: Using the Laser Cutter with Ms. Amy (Grade 5 only)**
 - This group of makers will be letting their imaginations run wild while they think outside the box to make and create! Maker club members will learn some basic graphic design and use specialized computer programs. They will utilize the Design Process and their STEAM skills to plan, design, make and create something practical and/or functional using our school's laser cutter.
- **Girls Only Football with Coach GG**
 - Sometimes its best for our girls to have some extra time with a strong female role model like Coach GG. This activity will give our lady footballers that opportunity.