

# Nursery and Pre-Kinder First Semester After School Activities

**Activities Begin Monday, August 13<sup>th</sup> and will end on Friday, December 7<sup>th</sup>**

*NOTE: Activities end at 4.40 pm. Students will be directed to the main hallway to take the 4.40 pm buses or be picked up by parents.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tennis School (Pre K)	Swimming	Plastic Arts	Modern Dance (PreK) Swimming	Karate (PreK)

### **Tennis School (only Pre Kinder) – Santiago Carballal (outdoor court)**

Tennis school for beginners. If you don't have a racket, we'll lend you one!

Cost: 3500 pesos for the semester. Please contact Santiago to arrange payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum number of 5 students to open the group

### **Swimming – Elena Bauer's Swimming School (Complejo Deportivo Naval: Lido 1676, Carrasco, Tel: 2604-3636)**

Students will ride the bus from UAS to the Complejo Naval, but parents will be responsible for picking up their child there at 5:00 pm. Students may swim on Tuesdays only, or on Tuesdays and Thursdays. Cost: Tuesday: 9800 pesos for the semester and Tuesday and Thursday: 13600 pesos for the semester. Please contact Elena to arrange payment ([ebauer@adinet.com.uy](mailto:ebauer@adinet.com.uy) or 099 071330)

### **Plastic Arts Workshop – Flavia Fernandez, Art room – BEGINS ON AUGUST 22<sup>ND</sup>.**

Plastic Arts is about expression, joy, pleasure and communication through Art. During the creative processes, the child transmits his/her inner world and how the surrounding environment affects it. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, India ink, drawing, collage, model making, construction, clay, ceramics... and much more. The educational method and materials vary according to the students' age-group. Thus, the younger kids are offered a freer, more playful approach, whereas the older ones are introduced into more technical aspects, but always stimulating the child's creativity and personality. This method builds self-confidence and sensitivity, stimulating the children's interest towards art and group work.

Cost 8000 pesos for the semester. Please contact Flavia to arrange payment ([flafda@gmail.com](mailto:flafda@gmail.com) or 099 607 327).

### **Modern Dance (only Pre Kinder) – Mariana Garcia**

Students will be taught different and varied rhythms: Pop music, Latin rhythms, as well as other specific rhythms that marked an era and style such as Charleston and Rock and Roll. Classes have a dual purpose: that girls can dance to the music they hear today, and other music that the course will introduce to them. At year's end the girls may present several choreographies based on work done during the course.

Cost: 2500 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 094739340).

### **Karate (only Pre kinder) – Dr. Andrés Martínez, Auditorium**

Far from being a violent interchange as sometimes shown in films, karate is a *self-defense* method based on the quest for *peace and tranquility*, which aims at *achieving self-control*. The practice of karate is especially recommended *to increase self-esteem and concentration and to decrease violence and aggression*.

The **fees** are 150 dollars per semester, for payment contact Dr. Martinez at [doctormartinez1234@gmail.com](mailto:doctormartinez1234@gmail.com)

# Kinder

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scottish Dances	Swimming	Soccer	Swimming	Karate
	Gymnastics		Gymnastics	
Tennis School	Chess	Plastic Arts	Modern Dance	Music Workshop

### **Scottish Dance – Alexandra Williman**

Scottish and Irish dancing improve physical and mental skills. Students increase their self-esteem by learning dances and difficult steps and striving to give the best of them. The dance, which in itself is creativity, expressiveness, fluency and harmony, is both demanding and discipline. It creates personal confidence and develops motor skills that lead to learning through fun and enjoyment, providing opportunities to socialize with peers. In the Country Dances (dance group) dancers are constantly interacting with one another, respecting each other's turns, doing what is best for the group. "Music and dancing are two complementary arts and form the beauty and strength that are the foundation of human happiness". Socrates.

Cost: 3000 pesos for the semester. Please contact Alexandra to arrange payment ([awilliman@hotmail.com](mailto:awilliman@hotmail.com) or 099 290469).

### **Tennis School (outdoor court) – Santiago Carballal**

Tennis school for beginners. If you don't have a racket we'll lend you one!

Cost: 3500 pesos for the semester. Please contact Santiago to arrange payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum number of 5 students to open the group.

### **Swimming – Elena Bauer's Swimming School (Complejo Deportivo Naval, Lido 1676, Carrasco, Tel: 2604-3636).**

Students will ride the bus from UAS to the Complejo Naval, but parents will be responsible for picking up their child there at 5:00 pm. Students may swim on Tuesdays only, or on Tuesdays and Thursdays.

Cost: Tuesday: 9800 pesos for the semester and Tuesday and Thursday: 13600 pesos for the semester. Please contact Elena to arrange payment ([ebauer@adinet.com.uy](mailto:ebauer@adinet.com.uy) or 099 071330).

### **Chess – Eduardo Salchi, Cafeteria.**

A game of skill and ultimately, of strategy.

Cost: 3000 pesos for the full semester, paid to the instructor on the first day of class.

### **Artistic gymnastics – Ivana Viscarret- Auditorium**

Gymnastics is one of the branches that developed from the area of physical education. Games will be used as a major instrument to help the kids learn gymnastics, due to the fact that their playful impulse must always be taken into consideration by the instructor. This will make the course fun but disciplined at the same time; by combining games with learning, the kids are not only growing as PE students, but also using their mind in a relaxed and motivational way.

Cost: Only Tuesday 3300 pesos for the semester and Tuesday & Thursday 6600 pesos for the semester (Please contact Ivana to arrange payment ([iviscarret@gmail.com](mailto:iviscarret@gmail.com) or 099 749566).

**Boys & Girls Soccer – Diego Varela, Gonzalo Alvarez and Diego Gutierrez**

**Plastic Arts Workshop – Flavia Fernandez, Art room – BEGINS ON AUGUST 22<sup>ND</sup>.**

Plastic Arts is about expression, joy, pleasure and communication through Art. During the creative processes, the child transmits his/her inner world and how the surrounding environment affects it. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, India ink, drawing, collage, model making, construction, clay, ceramics... and much more. The educational method and materials vary according to the students' age-group. Thus, the younger kids are offered a freer, more playful approach, whereas the older ones are introduced into more technical aspects, but always stimulating the child's creativity and personality. This method builds self-confidence and sensitivity, stimulating the children's interest towards art and group work.

Cost 8000 pesos for the semester. Please contact Flavia to arrange payment ([flafda@gmail.com](mailto:flafda@gmail.com) or 099 607 327).

**Modern Dance – Mariana Garcia**

Students will be taught different and varied rhythms: Pop music, Latin rhythms, as well as other specific rhythms that marked an era and style such as Charleston and Rock and Roll. Classes have a dual purpose: that girls can dance to the music they hear today, and other music that the course will introduce to them. At year's end the girls may present several choreographies based on work done during the course.

Cost: 2500 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 094739340).

**Karate – Dr. Andrés Martínez, Auditorium**

Far from being a violent interchange as sometimes shown in films, karate is a *self-defense* method based on the quest for *peace and tranquility*, which aims at *achieving self-control*. The practice of karate is especially recommended *to increase self-esteem and concentration and to decrease violence and aggression*.

The **fees** are 150 dollars per semester, for payment contact Dr. Martinez at [doctormartinez1234@gmail.com](mailto:doctormartinez1234@gmail.com)

**Musical Initiation Workshop – Bernardo Garcia**

The Musical Initiation Workshop is geared toward a group of children between the ages 5 through 8. It includes vocal and instrumental practices, rhythmical education, auditory preparation and initiation to musical reading and writing. This methodology works on the mentioned points through the music and songs performed by the students. Beside the use of Orff instruments (xylophones, metallophones, small percussion, etc.) there will also be an approach to formal instruments such as piano, guitar, flute, etc.

Besides being a guitar teacher and having attended several workshops, courses and seminars, Bernardo is currently studying for a bachelor degree of Musical Composition at the Escuela Universitaria de Musica

Cost: 3900 pesos for the semester. To arrange payment contact Bernardo ([bgr.musica@gmail.com](mailto:bgr.musica@gmail.com) or 099 278821).

# Grade 1

## First Semester After School Activities

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Tennis School	Swimming	Soccer	Swimming	Karate
Scottish Dances	Gymnastics		Gymnastics	Girls Soccer
	Plastic Arts	Chess	Modern Dance	
Hackerspace			Portuguese	

### Scottish Dance – Alexandra Williman

Scottish and Irish dancing improve physical and mental skills. Students increase their self-esteem by learning dances and difficult steps and striving to give the best of them. The dance, which in itself is creativity, expressiveness, fluency and harmony, is both demanding and discipline. It creates personal confidence and develops motor skills that lead to learning through fun and enjoyment, providing opportunities to socialize with peers. In the Country Dances (dance group) dancers are constantly interacting with one another, respecting each other's turns, doing what is best for the group. "Music and dancing are two complementary arts and form the beauty and strength that are the foundation of human happiness". Socrates.

Cost: 3000 pesos for the semester. Please contact Alexandra to arrange payment ([awilliman@hotmail.com](mailto:awilliman@hotmail.com) or 099 290469).

### Hackerspace – Susana Gulla (Ends on October 10<sup>th</sup>)

We are makers! Students will have an opportunity to design, experiment, and build as they engage in science, engineering, and tinkering.

12 spots available, first come first served!

### Plastic Arts Workshop – Flavia Fernandez, Art room – **BEGINS ON AUGUST 20<sup>TH</sup>**.

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Cost 8000 pesos for the semester. Please contact Flavia to arrange payment ([flafda@gmail.com](mailto:flafda@gmail.com) or 099 607 327).

### Tennis School (outdoor court) – Santiago Carballal

Tennis school for beginners. If you don't have a racket we'll lend you one!

Cost: 3500 pesos for the semester. Please contact Santiago to arrange payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057).

We need a minimum number of 5 students to open the group.

**Swimming – Elena Bauer’s Swimming School (Complejo Deportivo Naval, Lido 1676, Carrasco, Tel: 2604-3636)**

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Cost: Tuesday: 9800 pesos for the semester and Tuesday and Thursday: 13600 pesos for the semester. Please contact Elena to arrange payment ([ebauer@adinet.com.uy](mailto:ebauer@adinet.com.uy) or 099 071330).

**Chess – Eduardo Salchi, Cafeteria**

A game of skill and ultimately, of strategy.

Cost: 3000 pesos for the full semester, paid to the instructor on the first day of class.

**Artistic gymnastics – Ivana Viscarret- Auditorium**

Gymnastics is one of the branches that developed from the area of physical education. Games will be used as a major instrument to help the kids learn gymnastics, due to the fact that their playful impulse must always be taken into consideration by the instructor. This will make the course fun but disciplined at the same time; by combining games with learning, the kids are not only growing as PE students, but also using their mind in a relaxed and motivational way.

*Goals*

- Teach students the different areas of gymnastics, such as: rolls in different axis, inverted positions, balance, and others.
- Build their physical consciousness, by working with the alignment of their bodies as well as their posture.
- Stimulate the development of their conditional abilities (stretching, flexibility, strength, speed and resistance).
- Develop their individual and collective creativity through the construction of different acrobatic sequences and choreographies, with and without music.
- Focus on the fact that they must be extremely careful and responsible with their bodies as well as their classmates' ones, in order to help them grow in a healthy way.

Cost: Only Tuesday 3300 pesos for the semester and Tuesday & Thursday 6600 pesos for the semester (Please contact Ivana to arrange payment ([iviscarret@gmail.com](mailto:iviscarret@gmail.com) or 099 749566). We need a minimum number of 8 students to open the group.

**Boys & Girls Soccer – Diego Varela, Gonzalo Alvarez and Diego Gutierrez**

Important: Soccer uniforms, which are mandatory for games, are available at Cecilia Chiarino's store ([www.mcchuniformes.com](http://www.mcchuniformes.com)).

Tentative Saturday games schedule:

August: 18

September: 1, 8, 15, 29

October: 6, 13, 20

November: 3, 10

December: 1 (parents & students' games)

**Girls Soccer – Diego Gutierrez**

Girls will have their own Friday practice to continue improving their soccer skills!

**Modern Dance – Mariana Garcia**

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Cost: 2500 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 094739340).

**Portuguese – Marta Rodrigues**



**Uruguayan  
American  
School**

**Karate – Dr. Andrés Martínez, Auditorium**

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# Grade 2

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Hackerspace			Portuguese	Music Workshop

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Cost: 3000 pesos for the semester. Please contact Alexandra to arrange payment ([awilliman@hotmail.com](mailto:awilliman@hotmail.com) or 099 290469).

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Cost 8000 pesos for the semester. Please contact Flavia to arrange payment ([flafda@gmail.com](mailto:flafda@gmail.com) or 099 607 327).

### Hackerspace – Susana Gulla (Ends on October 10<sup>th</sup>)

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**Chess – Eduardo Salchi, Cafeteria**

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**Artistic gymnastics – Ivana Viscarret- Auditorium**

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*Goals*

- Teach students the different areas of gymnastics, such as: rolls in different axis, inverted positions, balance, and others.
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**Boys & Girls Soccer – Diego Varela, Gonzalo Alvarez and Diego Gutierrez**

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**Portuguese – Marta Rodrigues**





**Uruguayan  
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**Karate – Dr. Andrés Martínez, Auditorium**

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Besides being a guitar teacher and having attended several workshops, courses and seminars, Bernardo is currently studying for a bachelor degree of Musical Composition at the Escuela Universitaria de Musica

Cost: 3900 pesos for the semester. To arrange payment contact Bernardo ([bgr.musica@gmail.com](mailto:bgr.musica@gmail.com) or 099 278821).

# Grade 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bollywood Dances	Gymnastics	Tennis School	Guitar Club	Boys Soccer
Swimming	Modern Dance	Drama Workshop	Gymnastics	Girls Soccer
Plastic Arts	Chess	Swimming	Basketball (starts on September 27th)	Swimming
Scottish Dances	Soccer			Chinese Mandarin
Chinese Mandarin	TedED Club	Karate	Portuguese	

### **Scottish Dance – Alexandra Williman**

Scottish and Irish dancing improve physical and mental skills. Students increase their self-esteem by learning dances and difficult steps and striving to give the best of them. The dance, which in itself is creativity, expressiveness, fluency and harmony, is both demanding and discipline. It creates personal confidence and develops motor skills that lead to learning through fun and enjoyment, providing opportunities to socialize with peers. In the Country Dances (dance group) dancers are constantly interacting with one another, respecting each other's turns, doing what is best for the group. "Music and dancing are two complementary arts and form the beauty and strength that are the foundation of human happiness". Socrates.

Cost: 3000 pesos for the semester. Please contact Alexandra to arrange payment ([awilliman@hotmail.com](mailto:awilliman@hotmail.com) or 099 290469).

### **Plastic Arts Workshop – Flavia Fernandez, Art room – BEGINS ON AUGUST 20<sup>TH</sup>**

Plastic Arts is about expression, joy, pleasure and communication through Art. During the creative processes, the child transmits his/her inner world and how the surrounding environment affects it. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, India ink, drawing, collage, model making, construction, clay, ceramics... and much more. The educational method and materials vary according to the students' age-group. Thus, the younger kids are offered a freer, more playful approach, whereas the older ones are introduced into more technical aspects, but always stimulating the child's creativity and personality. This method builds self-confidence and sensitivity, stimulating the children's interest towards art and group work.

Cost 8000 pesos for the semester. Please contact Flavia to arrange payment ([flafda@gmail.com](mailto:flafda@gmail.com) or 099 607 327).

### **TEDED Club - "Ideas worth spreading" – Vicky Placeres**

### **Swimming – Gustavo Gorriaran (Complejo Deportivo Naval, Lido 1676, Carrasco, Tel: 2604-3636)**

Schedule of swimming classes and training sessions will be as follows:

- Monday & Wednesday from 4 pm to 5 pm (students will ride the bus from UAS to the Complejo Naval, but parents will be responsible for picking up their child there at 5 pm).
- Friday from 5 pm to 6 pm (students should be dropped off and picked up by parents).
- Saturday from 11 am to 12 pm (students should be dropped off and picked up by parents).

Student may choose to attend once a week (specify which day) or twice a week in any two days (please specify).

Cost: One session per week 9800 pesos for the semester

Two sessions per week 13600 pesos for the semester

Please make the deposit for the fee in any of UAS accounts and inform finance once it's done.

### **Chinese Mandarin – Yufei Tai Zhang**

Yufei, from the Fenix institute will come twice a week for one hour classes at school ([www.fenixinternacional.com](http://www.fenixinternacional.com))

We need a minimum number of 3 students to open the group.

Cost: 15.200 pesos for the semester. Please contact Yufei to arrange payment ([yufeitaizhang@gmail.com](mailto:yufeitaizhang@gmail.com) or 099 688967).

### **Bollywood Dances – Deepika Vhatkar**

The Bollywood dance style is a beautiful blend of all Indian dance styles be it classical Indian dance, folk Indian dance or the more current hip hop music. There are no defined rules like classical dance styles. Bollywood dance is a great form of stress relief and exercise while using beautiful facial expressions and graceful hand movements. It is a small glimpse into the vibrant and colorful aspects of Indian culture!

Cost: 4000 pesos for the semester. Please contact Deepika to arrange payment ([deepikavhaktar@gmail.com](mailto:deepikavhaktar@gmail.com) or 096 220270)

### **Boys & Girls Soccer – Diego Varela, Gonzalo Alvarez and Diego Gutierrez**

**Important:** Soccer uniforms, which are mandatory for games, are available at Cecilia Chiarino's store ([www.mcchuniformes.com](http://www.mcchuniformes.com)).

Tentative Saturday games schedule:

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December: 1 (parents & students' games)

### **Girls Soccer – Diego Gutierrez**

Girls will have their own Friday practice to continue improving their soccer skills!

### **Drama Workshop – Lucia Garrone**

This course consists of exploring the different fun and creative areas that theatre can bring to a child's life. As done before, the semester will be divided in two parts: the first two months will be focused on games, improvisation, singing and dancing techniques, as well as coordination and rhythm learning. Children's imagination can go beyond all frontiers and we must use that in their advantage, knowing that every class can turn into a new different scenario every week. The second half of the semester will consist of applying the training and tools learnt on the previous half, by mounting a play to be performed in December. This will be written and created collectively so that every student has the chance to participate and be included in this creation.

Cost 4000 pesos for the semester. Please contact Lucia to arrange payment ([rissogarronelucia@gmail.com](mailto:rissogarronelucia@gmail.com) or 095 905018).

### **Chess – Eduardo Salchi, Cafeteria**

A game of skill and ultimately, of strategy.

Cost: 3000 pesos for the full semester, paid to the instructor on the first day of class.

### **Artistic gymnastics – Ivana Viscarret- Auditorium**

Gymnastics is one of the branches that developed from the area of physical education. Games will be used as a major instrument to help the kids learn gymnastics, due to the fact that their playful impulse must always be taken into consideration by the instructor. This will make the course fun but disciplined at the same time; by combining games with learning, the kids are not only growing as PE students, but also using their mind in a relaxed and motivational way.

### Goals

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- Build their physical consciousness, by working with the alignment of their bodies as well as their posture.
- Stimulate the development of their conditional abilities (stretching, flexibility, strength, speed and resistance).
- Develop their individual and collective creativity through the construction of different acrobatic sequences and choreographies, with and without music.
- Focus on the fact that they must be extremely careful and responsible with their bodies as well as their classmates' ones, in order to help them grow in a healthy way.

Cost: Only Tuesday 3300 pesos for the semester and Tuesday & Thursday 6600 pesos for the semester (Please contact Ivana to arrange payment ([jviscarret@gmail.com](mailto:jviscarret@gmail.com) or 099 749566). We need a minimum number of 8 students to open the group.

### Modern Dance – Mariana Garcia

Students will be taught different and varied rhythms: Pop music, Latin rhythms, as well as other specific rhythms that marked an era and style such as Charleston and Rock and Roll. Classes have a dual purpose: that girls can dance to the music they hear today, and other music that the course will introduce to them. At year's end the girls may present several choreographies based on work done during the course.

Cost: 2500 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 094739340).

### Portuguese – Marta Rodrigues

#### Karate – Dr. Andrés Martínez, Auditorium

Far from being a violent interchange as sometimes shown in films, karate is a *self-defense* method based on the quest for *peace and tranquility*, which aims at *achieving self-control*.

The practice of karate is especially recommended *to increase self-esteem and concentration and to decrease violence and aggression*. The **fees** are 150 dollars per semester, for payment contact Dr. Martinez at [doctormartinez1234@gmail.com](mailto:doctormartinez1234@gmail.com)

#### Tennis School (La Academia M.G.) – Santiago Carballal

Students will ride a school bus to the Academy (Siracusa 2390) right after school and parents will be responsible for picking them up at the academy at 4.45pm. If you don't have a racket, we'll lend you one!

Cost: 4200 pesos for the semester. Please contact Santiago to arrange payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum of 4 students to open the group.

#### Guitar Club – Bernardo Garcia

Learning guitar for beginners! Group is limited from 3 to 5 students, first come, first served!

Please, bring your guitar if possible.

Besides being a guitar teacher and having attended several workshops, courses and seminars, Bernardo is currently studying for a bachelor degree of Musical Composition at the Escuela Universitaria de Musica

Cost: 3900 pesos for the semester. To arrange payment contact Bernardo ([bgr.musica@gmail.com](mailto:bgr.musica@gmail.com) or 099 278821).

#### Basketball – Jeff Granger – **BEGINS ON SEPTEMBER 27<sup>TH</sup>**

# Grade 4

## First Semester After School Activities

**Activities Begin Monday, August 13<sup>th</sup> and will end on Friday, December 7<sup>th</sup>**

***NOTE:** Activities end at 4.40 pm. Students will be directed to the main hallway to take the 4.40 pm buses or be picked up by parents.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bollywood Dances	Gymnastics	Tennis School	Guitar Club	Boys Soccer
Swimming	Modern Dance	Drama Workshop	Gymnastics	Girls Soccer
Plastic Arts	Chess	Swimming	Basketball (starts on September 27th)	Swimming
Scottish Dances	Soccer			Chinese Mandarin
Chinese Mandarin	TedED Club	Karate	Portuguese	

### **Scottish Dance – Alexandra Williman**

Scottish and Irish dancing improve physical and mental skills. Students increase their self-esteem by learning dances and difficult steps and striving to give the best of them. The dance, which in itself is creativity, expressiveness, fluency and harmony, is both demanding and discipline. It creates personal confidence and develops motor skills that lead to learning through fun and enjoyment, providing opportunities to socialize with peers. In the Country Dances (dance group) dancers are constantly interacting with one another, respecting each other's turns, doing what is best for the group. "Music and dancing are two complementary arts and form the beauty and strength that are the foundation of human happiness". Socrates.

Cost: 3000 pesos for the semester. Please contact Alexandra to arrange payment ([awilliman@hotmail.com](mailto:awilliman@hotmail.com) or 099 290469).

### **Bollywood Dances – Deepika Vhatkar**

The Bollywood dance style is a beautiful blend of all Indian dance styles be it classical Indian dance, folk Indian dance or the more current hip hop music. There are no defined rules like classical dance styles. Bollywood dance is a great form of stress relief and exercise while using beautiful facial expressions and graceful hand movements. It is a small glimpse into the vibrant and colorful aspects of Indian culture!

Cost: 4000 pesos for the semester. Please contact Deepika to arrange payment ([deepikavhaktar@gmail.com](mailto:deepikavhaktar@gmail.com) or 096 220270)

### **Plastic Arts Workshop – Flavia Fernandez, Art room – BEGINS ON AUGUST 20<sup>TH</sup>.**

Plastic Arts is about expression, joy, pleasure and communication through Art. During the creative processes, the child transmits his/her inner world and how the surrounding environment affects it. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, India ink, drawing, collage, model making, construction, clay, ceramics... and much more. The educational method and materials vary according to the students' age-group. Thus, the younger kids are offered a freer, more playful approach, whereas the older ones are introduced into more technical aspects, but always stimulating the child's creativity and personality. This method builds self-confidence and sensitivity, stimulating the children's interest towards art and group work.

Cost 8000 pesos for the semester. Please contact Flavia to arrange payment ([flafda@gmail.com](mailto:flafda@gmail.com) or 099 607 327).

### **TEDED Club - "Ideas worth spreading" – Vicky Placeres**

### **Swimming – Gustavo Gorriaran (Complejo Deportivo Naval, Lido 1676, Carrasco, Tel: 2604-3636)**

Schedule of swimming classes and training sessions will be as follows:

- Monday & Wednesday from 4 pm to 5 pm (students will ride the bus from UAS to the Complejo Naval, but parents will be responsible for picking up their child there at 5 pm).
- Friday from 5 pm to 6 pm (students should be dropped off and picked up by parents).
- Saturday from 11 am to 12 pm (students should be dropped off and picked up by parents).

Student may choose to attend once a week (specify which day) or twice a week in any two days (please specify).

Cost: One session per week 9800 pesos for the semester

Two sessions per week 13600 pesos for the semester

Please make the deposit for the fee in any of UAS accounts and inform finance once it's done.

### **Chinese Mandarin – Yufei Tai Zhang**

Yufei, from the Fenix institute will come twice a week for one hour classes at school ([www.fenixinternacional.com](http://www.fenixinternacional.com))

We need a minimum number of 3 students to open the group.

Cost: 15.200 pesos for the semester. Please contact Yufei to arrange payment ([yufeitaizhang@gmail.com](mailto:yufeitaizhang@gmail.com) or 099 688967).

### **Boys & Girls Soccer – Diego Varela, Gonzalo Alvarez and Diego Gutierrez**

**Important:** Soccer uniforms, which are mandatory for games, are available at Cecilia Chiarino's store ([www.mcchuniformes.com](http://www.mcchuniformes.com)).

Tentative Saturday games schedule:

August: 18

September: 1, 8, 15, 29

October: 6, 13, 20

November: 3, 10

December: 1 (parents & students' games)

### **Girls Soccer – Diego Gutierrez**

Girls will have their own Friday practice to continue improving their soccer skills!

### **Drama Workshop – Lucia Garrone**

This course consists of exploring the different fun and creative areas that theatre can bring to a child's life. As done before, the semester will be divided in two parts: the first two months will be focused on games, improvisation, singing and dancing techniques, as well as coordination and rhythm learning. Children imagination can go beyond all frontiers and we must use that in their advantage, knowing that every class can turn into a new different scenario every week. The second half of the semester will consist of applying the training and tools learnt on the previous half, by mounting a play to be performed in December. This will be written and created collectively so that every student has the chance to participate and be included in this creation.

Cost 4000 pesos for the semester. Please contact Lucia to arrange payment ([rissogarronelucia@gmail.com](mailto:rissogarronelucia@gmail.com) or 095 905018).

### **Chess – Eduardo Salchi, Cafeteria**

A game of skill and ultimately, of strategy.

Cost: 3000 pesos for the full semester, paid to the instructor on the first day of class.

### **Artistic gymnastics – Ivana Viscarret- Auditorium**

Gymnastics is one of the branches that developed from the area of physical education. Games will be used as a major instrument to help the kids learn gymnastics, due to the fact that their playful impulse must always be taken into consideration by the instructor. This will make the course fun but disciplined at the same time; by combining games with learning, the kids are not only growing as PE students, but also using their mind in a relaxed and motivational way.

*Goals*

- Teach students the different areas of gymnastics, such as: rolls in different axis, inverted positions, balance, and others.
- Build their physical consciousness, by working with the alignment of their bodies as well as their posture.



- Stimulate the development of their conditional abilities (stretching, flexibility, strength, speed and resistance).
- Develop their individual and collective creativity through the construction of different acrobatic sequences and choreographies, with and without music.
- Focus on the fact that they must be extremely careful and responsible with their bodies as well as their classmates' ones, in order to help them grow in a healthy way.

Cost: Only Tuesday 3300 pesos for the semester and Tuesday & Thursday 6600 pesos for the semester (Please contact Ivana to arrange payment ([iviscarret@gmail.com](mailto:iviscarret@gmail.com) or 099 749566). We need a minimum number of 8 students to open the group.

#### **Modern Dance – Mariana Garcia**

Students will be taught different and varied rhythms: Pop music, Latin rhythms, as well as other specific rhythms that marked an era and style such as Charleston and Rock and Roll. Classes have a dual purpose: that girls can dance to the music they hear today, and other music that the course will introduce to them. At year's end the girls may present several choreographies based on work done during the course.

Cost: 2500 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 094739340).

#### **Karate – Dr. Andrés Martínez, Auditorium**

Far from being a violent interchange as sometimes shown in films, karate is a *self-defense* method based on the quest for *peace and tranquility*, which aims at *achieving self-control*. The practice of karate is especially recommended *to increase self-esteem and concentration and to decrease violence and aggression*.

The **fees** are 150 dollars per semester, for payment contact Dr. Martinez at [doctormartinez1234@gmail.com](mailto:doctormartinez1234@gmail.com)

#### **Tennis School (La Academia M.G.) – Santiago Carballal**

Students will ride a school bus to the Academy (Siracusa 2390) right after school and parents will be responsible for picking them up at the academy at 4.45pm. If you don't have a racket, we'll lend you one!

Cost: 4200 pesos for the semester. Please contact Santiago to arrange payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum number of 4 students to open the group

#### **Guitar Club – Bernardo Garcia**

Learning guitar for beginners! Group is limited from 3 to 5 students, first come, first served!

Please, bring your guitar if possible.

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Cost: 3900 pesos for the semester. To arrange payment contact Bernardo ([bgr.musica@gmail.com](mailto:bgr.musica@gmail.com) or 099 278821).

#### **Portuguese – Marta Rodrigues**

#### **Basketball – Jeff Granger – BEGINS SEPTEMBER 27<sup>TH</sup>**

# Grade 5

## First Semester After School Activities

**Activities Begin Monday, August 13<sup>th</sup> and will end on Friday, December 7<sup>th</sup>**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Chinese Mandarin	TedED Club	Karate	Portuguese	

### **Scottish Dance – Alexandra Williman**

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Cost: 3000 pesos for the semester. Please contact Alexandra to arrange payment ([awilliman@hotmail.com](mailto:awilliman@hotmail.com) or 099 290469).

### **Bollywood Dances – Deepika Vhatkar**

The Bollywood dance style is a beautiful blend of all Indian dance styles be it classical Indian dance, folk Indian dance or the more current hip hop music. There are no defined rules like classical dance styles. Bollywood dance is a great form of stress relief and exercise while using beautiful facial expressions and graceful hand movements. It is a small glimpse into the vibrant and colorful aspects of Indian culture!

Cost: 4000 pesos for the semester. Please contact Deepika to arrange payment ([deepikavhaktar@gmail.com](mailto:deepikavhaktar@gmail.com) or 096 220270)

### **Plastic Arts Workshop – Flavia Fernandez, Art room – BEGINS ON AUGUST 20<sup>TH</sup>.**

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Cost: One session per week 9800 pesos for the semester

Two sessions per week 13600 pesos for the semester

Please make the deposit for the fee in any of UAS accounts and inform finance once it's done.

#### **Chinese Mandarin – Yufei Tai Zhang**

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Cost: 2500 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 094739340).

### Karate – Dr. Andrés Martínez, Auditorium

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Cost: 3900 pesos for the semester. To arrange payment contact Bernardo ([bgr.musica@gmail.com](mailto:bgr.musica@gmail.com) or 099 278821).

### Basketball – Jeff Granger - **BEGINS SEPTEMBER 27<sup>TH</sup>**