

# Middle School

## First Semester After School Activities

Activities begin on Monday, August 13<sup>th</sup>

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Middle School</b>		Swimming Team	Gymnastics	Swimming Team	Gymnastics	Swimming Team	Swimming Team (10 to 12)
		Music	Chess	Robotics			
		Bollywood Dances (4.40)	TedED Club	Drama (4.40)			
				Karate Music			
<b>Boys</b>	<b>3,30</b>	Conditioning Tr.	Soccer	Conditioning Tr.			Volleyball (10.30 to 12)
	<b>4,40</b>	Soccer		Soccer	Soccer		
<b>Girls</b>	<b>3,30</b>	Soccer	Conditioning		Soccer	Conditioning Tr.	
	<b>4,40</b>		Soccer			Soccer	

**Boys Volleyball – Florencia Perez**

**Boys Soccer – Diego Varela & Gonzalo Alvarez**

**Girls Soccer – Gonzalo Alvarez & Diego Gutierrez**

**Girls Volleyball – Florencia Perez**

**Conditioning Training – Jeff Granger**

**Swimming Team – Gustavo Gorriaran, Club Naval**

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 10 am to 12 pm (students should be dropped off and picked up by parents).

Cost: 13.600 pesos for the whole semester

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

**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 (6<sup>th</sup> & 7<sup>th</sup> grades)**

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 Thursday 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.

### **Robotics Club – Sebastian Paredes & Brad Melius – room S206**

**NOTE: the Club begins THIS WEDNESDAY 8<sup>th</sup> and will run from 3.30 to 5 pm until November 8th**

The activity is limited to 16 students on "first come first served" basis. The Robotics Club is open to students in grades 6-9. Students use Lego Mindstorms kits to create robots that will compete against each other according to FLL (First Lego League) rules. No experience is necessary. Students learn how to build a basic robot and how to program it with the Lego software. Our primary goal is to have fun exploring and being creative!

### **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)

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

Teen years can be very challenging, insecurities and fears are there to haunt us and make us feel quite small. As an educator, my main goal is to create an artistic space in which students can express themselves with no fear of being judged. In theatre we learn to open ourselves to an audience and become somebody else for a couple hours, maybe just minutes. That doesn't mean that we must hide ourselves, in the contrary, our strongest characteristics must come out in order to create from the inside out.

The first part of the semester will be focused on learning different acting techniques that will be later applied on an end of the year production. Students will improvise and create characters that will grow together with them as the semester goes by.

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

### **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)

### **TEDED Club - "Ideas worth spreading" – Mike Foege, Tavis Davidson & Chris Wilkinson**

#### **Music Workshop – Nicolas Rodriguez – Music Room**

The idea of this workshop is to form a MS/HS band, prepare an end of the year presentation and record a single. We will work on musical composition as well, so students will have the chance to create their own songs, present and record them.

#### **Model United Nations (MUN)**

MUN is an activity in which students can learn about diplomacy, international relations, and the United Nations. MUN involves and teaches participants researching, public speaking, debating, and writing skills, in addition to critical thinking, teamwork, and leadership abilities.

Date, time and place will be announced as soon as they are confirmed.



## **MS Athletics Events Calendar**

**MS Friendship Games:** November 8<sup>th</sup> to 10<sup>th</sup> we will be travelling to Buenos Aires for the traditional Soccer and Volleyball Friendship Games, hosted by our friends from Lincoln Schools. Every student is invited to try for the teams and participate in such event, but a limited number of 40 athletes will be allowed to travel. Final rosters will be decided according to the following:

1. Attendance, commitment and behavior in practices,
2. Athletic skill level,
3. 8th grade students will have preference, then 7th grade students, then 6th grade students,
4. Students that have hosted visiting athletes in past Friendship Games/SAAC events will have preference over those that have not.
5. Athletes with an F will not be considered for the trip.

The cost for the trip will be of US\$ 220 (approximately). Full information and schedule will be sent home by the end of September.

**SAAC Swimming Championships:** November 30<sup>th</sup> and December 1<sup>st</sup>, Santiago (Chile). A maximum number of 20 MS and 10 HS athletes can make the teams. Cost per student US\$ 270.

Full information and a schedule for the trips will be sent home at a later date.

**Please note that starting on Monday, October 30<sup>th</sup>, MS athletics' schedule will be as follows**

		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Boys</b>	<b>3,30</b>	Conditioning Tr.	Soccer	Conditioning Tr.		Volleyball	Swimming Team (10 to 12)
	<b>4,40</b>	Soccer		Soccer	Soccer		
<b>Girls</b>	<b>3,30</b>	Soccer	Volleyball		Soccer	Conditioning Tr.	
	<b>4,40</b>		Soccer		Volleyball	Soccer	

# High School

## First Semester After School Activities

Activities begin on Monday, August 13<sup>th</sup>

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>High School</b>		Swimming Team	TedED Club	Swimming Team		Swimming Team	Swimming Team (10 to 12)
		Bollywood Dances (4.40)		Robotics (9th grade)			
		Music		Music			
				Drama (4.40)			
<b>Boys</b>	<b>3,30</b>	Volleyball		Volleyball	Volleyball	Soccer	Volleyball
	<b>4,40</b>	Soccer	Soccer	Soccer	Volleyball	Volleyball	
<b>Girls</b>	<b>3,30</b>	Soccer	Volleyball		Soccer	Volleyball	Volleyball
	<b>4,40</b>	Volleyball	Volleyball	Volleyball	Soccer	Soccer	

**Girls Volleyball – Andres Aristegui, Florencia Perez & Carolina Perez**

**Girls Soccer – Diego Gutierrez & Nicole Neutzling**

**Boys Soccer – Diego Varela & Gonzalo Alvarez**

**Boys Volleyball – Andres Aristegui, Florencia Perez & Carolina Perez**

**Swimming Team – Gustavo Gorriaran, Club Naval**

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 10 am to 12 pm (students should be dropped off and picked up by parents).

Cost: 13.600 pesos for the whole semester

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

**Bollywood Dances – Deepika Vhatkar (9<sup>TH</sup> & 10<sup>TH</sup> Grades)**

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)

**Robotics Club – Sebastian Paredes & Brad Melius (only 9<sup>th</sup> grade) – room S206**

**NOTE: the Club begins THIS WEDNESDAY 8<sup>th</sup> and will run from 3.30 to 5 pm until November 8th**

The activity is limited to 16 students on "first come first served" basis. The Robotics Club is open to students in grades 6-9. Students use Lego Mindstorms kits to create robots that will compete against each other according to FLL (First Lego League) rules. No experience is necessary. Students learn how to build a basic robot and how to program it with the Lego software. Our primary goal is to have fun exploring and being creative!

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The first part of the semester will be focused on learning different acting techniques that will be later applied on an end of the year production. Students will improvise and create characters that will grow together with them as the semester goes by.

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

## **Athletics' Tournaments & Events Calendar**

**SAAC Volleyball Tournament:** October 25th to 27th, Montevideo (Uruguay).

A maximum number of 10 boys and 10 girls can make the teams. Each participating athlete **must host, at least, two visiting students** in order to provide accommodation for all participants.

**SAAC Soccer Tournament:** November 15th to 17th, Lima (Peru). A maximum number of 16 boys and 16 girls can make the teams.

Cost p/student US\$ 400

**SAAC Swimming Championships:** November 30th and December 1st, Santiago (Chile). A maximum number of 20 MS and 10 HS athletes can make the teams. Cost per student US\$ 270.

Full information and a schedule for the trips will be sent home at a later date.