



Nursery and Pre-Kinder First Semester After School Activities

Activities Begin Monday, **August 12th** and will end on Friday, **December 6th**

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
Gross Motor Skills (PreK)	Swimming	Plastic Arts	Modern Dance (PreK)	Karate (PreK)
	Chefcitos		Swimming	

Gross motor skills workshop – Diego Gutierrez (only Pre-Kinder)

A space for children to develop their movement skills through games.
Group limited to 10 students on a first come, first served basis

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: 10800 pesos for the semester and Tuesday and Thursday: 15000 pesos for the semester. Please contact Elena to arrange payment (ebauer@adinet.com.uy or 099 071330)

Plastic Arts Workshop – Flavia Fernandez, Art room

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 8500 pesos for the semester. Please contact Flavia to arrange payment (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: 3000 pesos for the semester. To arrange payment, please contact Mariana. (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

“Chefcitos” cooking workshop – Andrés Grillo, Cafeteria

In this new proposal, students from 3 to 12 will learn to prepare and cook easy and tasty recipes, where there is no space for phrases such as “this is ugly” or “I did not try it but I don’t like it”, as they will taste new flavors and experience new sensations which they might like or not but will not reject before trying them.



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In this creating process, students will be encouraged to apply maths, geography, science and biology knowledge, as well as team work skills in a perfectly safe environment in every step of the process (tool handling during elaboration and waiting periods while cooking).

Students that sign up for the workshop, will be required to fill in a dietary information form. For more information about "Chefcitos" please check www.infochecitos.wixsite.com/checitosgourmet

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

Cost: 8000 pesos for the semester. To arrange payment, please contact Andres Grillo (099 404 809 or infochecitos@yahoo.com)



Kinder

First Semester After School Activities

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Scottish Dances	Swimming	Soccer	Swimming	Karate
Chefcitos	Gymnastics	Bollywood Dances	Gymnastics	
	Tennis School	Music Workshop		Drama
Gross Motor Skills	Chess	Plastic Arts	Modern Dance	

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 or 099 290469).

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: 10800 pesos for the semester and Tuesday and Thursday: 15000 pesos for the semester. Please contact Elena to arrange payment (ebauer@adinet.com.uy or 099 071330).

Chess – Eduardo Salchi, Cafeteria.

A game of skill and ultimately, of strategy.

Cost: 3500 pesos for the full semester, paid to the instructor on the first day of class.

We need a minimum number of 10 students to open the group.

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 3500 pesos for the semester and Tuesday & Thursday 7000 pesos for the semester (Please contact Ivana to arrange payment (iviscarret@gmail.com or 099 749566).



"Chefcitos" cooking workshop – Andrés Grillo, Cafeteria

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Students that sign up for the workshop, will be required to fill in a dietary information form. For more information about "Chefcitos" please check www.infochecitos.wixsite.com/checitosgourmet

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

Cost: 8000 pesos for the semester. To arrange payment, please contact Andres Grillo (099 404 809 or infochecitos@yahoo.com)

Boys & Girls Soccer – Diego Varela, Bruno Piano, Manuel Gomez and Diego Gutierrez

Plastic Arts Workshop – Flavia Fernandez, Art room

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 8500 pesos for the semester. Please contact Flavia to arrange payment (flafda@gmail.com or 099 607 327).

Modern Dance – Mariana Garcia

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Cost: 3000 pesos for the semester. To arrange payment, please contact Mariana. (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

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: 4300 pesos for the semester. To arrange payment contact Bernardo (bgr.musica@gmail.com or 099 278821).

Drama Workshop – Lucia Garrone - BEGINS ON FRIDAY 23rd

Children have the ability to express their feelings with no filter. In theatre that is gold. My main goal for this activity is to help develop my students' creativity as well as freedom in the game. The semester will be divided in two parts: the first half will be focused on a more technical aspect such as games, vocal work and improvisation. On the second half, we will focus on preparing an end of the year show that will be created and presented in the UAS auditorium.

Cost 4500 pesos for the semester. Please contact Lucia to arrange payment (rissogarronelucia@gmail.com or 095 905018).



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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 (deepikavhatkar@gmail.com or 096 220700)

Tennis School (outdoor court) – Santiago Carballal

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

Cost: 3800 pesos for the semester. Please contact Santiago to arrange payment (santi479@gmail.com or 098 507057).

We need a minimum number of 6 students to open the group.



Grade 1

First Semester After School Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scottish Dances	Swimming	Soccer	Swimming	Karate	Saturday Morning Soccer Games
Chefcitos	Gymnastics	Bollywood Dances	Gymnastics	Girls Soccer	
	Tennis School				
Plastic Arts	Chess	Music Workshop	Modern Dance	Drama	

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 or 099 290469).

Plastic Arts Workshop – Flavia Fernandez, Art room

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 8500 pesos for the semester. Please contact Flavia to arrange payment (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: 3800 pesos for the semester. Please contact Santiago to arrange payment (santi479@gmail.com or 098 507057).

We need a minimum number of 6 students to open the group.

"Chefcitos" cooking workshop – Andrés Grillo, Cafeteria

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In this creating process, students will be encouraged to apply maths, geography, science and biology knowledge, as well as team work skills in a perfectly safe environment in every step of the process (tool handling during elaboration and waiting periods while cooking).



Students that sign up for the workshop, will be required to fill in a dietary information form. For more information about "Chefcitos" please check www.infochecitos.wixsite.com/checitosgourmet

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

Cost: 8000 pesos for the semester. To arrange payment, please contact Andres Grillo (099 404 809 or infochecitos@yahoo.com)

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: 10800 pesos for the semester and Tuesday and Thursday: 15000 pesos for the semester. Please contact Elena to arrange payment (ebauer@adinet.com.uy or 099 071330).

Chess – Eduardo Salchi, Cafeteria

A game of skill and ultimately, of strategy.

Cost: 3500 pesos for the full semester, paid to the instructor on the first day of class.

We need a minimum number of 10 students to open the group.

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 3500 pesos for the semester and Tuesday & Thursday 7000 pesos for the semester (Please contact Ivana to arrange payment (iviscarret@gmail.com or 099 749566). We need a minimum number of 8 students to open the group.

Boys & Girls Soccer – Diego Varela, Bruno Piano and Diego Gutierrez

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

Tentative Saturday games schedule:

August: 17, 31

September: 7, 14, 28

October: 5, 12, 19, 26

November: 2, 9, 23

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: 3000 pesos for the semester. To arrange payment, please contact Mariana. (marianavestrella@hotmail.com or 094739340).



Girls Soccer – Diego Gutierrez

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

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*.

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Musical Initiation Workshop – Bernardo Garcia

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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: 4300 pesos for the semester. To arrange payment contact Bernardo (bgr.musica@gmail.com or 099 278821).

Drama Workshop – Lucia Garrone - BEGINS ON FRIDAY 23rd

Children have the ability to express their feelings with no filter. In theatre that is gold. My main goal for this activity is to help develop my students' creativity as well as freedom in the game. The semester will be divided in two parts: the first half will be focused on a more technical aspect such as games, vocal work and improvisation. On the second half, we will focus on preparing an end of the year show that will be created and presented in the UAS auditorium.

Cost 4500 pesos for the semester. Please contact Lucia to arrange payment (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 (deepikavhatkar@gmail.com or 096 220700)



Grade 2

First Semester After School Activities

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Chefcitos	Gymnastics	Bollywood Dances	Gymnastics	Girls Soccer	
	Tennis School				
Plastic Arts	Chess	Music Workshop	Modern Dance	Drama	

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 or 099 290469).

Plastic Arts Workshop – Flavia Fernandez, Art room

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Cost 8500 pesos for the semester. Please contact Flavia to arrange payment (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: 3800 pesos for the semester. Please contact Santiago to arrange payment (santi479@gmail.com or 098 507057). We need a minimum number of 6 students to open the group.

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

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Chess – Eduardo Salchi, Cafeteria

A game of skill and ultimately, of strategy.

Cost: 3500 pesos for the full semester, paid to the instructor on the first day of class.

We need a minimum number of 10 students to open the group.

Gymnastics – Ivana Viscarret- Auditorium

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Boys & Girls Soccer – Diego Varela, Bruno Piano and Diego Gutierrez

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

Tentative Saturday games schedule:

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Girls Soccer – Diego Gutierrez

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Modern Dance – Mariana Garcia

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Cost: 3000 pesos for the semester. To arrange payment, please contact Mariana. (marianavestrella@hotmail.com or 094739340).

"Chefcitos" cooking workshop – Andrés Grillo, Cafeteria

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Cost: 8000 pesos for the semester. To arrange payment, please contact Andres Grillo (099 404 809 or infochecitos@yahoo.com)

Karate – Dr. Andrés Martínez, Auditorium

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Musical Initiation Workshop – Bernardo Garcia

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Cost: 4300 pesos for the semester. To arrange payment contact Bernardo (bgr.musica@gmail.com or 099 278821).

Drama Workshop – Lucia Garrone - BEGINS ON FRIDAY 23rd

Children have the ability to express their feelings with no filter. In theatre that is gold. My main goal for this activity is to help develop my students' creativity as well as freedom in the game. The semester will be divided in two parts: the first half will be focused on a more technical aspect such as games, vocal work and improvisation. On the second half, we will focus on preparing an end of the year show that will be created and presented in the UAS auditorium.

Cost 4500 pesos for the semester. Please contact Lucia to arrange payment (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 (deepikavhatkar@gmail.com or 096 220700)



Grade 3

First Semester After School Activities

Activities Begin Monday, **August 12th** and will end on Friday, **December 6th**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bollywood Dances	Gymnastics	Drama Workshop	Guitar Club	Boys Soccer	Swimming
Swimming	Modern Dance		Gymnastics	Girls Soccer	
Plastic Arts	Chess	Swimming	Basketball (starts on October 3rd)	Swimming	
Scottish Dances	Soccer	Karate	Portuguese	Chefcitos	Saturday Morning Soccer Games
Tennis school	TedED Club				

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 or 099 290469).

Plastic Arts Workshop – Flavia Fernandez, Art room

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 8500 pesos for the semester. Please contact Flavia to arrange payment (flafda@gmail.com or 099 607 327).

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 10800 pesos for the semester

Two sessions per week 15000 pesos for the semester

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



TEDED Club - "Ideas worth spreading" – Vicky Placeres

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 (deepikavhatkar@gmail.com or 096 220700)

Boys & Girls Soccer – Diego Varela, Bruno Piano, Manuel Gomez and Diego Gutierrez

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

Tentative Saturday games schedule:

August: 17, 31

September: 7, 14, 28

October: 5, 12, 19, 26

November: 2, 9, 23

Girls Soccer – Diego Gutierrez

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

Drama Workshop – Lucia Garrone – BEGINS ON AUGUST 21st

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 4500 pesos for the semester. Please contact Lucia to arrange payment (rissogarronelucia@gmail.com or 095 905018).

Chess – Eduardo Salchi, Cafeteria

A game of skill and ultimately, of strategy.

Cost: 3500 pesos for the full semester, paid to the instructor on the first day of class.

We need a minimum number of 10 students to open the group.

"Chefcitos" cooking workshop – Andrés Grillo, Cafeteria

In this new proposal, students from 3 to 12 will learn to prepare and cook easy and tasty recipes, where there is no space for phrases such as "this is ugly" or "I did not try it but I don't like it", as they will taste new flavors and experience new sensations which they might like or not but will not reject before trying them.

In this creating process, students will be encouraged to apply maths, geography, science and biology knowledge, as well as team work skills in a perfectly safe environment in every step of the process (tool handling during elaboration and waiting periods while cooking).

Students that sign up for the workshop, will be required to fill in a dietary information form. For more information about "Chefcitos" please check www.infochecitos.wixsite.com/checitosgourmet

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

Cost: 8000 pesos for the semester. To arrange payment, please contact Andres Grillo (099 404 809 or infochecitos@yahoo.com)

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 3500 pesos for the semester and Tuesday & Thursday 7000 pesos for the semester (Please contact Ivana to arrange payment (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: 3000 pesos for the semester. To arrange payment, please contact Mariana. (marianavestrella@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

Tennis School (Scuola Club – Acosta y Lara 7318) – Santiago Carballal

Students will ride a school bus to the Scuola Club 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: 4500 pesos for the semester. Please contact Santiago to arrange payment (santi479@gmail.com or 098 507057). We need a minimum of 6 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: 4300 pesos for the semester. To arrange payment contact Bernardo (bgr.musica@gmail.com or 099 278821).

Basketball – Jeff Granger – BEGINS ON OCTOBER 3rd



Grade 4

First Semester After School Activities

Activities Begin Monday, August 12th and will end on Friday, December 6th

***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	SATURDAY
Bollywood Dances	Gymnastics	Drama Workshop	Guitar Club	Boys Soccer	Swimming
Swimming	Modern Dance		Gymnastics	Girls Soccer	
Plastic Arts	Chess	Swimming	Basketball (starts on October 3rd)	Swimming	
Scottish Dances	Soccer	Karate	Portuguese	Chefcitos	Saturday Morning Soccer Games
Tennis school	TedED Club				

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 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 (deepikavhatkar@gmail.com or 096 220700)

Plastic Arts Workshop – Flavia Fernandez, Art room

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 8500 pesos for the semester. Please contact Flavia to arrange payment (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 10800 pesos for the semester

Two sessions per week 15000 pesos for the semester

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

Boys & Girls Soccer – Diego Varela, Bruno Piano, Manuel Gomez and Diego Gutierrez

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

Tentative Saturday games schedule:

August: 17, 31

September: 7, 14, 28

October: 5, 12, 19, 26

November: 2, 9, 23

Girls Soccer – Diego Gutierrez

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

Drama Workshop – Lucia Garrone - BEGINS ON AUGUST 21st

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 4500 pesos for the semester. Please contact Lucia to arrange payment (rissogarronelucia@gmail.com or 095 905018).

Chess – Eduardo Salchi, Cafeteria

A game of skill and ultimately, of strategy.

Cost: 3500 pesos for the full semester, paid to the instructor on the first day of class.

We need a minimum number of 10 students to open the group.

"Chefcitos" cooking workshop – Andrés Grillo, Cafeteria

In this new proposal, students from 3 to 12 will learn to prepare and cook easy and tasty recipes, where there is no space for phrases such as "this is ugly" or "I did not try it but I don't like it", as they will taste new flavors and experience new sensations which they might like or not but will not reject before trying them.

In this creating process, students will be encouraged to apply maths, geography, science and biology knowledge, as well as team work skills in a perfectly safe environment in every step of the process (tool handling during elaboration and waiting periods while cooking).

Students that sign up for the workshop, will be required to fill in a dietary information form. For more information about "Chefcitos" please check www.infochefcitos.wixsite.com/chefcitosgourmet

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

Cost: 8000 pesos for the semester. To arrange payment, please contact Andres Grillo (099 404 809

or infochefcitos@yahoo.com)

Artistic gymnastics – Ivana Viscarret- Auditorium

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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 3500 pesos for the semester and Tuesday & Thursday 7000 pesos for the semester (Please contact Ivana to arrange payment (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: 3000 pesos for the semester. To arrange payment, please contact Mariana. (marianavestrella@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

Tennis School (Scuola Club – Acosta y Lara 7318) – Santiago Carballal

Students will ride a school bus to the Scuola Club 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: 4500 pesos for the semester. Please contact Santiago to arrange payment (santi479@gmail.com or 098 507057). We need a minimum of 6 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: 4300 pesos for the semester. To arrange payment contact Bernardo (bgr.musica@gmail.com or 099 278821).

Portuguese – Marta Rodrigues

Basketball – Jeff Granger – BEGINS ON OCTOBER 3rd



Grade 5

First Semester After School Activities

Activities Begin Monday, August 12th and will end on Friday, December 6th

***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	SATURDAY
Bollywood Dances	Gymnastics	Drama Workshop	Gymnastics	Boys Soccer	Swimming
Swimming	Modern Dance			Girls Soccer	
Plastic Arts	Chess	Swimming	Basketball (starts on October 3rd)	Swimming	
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Goals

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- Build their physical consciousness, by working with the alignment of their bodies as well as their posture.
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Basketball – Jeff Granger – BEGINS ON OCTOBER 3rd