



First Semester, 2022-2023

ECC and Elementary School Afterschool Activities

Welcome to the Uruguayan American School Afterschool Activities and Athletics!

We designed this handbook to give families and students helpful insight into the UAS High School (HS) After-School Activities Program (ASA), procedures, and policies offered for the 2022-2023 school year. The ASA Program offers a cross-section of experiences for your child to learn new skills and socialize while developing a sense of teamwork within a supportive environment. Each activity presents age-appropriate opportunities for children to explore personal interests. Please let us know if you have any suggestions or ideas to make your child's time at the ASA Program a positive and rewarding experience.

[Nicolás Bruni](#)

Athletics and Activities Director

Guidelines and Important Information

Timing

- Afterschool Activities will begin on **Monday, August 8th**, and will end on **Friday, December 9th**.
- Afterschool Activities for ECH and Elementary School run from 3:30 to 4:40 pm.
- For activities held off campus (Swimming, Dance, Tennis, Gymnastics), activities end some minutes later, 4:50, 5:00 or 5:10 pm (check each activity description).

During activities

- All students must bring their own water bottle.
- Students must wear the proper clothing (no jeans, skirts, flip-flops, crocs, etc).

Dismissal

- Late Bus service is available. Please contact Eduardo (099 664 581) for the Carrasco bus or Jorge (099 663 701) for the Pocitos bus to arrange transportation.
- For ECC students, parents may pick up their child at the front entrance. For Elementary students, parents will wait inside the car at the parking lot and the student will be accompanied by a coach or the Athletic Director (AD).
- It is the parent's responsibility to pick up their children at the designated time for activities that take place off campus (Swimming, Dance, Tennis, Gymnastics).



Communications

- We will send all ASA communications via the **UAS App**. For any doubts, questions, or concerns, you can always contact me at nbruni@uas.edu.uy

Registration Process

- Online Registration will take place during the following days/times:

Monday, August 1st to Friday, August 5th	Online Registration Registration opens at 6:00 PM (August 1) Registration closes at 1:00 PM (August 5)
Friday, August 5th	Activity Confirmations Notification to Parents through UAS App by 6:00PM

- Registration will be done through a Google Form (links available after the weekly grid of activities)
- For activities with a maximum capacity of participants, sign-ups will be made on a “first come, first served” basis. Once we reach the maximum capacity and we receive new sign-ups, we will notify parents that students will remain on a waiting list.
- There are activities that need a minimum of participants to proceed. If your student’s selected activity should not reach the minimum requirement and is canceled, we will notify you as soon as possible.

Activity Fees and Payments

- If your daughter or son wants to take part in soccer, basketball and volleyball, these are activities that don't require the payment of a fee.
- For the rest of the activities, the activity fee will be due directly to the outside organization/instructor leading and organizing the activity. The instructor will share the payment details.
- Parents must make payments in full ***before the third activity session.***
- ***We can consider the first classes as try-outs, and we are happy to help if the student wants to change the selected activity. After week 4 (September 3rd) of the first-semester program, no after-school activity changes will be considered.***

After-school Activity Procedures

- After school, teachers from each classroom will take students to the Cafeteria where they will meet their activity leader. Students will then move to their classroom/location with their activity leader.
- We will give a master list to each homeroom teacher, to ensure that students are heading in the right direction. Activity leaders will take attendance and inform the Activities Office/Activities Coordinator.



- We ask that parents also review the Afterschool Activity schedule with their child to help them feel secure about their week ahead.
- If for some extenuating circumstances, parents are late picking up their child, he/she will wait at the Reception or at the main entrance.
- If you know your child will not take part in their regularly scheduled activity on any day (e.g., doctor's appointment), please inform this at nbruni@uas.edu.uy and hsoler@uas.edu.uy before noon.
- **Non canceling policy:** our goal is to have as many practices and activities as we can. With that in mind, we try not to cancel any activity. For example, on rainy days, soccer practices will be held inside. Also, on early dismissal days for students, the activities will run normally.



Weekly Grid

Early Childhood

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery		Swimming	Plastic Arts	Swimming	Yoga
Pre K	Soccer	Swimming	Plastic Arts	Swimming	Karate Yoga
Kinder	Soccer	Swimming Chess	Gymnastics Plastic Arts	Swimming Dance	Karate Yoga Gymnastics

Elementary

	Monday	Tuesday	Wednesday	Thursday	Friday
1st & 2nd	Karate Plastic Arts	Swimming Chess Tennis	Soccer Gymnastics Pastry Workshop	Swimming Dance	Basketball Yoga Gymnastics
3rd to 5th	Swimming Volleyball Tennis Plastic Arts	Soccer Chess Dance	Swimming Gymnastics Karate	Basketball Pastry Workshop	Gymnastics Yoga Soccer

<p>To sign up for activities, please fill out the form by August 5th, 1:00 PM</p>	<p>Early Childhood (Nursery, PK and Kinder) Sign up Form</p> <p>Elementary (1st to 5th) Sign up Form</p>
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Activity Description

BOYS & GIRLS SOCCER (Soccer Field) – Diego Varela, Juan Manuel Gómez, Diego Gutiérrez, Lucía Álvarez. They will run practices co-ed with full drills, scrimmages, and intramural games.

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

Tentative games schedule:

August: 20, 27	September: 3, 10	October: 1, 8, 15, 22, 29	November: 5, 12, 19	December: 3
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KARATE – Juan Diego Martínez (Early Childhood playground, Auditorium). Karate is not a violent exchange, as portrayed in films, but a method based on the quest for *peace and tranquility*, which aims at *achieving self-control. Especially recommended to increasing self-esteem and concentration and to decrease violence and aggression.*

Cost: 150 dollars per semester, for payment contact Mr. Martínez at juandiego.uy@gmail.com. We need a minimum number of 6 students to open each group. If we do not reach that number, groups can merge and have the class on Friday.

MAXIMUM CAPACITY PER CLASS: 15 students on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

DANCE CLUB – Mariana García (Mariana García Dance Studio, Yamandú Rodríguez 1320). Students will learn different rhythms: pop music, Latin rhythms, as well as other that marked an era and style, such as Charleston and Rock & Roll. Classes have a dual purpose: that girls can dance to the music they listen to nowadays, 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. Students will ride a school bus to the studio. Parents will pick them up at the Studio at 4:50 PM.

Cost: 4000 pesos for the semester. To arrange payment, please contact Mariana at marianayestrella@hotmail.com or 095 799020. We need a minimum of 4 students to open the group.

PLASTIC ARTS WORKSHOP – Laura Moras (Arts Room). Plastic Arts are about expression, joy, pleasure, and communication. Through creation, children transmit their inner world and how the surrounding environment affects them. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, Indian ink, drawing, collage, model making, construction, clay, ceramics, and much more. The educational method and materials vary according to the students’ age group. Thus, we offer younger kids a freer, more playful approach, whereas we introduce older students to more technical aspects, always stimulating the student’s creativity and personality. This method builds self-confidence and sensitivity, stimulating the

children's interest in art and group work. Laura is a well-recognized Uruguayan artist and teacher. Check her work on Instagram @atelierlauramoras

Cost: 9400 pesos for the semester. Please contact Laura to arrange payment (lumoras@adinet.com.uy or 098 371251). We need a minimum number of 4 students to open the groups. MAXIMUM CAPACITY PER CLASS: 12 students on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

NOTE: Because of a trip that the instructor will do, the group will miss one class and will finish a week later (date to be confirmed).

TENNIS SCHOOL- Santiago Carballal (Scuola Club - Acosta y Lara 7318). Students will ride a school bus to the Scuola Club right after school and parents will pick them up at the academy at 4:50 PM. If you don't have a racket, we will lend you one!

Cost: 5500 pesos for the semester. Please contact Santiago to arrange the payment (santi479@gmail.com or 098 507057). We need a minimum of 6 students to open the group MAXIMUM CAPACITY PER CLASS: 12 students on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

CHESS - Eduardo Salchi (Cafeteria). *A game of skill and strategy.*

Cost: 4000 pesos for the full semester. Please contact Eduardo to arrange payment (jugandoajedrez@gmail.com or 096 306388). We need a minimum number of 8 students to open the group.

GYMNASTICS - Florencia Ferrer (Escuela de Desarrollo Gimnástico EDG - Beranguer 6596).

Ferrer, a former UAS PE teacher and coach, is the director of EDG, an institution specialized in gymnastics at all levels and ages, with 18 years of experience. The school has one of the best facilities in the country, with all four events of women's gymnastics: vault, bars, beam, and floor, adding parallel bars, rings, and pommel horse for boys. She has a powerful teaching method and a focus on safety. All coaches specialize in both gymnastics and educational areas. They achieve a pleasant and fun environment while developing strength, flexibility, coordination, posture, elegance, etc., through the teaching of specific techniques in a correct and safe way. We will organize classes separating the groups by age and level, with a teacher in charge of each one, in order to meet the needs of each individual.

You can learn more about EDG's work and facilities on their Instagram: @edgimnastico or Facebook: "EDG Escuela de Desarrollo Gimnástico". If you wish to visit the facility, Florencia will be happy to receive you on Thursday, August 4, between 3:45 and 4:15 PM.

Students will ride a school bus to EDG and parents will pick them up at EDG at 5:10 PM.

This semester we will return to competitions, taking the group to at least 2 interscholastic events.

Cost: One class a week, \$7200 per semester. Two classes a week, \$11600 per semester. To arrange payment, please contact Florencia at edgimnastico@gmail.com or 099 698992. We need a minimum number of 8 students to open the group.

BASKETBALL – Jeff Granger & Guzmán Alvarez. We will run practices co-ed, focused on skills and scrimmages. This is a great opportunity for students to work on their basic skills, gain experience, and for the bigger ones, be better prepared for future competences at Middle and High School levels.

YOGA FOR CHILDREN – Montserrat Albín. Yoga is an ancient methodical practice of self-knowledge for self-improvement at various levels. The early practice of the techniques, through a playful-experiential method, will provide children with integration and balance. Hence, they can develop the skill and power of awareness. The aim is to connect and align mind, heart, and hands. A key goal is to cultivate personal codes of conduct and to notice one's relationship with the environment. Develop and promote positive thinking and correct body-mind posture. Develop breathing awareness and respiratory management to calm, revitalize, or balance. Experience pause, silence, and relaxation. Focus attention to better concentration, develop cognitive functions and grow the power of awareness.

Cost: 6500 pesos for the semester (includes yoga mat for NEW STUDENTS). To arrange payment, please contact Montserrat (montserratalbin@gmail.com or 098 863748). We need a minimum number of 5 students to open the group. **MAXIMUM CAPACITY PER CLASS: 12 STUDENTS** on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

SWIMMING – (Complejo Deportivo Naval: Lido 1676)

Nursery to 2nd Grades – Elena Bauer (Tuesday & Thursday)

Students will take the bus from UAS to the Complejo Naval, and parents will pick up their child there at 5:10 PM on Tuesday and at 5 PM on Thursday. Students may swim on Tuesdays only, or on Tuesdays and Thursdays.

Cost: Tuesday: 13.320 pesos for the semester. Tuesday and Thursday: 18.300 pesos for the semester. Please contact Elena to arrange payment (elenabauerarrillaga@gmail.com or 099071330)

3rd to 5th Grades – Gustavo Gorriarán (Monday & Wednesday)

Students will take the bus from UAS to the Complejo Naval, and parents will pick up their child there at 5:10 PM. Students may swim once or twice a week.

Cost: Once a week: 13.320 pesos for the semester. Twice a week: 18.300 pesos for the semester. Please deposit the fee in any of the UAS accounts (information at the end of this document) and inform the Finance Office once paid.

VOLLEYBALL – Gerardo Peralta. We will run practices co-ed, focused on skill learning and mini-games. This is a great opportunity for students to learn the basic skills for this sport, and, for the bigger ones, be better prepared for future competences at Middle and High School levels.

PASTRY WITH LOVE - Laura Barboza and Josseline Lorient from Clementina (Cafeteria). We have designed the pastry classes to learn while having fun. Playing will be part of the experience, along with learning values and good habits. The students will work as a team, with



responsibility and care towards their own work and others. We will promote empathy, knowing how to listen to and respect others' ideas to get better results. We will encourage work by taking care of hygiene as a key principle. They will work with basic, simple tools according to their possibilities, complying with basic safety standards.

At the beginning of the semester, we will give each student their own apron, hat and towel. Each child will have their own folder of recipes, where week by week they will receive the printed material worked on in class, in English and Spanish. After class, students will take the food each one prepared to share and enjoy with the family.

Cost: 12,800 pesos per semester. We need a minimum of 4 students to open a group. Maximum capacity: 10 students per group. To arrange payment please contact Laura Barboza (091 457 234 - lauritabarboza28@gmail.com) or Josseline Lorient (097 232 453).

UAS BANK ACCOUNTS

When crediting the school's account, identify the name of the student or students for whom the payment applies. After you make the payment, please send a copy of the bank receipt by email to Natalia Calvo: ncalvo@uas.edu.uy. For international wire transfers include USD 50 for bank charges.

BANCO ITAÚ
Carrasco Branch / <i>Sucursal Carrasco</i> : Gabriel Otero 6402-Montevideo,Uruguay
U.S. dollar account No. / <i>Nº Cuenta dólares estadounidenses</i> : 1.713.858
Uruguayan pesos account No./ <i>Nº Cuenta pesos uruguayos</i> : 3.419.055
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : JP Morgan Chase Bank N.A. (New York) Swift Code: CHASUS33 - ABA: 021000021
Beneficiary Bank / <i>Banco Beneficiario</i> : Banco Itau Uruguay S.A. - Swift Code: ITAUUYMM
Holder / <i>Titular</i> : Uruguayan American School - U.S. dollar account No./ <i>Cuenta dólares estadounidenses Nº</i> : 1.713.858

BANCO SANTANDER
Branch 73 (Carrasco) / <i>Sucursal 73 (Carrasco)</i> : Arocena 1577-Montevideo, Uruguay
U.S. dollar & Uruguayan pesos account No. / <i>Nºcuenta dólares estadounidenses y pesos uruguayos</i> : 1.200.615
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : Wells Fargo - Swift Code: PNBUS3NNYC - ABA: 26005092
Beneficiary Bank / <i>Banco Beneficiario</i> : Banco Santander Uruguay -Montevideo Sucursal 73 / Av. Arocena 1577 - Swift Code: BSCHUYMM
Holder / <i>Titular</i> : Uruguayan American School - Account No./ <i>Cuenta Nº</i> : 1.200.615

BANCO BBVA URUGUAY S.A.
Carrasco Branch / <i>Sucursal Carrasco</i> : Arocena 1675-Montevideo,Uruguay
U.S. dollar & Uruguayan pesos account No. / <i>Nºcuenta dólares estadounidenses y pesos uruguayos</i> : 7.933.622
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : 1. BBVA New York – USA - Swift Code: BBVAUS33 2. Wachovia Bank Philadelphia - USA - Swift Code: PNBUS33PHL
Beneficiary Bank/ <i>Banco Beneficiario</i> : Banco Bilbao Vizcaya Argentaria SA- Montevideo-Uy - Swift Code: BBVAUYMM
Holder / <i>Titular</i> : Uruguayan American School - Account No./ <i>Cuenta Nº</i> : 7933622