



Second 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 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.

Sincerely,

[Nicolás Bruni](#)

Athletics and Activities Director

Guidelines and Important Information

Timing

- Afterschool Activities will begin on **Monday, February 13th** and will end on **Friday, June 16th**.
- Afterschool Activities for ECC and Elementary School run from 3:30 to 4:40 pm.
- For activities held off campus (Swimming, Dance, 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 only for the 4:40 shift. 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:

Friday, February 3rd to Thursday 9th	Online Registration Registration opens at 6:00 PM (February 3) Registration closes at 1:00 PM (February 9)
Friday, February 10th and Saturday, February 11th	Confirmations. Notification to Parents through UAS App

- 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 participate in Soccer, Basketball, Volleyball, or Gross Motor Skills, these activities don't require a fee payment.
- 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 fourth activity session.***
- ***We can consider the first classes as tryouts, and we are happy to help if the student wants to change the selected activity. That said, as changes in the lists create different disruptions, after week 4 of the second-semester program, changes cannot be guaranteed. The change will have to be asked to the Athletic and Activities Director via email.***

After-school Activity Procedures

- After each day of school is over, 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 Director.
- 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 possible. 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.



Early Childhood

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery	NEW! Singing World	Swimming	Plastic Arts	Swimming NEW! Gross Motor Skills	Yoga
Pre K	NEW! Singing World Soccer	Swimming	Plastic Arts	Swimming NEW! Gross Motor Skills	Karate Yoga
Kinder	NEW! Singing World Soccer	Swimming Chess	Gymnastics Plastic Arts	Swimming Dance	Karate Yoga Gymnastics

Elementary

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

To sign up for activities, please fill out the designated form before Feb 9th	Early Childhood (Nursery, PK and Kinder) Sign up Form Elementary (1st to 5th) Sign up Form
---	---



Activities Description

BOYS & GIRLS SOCCER (Soccer Field) – Diego Varela, Juan Manuel Gómez, Diego Gutiérrez, Lucía Álvarez. Both Diego’s and Manuel have been working with us for many years now, coaching our soccer teams at all levels. Lucía joined us last year with great success. All of them are certified soccer coaches. They will run practices co-ed with full drills, scrimmages, and intramural games. Grades 1st to 5th play in a League called FIFES. The games are scheduled on Saturday mornings, between 09:00 am and noon. We usually get confirmation of each week’s game on Wednesday and we communicate it via UAS App. The league starts after “Semana de Turismo” as this is the time in which the Uruguayan schools start to compete.

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

Tentative games schedule:

April: 15, 29	May: 6, 13, 20, 27	June: 3, 10
------------------	-----------------------	----------------

BASKETBALL – Jeff Granger & Guzmán Alvarez. Coach Granger is a former, well-recognized basketball player, PE teacher, and coach that has been working at UAS since 2001, with great success in interscholastic competitions. Guzman Alvarez is a PE teacher and Basketball coach, who has coached locally and internationally and has worked in several clubs at all levels. Practices will run 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 competencies at Middle and High School levels.

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: 13.500 pesos for the semester. Tuesday and Thursday: 19.500 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: 13.500 pesos for the semester. Twice a week: 19.500 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_– Sebastian Antelo and Nichole Figarola. Coach Antelo has been coaching volleyball at different levels since 2016, and is actually the Head Coach at “Nacional”. Ms. Figarola is the UAS Elementary PE teacher and worked last year as our Assistant Coach for our High School Girls' team and with Elementary Volleyball. Practices will run co-ed, focused on skill learning and mini-games. This is an excellent opportunity for students to learn the basic skills for this sport, and, for the bigger ones, be better prepared for future competencies at Middle and High School levels.

KARATE – Juan Diego Martínez (Auditorium). Karate is not a violent exchange, as portrayed in films – but rather a method based on the quest for peace and tranquility, which aims at achieving self-control. It is especially recommended to increase self-esteem and concentration and decrease violence and aggression.

Cost: 160 dollars per semester, for payment contact Mr. Martínez at juandiego.uy+UAS@gmail.com or 099 479 498. We need a minimum number of 6 students to open each group.

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 others that marked an era and style, such as Charleston and Rock & Roll. Classes have a dual purpose: students can dance to the music they listen to nowadays, but also to other music that the course will introduce to them. At the semester's end, the group may present several choreographies based on the 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: 4500 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. **Mariana won't be at Montevideo before February 16th, therefore the first class will be on Thursday, February 23rd. She will arrange a time to recover the lost classes directly with the parents**

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 student's 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: 9800 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.

CHES - Eduardo Salchi (Cafeteria). *A game of skill and strategy.* Chess brings students together, teaches how to win and lose, helps children realize the consequences of their actions, can help them focus and develops creativity among other benefits. Eduardo is a very experienced instructor who has been working with the school for several years.

Cost: 4500 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 Friday, February 10, 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 the group will participate in at least 2 interscholastic events.

Cost: One class a week, \$7900 per semester. Two classes a week, \$12600 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.

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 the 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.

PASTRY WITH LOVE - Laura Barboza and Josseline Loriente from Clementina (Cafeteria).

Pastry classes designed 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 in class, in English and Spanish. After class, students will take the food each one prepared to share and enjoy with the family.

Cost: 14,000 pesos per semester. We need a minimum of 4 students to open a group. Maximum capacity: 10 students (1st & 2nd) and 13 students (3rd to 5th). To arrange payment please contact Laura Barboza (091 457 234 - lauritabarboza28@gmail.com) or Josseline Loriente (097 232 453).

****New Activities Starting this Semester****

WeCode - Computer Science & Robotics. (1st to 5th grades) - Will work in the Computer Lab.

The UAS has partnered with WeCode to offer an exciting afterschool course on coding, robotics, and computational thinking for our students. Through this course, students will have the opportunity to learn how to create digital animations, code their own video games, and build electronic and robotics projects, such as an electric guitar that makes sounds and lights when played. These skills are not only highly valuable in today's tech-driven world, but they also foster creativity, problem-solving, and critical thinking skills. By participating in this course, our students will gain a competitive edge in their future academic and professional pursuits, while also having fun and engaging with their peers in a hands-on and interactive way.

Learn more here: wecode.edu.uy/uas

Cost: 12,800 pesos per semester. We need a minimum of 6 students to open a group. Maximum capacity: 10 students. To arrange payment please WeCode at pagos@wecode.edu.uy or 093 780 720.

Singing World - Florencia Dieste - (Nursery, PK, Kinder - 1st/2nd): Florencia Dieste is a former UAS teacher, who has been working as an English teacher of toddlers and preschoolers for about 15 years, something she enjoys doing every day. In 2020 she started an educational project named "SingingWorld" to teach English to children using her own songs, rhymes, and games. She creates melodies and lyrics that are easy to learn for children and songs that involve repetitive rhythm and language patterns they can follow at their own pace. Hand and body movement are also a crucial component of "Singing World", providing the younger ones

with an opportunity for hands-on and body experimentation as part of their learning process.



They learn by doing, participating according to their abilities, likes, and preferences, with joy. Besides moving and dancing, there is also a main activity specially designed for the day, such as arts and crafts, reading, instrument playing, and much more. You can check Florencia's Instagram account for more information: @singingworlduy

Cost: \$8,000 per student for the whole semester. We need a minimum of 3 kids to open a group. Maximum capacity: 10 students. To arrange payment please contact Florencia at florencia.dieste@gmail.com or 099 132 445.

Gross Motor Skills - Nichole Figarola - (Nursery and PK): Ms. Figarola is the UAS Elementary PE teacher and worked last year as our Assistant Coach for our High School Girls' team and with Elementary Volleyball as well. This activity is a space in which children are encouraged to participate in organized activities, and engage in play that involves the practice of certain skills. The young students will learn how to control and coordinate their body movements through games and recreation, and therefore, in general, improve aspects of their motor development, such as body awareness, balance, and strength. We will be enjoying this time in the auditorium and outdoors when possible. The group is limited to 10 students on a first-come-first-served basis and has no cost.

UAS BANK ACCOUNTS

When crediting the school's account, identify the name of the student or students to 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