



First Semester, 2024-2025

ECC and Elementary School After-school 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 2024-2025 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 Soccer, Volleyball, and Basketball will begin on **Thursday, August 1st**.
- 3rd to 5th Swimming and Plastic Arts will begin on **Monday, August 12th**.
- Every other activity will start on **Monday, August 5th**.
- Afterschool Activities for ECC and Elementary School run from 3:30 to 4:40 pm.
- For activities held off campus (Swimming, Dance, Gymnastics, Tennis), activities end some minutes later, at 4:50, 5:00, or 5:10 pm (check each activity description).

During activities

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

Dismissal

- Late Bus service is available 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 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, July 29th to Friday, August 2nd	Registration opens at 1:00 PM (July 29th) Registration closes at 1:00 PM (August 2nd)
Friday, August 2nd	Activity 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.
- Some activities need a minimum of participants to proceed. If your student’s selected activity does 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, and/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 program, changes cannot be guaranteed. The change will have to be asked to the Athletic and Activities Director via email and will be approved or not depending on the number of students on each activity.***



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 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 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, unless we communicate otherwise, the activities will run normally.



Weekly Grid

Early Childhood

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

Elementary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st & 2nd	Karate Plastic Arts	Swimming Chess WeCode	Soccer Gymnastics	Swimming Dance Pastry Workshop	Basketball Yoga Gymnastics	Cub Scouts (12:00 to 14:00, every other Saturday) NEW! Horseback Ridding (16:00 at Club Hípico Uruguayo)
3rd to 5th	Swimming Volleyball Plastic Arts	Soccer Chess Dance	Swimming Gymnastics Karate	Basketball Pastry Workshop WeCode	Tennis Gymnastics Yoga Soccer	

To sign up for activities, please fill out the form by August 2nd, 1:00 PM

[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 Corbacho, Diego Gutiérrez, Lucía Álvarez, Agustín Laprovitera. 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 games on Wednesday and we communicate it via UAS App.

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

Tentative games schedule:

August: 17, 24, 31	September: 7, 14, 28	October: 5, 12, 19, 26	November: 9, 16, 23	December: 7
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BASKETBALL

(1st and 2nd) - Florencia Somma and Sabina Bello. Florencia and Sabina were both professional basketball players and have played for many years for the Uruguayan national team. They have been coaching for many years as well. Practices will run co-ed, focused on basic skills and the discovery of the fundamental dynamics of the sport.

(3rd to 5th) - Jeff Granger & Guzmán Alvarez. Coach Granger is a former, well-recognized basketball player, PE teacher, and coach, who 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 the Middle and High School levels.

SWIMMING

Nursery to 2nd Grades – Elena Bauer (Tuesday & Thursday), at Complejo Deportivo Naval: Lido 1676. Students will take the bus from UAS to the Complejo Naval, and parents will pick up their child there at 5:00 PM. Students may swim on one day, or both. Cost: Tuesday OR Thursday: 14.900 pesos for the semester. Tuesday AND Thursday: 21.500 pesos for the semester. Please contact Elena to arrange payment (alaguapez2024@gmail.com or 099071330)

3rd to 5th Grades – Gustavo Gorriarán (Monday/Wednesday/Saturday) **NEW POOL****** We are pleased to share that this semester we will be having the sessions at Carrasco Polo Club, a new pool, inaugurated last year, with new changing rooms, and with water treatment with saline



electrolysis and U.V. rays system. On Mondays and Wednesdays, students will take the bus from UAS to Carrasco Polo Club, and parents will pick their children up at 5:10 PM. Sessions on Saturdays run from 12:00 to 01:00 pm; families are in charge of the transfer on those days. Students may swim once, twice, or three times a week.

****This activity will start on the week of August 12th****

Cost: Once a week: 15.000 pesos for the semester;. twice a week: 20.000 pesos for the semester, and three times a week 22.000 for the semester. Arrangements to pay by month can also be made. Please contact Romina at 096 641 322 for the payment and more information. **(Payment has to be made directly to the coach, no longer to the school as in the past.)**

VOLLEYBALL_– Sebastian Antelo, Florencia De Maio and Florencia Mastroianni. Coach Antelo has been coaching volleyball at different levels since 2016, and is actually the Head Coach at “Nacional”; he has been coaching UAS teams for the last 2 years. Ms. De Maio has been coaching for the last 2 years at UAS as well. Ms. Mastroianni has worked with Coach Antelo at a local league and is joining the school this semester. 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.

TENNIS SCHOOL– Santiago Carballal (Scuola Club – Acosta y Lara 7318). Students will ride a school bus to the Scuola Club 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: 7300 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.

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.

"We watched our son develop focus, confidence, and persistence from his Karate training. He attended Karate classes from ages 4 to 8. He learned to set meaningful goals and to steadily and patiently work toward them. Mr. Martinez is a role model and leader of a community that values kindness, camaraderie, friendship, leadership, and individual growth." – Former UAS Mother.

Cost: 180 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 4:50 PM.

Cost: 5000 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. 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: 10.400 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.

****This activity will start on the week of August 12th****

CHESS – 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 specializing 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 correctly and safely. We will organize classes separating the groups by age and level, with a teacher in charge of each one, 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".

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, \$9250 per semester. Two classes a week, \$15000 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: 7000 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 Lorient from Clementina (Cafeteria). Embark on a delectable journey with our Pastry Workshop, where learning meets enjoyment in a dynamic environment. Engaging activities blend seamlessly with the cultivation of values and positive habits. Students collaboratively delve into the world of pastry, fostering teamwork, responsibility, and profound respect for both their creations and their peers. Hygiene takes center stage as a fundamental principle, instilling good practices that extend beyond the culinary realm. Equipped with basic tools aligned with their skill level, students adhere to essential safety standards, ensuring a secure and enjoyable learning experience. At the beginning of the semester, each participant receives a personalized kit comprising an apron, hat, and towel, symbolizing their culinary journey. As the weeks unfold, students compile a recipe folder, capturing the essence of the class materials presented in both English and Spanish. The culmination of each session is a delightful sharing experience, as students bring home the delectable creations crafted during class to enjoy with their families.

Cost: 15,000 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). Please contact Laura Barboza (091 457 234 - lauritabarboza28@gmail.com) or Josseline Lorient (097 232 453) to arrange payment.



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: 14,700 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.

Gross Motor Skills - Florencia Mastroianni and Florencia De Maio - (Nursery and PK):

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 basic locomotor 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 Nursery classroom and the ECH playground when possible. The group is limited to 10 students on a first-come-first-served basis and has no cost.

Cub Scouts - JM Saxton-Ruiz and Sean Cantrell (1st to 5th grades): Cub Scouts is a program under the Boy Scouts of America open to boys and girls in grades 1-5. Cub Scouts learn important life skills, personal safety, and environmental stewardship. They take part in fun outdoor activities, get involved in their community, and learn to be part of a team. Through activities, we will focus on character development, spiritual growth, good citizenship, sportsmanship and fitness, family understanding, respectful relationships, personal achievement, friendly service, and fun and adventure. Scouts will meet every two weeks on Saturday from 12:00 to 02:00 pm. Older scouts will participate in an overnight camping trip.

Scouts are led through their activities by parent-volunteers. The more parents who volunteer their time, the better the quality and variety of activities that are available to the scouts. Join us as we strive to teach our children how to be better citizens of their communities, nations, and the world.

Cost: 150 dollars per semester. We need a minimum of 5 students to open a group. Maximum capacity: 15 students. To arrange payment please contact Mr.Saxtone at jm.saxtonruiz@gmail.com or 098 441 199.

NEW! Horseback Riding - Guillermina Birenbaum - Club Hípico Uruguayo. (Grades 1st to 5th) - Guillermina is a UAS alumni, who graduated in 2019. Rider of the Uruguayan training team, she has been riding since she was 5 years old. She won the Bronze medal for teams and 10th individual place in the 2022 South American Games and Uruguayan federal and annual champion



in Grand Prix 2023. She will work with a team of experienced teachers.

The classes will be adapted according to the experience, needs, and preferences of the students at Beginner, Intermediate, and Advanced levels.

Classes will be on Saturday afternoons at 4:00 and will go for the rest of the afternoon (snack needed) and then finish with a ride throughout the Club.

Cost: Once a week, \$6000 per month, Twice a week \$12.000; plus registration and monthly payment for Club Hípico Uruguayo. There is no minimum number of students to open. Maximum capacity: 2 students per shift, we can explore other times if we exceed this number. To arrange payment please contact Guillermina at guille.birenbaum@gmail.com or 091 682 273.