

AES Activités Extra scolaires 2e semestre 2024

March 4 – June 21

**Lundi
Monday**

**Mardi
Tuesday**

**Mercredi
Wednesday**

**Jeudi
Thursday**

**Vendredi
Friday**

8:05 AM

9 AM

3 PM

3:55 PM

4 PM

4:55 PM

01 Hero Story
TPS – MS / Gregory

02 Pot & Paint
MS – CE2 / Pan Pan

03 Echecs Chess
CP- 6e / Chess Academy

04 Mixed dance
CE1 – 6e / Tayzar

05 Papier Mâché Art
CE2 – 6e / Pan Pan

06 Breakdancing
CE1 – 6e / Tayzar

07 Art&Craft
TPS - GS / Phyu

08 Foot Little Kickers
PS- GS / Gregory

09 Mixed Martial Arts
CP – CM2 / Aldrich

10 Sing aloud
CE1 – CM2 / Michele

11 Foot Mega Kickers
CP- CE2 / Gregory

12 8:05-9 am French FLE
Parents / Gwladys

13 12:30-2pm
Creative Coding
CP- 6e / CIY

14 12:30 – 1:30 pm
Science & curiosities
CP- 6e / Guillaume

15 Music&Movement
PS-GS / Htetsu Oo

16 Kids'dance
MS-CE1/ Michele

17 Livres illustrés
CE2-6e/ Guillaume

18 Drawing techniques
CE1-6e / Pan Pan

19 Move, sing and play
CP- 6e/ Wint Yee Phyo

SD Self-Defense
Women/ Aldrich

20 Karaté
PS-CP / Sandar

21 Green gardeners
MS-6e/ Inda&Aye²

22 Cuisine
GS- 6e / Vincent

23 Théâtre Drama
CE1 – 6e / Guillaume

01

Age 2-4

Hero Story

Gregory

Each child will be protagonist in a story that will make him/her evolve on motor skills, in fun and sports activities.

They will overcome challenges and become the heroes of the story!

Monday - 3-3:55pm

02

Age 4-8

Pot&Paint

Pan Pan

An ideal opportunity to develop your creativity and have fun with the material. This course will alternate between different modeling techniques and painting, guided by the know-how of a professional artist.

Monday - 3-3:55pm

03

Age 6-11

Chess

Chess Academy

To promote brain growth, improve IQ and creativity, increase problem-solving skills and reading skills, to optimize memory. Each participant will be able to learn the strategy or improve it by competing with others!

Monday - 3-3:55pm

04

Age 7-11

Mixed dance

Tayzar

Discover Hip Hop/African style Hip Hop/New Style/ Old school Hip Hop/K-Pop (Korean Style dance cover) & more with choreographer, Fitness Dance trainer, Zumba, Sport Dance and Physical Cardio Dance trainer.

Monday - 3-3:55pm

05

Age 8-11

Papier Mâché

Pan Pan

This creative hobby involves sculpting all kinds of shapes from newspaper. You will be able to create sculptures, statues, bowls, trophies that will become real works of art! The only limit to your creativity is your imagination.

Monday - 4-4:55pm

06

Age 7-11

Breakdancing

Tayzar

In the 1970's the term "breaking" was used as slang for "acting energetically". As professional dancer, Tayzar will provide a rhythmic and improvisational base, mixing also dance battles, fitness, Zumba, hip hop... including warm-up, cool-down and stretching.

Monday - 4-4:55pm

07

Age 2-5

Art&Craft

Phyu

Nurture and cultivate creativity and imagination. We will be doing fun projects which includes making useful products out of recycled things, drawing and coloring, painting and much more.

Tuesday - 3-3:55pm

08

Age 3-5

Foot little kickers

Gregory

Use football as a fun forum to instill in children a little extra confidence, coordination, control and sense of camaraderie. Fundamental football techniques and elementary life skills will be imparted in a vibrant group play environment.

Tuesday - 3-3:55pm

09

Age 6-10

Mixed Martial Arts

Aldrich

Improve focus and discipline, increasing stress release, flexibility, stamina, and self-defence techniques using pads in a safe and controlled environment. Aldrich is a UK certified fitness trainer and martial arts instructor.

Tuesday - 3-3:55pm

10

Age 7-10

Sing Aloud

Michele

Students will experience the beauty of making music with their voices! Activity is led by a professional vocalist and includes vocal exercises and improving intonation. Performance will be offered at the end of the session.

Tuesday - 3-3:55pm

11

Age 6-8

Foot Mega Kickers

Gregory

Use football as a fun forum to instill in children a little extra confidence, coordination, control and sense of camaraderie. Fundamental football techniques and elementary life skills will be imparted in a vibrant group play environment.

Tuesday - 4-4:55pm

Only LFIR

12 Adults

French FLE

Gwladys

French as a foreign language course, beginner or medium level. This course offers our non-French speaking parents a first approach to the French language, for the pleasure of sharing the learning of a language with their child.

Wednesday – 8:05-9 am

Only LFIR

13 Age 6-11

Creative Coding

CIY

You'll create projects at your own pace. You'll learn the foundations underlying some of today's most exciting areas of technology including Game Coding, Website development, 3D Printing, Robotics, Electronics and App design.

Wednesday – 12:30-2pm

14 Age 6-11

Science&curiosities

Guillaume

Discover the wonders of science! Children will gain various scientific knowledge, improve critical thinking, learn to appreciate the nature and foster curiosity.

Wednesday – 12:30-1:30pm

<p>15 Age 2-4</p> <p>Music&Movement</p> <p>Htetsu Oo</p> <p>To sing, learn rhythms, tones and music theory, learn to listen and move, play with music, this wide program will help you acquire the basics for any musical activity. This course is led by a professional violinist.</p> <p>Thursday - 3-3:55pm</p>	<p>16 Age 4-7</p> <p>Kids'dance</p> <p>Michele</p> <p>For the pleasure of dancing and the benefits of physical exercise. Children will be able to exercise while having fun. An opportunity to use your excess energy to the sound of music and to improve your style!</p> <p>Thursday - 3-3:55pm</p>	<p>17 Age 8-11</p> <p>Livres illustrés</p> <p>Guillaume</p> <p>Learn how to sketch, build up characters, create a story and your own illustrated book!</p> <p>Thursday - 3-3:55pm</p>	<p>18 Age 7-11</p> <p>Drawing techniques</p> <p>Pan Pan</p> <p>Learn the basics of drawing with a professional artist and acquire techniques for contour drawing, value scales, basic forms and observational drawing.</p> <p>Thursday - 3-3:55pm</p>	<p>19 Age 7-11</p> <p>Move, sing & play</p> <p>Wint Yee Phyoo</p> <p>Through songs, games and instrument performances, you'll be able to understand musical concepts : pulse, duration, tempo, pitch, dynamics, structure, timbre, texture and style. You'll get the musical rhythmic intelligence!</p> <p>Thursday - 4-4:55pm</p>
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SD Only women

Self-defense

Aldrich

Easy and effective self defence techniques based on your physical strength. No martial arts background required. Defence attacks from 8 directions and ground self defence skills. Aldrich is qualified in combat and fitness training. He has experience in military training and police.

Friday - 8:05-9am

20 Age 3-6

Karaté

Sandar

This course will have a playful approach that will allow the child to flourish on the psychic, physical and social level as well as a great way to increase self-confidence. Professional instruction by qualified practicing karateka.

Friday - 3-3:55pm

21 Age 4-11

Green Gardeners

Inda & Aye Aye

This activity is designed to be a fun and interactive experience for kids to learn about the joys of gardening and develop appreciation for nature. Through a series of hands-on lessons, they will learn how to plant and care for seeds and how to harvest!

Friday - 3-3:55pm

22 Age 5-11

Cuisine

Vincent

A good fun way to awaken the senses while familiarizing yourself with different foods. In small groups, children will learn to make several original sweet and savory recipes. A guaranteed friendly moment for little chefs.

Friday - 3-3:55pm

23 Age 6-11

Théâtre Drama

Guillaume

We will work on many drama techniques to develop self-confidence, oral and bodily expression, imagination, and we will create a play.

Friday - 3-3:55pm