



AES

After school Activities

1st semester:

from October 1st 2026

to February 9th 2027

Welcome !

info:
secretaire@lfir.org

AES Enrolment Information



FOR WHO

AES are open to all children from 3 to 14 years old, from LFIR or any other school. Students that do not attend LFIR must fill out a registration form and will be charged a membership fee of 25 USD per semester.

All parents or tutors are prohibited to take part in any courses (except the activity intended for parents), nor to stay inside LFIR premises during the courses. The waiting area is at the entrance, before badge gate.

REGISTRATION

Come at the LFIR secretariat during office hours. (Mon-Tue-Thu-Fri 8am to 4pm/ Wed 8-12am). First come, first serve.

Once you have registered, there will be no refund or exchange (except cancellation of AES by LFIR). Only registrations accompanied by payment will be considered. For students outside LFIR, parents must sign a Waiver of liability.

WHEN - WHERE

1st semester : From October 1st 2026 to February 9th, 2027

The AES will not take place during school holidays. Please check school calendar. (last page)
All activities take place on LFIR campus.

HOW MUCH

Each chosen activity will be charged 100 USD for the semester based on one hour per week. All payment shall be made **in U.S. Dollars or Euro**.

If an activity is suspended due to few subscriptions, admin will contact you before the start of the course. We will either refund you or offer an alternative course.

Complete AES regulations available on request.

More info: secretaire@lfir.org



LFIR
Lycée Français
International de Rangoun
Joseph Kessel
မြန်မာနိုင်ငံတော်အတွင်း ချိတ်ပုံ

AES Activités Extra Scolaires - After school activities

1st semester

October 1st, 2026 - February 9th, 2027

X to Y : indicates which age is accepted for each activity



	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday
3:05 PM	01 Music and Movement 3 to 6 / Thetsu Oo	09 Little Gymsters 3 to 5 / Ayo	16 8:05-9am Le café linguistique Parents / Guillaume D.	22 Lego & Construction 3 to 5 / Guillaume D.
	02 Art&Craft Squishy 3 to 5 / Pan Pan	10 Storytelling Lab 3 to 5 / Gauri S.	17 12:30-2pm (1h30) Creative Coding 6 to 14 / CIY Club	23 Football kickers 3 to 5 / Gregory
	03 Petits scientifiques 4 to 6 / Guillaume D.	11 Fencing Kids 5 to 7 / Fencing Club	18 12:30-1:30pm Ballet 4 to 7 / Ballet academy	24 Taekwondo 6 to 10 / Shine Yawai
	04 Foot Juniors 6 to 10 / Gregory	12 Scientists explorers 7 to 10 / Gravity center	19 12:30-1:30pm Mix Media art 7 to 14 / Pan Pan	25 Chess Echecs 6 to 14 / Chess Academy
4:00 PM	05 Hip Hop Dance 6 to 10 / Tayzar	13 Multisports 6 to 10 / Élise P.	20 12:30-1:30pm Jeux de raquettes 4 to 6 / Nicolas S.	26 3:30-4:30pm Amuse-toi en Français 6 to 10 / Yannick M.
4:05 PM	06 Pottery 4:05-5pm 4 to 8 / Pan Pan	14 Big Gymsters 4:05-5pm 6 to 10 / Tayzar	21 12:30-1:30pm De l'idée à l'objet 10 to 14 / Guillaume D.	27 4:05-5pm Yoga 5 to 8 / Gauri S.
	07 Cuisine 4:05-5pm 6 to 10 / Élise P.	15 4:05-5pm Fencing Juniors 8 to 10 / Fencing Club		28 4:15-5:10pm Théâtre (1 year round) 6 to 14 / Élise P.
5:00 PM	08 Foot Collège 4:15-5:10pm 11 to 14 / Gregory			

01

Age 3-6

Music & Movement

Thetsu Oo

Monday – 3:05-4pm
ENG

Learn 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. The course is led by a professional violinist.

02

Age 3-5

Art&Craft Squishy

Pan Pan

Monday – 3:05-4pm
ENG

Students can use their imagination to create own squishy toy. They develop drawing and coloring skills. Students will explore shapes, colors and patterns.

03

Age 4-6

Petits scientifiques

Guillaume Dupont

Monday – 3:05-4pm
FR/ENG

Discover science in a fun and interactive way. Through small experiments, observations, and scientific challenges, children will be able to develop their curiosity and their ability to find solutions.

04

Age 6-10

Foot Juniors

Gregory

Monday – 3:05-4pm
ENG

Gain extra confidence, coordination, control and sense of camaraderie. Fundamental football techniques and elementary life skills will be imparted in a vibrant group play environment.

05

Age 6-10

Hip Hop Dance

Tayzar

Monday – 3:05-4pm
ENG

Enjoy the thrill of dancing on modern rhythms while reaping benefits of physical exercise. An opportunity to channel your energy, enhance your style and prepare choreographies for major school events.

06

Age 4-8

Pottery

Pan Pan

Monday – 4:05-5pm
ENG

An ideal opportunity to unleash your creativity and have fun with clay. This course will alternate between different modeling techniques and painting, guided by the expertise of a professional artist.

07

Age 6-10

Cuisine / Cooking

Elise Perrin

Monday – 4:05-5pm
FR/ENG

Discover sweet and savoury dishes inspired by different countries around the world. You will learn how to follow a recipe, peel and cut fruits and vegetables, and carry out all the steps needed to prepare a delicious meal. Develop your independence, creativity, and love of cooking!

08

Age 11-14

Football Collège

Gregory

Monday – 4:15-5:10pm
ENG

Gain extra confidence, coordination, control and sense of camaraderie. Fundamental football techniques and elementary life skills will be imparted in a vibrant group play environment.

09

Age 3-5

Little Gymsters

Ayo

Tuesday – 3:05-4pm
ENG/MMR

Jump, roll, and balance! Through movement, coordination, fun games, safe exercises and playful routines, you will be able to gain confidence, flexibility, and joy in physical activity.

10

Age 3-5

Storytelling Lab

Gauri Subbella

Tuesday – 3:05-4pm
ENG

Build early vocabulary, active listening and social-emotional confidence through immersive play. After warm-up, spatial awareness games, and vocal echo soundscapes, you will be involved in interactive oral storytelling using collaborative props. You will be acting a story with the “magic cloak” technique.

11

Age 5-7

Fencing Kids

Fencing Club

Tuesday – 3:05-4pm
ENG

Fencing is based above all on an ability to adapt to an opponent and on the implementation of a tactic. By confronting someone directly and facing adversity, children will learn to assert themselves.

12

Age 7-10

Scientists explorers

Gravity Science Center

Tuesday – 3:05-4pm
ENG

Have you ever tried to race bristlebot, to investigate about craters and meteorites, to find out if color affect taste, to determine how to protect strawberries from mold, to avoid chocolate-covered candy from melting, to compare the growth of the plants and to understand how disinfectants work?... you can learn this and much more during this activity!

13

Age 6-10

Multisports

Elise Perrin

Tuesday – 3:05-4pm
FR/ENG

You will take part in a variety of team games that encourage cooperation and team spirit. Different sports will be offered, such as badminton, table tennis, Ultimate, and athletics. Through fun and varied sessions, everyone will have the opportunity to develop their skills..

14

Age 6-10

Big Gymsters

Tayzar

Tuesday – 4:05-5pm
ENG

Develop your strength, flexibility, and coordination through engaging routines and team challenges. Explore movement, practice balance and agility, build self-confidence. You'll experience that fitness and friendship come together.

15

Age 8-10

Fencing Juniors

Fencing Club

Tuesday – 4:05-5pm
ENG

Fencing is based above all on an ability to adapt to an opponent and on the implementation of a tactic. By confronting someone directly and facing adversity, children will learn to assert themselves.

16

Parents

Le café linguistique

Guillaume Dupont

Wednesday – 8:05-9am
FR

A welcoming space where parents can learn the basics of French while chatting, playing fun language games, and enjoying a relaxing moment together. Through simple and interactive activities, participants will learn useful words and expressions for everyday life, while also becoming more familiar with the French vocabulary used at school and in their children's daily learning. No previous knowledge of French is required.

17

Age 6-14

Creative Coding

C.I.Y Club

Wednesday – 12:30-2pm
ENG

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. (150 USD – Duration 1:30)

18

Age 4-7

Ballet

Ballet Academy

Wedn. – 12:30-1:30pm
ENG

Through playful exercises, music, movement, and simple ballet steps, children will develop their coordination, balance, flexibility, rhythm, and body awareness while discovering the joy of dance. Each session will encourage children to express themselves, build confidence, and develop their own sense of movement.

19

Age 7-14

Mix Media Art

Pan Pan

Wedn. – 12:30-1:30pm
ENG

Explore art by combining 2 to 4 different artistic materials and techniques within a single artwork. Through hands-on and creative projects, you will experiment with colours, shapes, textures, patterns, and composition, while discovering how different materials can work together to create unique effects. This activity encourages personal expression, giving you the freedom to develop your own artistic style.

20

Age 4-6

Jeux de raquettes

Nicolas Schmutz

Wedn. – 12:30-1:30pm
FR/ENG

Through playful activities, children will discover how to hold and use a racket, control a ball or shuttlecock, move around the space, and develop hand-eye coordination. The focus is on having fun, discovering new movements, and developing fundamental motor skills.

21

Age 10-14

De l'idée à l'objet

Guillaume Dupont

Wedn. – 12:30-1:30pm
FR/ENG

Explore the different stages of design and creation, from imagining an idea to turning it into a tangible object. Brainstorm ideas, sketch and develop your concepts, choose materials, and build prototypes. Through practical challenges and experimentation, you will have the opportunity to test, improve, and bring your own creations to life.

22

Age 3-5

Lego & Construction

Guillaume Dupont
Thursday – 3:05-4pm
FR/ENG

Little hands and big imaginations unite! One hour of creative building with colorful Lego bricks or other construction materials. We'll explore shapes and colors and build amazing structures together.

23

Age 3-5

Football Kickers

Gregory
Thursday – 3:05-4pm
ENG

With football, instil 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.

24

Age 6-10

Taekwondo

Shine Yawai Phyo
Thursday – 3:05-4pm
ENG

Taekwondo is a defensive sport requiring great flexibility and agility. In addition to physical and muscular preparation, it combines rigor, inner peace, self-control and respect for others. It helps you channel your energy, concentrate and memorize.

25

Age 6-10

Chess (Echecs)

Chess Academy
Thursday – 3:05-4pm
ENG

To promote brain growth, enhance IQ, boost problem-solving skills, reading skills and optimize memory. Each participant will have the opportunity to learn strategies or refine them by competing with others!

26

Age 6-10

Amuse-toi en Français

Yannick Michel
Thursday
3:30-4:30pm / FR

Through a variety of fun language games, challenges, songs, and interactive activities, students will learn new vocabulary, practice everyday expressions, and develop their listening and speaking skills in a relaxed and enjoyable environment.

27

Age 5-8

Yoga

Gauri Subbella

Thursday – 4:05-5pm
ENG

Through playful poses, movement, breathing exercises, balance activities, and simple relaxation techniques, children will learn to connect with their bodies, improve coordination and flexibility, and develop focus and body awareness.

28

Age 6-14

Théâtre

Elise Perrin

Thursday – 4:15-5:10pm
1 year commitment FR

This workshop offers an introduction to theatre in French language through fun exercises exploring space, voice, and body movement. Participants will discover acting techniques and work throughout the year on selected text or collection of texts. The workshop will culminate in an end-of-year performance, giving everyone the opportunity to share their experience and creativity on stage. For this particular activity it is therefore compulsory to commit for one year attendance.(200 USD)

- No activities on Friday -

School calendar

AES are not taking place during school holidays



Working day
National day (no school)
Holidays (no school)

October-26			November-26			December-26			January-27			February-27		
1	th	Start AES	1	su		1	tu		1	fr		1	mo	
2	fr		2	mo		2	we		2	sa		2	tu	
3	sa		3	tu		3	th		3	su		3	we	
4	su		4	we		4	fr		4	mo		4	th	
5	mo		5	th		5	sa		5	tu		5	fr	
6	tu		6	fr		6	su		6	we		6	sa	
7	we		7	sa		7	mo		7	th		7	su	
8	th		8	su		8	tu		8	fr		8	mo	
9	fr		9	mo		9	we		9	sa		9	tu	END AES
10	sa		10	tu		10	th		10	su		10	we	
11	su		11	we		11	fr		11	mo		11	th	
12	mo		12	th		12	sa		12	tu		12	fr	
13	tu		13	fr		13	su		13	we		13	sa	
14	we		14	sa		14	mo		14	th		14	su	
15	th		15	su		15	tu		15	fr		15	mo	
16	fr		16	mo		16	we		16	sa		16	tu	
17	sa		17	tu		17	th		17	su		17	we	
18	su		18	we		18	fr		18	mo		18	th	
19	mo		19	th		19	sa		19	tu		19	fr	
20	tu		20	fr		20	su		20	we		20	sa	
21	we		21	sa		21	mo		21	th		21	su	
22	th		22	su		22	tu		22	fr		22	mo	
23	fr		23	mo		23	we		23	sa		23	tu	
24	sa		24	tu		24	th		24	su		24	we	
25	su		25	we		25	fr		25	mo		25	th	
26	mo		26	th		26	sa		26	tu		26	fr	
27	tu		27	fr		27	su		27	we		27	sa	
28	we		28	sa		28	mo		28	th		28	su	
29	th		29	su		29	tu		29	fr				
30	fr		30	mo		30	we		30	sa				
31	sa					31	th		31	su				