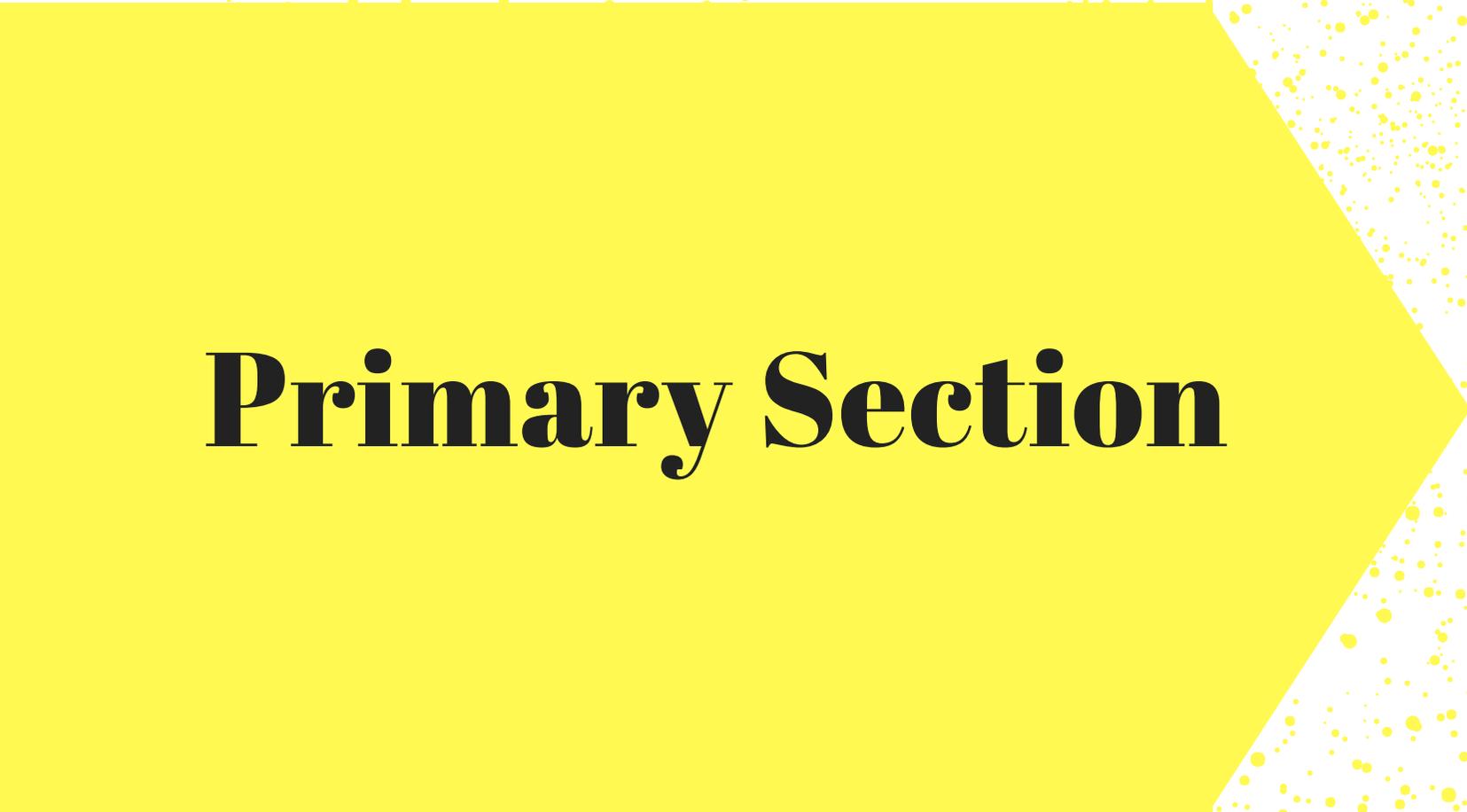


THE EXTRACURRICULAR

THE EXTRACURRICULAR
ACTIVITIES OF THE
APEEE IV

2018-2019





Primary Section

P1-P2

Important to know :

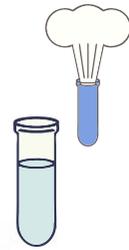
Transport : Children enrolled to the transport Service can use the second departure (4:10pm) after their extracurricular activities - The transport and the Extracurricular service will coordinate accordingly

Wednesday : There is no bus running on wednesday after the extracurricular activities

Friday : Children enrolled to the Transport service can use the bus home OR to the after-school child care (OIB) at 3:20pm (1st departure). Monitors will accompany children to their bus.



Scientific workshop



The activity is an introduction to science in a playful way.

The activity consists of teaching the basic of various scientific experiences.



Monday



305 €

Codes

1201



Dance



Learning about posture and develop your expressive and physical skills. Discover the joy of dancing and expressive movement. Find a creative space and learn to improvise, develop your imagination, expression and communication skills.



Monday



255 €

Codes :

1202



Mini choir



Find your voice and improve your technique with an experienced singing coach. Singing lessons are in three parts: warm up, development of the voice and repertoire. A full workout for your vocals !



Tuesday



255 €

Codes :

2203

Jewellery workshop



This workshop consists of making various accessories, such as earrings, bracelets, necklaces with wooden pearls, plastic.



Monday

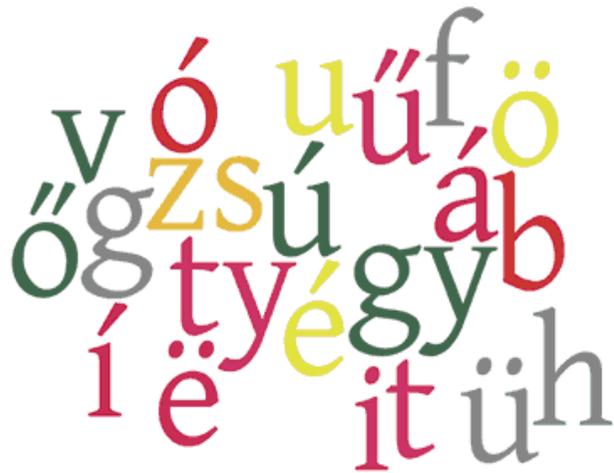


280 €

Codes :

1204

Introduction to hungarian



The aim is to encourage children to communicate and support the acquisition of vocabulary, oral exchanges and comprehension. Learning through play in different contexts and through linguistic, thematic, and musical activities.



Monday



250 €

Codes :

1203

Introduction to Dutch



Learn how to express yourself in Dutch through a variety of fun activities (board games, stories, songs etc)



Monday



250 €

Codes :

1205

Introduction to French



Introduction to English



Languages are an integral part of this world and can be learned through listening and observing. This activity encourages the children to communicate and support the acquisition of vocabulary, oral exchanges and comprehension in French .



Tuesday



250 €

Codes:

2202



Tuesday



250 €

Codes:

2204

Learn how to express yourself in English through a variety of fun activities (board games, stories, songs etc)

Guitar & theory



In these classes, the children will learn popular, well known songs. The objective is to teach the basic chords and to learn to play a piece with different rhythms and chords as a group. The theory element to these lessons will support the practical instrumental skills and will be taught in accordance with the level of the children involved.



Wednesday



380 €

Codes :

3201

Piano & theory



For young beginners: a first introduction to the piano using basic tunes, simple pieces of music and familiarising the children with the keyboard, rhythm, and playing with both hands at the same time. The theory element to these lessons will support the practical instrumental skills and will be taught in accordance with the level of the children involved.



Wednesday



510€

Codes :

3205

Introduction to bulgarian



Introduction to the Bulgarian language
(learning the alphabet, numbers and letters).

Develop the oral expression and oral
comprehension, teaching the basic grammar.

Listening to stories, music and poems.



Wednesday



250€

Codes :

3203 - 3208

Judo



This course teaches the basic techniques of
this martial art and its moral code: civility,
confidence, honesty, dignity, respect, self-
control and friendship.

Parents will need to purchase some
additional equipment (approximately 40€) –
to be checked with the monitor.



Monday - Wednesday



250 €

Codes :

1206 - 3207

Art workshop



Children will be introduced to different materials and techniques (pastel, Chinese ink, watercolours, coloured pencils, collage, relief printing, etc.) to explore the world of colours. This includes experimenting with mixtures, varieties of colours and shades, understanding contrasts and other technical skills. We will work with the concept of creating visual and legible images.



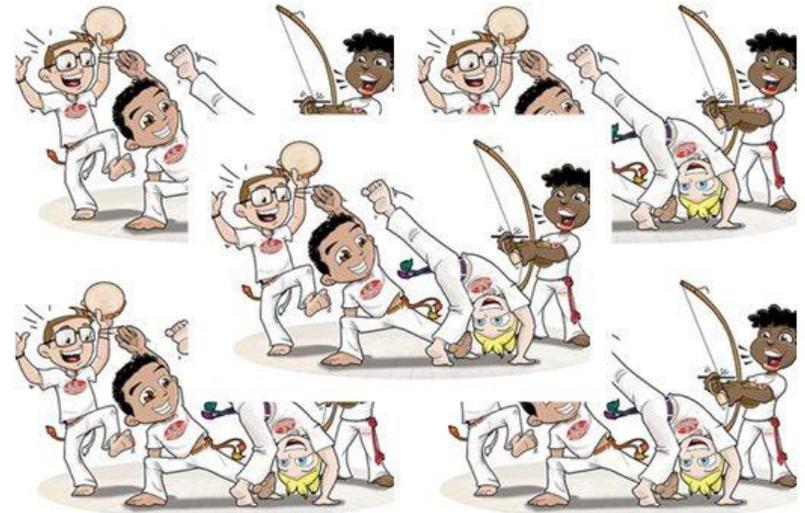
Wednesday



200 €

Codes : 3204 -3209

Capoiera



The Capoeira is a Brazilian martial art form known for its quick and complex moves, Capoeira combines elements of dance and music using mainly power, speed, and leverage for leg sweeps. Trickery is ever present and expert capoeiristas never take their sights off their opponents in a Capoeira game. An attack can be disguised even as a friendly gesture.



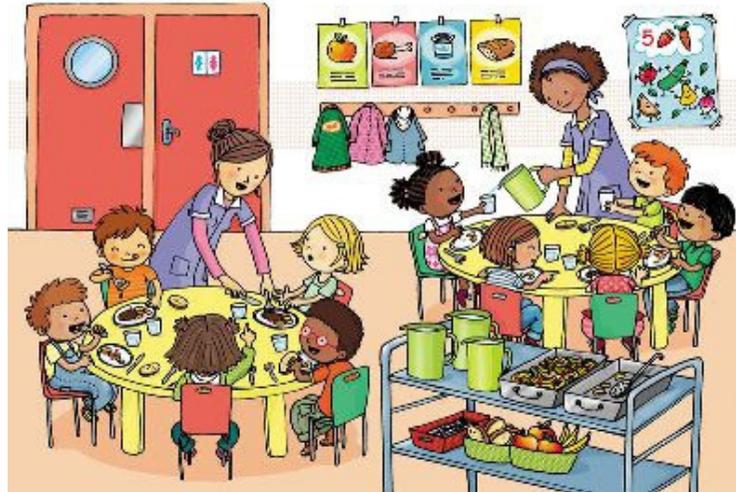
Wednesday



240€

Codes : 3206

Lunch supervision - Wednesday ONLY



The lunch supervision is only reserved for children who are enrolled to an extracurricular activity on wednesday afternoon.

There are two options :

- Supervision with hot meal (275€)
- Supervision only (children must bring their own lunch) (160€)



From 12:40PM to 1:20PM

Codes : 3002 (Supervision only)
3007 (Supervision + Hot meal)

Football



Warm up, skills, matches, goal scoring etc.

The activity is indoors during wintertime.



Tuesday & Wednesday



245 €

Codes : 2201 - 3202

Mindfulness



Learn how to be really present in the moment, attentive, without being carried away by the agitation of the moment, without yielding to your impulses. More than a technique, it is really an education to be in relation with oneself and with the world around us, with openness, respect and goodwill.



Thursday



285€

Codes : 4204

Multisport

Circus



Learn a range of sports adapted to the age group: badminton, baseball, basketball, football, handball, volleyball. This class will bring together the different techniques so that you can develop your basic skills.

Learn to juggle, swing poi & hula hoop; improve your skills, impress your friends – & make new ones! Come join an easygoing gathering of juggling enthusiasts.



Thursday



Wednesday - Thursday



255 €



310€

Codes :

4202

Codes :

3210 - 4203

CRAZY FRIDAY

On Friday from 12:50PM to 15:00PM, we propose 8 different activities. The price is for ONE hour activity for the whole year. Each activity is given two times (12:50pm & 14:00pm - except for the Art workshop which lasts the whole afternoon). Children can choose between :

Art workshop



Children will be introduced to different materials and techniques (pastel, Chinese ink, watercolours, coloured pencils, collage, relief printing, etc.) to explore the world of colours. This includes experimenting with mixtures, varieties of colours and shades, understanding contrasts and other technical skills.



From 12:50 to 15:00PM



380 €

Codes:

5206

Music & Theory



During the course students will learn how to :

- Write and read notes in both keys (G and F keys)
- Recognize and correctly use musical terms
- Read and realize rhythmical structures
- Sing from the scores

The course is an excellent introduction for those who wish to learn any instrument in the future.



12:50-13:50 OR 14:00-15:00



370€

Codes :

5205 - 5211

Yoga



Learning yoga involves a whole range of concepts – relaxation, breathing, flexibility, concentration, self-awareness, space, stillness and silence. Develop your skills progressively using fun imagery, by exploring your senses and meditation.



12:50-13:50 OR 14:00-15:00



235 €

Codes : 5202 - 5207



12:50-13:50 OR 14:00-15:00



240€

Codes : 5203 - 5208

Chess club



This activity will allow you to learn about the game of chess and develop your skills, strategy and concentration.

Permaculture



It is a workshop in agronomy and permaculture. Students will be trained in the art of the kitchen garden; they will be able to practice with our coaching their knowledge in the gardens of the school.

 From 12:50 to 15:00PM

 540 €

Codes : 5213

AT THE pool **Swimming (intermediairy)**



Learn the basic technique for front crawl, breaststroke and back stroke.

Children will be taken to the pool by bus and parents must pick up their children at the **Aqua Center NOH (105, Rue Bruyn 1120 Brussels)**

 14:00 to 15:00

 625 €

Codes: 5209

Let's play



- Discovery of different games
- Encourages respect of rules in a recreational setting and socialise through games.
- Allows the child to become more independent in playing
- Develop a child's critical evaluation of different games
- Increase sense of self-worth

🕒 12:50-13:50 OR 14:00-15:00

€ 265 €

Codes : 5201 - 5212

Football



Warm up, skills, matches, goal scoring etc.
The activity is indoors during wintertime.

🕒 12:50-13:50 OR 14:00-15:00

€ 245 €

Codes: 5204 - 5210

P3-P4-P5

Primary section

Chess club



This activity will allow you to learn about the game of chess and develop your skills, strategy and concentration.



Monday - Friday



240€

Codes :

1302 - 5306

Football



Warm up, skills, matches, goal scoring etc.

The activity is indoors during wintertime.



Monday - Tuesday
Wednesday - Friday



245 €

Codes :

1301 - 3302 - 4301 - 5302

Mindfulness



Learn how to be really present in the moment, attentive, without being carried away by the agitation of the moment, without yielding to your impulses. More than a technique, it is really an education to be in relation with oneself and with the world around us, with openness, respect and goodwill.



Thursday



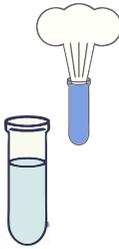
285€

Codes :

4204



Scientific workshop



The activity consists of teaching the basic of various scientific experiences.

The activity is an introduction to science in a playful way.

The activity will be divided into several themes.



Thursday



305 €

Codes

4306

Aikido



This course teaches the basic techniques of this martial art and its moral code: civility, confidence, honesty, dignity, respect, self-control and friendship.



Monday



240€

Codes :

1304

German theater



This activity has the objective of allowing children to develop their artistic and expressive skills but also to improve their social and interpersonal skills.

Drama draws on your imagination, creativity, listening skills, group work, self-confidence, confidence in others and your concentration.

Knowledge of German is compulsory



Monday

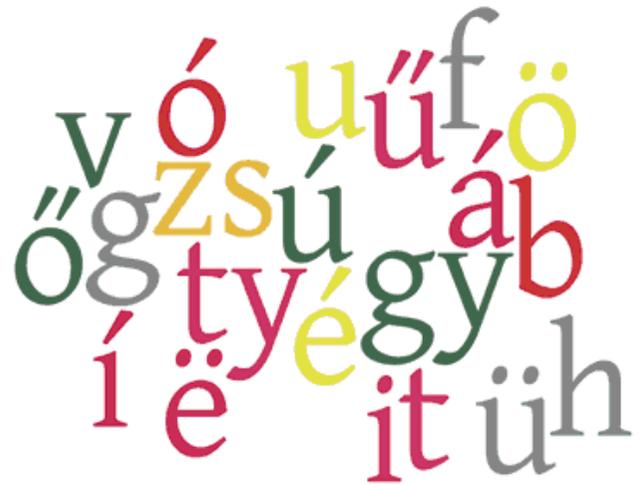


260€

Codes :

1306

Introduction to hungarian



The aim is to encourage the children to communicate and support the acquisition of vocabulary, oral exchanges and comprehension. Learning through play in different contexts and through linguistic, thematic, and musical activities.



Monday



250€

Codes :

1303

Judo



This course teaches the basic techniques of this martial art and its moral code: civility, confidence, honesty, dignity, respect, self-control and friendship.

Parents will need to purchase some additional equipment (approximately 40€) – to be checked with the monitor.



Tuesday - Wednesday - Thursday



250 €

Codes :

2301 - 3307 - 4303

French theatre

English theatre



Create characters; learn about plays, the stage and your audience. Learn about different aspects of the theatre through a range of exercises which will enable children to discover the art of comedy.

🕒 Tuesday - Thursday

€ 250 €

Codes: 2304 - 4302

🕒 Tuesday - Thursday

€ 250 €

Codes: 2307 - 4305

Introduction to Dutch



Learn how to express yourself in Dutch through a variety of fun activities (board games, stories, songs etc)



Monday



250 €

Codes :

1305

🎤 Mini choir



Find your voice and improve your technique with an experienced singing coach. Singing lessons are in three parts: warm up; development of the voice and repertoire. A full workout for your vocals !



Tuesday



255 €

Codes :

2305

Taekwondo



In this activity you will learn the different basic techniques required for this martial art as well as its moral code: politeness, courage, sincerity, honour, modesty, respect, self-control and friendship. Parents will need to purchase some equipment for this activity (“dobok” approximately 50€) – see with the monitor.



Tuesday



250 €

Codes : 2302

Circus



Learn to juggle, swing poi & hula hoop; improve your skills, impress your friends – & make new ones! Come join an easygoing gathering of juggling enthusiasts.



Wednesday - Thursday



310€

Codes : 3311 - 4308

Introduction to French



Languages are an integral part of this world and can be learned through listening and observing.

This activity encourages the children to communicate and support the acquisition of vocabulary, oral exchanges and comprehension in French .



Tuesday



250 €

Codes:

2303

Introduction to English



Learn how to express yourself in English through a variety of fun activities (board games, stories, songs etc)



Tuesday



250 €

Codes:

2306

Guitar & theory



In these classes, the children will learn popular, well known songs. The objective is to teach the basic chords and to learn to play a piece with different rhythms and chords as a group. The theory element to these lessons will support the practical instrumental skills and will be taught in accordance with the level of the children involved.



Tuesday - Wednesday



380 €

Codes :

2309 - 3305

Piano & theory



For young beginners: a first introduction to the piano using basic tunes, simple pieces of music and familiarising the children with the keyboard, rhythm, and playing with both hands at the same time. The theory element to these lessons will support the practical instrumental skills and will be taught in accordance with the level of the children involved.



Wednesday



510 €

Codes :

3303

Lunch supervision



The lunch supervision is only reserved for children who are enrolled to an extracurricular activity on wednesday afternoon. There is two options :

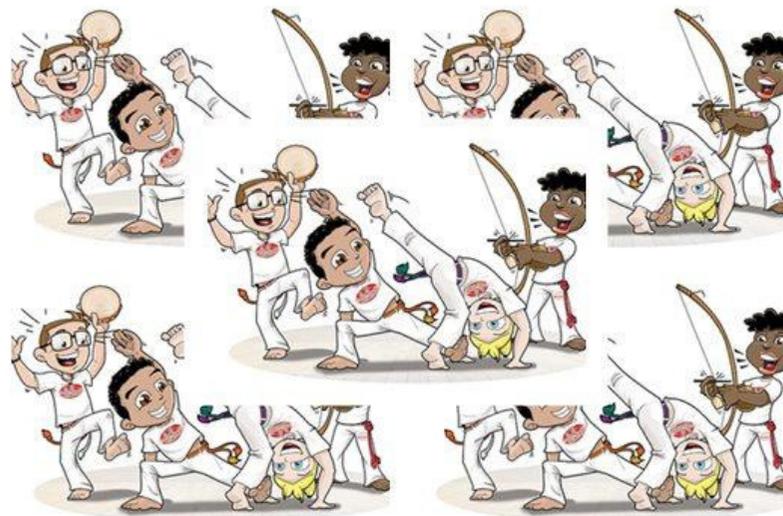
- Supervision with hot meal (275€)
- Supervision only (children must bring their own lunch) (160€)



From 12:40 to 13:20

Codes : 3003 (supervision only)
3007 (Supervision + hot meal)

Capoeira



A Brazilian martial art form known for its quick and complex moves, Capoeira combines elements of dance and music using mainly power, speed, and leverage for leg sweeps.

Trickery is ever present and expert capoeiristas never take their sights off their opponents in a Capoeira game. An attack can be disguised even as a friendly gesture.



Wednesday



240€

Codes : 3310

Fencing



This is the art of hitting an opponent with the point or edge (thrust and size) of a weapon on valuable parts without being touched. It favors situations of playful opposition. It requires knowing how to take on different social roles: shooter, referee, teammate, or opponent.

Thus through these different roles your child is encouraged to communicate in the group, to respect his opponent and the rules of life of the group.



Wednesday



250 €

Codes:

3304

Art workshop



Children will be introduced to different materials and techniques (pastel, Chinese ink, watercolours, coloured pencils, collage, relief printing, etc.) to explore the world of colours. This includes experimenting with mixtures, varieties of colours and shades, understanding contrasts and other technical skills. We will work with the concept of creating visual and legible images.



Wednesday



200 €

Codes :

3301 - 3306

Jewellery workshop



This workshop consists of making various accessories, such as earrings, bracelets, necklaces and with wooden pearls, plastic.



Thursday



280 €

Codes :

4306

Percussion band



This activity is aimed at allowing students to discover (or to refine their knowledge of) the world of rhythm. Feel the music, groove together.

With an approach that is both light hearted and serious in order to develop precision, knowledge, understanding and independence.



Friday



410 €

Codes :

5303

Yoga



Learning yoga involves a whole range of concepts – relaxation, breathing, flexibility, concentration, self-awareness, space, stillness and silence. Develop your skills progressively using fun imagery, by exploring your senses and meditation.



Friday



235 €

Codes :

5304

Basketball



Whether you want to learn this sport for the first time or want to perfect the basic techniques and tactics, this activity is ideal to raise the standard of your game. Basketball games will be interspersed with warm up and skills sessions.



Friday



260 €

Codes :

5301

SCHEDULE AND PRICE

Primary Section

Activity

Price

Schedule



€

M

Tu

W

Th

F

15:10-
16:10

15:10-
16:10

12:30-
13:30

13:30-
14:30

14:45-
15:45

15:10-
16:10

12:50 -
15:00

SCIENTIFIC WORKSHOP

305 €



INTRODUCTION TO DANCE

255 €



INTRODUCTION TO HUNGARIAN

250 €



JEWELLERY WORKSHOP

280 €



LUNCH SUPERVISION
WITH HOT MEAL

275 €



LUNCH SUPERVISION

160 €



Activity

Price

Schedule



€

M

15:10-16:10

Tu

15:10-16:10

W

13:30-14:30 | 14:45-15:45

Th

15:10-16:10

F

12:50-13:50 | 14:00-15:00

SWIMMING (INTERMEDIARY)

625 €



INTRODUCTION TO DUTCH

250 €



JUDO

255 €



INTRODUCTION TO BULGARIAN

250 €



MINI CHOIR

255€



INTRODUCTION TO ENGLISH

250 €



INTRODUCTION TO FRENCH

250€



Activity



Price



Schedule

M

15:10-
16:10

Tu

15:10-
16:10

W

13:30-
14:30

14:45-
15:45

Th

15:10-
16:10

F

12:50 -
13:50

14:00-
15:00

15:10-
16:10

FOOTBALL

245€



YOGA

235 €



PIANO & THEORY

510 €



THEATER EN

260 €



BASKETBALL

260 €



PERCUSSION BAND

410 €



CHESS CLUB

240€



Activity

Price

Schedule



€

M

Tu

W

Th

F

15h10-
16h10

15h10-
16h10

13h30-
14h30

14h45-
15h45

15h10-
16h10

12h50 -
13h50

14h00-
15h00

SWIMMING (BEGINNER)

625€



GUITAR & THEORY

380 €



THEATER DE

260 €



CAPOIERA

240 €



CIRCUS

310 €





Activity

Price

Schedule



€

M

15:10-16:10

Tu

15:10-16:10

W

13:30-14:30

14:45-15:45

Th

15:10-16:10

F

12:50-13:50

14:00-15:00

MINDFULNESS

285€



ART WORKSHOP

380€



2 hours

FENCING

250€



THEATER FR

260 €



MUSIC AND THEORY

370 €



LET'S PLAY

265 €



2 hours

PERMACULTURE

540 €