



**THE  
EXTRACURRICULAR  
ACTIVITIES OF THE  
APEEE IV**

**2019- 2020**



# Presentation

In the coming school year 2018, we have the pleasure to present you our updated offer regarding the extra-curricular activities from level 1 to level 5.

The extra-curricular service of the APEEE offers you a multitude of artistic, musical and sporting activities on the EEB4 site or nearby.

A team of highly competent monitors teach a variety of activities in French and English while fostering the playful aspect.

## Practical information

Activities last 1 hour and take place after school. The amount displayed corresponds to the price for the entire school year. If your child is registered to the Transport service, you can choose the option "*Return by bus*" when you register for an extracurricular activity and we will complete his bus subscription to the APEEE.



# **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 - Wednesday



255 €

Codes :

1202 - 3207



# 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

# Chess club



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



Wednesday



240€

Codes :

3210



# Multisport & New games



Discover a range of sports adapted to your age group: courses, team games, basketball, football, unihoc.

This class will bring together the different techniques so that you can develop your basic level.



Wednesday - Thursday



240 €

255 €

Codes :

3206 - 4202

# Tijdens het spelen



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



Monday



250 €

Codes :

1203

# Apprendre le français en jouant



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

# Let's play in English



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



Tuesday



250 €

Codes:

2204



# 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.



Wednesday



200 €

Codes:

3204

# Saxophone & theory



For **beginners**, a first approach to the saxophone based on improvisation, pop music pieces, children become familiar with the instrument, rhythmic and breathing techniques. The solfege will be based on the practice of the instrument.



Wednesday



380 €

Codes:

3209

# 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

# 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 :

1204 - 3208



# 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 :

4203



# CRAZY FRIDAY

On Friday from 12:50PM to 15:00PM, we propose 9 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 and Jewelry 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 3:00PM



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.



12:50-1:50PM OR 2:00PM-3:00PM



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.

 12:50-1:50PM OR 2:00PM-3:00PM

 235 €

**Codes :** 5202 - 5207

# Chess club



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

 12:50-1:50PM OR 2:00PM-3:00PM

 240€

**Codes :** 5203 - 5208

# 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 3:00PM

 540 €

Codes : 5213



# Swimming



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

**Level : Beginner**

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)**

 2:00PM to 3:00PM

 600 €

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

🕒 12:50-1:50PM OR 2:00PM-

€ 3:00PM  
265 €

Codes : 5201 - 5212

# Football



Warm up, skills, matches, goal scoring etc.

The activity is indoors during wintertime.

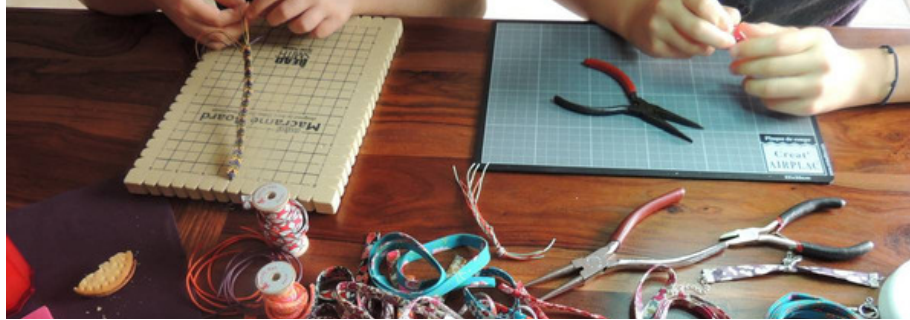
🕒 12:50-1:50PM OR 2:00-3:00PM

€ 245 €

Codes: 5204 - 5210



# Jewellery workshop



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

🕒 From 12:50 PM to 3:00 PM

€ 450 €

Codes : 5214

## Note :

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.





Below, you will find the new activities proposed by the after-school service. Every year we try to offer children a wide range of activities and strongly encourage the creation of new extracurricular activities.

Another new feature for the 2019 school year is the possibility of practising sports activities (mini-tennis, climbing, swimming, sports gym...) in Woluwé Saint Lambert thanks to our partnership with Action Sport. Please note that only activities that have reached the minimum registration requirements\* can be launched next fall.

Please be aware that as a parent, you too can offer us an extracurricular activity. To do so, please contact us by email: [periscolaire@bru4.eu](mailto:periscolaire@bru4.eu)

\*The minimum number of children required to start an activity is 8.

# Jugar en español



This course aims to present the Spanish language in a fun way. The children will work in an environment of linguistic immersion, share their knowledge and difficulties in a friendly atmosphere with a native teacher, all in a participatory, interactive and communicative atmosphere.



Monday



250 €

Codes :

1205

TO OVERCOME THE TRANSPORT PROBLEMS AND THE LACK OF SPORTS FACILITIES WITHIN THE SCHOOL, WE HAVE DECIDED TO START A COLLABORATION WITH THE ASBL ACTION SPORT.

A NOVELTY IN THE EXTRACURRICULAR SERVICE, THIS PARTNERSHIP WITH THE NON-PROFIT ASSOCIATION ACTION SPORT WILL ALLOW CHILDREN ENROLLED IN THE EXTRACURRICULAR PROGRAM TO PRACTICE A SPORT IN THE SPORTS HALL OF THE ATHÉNÉE DE WOLUWE SAINT LAMBERT.

NEXT SCHOOL YEAR 2019, CHILDREN FROM THE EUROPEAN SCHOOL IN LAEKEN WILL BE ABLE TO PARTICIPATE IN SPORTS ACTIVITIES AT THE ATHÉNÉE SPORTS HALL IN WOLUWE SAINT LAMBERT.

THE DEPARTURE WILL BE ORGANIZED BY THE EXTRACURRICULAR SERVICE FROM EEB4 AT 3:20 PM. AN ESCORT WILL BE PRESENT ON THE BUS AND A TEAM OF SUPERVISORS WILL WELCOME THE CHILDREN ON ARRIVAL.

## THE PRICE INCLUDES:

1. TRANSPORT FROM EEB4 TO THE SPORTS HALL OF THE ATHÉNÉE DE WOLUWE SAINT LAMBERT
2. SUPERVISION AND RECEPTION BEFORE THE ACTIVITY.
3. ONE HOUR OF SPORT
4. 30 MINUTES OF DAYCARE AFTER THE ACTIVITY

## THE LITTLE +

1. POSSIBILITY TO PICK UP YOUR CHILD AT 6:00PM AT WSL
2. A RANGE OF VARIED AND DIFFERENT ACTIVITIES FROM WHAT IS OFFERED IN LAEKEN (CLIMBING, MINI TENNIS, UNIHOC,...)
3. UP TO 75€ OF REFUND POSSIBLE VIA YOUR MUTUAL INSURANCE COMPANY.

# Mini Tennis

WSL



Mini Tennis provides the perfect introduction to Tennis for children. The Mini Tennis programme allows the sport to be accessible to young children. The smaller courts and equipment, combined with lower-bouncing balls help to produce a platform for young people to get to grips with the game and develop a passion for the sport.



Tuesday - Thursday



575 €

Codes : 2206 - 4205

# Sports gymnastics

WSL



Students will learn to develop various skills such as balance, rotation, flexibility, strength and rhythm.



Tuesday - Thursday



575€

Codes : 2208 - 4207



# Adventures Games

WSL



Adventures Games includes several team games as well as an introduction to climbing, treasure hunt on the closed site, daring course, games of opposition,...



Tuesday - Thursday



575 €

Codes : 2205 - 4204

# Unihoc

WSL



The basis of hockey in the form of workshops, courses and games + games.

Evolution towards hockey.



Tuesday - Thursday



575€

Codes : 2207 - 4206

# Swimming

WSL



Smooth learning of the different swimming techniques with qualified and trained instructors. Level: beginner  
Note: This activity includes a swimming lesson + 1 hour of sport.

🕒 Tuesday - Thursday

€ 685 €

Codes : 2209 - 4208

## Note

The activities with the WSL designation will be held at the Athenée de Woluwe St Lambert (30, Avenue Jacques Brel - 1200 WSL) and will be supervised by our partner Action Sport.  
The price of these activities includes transport from EEB4 to the sports centre and the possibility to pick up your children at 18:00PM maximum in Woluwe.

# Enrollment to Extra-Curricular Activities for the Academic Year 2019-2020.

Please note the following important information before enrolling your child in any extra-curricular activities.

1. All enrollments are being processed on a “first come, first served basis”.
2. Enrollments will remain open on a continuing basis until activities are fully subscribed.
3. Each subscription in an extracurricular activity match to one order. Therefore, if you have 5 orders, you will receive 5 different structured communications for the payment. In addition, you can only register your child for a maximum of 7 activities (If you wish to register your child to more than 7 activities, please contact us by email It is not possible to cancel an activity after the beginning of the extra-curricular activities (13th of September 2019)).
5. In case of cancellation after the beginning of the extra-curricular activities, the total amount of the activity will be due.
6. Please do not register your children in an activity which is not being offered to their age group (e.g. please don't register a child in P4 in an activity which has been organized for S1). These enrollments will be treated as void.
7. Please do not register your child to different activities for the same hour. In this case only the first enrollment will be considered.
8. If you wish to enroll your child in an activity on a Wednesday afternoon and you child is not registered to attend the OIB child care centre in Laeken, you must register to lunchtime supervision (picnic or hot meal) in addition to the activity itself.
9. There is no school bus running on Wednesday afternoon after the extra-curricular activities.
10. Please note that enrolment in an extra-curricular activity does not guarantee your child a place on the bus for the second departure. You will need to enroll your child separately for APEEE transport and/or make your own transport arrangements. Please also note that some off-site activities require you to collect your child from that location (e.g. swimming).

We urge you to read the Extracurricular Activity Regulations before enrolling your child. You will find information regarding cancellations, refunds and switching activities. By registering your child, you will be considered to have read and accepted the policy in its entirety.

# SCHEDULE AND PRICE

## Primary Section (P1-P2)

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 €



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 (NOH)

600 €



TIJDENS HET SPELEN

250 €



JUDO

255 €



INTRODUCTION TO BULGARIAN

250 €



MINI CHOIR

255€



LET'S PLAY IN ENGLISH

250 €



APPRENDRE LE FRANÇAIS EN  
JOUANT

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 €



**JUGAR EN ESPAÑOL**

250 €



**CHESS CLUB**

240€



# Activity

# Price

# Schedule



€

**M**

15h10-  
16h10

**Tu**

15h10-  
16h10

**W**

13h30-14h30 | 14h45-15h45

**Th**

15h10-  
16h10

**F**

12h50-13h50 | 14h00-15h00

**GUITAR & THEORY**

380 €



**SAXOPHONE & THEORY**

380 €



**MULTISPORTS & NEW GAMES**

240 €



**MUSIC & SOLFEGE**

370 €





# 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**

**JEWELLERY WORKSHOP**

280 €

**2 hours**

**LET'S PLAY**

265 €



**PERMACULTURE**

540 €

**2 hours**



# 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

UNIHOOC (WSL)

575€



MINI TENNIS (WSL)

575€



ADVENTURES GAMES (WSL)

575€



SPORTS GYMNASTICS (WSL)

575 €



NATATION (WSL)

685 €



***NEED HELP ?***

## Contact us

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[www.bru4.eu/periscolaire](http://www.bru4.eu/periscolaire)



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