



**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

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 - Wednesday -
Friday



240€

Codes : 1302 - 3310 - 3312 -
5310

Football



Warm up, skills, matches, goal scoring etc.

The activity is indoors during wintertime.



Monday - Wednesday - Thursday -
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



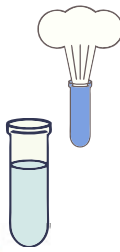
285€

Codes :

4304



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

4307

Aïkido



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

Multisports & 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



240€

Codes :

3308

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.

It is not necessary to have previous musical knowledge.

🕒 Wednesday - Thursday

€ 380€

Codes : 3309 - 4309

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

Tijdens het spelen



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 - Friday



255 €

Codes :

2305 - 5307

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.



Friday



380€

Codes : 5306

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:

2303

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:

2307

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 -
Thursday - Friday



380 €

Codes : 2309 - 3305 - 4308 - 5305

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 - Friday



510 €

Codes : 3303 - 5308

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)
 3008 (Supervision + hot meal)

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.



Wednesday



400 €

Codes :

3311

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



250 €

Codes :

5301



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

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

Greek theatre



Italian 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.

Note that the knowledge of the language is required in order to attend this activity.



Friday



250 €

Codes:

5309



Monday



250 €

Codes:

1307

Jugar en español



Discover this new language that is Spanish. Children like to discover the world, they are curious, they are receptive. They touch, they manipulate, they observe...

"Languages" are an integral part of this world and can be learned also through listening and observation.



Monday



250 €

Codes:

1308

Advanced Art workshop



Various techniques and media will be offered to children (pastel, Indian ink, watercolour, coloured pencils, collage, relief technique, etc.) to encourage them to explore the world of colours.

Note: this activity required at least one year of attending the Art workshop within our service



Friday



200 €

Codes:

5303

STEAM WORKSHOP



Future in the making

Your Child's Future Starts Now with the STEAM Workshop (Science, Technology, Engineering, Arts and Math). Based on latest studies on the future of work, this program is designed to help children better prepare for the uncertain challenges. Our small-group, hands-on, problem-solving approach makes science education fun yet challenging. The program will cover a broad range of "Science Essential" Concepts, such as forces, motion and energy using specialized LEGO sets to model real world behaviors, all while encouraging critical thinking, experimentation and investigation skills.



Tuesday



600 €

Codes:

2315

Design and model making



Does your child love fashion, do they like to dress in an original way? if the answer is YES !

This activity is for her/him. Original creations and free of accessories such as a scarf, bags, hats... Thanks to yarns and fabrics, children will touch macramé, sewing (hand and machines), knitting,...



Monday



280 €

Codes:

1306

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: 2311 - 4311

Sports gymnastics

WSL



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



Tuesday - Thursday



575 €

Codes: 2313 - 4313

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: 2310 - 4310

Unihoc

WSL



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

Evolution towards hockey.



Tuesday - Thursday



575 €

Codes: 2312 - 4312

Swimming

WSL



Smooth learning of the different swimming techniques with qualified and trained instructors.

Level: intermediate

Note: This activity includes a swimming lesson + 1 hour of sport.



Tuesday - Thursday



685 €

Codes: 2314 - 4314

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 (P3-P4-P5)

Activity

Price

Schedule



€

M

15:10-
16:10

Tu

15:10-
16:10

W

12:30-
13:30

13:30-
14:30

14:45-
15:45

Th

15:10-
16:10

F

15:10-
16:10

SCIENTIFIC WORKSHOP

305 €



SAXOPHONE & THEORY

380
€



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

12:30-13:30

13:30-14:30

14:45-15:45

Th

15:10-16:10

F

15:10-16:10

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

15:10-
16:10

FOOTBALL

245€



YOGA

235 €



AIKIDO

240 €



THEATER EN

250 €



BASKETBALL

250 €



PERCUSSION BAND

410 €



CHESS CLUB

240€



Activity

Price

Schedule



€

M

15h10-
16h10

Tu

15h10-
16h10

W

13h30-
14h30 | 14h45-
15h45

Th

15h10-
16h10

F

15h10-
16h10

GUITAR & THEORY

380 €



GREEK THEATER

250 €



**MULTISPORTS &
NEW GAMES**

240 €



CIRCUS

310 €



ITALIAN THEATER

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

15h10-
16h10

MINDFULNESS

285€



ART WORKSHOP

380€



FENCING

250€



THEATER FR

260 €



PIANO AND THEORY

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

15h10-
16h10

UNIHOOC (WSL)

575€



MINI TENNIS (WSL)

575€



SPORTS GYMNASTICS
(WSL)

575€



ADVENTURES AND NEW GAMES
(WSL)

575€



SWIMMING (WSL)

685€



NEED HELP ?

Contact us



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