



## Extracurricular Activities | Block 3 (April-June 2022)

### WHAT ARE ECAs?

Extracurricular Activities (ECAs) are an additional paid service offered by CIS. ECAs take place after school and are open to students ages 5 and up.

### IMPORTANT DATES

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|--|-----------------------------------|
| Registration   | Friday, April 1- Sunday, April 17 |
| Parents receive email confirming registration            | Friday, April 22                  |
| ECAs begin   | Monday, April 25                  |
| End of trial period; deadline for changes or withdrawals | Sunday, May 8                     |
| Invoices sent via email                                  | Monday, May 9                     |

### PROCESS

#### Registration

- Registration opens on **Friday, April 1** and closes on **Sunday, April 17**.
- Please register using the ECA Registration Form.
- Six classes will be offered for ECA Block 3.
- Registrations will be accepted on a first come, first served basis until the registration period closes or the class limit has been reached. The dates and times of all registrations will be recorded.
- When the maximum number of students for a class are met, the class will be removed from the Registration Form. In case there are errors in the registration form, parents will be notified.
- If minimum numbers for classes are not met, alternative classes may be offered.

#### Change of activity following registration

- There is a 2-week trial period for all activities. Please note the trial period is not free.
- During the trial period, parents may change activities or withdraw their child from the ECA by completing the ECA cancellation or change of activity form.
- No changes or withdrawals are permitted after the 2-week trial period. (Please see the deadline for changes or withdrawals above.) At the end of the trial period, an invoice will be sent to parents for the full 6-week term. For example, if a parent withdraws their child from a class after the third class, no refund will be given and parents will be liable for the full 6-week fee.

#### CIS students registered for Cocurricular Activities (CCAs) and Language Labs

- Students who are registered for CCAs and Language Labs are asked to prioritize their attendance at these activities.
- If ECAs are missed as a consequence, reimbursements for ECAs will not be offered.

### CONTACT US




- Fees, schedules and registration: ECA Program, [studentactivities@cisp.edu.kh](mailto:studentactivities@cisp.edu.kh)
- Invoices or payments: Cashiers Office, [cashier@cisp.edu.kh](mailto:cashier@cisp.edu.kh)

## SCHEDULE

|                                       | Activities          | CIS Grades | EFI Grades | Provider                       | Fees (6 weeks) | Dates                            |
|---------------------------------------|---------------------|------------|------------|--------------------------------|----------------|----------------------------------|
| <b>Monday</b><br>3.30-4.30<br>p.m.    | Hip Hop Dance       | G5-11      | CM2-1 ère  | Katy Dance Studio              | \$60           | <b>April 25</b>                  |
|                                       | Taekwondo           | JK-2       | MS-CE1     | 1CoachAndy Sports Academy      | \$60           |                                  |
|                                       | Gymnastics          | G2-5       | CE1-CM2    | 1CoachAndy Sports Academy      | \$60           | <b>May 2, 9,<br/>16, 23, 30</b>  |
|                                       | Skating             | G2-7       | CE1-5 ème  | CIS Roller Dome                | \$84           |                                  |
| <b>Tuesday</b><br>3.30-4.30<br>p.m.   | Latin Dance         | G2-5       | CE1-CM2    | Katy Dance Studio              | \$60           | <b>April 26</b>                  |
|                                       | Yoga                | G2-5       | CE1-CM2    | Yoga cambodia                  | \$60           |                                  |
|                                       | Taekwondo           | G3-5       | CE2-MS2    | 1CoachAndy Sports Academy      | \$60           | <b>May 3, 10,<br/>17, 24, 31</b> |
|                                       | Skating             | SK-1       | GS-CP      | CIS Roller Dome                | \$84           |                                  |
| <b>Wednesday</b><br>3.30-4.30<br>p.m. | Soccer              | JK-2       | MS-CE1     | 1CoachAndy Sports Academy      | \$60           | <b>April 27</b>                  |
|                                       | Soccer              | G3-5       | CE2-CM2    | 1CoachAndy Sports Academy      | \$60           |                                  |
|                                       | Beginners Swimming  | G1-5       | CP-CM2     | CIS Swim coaches               | \$72           | <b>May 4, 11,<br/>18, 25</b>     |
|                                       | Robothinks          | G1-4       | CP-CM1     | Robothinks                     | \$114          |                                  |
|                                       | Robothinks          | G5-11      | CM2-1 ère  | Robothinks                     | \$114          | <b>June 1</b>                    |
| <b>Thursday</b><br>3.30-4.30<br>p.m.  | Chess for Beginners | G1-5       | CP-CM2     | 1CoachAndy Sports Academy      | \$60           | <b>April 28</b>                  |
|                                       | Elite Soccer        | JK-2       | MS-CE1     | Elite Soccer Coaching Cambodia | \$60           |                                  |
|                                       | Elite Soccer        | G3-5       | CE2-CM2    | Elite Soccer Coaching Cambodia | \$60           |                                  |
|                                       | Karate              | JK-2       | MS-CE1     | Shimbukai Karate Academy       | \$60           | <b>May 5, 12,<br/>19, 26</b>     |
|                                       | Karate              | G3-5       | CE2-CM2    | Shimbukai Karate Academy       | \$60           |                                  |
|                                       | Yoga                | JK-1       | MS-CP      | Yoga Cambodia                  | \$60           | <b>June 2</b>                    |
|                                       | Badminton           | JK-2       | MS-CE1     | 1CoachAndy Sports Academy      | \$60           |                                  |
|                                       | Lego                | SK-5       | GS-CM2     | Coconut Park Makerspace        | \$42           |                                  |
| <b>Friday</b><br>3.30-4.30<br>p.m.    | Ceramic Art         | G2-5       | CE1-CM2    | Coconut Park Makerspace        | \$108          | <b>April 29</b>                  |
|                                       | Ballet              | G2-5       | CE1-CM2    | Katy Dance                     | \$60           | <b>May 6, 20,<br/>27</b>         |
|                                       | Beginner swimming   | G1-5       | CP-CM2     | CIS Swim coaches               | \$72           |                                  |

## ACTIVITIES

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| <p>Karate</p>                 | <p>Shimbukai Karate Academy</p>   | <p>This class starts with a standard formalized warm-up, and then we will study KATA, which is a set of sequenced movements to bring the body, mind and spirit together. The teaching method varies each day to keep it fun and exciting!</p> <p>Items required: Gi (Karate outfit).</p>  |
| <p>Soccer</p>                 | <p>Elite Soccer</p>          | <p>Students will be introduced to the basics of soccer (football) with an emphasis on building skills with a qualified coach.</p> <p>Items required: Comfortable clothing, running shoes, socks and a water bottle.</p>   |
| <p>Soccer</p>                | <p>1CA Sports Academy</p>   | <p>Take advantage of your child's natural tendency to be active. In this class, children will have fun learning the fundamental soccer skills which are appropriate for their age; such as passing, receiving a pass and working with their team.</p> <p>Items required: Comfortable clothing, running shoes, socks and a water bottle</p>  |
| <p>Chess for beginners</p>  | <p>1CA Sports Academy</p>  | <p>There are lots of reasons to play chess and it has been proven to be good for children, as it helps stimulate the brain. Chess helps develop memory, logical thinking and improves concentration. It also encourages imagination and creativity. More importantly, chess develops the capability to predict and foresee consequences of actions</p> <p>Items required: Students do not need to bring anything to this activity</p> |
| <p>Kwik Cricket</p>         | <p>1CA Sports Academy</p>  | <p>Kwik Cricket is played with a plastic bat and ball rather than traditional cricket equipment, and is intended to introduce children to cricket and teach them basic skills, rules and strategies of Kwik Cricket while encouraging them to work together with teammates.</p> <p>Items required: Comfortable clothing, running shoes and a water bottle.</p>  |
| <p>Taekwondo</p>            | <p>1CA Sports Academy</p>  | <p>Taekwondo (also known as Tae Kwon Do) is the art of self defense that originated in Korea. Students can come and learn the art and have some fun learning new skills and techniques.</p> <p>Items required: Comfortable clothing and a water bottle</p>  |

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| <p>Badminton</p>        | <p>1CA Sports Academy</p>    | <p>This course will introduce the fundamental rules, skills and techniques of badminton while improving the students' focus and agility to play the game.</p> <p>Items required: Comfortable clothing, running shoes and a water bottle.</p>  |
| <p>Snag Golf</p>        | <p>1CA Sports Academy</p>    | <p>SNAG is the perfect start for children to learn the sport of golf in a fun and easy way. Using an exciting, playful approach to golf, students will learn the basics of the sport, while also being challenged to improve their fine motor skills.</p> <p>Items required: Comfortable clothing, running shoes and a water bottle.</p>  |
| <p>Zumba</p>           | <p>1CA Sports Academy</p>   | <p>Zumba Kids features the famous Zumba Fitness music, rhythms, and beats along with kid-friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips which makes the perfect recipe for fitness fun.</p> <p>Items required: Comfortable clothing and a water bottle.</p>   |
| <p>Handball</p>       | <p>1CA Sports Academy</p>  | <p>Handball is a great sport for children to learn fundamental gross motor skills in a fun environment whilst being introduced to a new sport. The fundamental skills of the game are: throwing and catching, shooting, dribbling, pivoting, and guarding,</p> <p>Items required: Comfortable clothing and a water bottle.</p>  |
| <p>Gymnastic</p>      | <p>1CA Sports Academy</p>  | <p>8 fundamental skills will be built on including flexibility, core strength, balance, upper and lower-body strength, power, mental focus, discipline, and dedication. Different movements from the very basic forward roll to more advanced techniques will be taught.</p> <p>Items required: Comfortable clothing and a water bottle.</p>  |
| <p>Hip Hop Dance</p>  | <p>Katy Dance</p>          | <p>Hip-Hop is a great way to exercise; building strength, stamina, coordination and self-esteem while having fun!</p> <p>Get in the groove and learn some great moves! Styles, musicality, techniques and basic elements essential to Hip-Hop (such as: breaking, popping &amp; locking) will all be taught in this activity.</p> <p>Items required: Comfortable clothing and a water bottle.</p> |

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| <p>Ballet</p>       | <p>Katy Dance</p>         | <p>This class will introduce students to basic ballet vocabulary and techniques in a structured, yet fun setting. It is suitable for beginners and will cover the fundamentals of classical ballet techniques.</p> <p>Items required: Comfortable clothing and a water bottle.</p>   |
| <p>Latin Dance</p>  | <p>Katy Dance</p>         | <p>This class will introduce students to basic latin dance vocabulary and techniques in a structured, yet fun setting. It is suitable for beginners and will cover the fundamentals of latin dance techniques.</p> <p>Items required: Comfortable clothing and a water bottle.</p>   |
| <p>Robothink</p>   | <p>Robothink</p>         | <p>Hosted by Robothink, this course will give students the chance to use their knowledge of robotics to discover new areas in the field! With the use of RoboThink robotics kit, students will build and create a variety of Robots and will expand their technical thinking, innovation, creativity and in-depth knowledge of robotics.</p> <p>Items required: Students do not need to bring anything to this class</p> |
| <p>Rugby</p>      | <p>Kampuche Balopp</p>  | <p>Kampuchea Balopp promotes the importance of physical activities and team sports like rugby to the younger generation. Students will have fun learning and expanding their knowledge of basic rugby rules, techniques and skills throughout the course.</p> <p>Items required: PE uniform, sport shoes and a water bottle.</p>   |
| <p>Yoga</p>       | <p>Yoga Cambodia</p>   | <p>Ms. Nguyen is a certified yoga teacher who trained at <i>Sivanada Ashram, Amedabad City</i> and <i>Iyengar Yoga</i> in India. Students will be taught yoga through a fun approach of themes, games, asana and activities.</p> <p>Items required: Comfortable clothing and a water bottle.</p>   |
| <p>Sand Art</p>   | <p>Sand Art</p>  | <p>With different colors of sand and some extra items for decoration (think: rocks, shells, etc.) children are given free rein to create their own beautiful coloured layers of sand in bottles.</p> <p>Items required: All materials will be provided for this activity. Students will take their sand art home.</p>  |

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| <p>Lego</p>                 | <p>Coconut Park Makerspace</p>   | <p>Have fun building legos with many different choices at the maker space at Coconut Park.</p> <p>Items required: Students do not need to bring anything to this activity</p>  |
| <p>Skating</p>              | <p>CIS Roller Dome</p>           | <p>Learn to skate at the roller dome.</p> <p>Items required: Water bottle and long socks</p>   |
| <p>Ceramic Art</p>         | <p>Coconut Park Makerspace</p>  | <p>Students will learn how to prep and paint ceramics using different techniques, playing with bubbles, splattering, taping, and sponging.</p> <p>Each week the child will work on a different project and in the final week they will be able to glaze 2 of their own projects!</p> <p>Items required: Students do not need to bring anything to this activity.</p> |
| <p>Rainbow Clay Art</p>   | <p>Rainbow Clay Art</p>        | <p>Using specialized, non-toxic, air-dry clay, students will learn how to create various characters and household items using special tools and their hands. Use your imagination and take home your creations!</p> <p>Items required: Students do not need to bring anything to this activity.</p>  |
| <p>Painting</p>           | <p>The Art Bar</p>             | <p>The "workshop" is a step by step guidance by international artists. The classes are designed for entry level to advance. The students are expected to finish a piece in every ECA class.</p> <p>Items required: Students do not need to bring anything to this activity. All materials will be provided for this class.</p>                                       |
| <p>Beginner Swimming</p>  | <p>CIS Swim Coaches</p>   | <p>This is the first stage of the swim program that aims to develop a fun and safe introduction to swimming while focussing on creating confident swimmers.</p> <p>Items required: Swimsuit, towel, water bottle, goggles and swim cap.</p>  |