European International School of Barcelona

Extracurricular Activities 2020/2021

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Important information

Forecast 20/21

This document outlines all the extracurricular activities that will start on **14 September 2020.** It is expected that they will be carried out on a regular basis and that some aspects will be adjusted to the prevention and health protection measures recommended for sports and educational centres. If we receive new recommendations from official bodies, we will have to adjust these measures and we will inform the families of this as soon as possible.
A few days before the activities begin, we will inform you of the protocol to be followed for the entry and exit of participants, as well as the health measures to be taken into account.

Participants: extra-curricular activities are open to both school and external students.

Registrations: Before the 7th September registrations must be completed *on line* through the school website. **As of the 7th September** all new registrations will have to be confirmed by the Coordinator: extracurricular@eisbarcelona.com.Only registration forms that are filled out correctly and have been approved by the Coordinator will be accepted.

Limited places: groups will be created and closed respecting the date of registration**.** Registrations received after the deadline, and once they can be confirmed, will start on the 1st of the following month (unless the person in charge of the activity considers that they can start earlier).

Enrolment WILL NOT be renewed from year to year automatically. However, former students will have priority over new students.

Resignations: Resignations will have to be submitted **before the 20th** of each month through an email to the Coordinator: extracurricular@eisbarcelona.com.After the 20th the school will charge for the activity.

The **cancellation of private lessons** must be notified 24 hours in advance, otherwise, all classes missed have to be paid for.

Absences: EISB tutors should be informed beforehand of any absences of EISB students from any activity. External students should inform the respective Coordinator: extracurricular@eisbarcelona.com.

Waiting for the activity: members of school staff will pick up EISB students at 17h from their classroom and together they will wait in the stands of the European International School of Barcelona Sports Centre until the activity begins.

5th and 6th Primary: Students may leave the extra-curricular activity alone if they are authorised to do so, using the corresponding form which can be found in **Appendix 1 (Home Alone)** of this document. It must be signed and sent by email to the coordinator: extracurricular@eisbarcelona.com.

***Childcare Service* Primary**: students from Primary participating in any extracurricular activity which begins at 18:30 may stay in the childcare service from 17:15 to 18:30 free of charge. They will be supervised by a member of staff.
Secondary and Baccalaureate: the students will arrive and leave autonomously.

Secondary library: secondary students who are involved in any extracurricular activity which begins at 18:30 may use the Library from 17:15 to 18:30.

Pickups: Instructions for picking up children must be strictly followed. Once registration is confirmed, clear instructions on the pick-up protocol at the end of the activities will be sent out.

Dress code: all students must come to the different activities with the correct sports kit and uniform.
It is especially important for students taking part in competitions.

Security: for security reasons, parents and guardians are not allowed in the areas dedicated to the different After-school activities. The place for dropping and collecting students will be arranged and information provided.

Forbidden: photographs and filming are forbidden during after-school activities.

Valuables: We recommend not to bring any valuable objects to sport practice or other activities, if unavoidable please give them to the coordinator but never leave them in the changing rooms. The school will not be held responsible for any loss or damage.

Accident insurance: all the students are covered by the school accident insurance.

Bad weather conditions: : in the event of rain or bad weather conditions, those activities which usually take place outdoors will be relocated and they will take place indoors.

Festivals and open classes: there will be festivals and open classes at the end of year. The teacher will inform the families in advance of the dates of said festivals.

Bills: for the activities will be sent on the 1st of each month (except for September as the invoice will be sent at the end of the month).

Federated activities: the expenses resulting from the affiliation (affiliation record, insurance, others, etc.) will be paid for in the first invoice.

Suspended activities:

THE SCHOOL MANAGEMENT RESERVES THE RIGHT TO CANCEL ACTIVITIES THAT DO NOT MEET THE MINIMUM NUMBER OF STUDENTS REQUIRED PER GROUP.

SPORTS SCHOOL

Pre-Sport

P3 & P4

Starting on: 14th September

This activity will provide boys and girls with the opportunity to try different sport disciplines through games, at the same time as improving their motor skills, the control over their body and work on the development of their basic physical abilities.

They will be introduced to the practise of physical exercise in a relaxed and fun environment with a combination of sports activities and games that will enable them to put their whole potential to the test.

Through games and fun activities, pre-sport boosts the children's development of their motor (running, jumping…), perception (controlling the space and time) and coordination skills as well as their independence and self-confidence.

Category	Grade	Days	Times	Price
Pre-sport I	P3 - P4	Mon/Wed	17:30 – 18:30	57,00€
Pre-sport II	P3 – P4	Tues/Thurs	17:30 – 18:30	57,00€

Contact: extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: the same clothes they wear for psychomotricity or comfortable clothes such as track suits.

Football

P5 and older

Starting on: 14th September

The Football School is based on values such as commitment, teamwork, responsibility, hard work, resilience and comradeship.

The main goal of this programme is to ensure the personal growth of the students and to contribute to the optimization of the sports performance, in a way that learning and practising football, besides being fun, plays a key role in the psychological maturing of the student.

The school offers the possibility to learn, practise and perfect the abilities required by this sport through the training sessions and competitions.

Category	Grade	Days	Times	Price
Pre-football	P5	Tues/Thurs	17:00 – 18:15	57,00€
Pre Benjamin	1st & 2nd Primary	Mon/Wed	17:00 – 18:15	57,00€
Benjamin	3rd & 4th Primary	Tues/Thurs/ Fri	17:00 – 18:15	79,00€
Alevin	5th & 6th Primary	Mon/Wed / Fri	17:00 – 18:15	79,00€
Infantil	1st & 2nd ESO	Tues/Thurs	18:15 – 19:30	57,00€
Juvenil	1st & 2nd Bacc	Tues/Thurs	19:15 – 20:30	57,00€
Girls	1st ESO to 2nd Bacc	Tues/Thurs	18:15 – 19:30	57,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: the same clothes they wear for psychomotricity or comfortable clothes, such as tracksuits.
Rest of categories: PE uniform or comfortable sport clothes.
IMPORTANT: Federated categories
NB: we recommend the use of football stud trainers for the artificial turf.

Basketball

P5 and older

Starting on: 14th September

Our basketball school continues to grow. This year, we will have more teams and we will be focussing on promoting and supporting the girls' basketball team, fostering values such as solidarity, comradeship and a spirit of achievement.

Basketball is a very comprehensive sport that helps students develop important skills such as balance, focus, self-control, self-confidence and speed.

Our basketball school provides students, from an early age, with opportunities to participate in school competitions so they can eventually participate in official regional competitions.

Playing basketball is highly beneficial for young children and teenagers because of the values it transmits. Different studies, like the one published by FIBA, highlight the benefits for the personal growth of adolescents. Basketball fosters values such as commitment, resilience, individual responsibilities within a group, teamwork, respect for rules and towards the others, as well as learning to compete. It is also very important because it helps develop resources such as perception of control, self-confidence, self-concept and self-esteem.

Category	Grade	Days	Times	Price
Basketball school	P5, 1st & 2nd Primary	Monday/Wednesday	17:00 – 18:15	57,00€
Benjamín Masculine	3rd & 4th Primary	Monday/Wednesday	17:00 – 18:15	57,00€
Benjamín Feminine	3rd & 4th Primary	Monday/Wednesday	17:00 – 18:15	57,00€
Mini Boys	5th & 6th Primary	Monday/Wednesday/Thursday	17:00 – 18:15	79,00€
Mini Girls	5th & 6th Primary	Tuesday/Thursday/Friday	17:00 – 18:15	79,00€
Pre-infantil Feminine	1st ESO	Tuesday/Thursday/Friday	17:00 – 18:15	79,00€
Infantil Masculine	2nd ESO	Tuesday/Thursday/Friday	18:15 – 19:30	79,00€
Cadets A Masculine	4th ESO	Monday/Wednesday/Friday	18:15 – 19:30	79,00€
Cadets B Masculine	3rd ESO	Monday/Wednesday/Friday	18:15 – 19:30	79,00€
Cadets Femenine	3rd and 4th ESO	Tuesday/Thursday/ Friday	17:00 – 18:15 18:15 – 19:30	79,00€
Junior Masculine	BACC	Tuesday/ Wednesday/Friday	19:00 – 20:15 19:30 – 21:00	79,00€
Junior Femenine	BACC	Monday/Wednesday/Friday	18:15 – 19:30	79,00€
Sub 25 Masculine	>18 years	Monday/Wednesday/Friday	19:30 – 21:00	79,00€
Senior Masculine	>18 years	Monday/Tuesday/Thursday	19:30 – 21:00	79,00€
Senior Femenine	>18 years	Monday/Wednesday/Friday	19:30 – 21:00	79,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING:

For introduction to basket, they will use the same clothes they wear for psychomotricity or comfortable clothes, such as tracksuits.

Rest of categories: PE uniform or comfortable sport clothes.

IMPORTANT: School and federated categories

Rhythmic Gymnastics

P4 and older

Starting on: 14th September

Rhythmic Gymnastics is a sport that encompasses techniques from other disciplines like dance or ballet. Practising this sport allows students to start to use different apparatus: ropes, hoop, mills, balls and ribbon. These are all excellent tools to improve coordination, balance, laterality and expression. Besides, students will also work on their concentration skills, build their self-confidence and develop the sense of harmony and creativity.

Through games, students will be introduced into the basics of this discipline. Later on, they will work on a deeper level through choreographies, both individual and as a group, with musical support.

Category	Grade	Days	Times	Price
Pre-rhythmic	P4 – P5	Mon & Wed	17:30 – 18:30	57,00€
School	1st to 4th Primary*	Mon & Wed	17:00 – 18:00	57,00€
Competition I	1st to 3rd Primary*	Mon/ Wed/ Fri	17:15 – 19:00	79,00€
Competition II	4th Primary to 2nd Bacc*	Tues/ Thurs/ Fri	17:15 – 19:00	79,00€
*** Groups will depend on the level**				

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING:

Black leotard for students in introduction to rhythmic.

Rest of categories: full short-sleeved black leotard with shorts attached, toe caps (white or natural) and hair up.

IMPORTANT: School and Federated categories.

MTB / Duathlon

3rd Primary and older

Starting on: 14th September

Mountain duathlon is an athletic event that requires high intensity training in order to improve resistance progressively. Despite it usually not being a team sport; comradeship, teamwork, cooperation and respect are some of the most important values students will learn in duathlon.

We are privileged to be able to enjoy this activity amidst the natural surroundings at our disposal.

As part of the training, we will have an optional monthly excursion, as well as a competition each term and outing where we will spend one night in a shelter or mountain lodge.

Category	Grade	Days	Times	Price
Benjamin	3rd & 4th Primary	Tues/Thurs	17:15 – 18:30	57,00€
Alevin	5th & 6th Primary	Mon/Wed/Fri	17:15 – 18:30	79,00€
Infant	1st & 2nd ESO	Mon/Wed/Fri	17:15 – 18:30	79,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: competition suit, technical t-shirt, tights and windbreak jacket.

Judo
P4 to ESO
Starting on: 14th September

A Japanese martial art, combat and Olympic sport where the main object is to either throw or take down one's opponent to the ground.

UNESCO declared judo the best introductory sport for children and young people.

The Judo School is divided into three groups:

Introduction to Judo: this group is for students from 6 to 9 years of age, where they acquire basic motor skills by learning to use their feet on the floor.

Advanced group: our students will develop some throwing techniques with hands, waist, legs and feet, as well as floor control techniques.

Judo Mastery Course: our students will master all the throwing techniques, floor control techniques, joint locks and chokeholds.

Category	Grade	Days	Times	Price
Introduction	P4 to 2nd Primary	Mon/Wed	17:30 – 18:30	57,00€
Benjamin	3rd & 4th Primary	Tues/Thurs	17:30 – 18:30	57,00€
Alevin	5th & 6th Primary	Tues/Thurs	17:30 – 18:30	57,00€
Infant	ESO	Tues/Thurs	18:30 – 19:30	57,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: judogui and flip flops.

(*)All students from Primary 3 and above, depending on their level of commitment, will have the possibility to affiliate in order to participate in all the activities and competitions organized by the Catalan Judo Federation '*Federació Catalana de Judo'.*

SWIMMING SCHOOL

Swimming courses
Babies from 0 months and older

Starting on: 1st September

From October the swimming courses for babies, **children from 0 to 6 years old and pregnant women** will be offered by Penguins Swimming Academy ® in a 100% healthy environment and with unique facilities designed and thought to favour the learning in the water of babies, children and families.

Baby Penguins (0-2 years)
Dynamic classes focused on boosting the development of the baby. The main goal of the Penguins Method© is to stimulate the child's development at all the different levels (psychomotor, sensorial, intellectual and social) and prepare them to feel safe, agile and happy in the water. In the classes the teachers sing in English and there is always one or two adults per student in the water, besides the teacher. The other accompanying adults can see the classes through the window next to the PENGUINS reception.

White Penguins (2-3 years)
The main goal is transitioning towards the child's independence in the water without swimming equipment. This method is aimed at improving the child's self-confidence, and attracting their attention through games and fun stories. The children enter the water with an adult to help them feel safe and secure. The classes will be conducted by the teacher who will be in the water together with the parents. The other accompanying adults can see the classes through the window next to the PENGUINS reception.

Green Penguins (3-6 years)
The creation of an affectionate, empathetic and professional environment allows great results to be obtained in each swimming class. We work without floating equipment and with creative material so that the children learn quickly, always with fun activities. At the same time, we teach a proper swimming technique from the beginning. Our instructors are always in the water with the accompanying adult and children. The other accompanying adults can see the classes through the window next to the PENGUINS reception.

Classes for pregnant women
The sessions are ideal for all pregnant women from the 13th week of pregnancy and recommended until the last day of pregnancy. They are very comprehensive, guided classes where all the muscles, ligaments and tendons that intervene in the delivery are worked (outside and pelvic elasticity) in addition to doing cardiovascular exercise which is very beneficial during pregnancy. These days, more and more medical centres such as Dexeus and other gynaecologists in Barcelona recommend the AIPAP method, which has been proven to be highly beneficial during pregnancy as well as favouring optimal childbirth.

For more information, please send an email to info@penguinsbarcelona.com or call 936315880.

For registration please go directly to the website: www.penguinsbarcelona.com

Swimming courses
1st Primary and older

Starting on: 1st October

These courses are aimed at teaching students how to swim or how to improve their technique. There are different days and times to choose from and we always work in small groups. We have a team of experienced swimming teachers that will adapt the course according to the level of each group.

The classes are 45-minute long, and they are organized in three blocks: warm-up, working on the goals and down time.

Swimming lessons are highly beneficial for children. We believe it is important to fight sedentarism and child obesity. Furthermore, swimming contributes to the acquisition of important skills like teamwork, it teaches them values and boosts their self-confidence.

Category	Days	Times	Price
From 6 to 9 years	Tuesday/Thursday/Friday (choose 1, 2 or 3 days)	17:30 – 18:15	*
From 10 to 14 years	Mondays and/or Wednesdays	17:30 – 18:15	*
From 10 to 14 years	From Monday to Friday (choose 1, 2 or 3 days)	18:15 – 19:00	*
Adults beginners	Monday/Wednesday	20:00 – 21:00	**57,00€**
Adults improvement	Tuesday/Thursday	20:00 – 21:00	**57,00€**

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

***Prices:**

- ✓ **1 day/week: 182€/term**
- ✓ **2 days/week: 266€/term**
- ✓ **3 days/week: 350€/term**

CLOTHING: swimming suit, swimming cap, goggles, flip flips, towel and bathrobe

Competitive Swimming
P5 and older
Starting on: 14th September

The Swimming School offers a Competitive Swimming Programme aimed at students that meet the mandatory requirements and who are interested in participating in regional and national competitions (both individually and with the team).

With competitive swimming our swimmers establish strong bonds and it also fosters values such as comradeship, friendship, resilience, sacrifice and hard work.

Category	Grade	Days	Times	Price
School	P5	Monday/Wednesday or Tuesday/Thursday	17:15 – 18:15 17:15 – 18:15	57,00€
School	1st Primary	Monday/Wednesday or Tuesday/Thursday	17:15 – 18:15 17:15 – 18:15	57,00€
Pre-benjamin	2nd & 3rd Primary	Monday to Friday	17:15 – 18:15	79,00€
Benjamin	4th & 5th Primary	Monday to Friday	18:15 – 19:30	79,00€
Alevin	6th Primary, 1st & 2nd ESO	Monday to Friday	18:15 – 19:30	79,00€
Infantil/Absolute/Junior	from 3rd ESO	Monday to Friday	19:30 – 21:45	79,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING:
Training and competition bathing suits, with swimming cap with ESC logo, goggles, flip flops, towel and bathrobe.
IMPORTANT: Federated categories

NB: You can check the requirements to become part of the competition team.

Synchronized Swimming
1st Primary and older

Starting on: 14th September

This discipline is a hybrid form of swimming, gymnastics and dancing.

Despite often being considered an individual sport due to its technical execution, there are also different group modalities (either solo, duet, mixed duet, free team and free combination), which strengthen values such as teamwork, proper sporting conduct, respect towards the opponent and the rest of the members of the team.

This sport involves elaborate moves in the water, accompanied by music. Synchronized swimming demands advanced water skills, requires great strength, endurance, flexibility, grace, artistry and precise timing, as well as exceptional breath control when upside down underwater.

The Synchronized Swimming Programme is aimed at 7 year-old students or older, who meet the mandatory swimming requirements.

Water sport where students have to perform a synchronized routine underwater following the rhythm of the music.

Category	Grade	Days	Times	Price
Prebenjamin	P5, 1st & 2nd Primary	Tuesday/Thursday	17:30 – 19:00	60,00€
Benjamin	3rd & 4th Primary	Tuesday/Thursday	17:30 – 19:00	60,00€
Alevin	4th, 5th & 6th Primary	Monday/Wednesday/Friday	17:30 – 19:00	79,00€
Infantil A	1st, 2nd & 3rd ESO	Monday/Wednesday/Friday	19:00 – 20:30	79,00€
Infantil B	3rd & 4th ESO	Tuesday/Thursday/Friday	19:00 – 20:30	79,00€
Junior	4th ESO, 1st & 2nd BACC	Monday/Wednesday/Friday	19:00 – 21:00	90,00€
Absolutes	2nd de BACC	Tuesday/Thursday	19:00 – 21:30	90,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: black swimming costume, white swimming cap, nose clips, goggles, flip flops, towel and bathrobe.

Horse Riding

P5 to 2nd Primary

Starting on: 1st October

Horse riding is a fantastic activity for children because of the special relationship children have with these animals. Students will learn how to take care and respect horses, but most importantly, they will enjoy taking part in a healthy and fun activity.

Riding and being close to horses is very beneficial for our mental and physical health. It teaches students values such as respect, trust, responsibility, empathy, affection, respect for nature and respect for animals.

One of the main advantages of this activity comes from being in the open air, in the midst of nature, where the horseman can feel at ease and relaxed while riding.

Horse riding is a very complete sport which helps strengthen the muscles and joints, improves body posture, coordination, balance and orientation. At the same time students will also learn how to focus, concentrate, pay attention and work on their self-esteem and self-control. Let's not forget that horses have a long history as therapeutic animals, helping positively in the cognitive, physic and emotional development of patients.

During horse riding classes, students will learn to ride at walk, trot and gallop and they will also learn to take care of these animals,

This is a federated activity.

Category	Grade	Days	Times	Price
Introduction	P5 to 2nd Primary	Thurs	12:00 – 12:45	275,00€ / Term

Contact : ohuerta@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: riding pants and boots.

In collaboration with: can caldes

Figure roller skating
1st to 6th Primary

Starting on: 14th September

Figure roller skating develops the students' motor skill abilities, coordination and focuses on emotional intelligence. With this sport we work on our self-esteem, valuing our body image, boosting our self-confidence and strengthening our resilience. We also learn to be responsible, to have self-control and proprioception.

This activity teaches students of the sacrifices needed in order to achieve personal and team goals and teaches them discipline.

The students will learn together, they will support one another, and they will learn to share their achievements. They will also be able to learn from the students in the more advanced groups, they will learn to be solidary and how to commit themselves to an activity. Throughout this learning process, the support from the family members will be very important.

Level	Grade	Days	Times	Price
Level 1	1st, 2nd & 3rd Primary	Mon/Wed	17:15 – 18:15	57,00€
Level 2	4th, 5th & 6th Primary	Tues/Thurs	17:15 – 18:15	57,00€

Contact : extracurricular@eisbarcelona.com , for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: comfortable clothes that allow movement, roller skates not roller blades (2 wheels on either side) and protection (elbow and knee guard).

ART SCHOOL

Education in the arts is essential for the development of cognitive abilities and skills. Dancing, drama, music and arts & crafts, for instance, provide the student with opportunities to interact with the workspace through their body, and to express themselves through movement, rhythm and role-play. Art facilitates the development of creativity and other social, psychological and corporal skills, and it also builds up the students' self-esteem and self-concept.

BALLET AND DANCE SCHOOL

In the first stages, our teachers introduce the basics of the technique of this discipline in an easy and fun way through games, improvisation and choreography. The students learn under the watchful eye of their great teachers who work hard to foster their qualities so they can reach their full potential in the understanding, appreciation and execution of classical ballet.

The curriculum is structured gradually to ensure a safe practise of classical dance and the achievement of the required technical knowledge.

As of 2nd Primary our teachers follow the English Royal Academy of Dance (RAD) programme, the most efficient methodology when it comes to teaching Ballet worldwide both for boys and girls.

This curriculum encompasses three dance disciplines:

- Classical Ballet
- Free movement
- Character dance

The teacher will divide the students according to their knowledge of ballet. This programme is suitable for those students who wish to pursue a career in Ballet.

Introduction to Dance and Ballet

P3 or older

Starting on: 14th September

Category	Grade	Days	Times	Price
Introduction to Dance I	P3	Mon/Wed	17:00 – 18:00	57,00€
Introduction to Dance II	P4	Mon/Wed	17:00 – 18:00	57,00€
***Elemental**	P5	Mon/Wed	17:00 – 18:00	57,00€
***Pre-Primary I**	1st and 2nd Primary	Tues/Thurs	17:00 – 18:00	57,00€
***Pre-Primary II**	2nd and 3rd Primary	Tues/Thurs	17:00 – 18:00	57,00€
Primary	3rd & 4th Primary	Tues/Thurs	18:00 – 19:00	57,00€
Grade I	5th & 6th Primary	Tues/Thurs	18:00 – 19:30	79,00€
Grade IV	ESO	Mon/Wed	18:00 – 19:30	79,00€

* Elementary and **Pre-Primary** students will be placed in groups by the teacher so that they are correctly prepared for the ***Royal Academy of Dance*** examinations.

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: Pink leotard, pink tights and pink ballet shoes. Hair should be tied back with an elastic band and pink hair band. Everything should be clearly labelled with their name and surname/s. .

Family Dance

P5 to 2nd Primary

Starting on: 14th September

Activity designed to provide parents with an opportunity to have fun with their children and interact in a different way, by sharing an afternoon of music and dance.

This offer encompasses different dance styles such as contemporary dance, jazz, modern dance, classical dance, Zumba and salsa or country, among others.

Our teachers will develop different choreographies using different music genres from different periods of time. They will also improvise making our imagination fly and making us feel like we are artists from a big dance company in Broadway.

You don't need to be an expert dancer for this activity. You just need to be willing to have fun, enjoy the music, the dance and be prepared to express yourself through your body.

Category	Grade	Days	Times	Price
Family Dance	P5 to 2nd Primary	Friday	17:15 – 18:15	29,00€

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: Comfortable clothes that allow freedom of movement and sport shoes.

Funky Dance
1st to 6th Primary

Starting on: 14th September

Funk is a music genre that originated in the streets of New York. James Brown, with his 'I feel good', is one of the greatest funk legends of all times.

The introduction of lyrics and rapped sentences together with dance steps gave birth to hip hop. This other dance style is characterized by the trilogy "rap, break dance and graffiti". Both styles belong to the family of "street dances" and are usually taught together. Hip hop and funk mix jazz, break dance and contemporary dance steps, with African rhythms. The movements, intense and with a lot of choreography behind, are sharp and expressive, and made with basically arms and torso.

* The teacher will divide the students according to their knowledge, not the grade they belong to. Only those students who have already been in Funky I will be able to go to Funky II.

Nivel	Grade	Days	Times	Price
Introduction	1st & 2nd Primary	Tues/Thurs	16:55 – 17:50	57,00€
Funky I	2nd & 3rd Primary	Tues/Thurs	17:50 – 18:45	57,00€
Funky II	4th to 6th Primary	Tues/Thurs	18:45 – 19:40	57,00€

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHING: comfortable clothes allowing freedom of movement.

Musicals

P4 to ESO

Starting on: 14th September

There's not a shadow of a doubt that musical theatre is a genre that has more and more adepts every day, all over the world. From an educational point of view, its importance lays in the fact that it comprises different disciplines: acting, singing, body expression, dancing, etc.

Students will analyse each story thoroughly, they will create the characters and their personalities, their goals in life... and all this will provide the basis for the artistic, musical and bodily expression work.

Throughout the year, our teachers will create different musical projects worthy of a Broadway stage. The methodology used by our teachers contributes to the improvement of social skills amongst the students, by using group dynamics that work on group cohesion and teamwork.

There will be different performances and open classes for families throughout the year.

Category	Grade	Days	Times	Price
Infant	P4 & P5	Mon/Wed	12:30 – 13:30	57,00€
Introduction	1st & 2nd Primary	Tues/Thurs	12:30 – 13:30	57,00€
Intermediate	3rd & 4th Primary	Tues/Thurs	13:30 – 14:30	57,00€
Advanced I	5th & 6th Primary	Mon/Wed	13:30 – 14:30	57,00€
Advanced II	ESO	Tues/Thurs	14:30 – 15:00	57,00€

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CLOTHING: comfortable clothes allowing freedom of movement.

MUSIC SCHOOL

We firmly believe that music is a unique pedagogical tool that brings great benefits to education. For this reason, in the school we offer a wide range of musical training options providing students with the opportunity to achieve high level training in this field. Furthermore, we offer individualised attention, so students enjoy this art to the fullest. The school has a great team of musicians that are both professional teachers and performers and who form the basis for all our professional projects.

Throughout the year, the youngest ones are introduced into the world of music through songs, games, dances, internal performances and activities such as instrument circles with the teachers. During the performances of the music school students, the other students are able to listen, recognise and try playing some of the instruments in order to choose which one they would like to perform in the future, depending on their sound, morphology and technique.

Music sensitization and introduction to music

P2 to P5

Starting on: 14th September

Children in the music school start when they are 2 years old and they are introduced into music so they can discover and develop their musical, expressive and psychomotor skills. This way, they learn to make rhythms with their voice and other parts of their body, as well as writing or identifying musical notes through games.

Some of the most important aspects that children will learn are:

- Development of the voice.
- Different sound sources through different materials, objects and instruments.
- To identify and describe sounds according to the duration, intensity, pitch, timbre etc.
- The basics of music notation.
- The rhythms.
- Development of auditory perception.
- To use movement as a means of expression and motor, visual and auditory sensitization in order to understand their own body, develop their rhythmic sense and fostering their social skills.

When children are 5 years old, they start transitioning towards musical training and they come into contact with the musical instrument of their choice for the first time.

Category	Grade	Days	Times	Price
Musical sensitization	P2	Mon	16:00 – 16:45	29,00€
	P2	Wed	16:00 – 16:45	29,00€
	P3	Tues	17:15 – 18:15	29,00€
	P4	Mon	17:00 – 18:00	29,00€
Introduction to music	P5	Wed	17:00 – 18:00	29,00€
	P5	Fri	12:30 – 13:30	29,00€

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Private music lessons

P5 or older

Starting on: 14th September

In the Music School students can choose between individual classes or pairs of one hour of duration where they learn about musical language, melody, rhythm, written music, and different techniques when playing an instrument. Our students can have any instrument of their choosing: piano, violin, flute, classical or electrical guitar, drums, singing lessons, etc.

All our teachers are excellent professionals trained in the most prestigious music institutions (Liceu, Escola Superior de Música de Catalunya, etc.) and they have extensive experience in teaching music.

As an official Trinity College London Examination Centre, we offer our students the opportunity, always optional, to sit the official exams (Initial and the different grades) that provide them with an international accreditation and recognition.

The program of the music school offers the possibility to attend these official exams (always optional) that provide the student with an international accreditation of the level accomplished so that it will stimulate and potentiate its study.

Category	Grade	Days	Times	Price
Private lessons	P5 - 1st & 2nd Primary	1 day to arrange	12:30 – 13:30	132,00€
	De 3rd a 6th Primary	1 day to arrange	13:30 - 14:30	132,00€
	ESO & Baccalaureate	1 day to arrange	½ hora de 14:30 a 15h	66,00€
	Primary to Baccalaureate	1 day 1 hour to arrange	De 17h a 21h (1h to arrange)	132,00€
	Primary to Baccalaureate	Saturdays	De 10h a 14h (1h to arrange)	132,00€

- ✓ The coordinator will inform you of the allocated day/ time after the registration.

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

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- ✓ Informing about absences or incidences.

Group instrument classes

P5 and older

Starting on: 14th September

In our Music School we give special importance to the training of musical ensembles like orchestras, but we also offer the possibility to join an instrumental group composed by violins, flutes, guitars or chamber music.

Instrumental groups complement the students' musical training, boosts their motivation and it fosters their taste for music, as well as their socialization and teamwork skills or comradeship. It also provides them with the opportunity to learn about different musical styles and repertoires.

The activity is structured in a 30-minute class twice a week. At the end of the year all the students join forces and perform in front of an audience.

Category	Grade	Days	Times	Price
Pairs*	P5 - 1st Primary	1 day to arrange	1 hour by arrangement	87,00€
Pairs*	2nd Primary	1 day to arrange	1 hour by arrangement	87,00€
ELECTRIC GUITAR / BASS / DRUMS	Primary, ESO & Bacc	1 day to arrange	½ hour from 14:30 to 15h	66,00€
SAXO / CLARINET	Primary, ESO & Bacc	1 day to arrange	½ hour from 14:30 to 115h	66,00€
POP ROCK BAND	6th & Bacc	1 day to arrange	By arrangement 1 h/week	29,00€
FLUTE GROUP	from 3rd to 6th Primary	1 day to arrange	by arrangement 1 h/week	29,00€

- ✓ The coordinator will inform you of the allocated date/time.

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

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- ✓ Informing about absences or incidences.

WORKSHOPS

Arts and crafts
P4 to 5th Primary

Starting on: 14th September

Through the education of art, students will learn how to use the most important elements of visual and plastic languages. Paint is used as a tool to foster artistic sensitivity, communication and creativity. We believe interdisciplinary projects are very important. The work carried out by our art students is usually used by their schoolmates in theatre plays, festivals and other events that take place in the school. Exhibitions will be held each term.

Material included in the Price.*

Category	Grade	Days	Times	Price*
Infants P5 + 1st & 2nd Primary	P5, 1st & 2nd Primary	Monday/Wednesday	12:30 – 13:30	60,00€*
Infants P5 + 1st & 2nd Primary	P5, 1st & 2nd Primary	TuesdayThursday	12:30 – 13:30	60,00€*
Primary	3rd to 6th Primary	Monday/Wednesday	13:30 – 14:30	60,00€*
Primary	3rd to 6th Primary	TuesdayThursday	13:30 – 14:30	60,00€*
Infants P4 & P5 + Primary	P4, P5 & Primary	Monday/Wednesday	17:00 – 19:00	120,00€*
Infants P4 & P5 + Primary	P4, P5 & Primary	TuesdayThursday	17:00 – 18:30	70,00€*

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

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INDUMENTARIA: smock to protect clothes from stains.

Tales Workshop
1st Primary to ESO

Starting on: 14th September

This tales workshop is a fantastic tool to promote our students' oral language development, their imagination and creativity, besides teaching them moral values such as: good behaviour, hard work and effort and comradeship.

Also, it's amazing how something as simple as a tale can help children identify their own emotions and the others', teaching them what empathy is and building their self-esteem. Once they feel confident, they are able to relax and pay attention to the teacher, working also on their independence while strengthening their bonds with their parents, relatives or teachers. Furthermore, writing stimulates memory, promotes reading habits, helps students develop aesthetic taste and basically, helps them understand the world that surrounds them by learning to build their own imaginary world.

Category	Grade	Days	Times	Price*
Storytelling	1st & 2nd Primary	Friday	12:30 – 13:30	29,00€
	3rd & 4th Primary	Friday	13:30 – 14:30	29,00€
Creative writing	3rd to 6th Primary	Friday	17:00 – 19:00	57,00€
Advanced Creative writing	4th Primaria & ESO	Saturday	10:00 – 13:00	80,00€

Contact : extracurricular@eisbarcelona.com ,or art@eisbarcelona.com for:

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Robotics and 3D programming
1st to 6th Primary

Starting on: 1st October

This programme fosters teamwork with different tasks and roles that change every class (engineer, builder, programmer). This allows for an individualised learning process and working at different levels of knowledge.

Our teachers have a double role: they are experienced technicians and teachers. Thanks to this, the activities are both highly educational and super fun.

Educational goals:

- Promoting experiments with simple and motorised machinery: gears, pulleys, levers, axles, etc. (they revise the scientific topics seen in class during the year).
- Integrating an order within a design process: asking a question, building, sharing and reflecting.
- Accelerating the problem-solving process through the construction, mechanization of motorised machines and the programming of automatons (for 5th Primary and older).
- Development of creativity building metaphorical 3D models.
- Prioritisation of resources with spatial vision.

The activity will be taught in English.

Category	Grade	Days	Times	Price term
Group I	1st & 2nd Primary	Wed	12:30 – 13:30	90,00€/ term
Group II	3rd to 6th Primary	Wed	13:30 – 14:30	90,00€/ term

Contact : extracurricular@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

Emotional Intelligence
1st to 6th Primary

Starting on: 14th September

Leadership and management of emotions are a fundamental part of any person's well-being and success. EIS Barcelona is committed to including this extra-curricular activity where we will work, in groups and through games, on all areas of Emotional Intelligence: self-esteem, social skills, knowledge of our own and other people's emotions, empathy, motivation, responsibility, communication, values...

A space where the child can be themselves and express their emotions. Through different disciplines such as games in movement, handicrafts, teamwork, music, theatre, etc., we work so that the child has tools for their personal development and wellbeing, growing with greater self-confidence and acquiring knowledge and resources to be able to face any challenge in life.

Category	Grade	Days	Times	Price Term
Group I	1st and 2nd Primary	Friday	12:30 – 13:30	125,00€
Group II	3rd to 6th Primary	Friday	13:30 – 14:30	125,00€

Contact : extracurriuclar@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

Welcome to Sergi's 'Txoko'

From 1st to 6th Primary & Baccalaureate

Starting on: 14th September

The goal of this activity is to learn, share, play, cook and have fun around healthy eating.

The importance of a balanced diet will make us discover:

- food sources
- experimenting with its growth and harvesting
- understand the benefits of organic food
- appreciate the consumption of proximity products
- build good eating habits
- encourage autonomy in the kitchen
- easy and healthy cooking
- stimulate creativity by cooking
- have fun cooking
-

Education in this sense is fundamental, so the activity will be led by our beloved Chef Sergi Natale, the school's cook.

Seasonal and local products will be cooked (important aspects to promote sustainability), giving space to both new trends and traditional cuisine.

The conservation and reuse of food, waste management and respect for nature are all part of the learning process in this workshop where you learn by cooking.

Categoría	Curso	Días	Horario	Precio trimestre
Welcome to Sergi's 'Txoko'	1st to 6th Primary	Wednesday	17:00 – 18:00	65,00€
	1st & 2nd Bachillerato	Friday	15h – 16h	65,00€

Contact : extracurricular@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

DRAMA SCHOOL

3rd to 6th Primary

Starting on: 14th September

Theatre and dramatic play contribute to the intellectual development of children, improving abilities such as: imagination, observation or creativity and oral and body expression. Symbolic play is a necessary part of a child's language development. When children engage in dramatic play they deepen their understanding of the world and develop skills that will serve them through their lives.

Theatre offers the possibility of personal growth. When children engage in dramatic plays with others they recreate life experiences and try to cope with their fears by acting out roles and situations that worry them.

We will look for texts, we will adapt them and we will create our own songs...until we finally go on stage to perform in front of our family and friends. The process will be a perfect balance between technique and creativity.
This workshop will be carried out in English.

Category	Grade	Days	Times	Price
Beginner	3rd & 4th Primary	Mon	13:30 – 14:30	90,00€/Term
Intermediate	5th & 6th Primary	Wed	13:30 – 14:30	90,00€/Term

Contact : extracurricular@eisbarcelona.com or art@eisbarcelona.com for:

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HIP HIP HURRAY

its

- SATURDAY -

ENGLISH KIDS'CLUB

EVERY SATURDAY

4h of fun 100% in English!

3 to 12 years

Workshops, classes, swimming, sports and games

TRINITY COLLEGE LONDON

Our first more academic session focused on linguistic competence in English by Trinity Programme

Splash!

Swimming in our pool with specialized monitors*

BLA BLA

Theatre, songs, role playing, *TPR* to develop speaking skills.

ART

Arts & crafts for the development of creativity

Category	Days	Times	Price per term
3 to 12 years	**Saturdays**	9:30-13:30	345,00€

Contact : extracurricular@eisbarcelona.com for:

- ✓ Registration and resignations
- ✓ Informing about absences or incidences.

CLOTHES: Comfortable clothes that allow freedom of movement. Bag with swimming suit, swimming cap, goggles, flip flops and towel.

**Until further notice, during the 20/21 school year, water activities on Saturdays will only be offered to primary and secondary students.*

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