

SWISS INTERNATIONAL SCIENTIFIC SCHOOL

After School Activities



EARLY YEARS
External ASAs



SWISS
INTERNATIONAL
SCIENTIFIC SCHOOL
DUBAI

EARLY YEARS

External ASAs



Monday



INDOOR TENNIS

We offer tennis lessons for children and for adults. Our classes are designed to enhance the player's strength and to provide the necessary technical, physical, and tactical knowledge. At Stryx Tennis we focus intently on coach and students' development to ensure we are up to date with the leading-edge information, skills and developments in the tennis industry.

KG1/KG2

2:10pm - 3:20pm

Activity Room 1



CHESS TRAINING

Chess is a very old board game, it's a tool for education. Can you teach a 4 year old to play chess?
Children can learn chess very early, some even as early as two years old!
The key is to teach them in a child-oriented way! Fun games, story telling, cartoons! Chess is a great game that can teach children how to think strategically and analyze situations!

KG1/KG2

2:10pm - 3:20pm

G17 - PY Building



ENGINEERING FOR KIDS

Engineering for Kids programs have been categorized into three separate levels of curriculum to best meet the needs of our students in their age range. Our goal is to increase awareness of engineering concepts and principles to our students in a form they understand.

Help children build problem solving skills.
Encourage kids to discover how things work.
Motivate kids to learn math and science concepts by engaging them in real-world engineering problems.
Increase kids' desire to explore engineering as a career option.

KG1/KG2

2:10pm - 3:20pm

G09 - PY Building



SWIMMING

The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke.

PreKG

2:10pm - 3:20pm

Primary Pool

EARLY YEARS External ASAs



Monday



BALLET

Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus that builds upon itself and teaches coordination, grace, strength, and artistry. We teach classical ballet using the Vaganova Method. We place our emphasis on sound anatomical training so you can dance for years to come. We encourage proper alignment and kinesiology to prevent injury.

For more information about the program and if you wish to purchase a ballet costume: info@dance-infinity.com / 052-888-6936

KG1 and KG2

2:10pm - 3:20pm

SPO Dance Studio



ROLLER SKATING

Important: Kindly ensure that your child brings their own long socks (NOT ANKLE SOCKS); otherwise, they will not be able to use the skates during classes.

Skate like a champ with Roll DXB

Get ready to glide, spin, and groove your way to roller skating greatness. Let's roll into a world of excitement together!

From beginners to pros, our sessions cater to all skill levels. Whether you're just starting out or looking to refine your skills

No skates? No problem! We've got you covered. We provide all the equipments

The equipment will be provided by the provider free of cost. However, if you wish to purchase your personal equipment, you can buy it directly from the provider.

For the skates and equipment price please visit their website: <http://rolldxb.com/>

Email: info@rolldxb.com, Call the provider: +971 50 900 7275

KG1/KG2

2:10pm - 3:20pm

Skylight Room

EARLY YEARS External ASAs



Tuesday



BALLET

Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus that builds upon itself and teaches coordination, grace, strength, and artistry. We teach classical ballet using the Vaganova Method. We place our emphasis on sound anatomical training so you can dance for years to come. We encourage proper alignment and kinesiology to prevent injury.

KG1/KG2

2:10pm - 3:20pm

SPO Dance Studio



OUTDOOR BARÇA FOOTBALL

At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 16-4 years old to receive professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football in the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills, and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that exposure to competitive situations greatly helps in the players' development.

****Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.**

KG1/KG2

2:10pm - 3:20pm

Football pitch between SY Building & Olympic Pool



RHYTHMIC GYMNASTICS

Rhythmic gymnastics is a sport in which individuals or teams of 5 or more manipulate one or two pieces of apparatus: clubs, hoop, ball, ribbon, rope and freehand (no apparatus).

Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. The victor is the participant who earns the most points, determined by a panel of judges, for leaps, balances, pirouettes (pivots), apparatus handling, and execution.

KG1/KG2

2:10pm - 3:20pm

Activity Room 1

EARLY YEARS External ASAs



Tuesday



INDOOR ATHLETICS

AIS Athletics cover over 15 different track & field events. Whether you are new to the sport or taking it a little bit more serious, we have an event for you. Covering everything from fundamental movements to event-specific technical work.

To know more about the Athletics program, you may contact:

tanya@aisathletics.ae,
annabelle@aisathletics.ae

KG1/KG2

2:10pm - 3:20pm

Indoor Athletics Track



CHESS TRAINING

Chess is a very old board game, it's a tool for education. Can you teach a 4 year old to play chess? Children can learn chess very early, some even as early as two years old! The key is to teach them in a child-oriented way! Fun games, story telling, cartoons! Chess is a great game that can teach children how to think strategically and analyze situations!

To know more about the Chess program, please contact: Alexandra - 0505028145
alexandrachess@yahoo.com

KG1/KG2

2:10pm - 3:20pm

G06 - PY Building



OUTDOOR MULTISPORTS

We offer your child a huge range of sports, physical activities, and alternative activities. Multisports are essential for supporting active, healthy lifestyles. When kids are young, the multi-sport approach is the best for developing their physical literacy.

PreKG

2:10pm - 3:20pm

PreKG Play Room



KARATE

Champions Karate is currently delivering high-standard karate training for both children and adult across the UAE. Our success is a result of our coaching philosophy, we pride ourselves on the fundamentals of martial arts. We combine the art of traditional Shotokan Karate with our knowledge and experience of sports Karate. To know more about the Karate program/if you wish to order the karate uniform, please contact: karate@champions-uae.com Champions Karate - +971 58 591 5086

KG1/KG2

2:10pm - 3:20pm

Activity Room 1

EARLY YEARS External ASAs



Tuesday



OUTDOOR PARKOUR

At Parkour DXB, we offer more than Parkour Coaching, we deliver Parkour Education.

The difference is that we support your kids to be strong and confident individuals in all areas of their lives, not just in their Parkour ability.

We know through personal experience the power that Parkour offers to individuals to grow confidence, foster determination and build perseverance, all of which are important elements in a happy, healthy and successful young person.

To know about the Parkour program, you may contact: info@parkour.

KG1/KG2

2:10pm - 3:20pm

G1 Playground



OUTDOOR TENNIS

We offer tennis lessons for children and for adults. Our classes are designed to enhance the player's strength and to provide the necessary technical, physical, and tactical knowledge. At Stryx Tennis we focus intently on coach and students' development to ensure we are up to date with the leading-edge information, skills and developments in the tennis industry.

KG1/KG2

2:10pm - 3:20pm

Activity Room 1



LEARN TO SWIM / BEGINNERS 1 & 2

The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke.

KG1/KG2

2:10pm - 3:20pm

Primary Pool

Tuesday

LANGUAGE (SPANISH/PORTUGUESE)

Registration will be done through the provider directly - Headway Institute.

Provider: Headway Institute

Email: customer5@headin.pro

WhatsApp: +971521203278

Phone: +97143839210

The price per class shall be 120 AED

Headway Institute is a language learning center operating for more than 5 years across Dubai.

We have been providing Language instruction in 20 Dubai schools so far. The major courses we are offering for ASA's are Russian, Italian, Spanish, Portuguese and German (plus other languages might be added on demand).

Apart from arranging ASA we are also offering Mother tongue courses at SISD during the school day (currently running Russian and Portuguese classes) mostly for primary students.

All the classes are run by certified native-speaking teachers with more than 5 years of experience, who tailor the courses to the level of the participants.

Our courses offer the following benefits:

- Learning a language in accordance with the official curriculum for fluent native speakers.
- Conversational courses for bilingual students.
- Small groups of 2-8 students and individual attention to each participant.
- Open communication and transparency between teachers and parents.



KG1/KG2

2:10pm - 3:20pm

ENGINEERING FOR KIDS

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Help children build problem solving skills.

Encourage kids to discover how things work.

Motivate kids to learn math and science concepts by engaging them in real-world engineering problems.

Increase kids' desire to explore engineering as a career option.

To know more about the Engineering for Kids Program, please contact: dubai-motorcity@engineeringforkids.net



KG1/KG2

2:10pm - 3:20pm

EARLY YEARS External ASAs



Wednesday



LEARN TO SWIM / BEGINNERS 1 & 2

The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke.

KG1/KG2

2:10pm - 3:20pm

Primary Pool



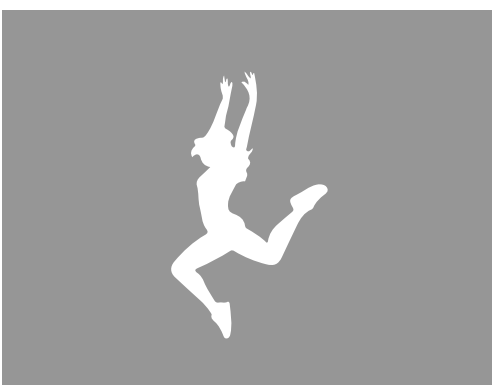
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KG1/KG2

2:10pm - 3:20pm

Activity Room 1



STREET JAZZ DANCE

This class is an awesome combination of Hip Hop and Jazz. For all students, this class will teach some of the fundamental techniques of jazz dance mixed with the exciting world of today's dance-pop culture. This class will teach some of the fundamentals of jazz dance, but we will mix those fundamentals with the fun moves of today's most popular artists.

KG1/KG2

2:10pm - 3:20pm

SPO Dance Studio



INDOOR ATHLETICS

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To know more about the Athletics program, you may contact:
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annabelle@aisathletics.ae

KG1/KG2

2:10pm - 3:20pm

Indoor Athletics Track

EARLY YEARS External ASAs



Wednesday



JIU JITSU

Rossi team Little dragon Program is designed to introduce kids ages 4 to 7 years old with the basic concepts of Brazilian Jiu Jitsu and get them comfortable with grappling. Very little emphasis is placed on the fine details of techniques. Our teaching method in this class focuses on fundamentals. The children in this program learn dominant positions, how to fall safely, stand up, get an opponent off of them and control an opponent standing up and on the ground. Each new technique or theory is presented in a playful manner where the students learn through various Jiu Jitsu drills and fun games. This class includes warm up exercises, basic coordination drills, a Jiu Jitsu concept / Self-Defense technique and fun games to keep the children focused and engaged. The unique benefits of this program are that it develops motor skills, fitness, social interaction, leadership, discipline, and introduces kids to a non-violent form of self-defense, all in a fun environment.

To know more about the Jiu Jitsu program/if you wish to purchase Jiu Jitsu uniforms, please contact:

Fernanda Baisch - fernanda@rossiteamacademy.com

Contact no: 0562671372/ 056 401 3006

KG1/KG2

2:10pm - 3:20pm

PreKG Indoor PlayArea



BASKETBALL

The NBA Basketball School trains male and female players across Dubai the «NBA» way. The tuition-based basketball development program conducts sessions in a safe, fun, and encouraging environment that covers all aspects of the game by incorporating tactic, skill, small sides games, and team-building activities as well as NBA methodologies.

KG1/KG2

2:10pm - 3:20pm

Skylight Room - SPO



CHESS TRAINING

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To know more about the Chess program, please contact:

Alexandra - 0505028145, alexandrachess@yahoo.com

KG1/KG2

2:10pm - 3:20pm

G06 - PY Building

EARLY YEARS External ASAs



Wednesday



JUDO

They learn the following:
Fundamental movement patterns
Learning how to fall
Learning forward and backward throws
Learn a pin and a turnover
Learn combinations of two techniques together
Learn key judo words and moral code of judo
Introduction of sparring and competition situations

To know more about the Judo program/uniforms, please contact:
Fernanda Baisch - fernanda@rossiteamacademy.com
Contact no. 056 267 1372 / 056 401 3006

KG1/KG2

2:10pm - 3:20pm

PreKG Indoor PlayArea



ART ATTACK LESSON IN A BOX

Students release their inner designer in this Picasso, Piet Mondrian, Andy Warhol, Esther Mahlangu & Vincent Van Gogh inspired tote bag, socks, stone and cup and saucer Art workshop! They learn how to hydro dip, use soft clay and paint imitating the various artists. Students design and create their own, globally-inspired piece of art to take home.

To know more about the program, you may contact: ivybrighteducation@outlook.com

KG2

2:10pm - 3:20pm



LITTLE MEDZ

"Welcome to Little, Young and Junior Medz for KIDS – a thrilling program designed to spark curiosity and ignite a passion for healthcare and adventure in young minds! Our experienced and compassionate professionals lead engaging, hands-on activities, unveiling the secrets of dentistry, pediatric care, veterinary science, surgery, and more. From nurturing a love for healthcare to instilling essential life skills, our program provides a safe and supportive environment for your child to grow, learn, and become a young hero. Join us on this exciting journey of discovery and inspiration!

If you wish to order a kids lab coat, you may contact us on this email:
youngcreatorshub@gmail.com

PreKG

2:10pm - 3:20pm

EARLY YEARS External ASAs



Thursday



LEARN TO SWIM / BEGINNERS 1 & 2

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Primary Pool



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KG1/KG2

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Activity Room 1



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PreKG Play Room



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KG1/KG2

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G06 - PY Building

EARLY YEARS External ASAs



Thursday



RHYTHMIC GYMNASTICS

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Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. The victor is the participant who earns the most points, determined by a panel of judges, for leaps, balances, pirouettes (pivots), apparatus handling, and execution.

KG1/KG2

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Skylight Room



OUTDOOR BARÇA FOOTBALL

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KG1/KG2

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Football pitch between SY Building & Olympic Pool



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Students must bring their own tennis rackets.

KG2

2:10pm - 3:20pm

Tennis Court 1

Thursday

MUSICAL THEATRE AND DRAMA



Musical Theatre & Drama is a fun and exciting class filled with Broadway style atmosphere!

Through songs, musical theatre games, stories and dance, these budding performers learn in a playful and creative environment. Young performers develop confidence in singing, acting and dancing in this imaginative class experience. Musical theatre class will strengthen students performance skills and unleash their creative potential in a positive and fun atmosphere.

Students will sing, dance and act to their favorite tunes and create life-long memories alongside their peers. Your kids will just love their journey in the wonderful world of the performing arts!

Sign your budding performer up today!

For more information about the program: info@dance-infinity.com / 052-888-6936

KG1/KG2

2:10pm - 3:20pm



YOUNG MEDZ

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KG1/KG2

2:10pm - 3:20pm

EARLY YEARS External ASAs



Thursday

LANGUAGE (GERMAN/ITALIAN/RUSSIAN)

Registration will be done through the provider directly - Headway Institute.

Provider: Headway Institute

Email: customer5@headin.pro

WhatsApp: +971521203278

Phone: +97143839210

The price per class shall be 120 AED

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KG1/KG2

2:10pm - 3:20pm

EARLY YEARS External ASAs

Friday

FRIDAY CLUB

****Kindly note that we DO NOT have bus transportation on this day. PARENT PICK-UP ONLY**

12:30pm - 3:00pm

Friday Club is a great place for the students to try new sports or get more practice time in the sports they like. Built of 2 sports and 1 fun session each week it is a mix of sports and creative activities delivered in a safe, encouraging and inclusive environment.

Led by SISD ASA coaches of different sports, Friday Club sessions are designed to suit the age and abilities of all students.

11:45 - 12:00	Transition from school	
12:00 - 12:30	Lunch	
12:30 - 1:15	Activity 1	SPORTS
1:15 - 2:00	Activity 2	SPORTS
2:00 - 2:15	Snack & Break	
2:15 - 3:00	Activity 3	FUN
3:00 - 3:15	Pick Up	

Sports Activities:

- Football
- Tennis
- Basketball
- Gymnastics & Dance
- Athletics
- Martial Arts (Karate, Jiu Jitsu, Judo, Taekwondo)

Fun Activities:

- Art & Crafts
- Fun Games
- Masterclasses
- Quizzes

