

**Season 3:18th March-23rd May
3:00pm-4:00pm unless specified**

Students not involved in ASA's will be expected to leave the school campus at 3:00 pm on Monday, Tuesday, Thursday, Friday and 2:10 pm on Wednesday

Activity	Descriptor	Location/Other
MONDAY		
Camp Out! Monday	Do you like the wild outdoors? Do you like camping? This ASA is definitely for you! Come learn to quickly and efficiently put up and tie down a tent, first aid basics, build fires, tie knots etc!	80,000 UGX Dr. Gibbon's Grass
Choir Monday	All who love to sing a variety of songs are welcome to join the JS choir. Students of Choir from season 2 will be representing ISU at the Choir Festival in April.	JS Music Room
Computer World Monday	Have you ever wondered what the inside of a computer looks like? How all the wires and different parts are connected? This ASA is a chance for you to learn all of that while you carefully disassemble and assemble a computer.	Senior School IT Lab
Cricket Monday	Learn the skills, techniques, and rules of cricket through practice and games.	Upper pitch
Painting & Drawing Monday	For all the budding artists! Join us as we paint, draw, illustrate etc!	JS Art room
Sign Language Monday	Are you intrigued by Sign Language? Do you know someone who can only communicate this way? Then this ASA is for you. You will learn the sign language alphabet and also learn some of the commonly used gestures	3M Hut 80,000 UGX
TUESDAY		
Book Club Tuesday	Imagine, an hour set aside to discover a book, to share that discovery with a group of like-minded friends? Doesn't this sound like book paradise? Join this ASA to nurture your imagination!	4W
Fencing Tuesday	Exercise quick thinking skills while learning to use your fencing weapons(<i>foil, subree & epee</i>) This awesome ASA that will be led by Fencers from the Uganda Fencing Association.	The Cave 150,000 UGX
JS Track Tuesday	JS Track and Field ASA will help you work on improving your speed, power, endurance, and strength while working on your athletics in a safe supportive environment	Track
Strictly Strings Tuesday	Fiddles and Canons! (grades 3-5) is a weekly class geared toward ensemble playing for beginning and 'seasoned' string players. More	150,000 UGX

	<p>established players will have leadership roles and an opportunity to further their skills and play more challenging parts in a group setting while students new to strings will be taught a foundation in note reading, instrumental technique and ensemble playing. Ensemble playing enables children to socialize in a non-verbal context, develop active listening skills, and the ability to develop spontaneous interchanges with each other. * You will need to bring your own instrument or rent one from the school (based on size and availability.)</p>	
Swim Tuesday	<p>Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body! Learn various strokes of swimming like the breaststroke, backstroke, butterfly etc. while building strength and endurance.</p>	Pool
Tennis Tuesday	<p>Develop many physical benefits such as increased reaction time, flexibility, muscle tone etc. Tennis classes will be divided into 2 groups, beginner and intermediate.</p>	Tennis Courts
My Lab Tuesday	<p>Do you love Chemistry? Do you want to discover what terms like matter, atoms, chemical properties, chemical reactions etc mean? This ASA is for you! You will experience this side of science and learn how to use test tubes, safety goggles, tonks, racks, funnels etc!</p>	150,000 UGX Superlab
THURSDAY		
Basketball skills Thursday	<p>Develop and strengthen your basketball skills- shooting, passing, dribbling, rebounding etc.</p>	Upper Court
Chess Thursday	<p>Join this ASA to play a game made up of one king, two bishops, two rooks, two knights and eight pawns! Sounds like stepping back in History! We welcome beginners. We will have a friendly competition at the end of season 3.</p>	Grade 3 Veranda
Cookery Thursday	<p>Learn to prepare and make simple but delicious food!</p>	EC Kitchen 80,000 UGX
Puppy Hour Thursday	<p>Do you enjoy little furry creatures? You will learn basic dog training, gain confidence by not being fearful of dogs, learn responsibility by cleaning up, It is going to be fun!</p>	Mini Golf Area 120,000 UGX
Relax & Color Thursday	<p>Enjoy some downtime and join the coloring craze. From mandalas to intricate patterns, you will be able to relax your brain and make colorful creations at the end of the day</p>	J2
Swim Thursday	<p>Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body! Learn various strokes of swimming like the breaststroke, backstroke, butterfly etc. while building strength and endurance.</p>	Pool
Taekwondo Thursday	<p>Certified coaches will introduce you to Taekwondo skills. Split into ability groups. Belt exams can be arranged throughout the year.</p>	Dr. Gibbon's Veranda 120,000 UGX

FRIDAY		
Capoeira Friday	A dance-based martial art from Brazil. Also a game, a dance, governed by the rhythm of the berimbau, a traditional African instrument.	Dr. Gibbons 70,000 UGX
Cookery Friday	Learn to prepare and make simple but delicious food!	EC Kitchen 70,000 UGX
Environmentalist Friday	Do you love the natural world? Would you like to be part of a team working towards making the school campus more sustainable? Would you like to get involved in developing garden spaces for learning in? If the answer is yes, then this is the ASA for you!	4S (meeting point)
Football Skills (mixed) Friday	Develop and strengthen your football skills: dribbling, passing, ball control and agility.	Upper Pitch Skill development ASA
In line skating Friday	A fun sport using the same techniques as ice skating and skiing. Based on self-confidence, this activity helps build stamina, leg strength and general fitness. No experience needed and the equipment available.	Upper court 98,000 UGX
Mini-Weave Friday	For those who like crafts, look no further! Join your friends to make mini shopping baskets, small purses, placemats etc.	4S Veranda
Young Nurse Friday	Join this ASA to learn First Aid basics and so much more!	Nurse's station (meeting point)