

**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		
Football Skills Monday	Develop and strengthen your Football skills: dribbling, passing, ball control and agility.	Skill Development ASA
Mini Golf Monday	It has been said that the sport of Golf is easy to learn but impossible to master! If you enjoy the challenge, this ASA is for you!	Golf Area by the main gate Please bring Golf putters
Study Lounge Monday	Do you need an hour to gather your thoughts, study and get caught up with your workload? You are not alone so no need to worry. Come ready to accomplish a lot at the Study Lounge. You will not regret it!	Library
ISSAK U16 Boys Volleyball Monday	Join the Volleyball team and be ready to compete in the ISSAK League. A player must be younger than 15 as of 1st September 2019.	3:00-5:00pm Sportshall
ISSAK U16 Girls Volleyball Monday	Join the Volleyball team and be ready to compete in the ISSAK League. A player must be younger than 15 as of 1st September 2019.	3:00-5:00pm Sportshall
ISSEA Boys Football Monday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Nairobi from 10th -14th April. All chosen team members will work at ISU to prepare for the ISSEA competition.	3:00-5:00 pm Main pitch Grade 8 & above ONLY
ISSEA Girls Football Monday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Nairobi from 10th -14th April. All chosen team members will work at ISU to prepare for the ISSEA competition.	3:00-5:00 pm Main pitch Grade 8 & above ONLY
Ultimate Frisbee Monday	This is a fun, energetic sport for all who enjoy running around and playing a fun game. Join if you want to get some exercise, learn some throws and play a lot of Frisbee.	Amphitheater
TUESDAY		
Debate Club Tuesday	A club for students to meet and develop critical debate skills necessary for success in school and life. Each week students will learn the components to create a quality argument while avoiding logical fallacies and participate in mini-debates to expand and work on their skills.	F5
Games Galore Tuesday	Enjoy the beautiful campus with your friends. Playing a variety of field games each Tuesday will include tug of war, dodgeball, balancing act	Amphitheater

	etc)	
Rock Blue Tuesday	Did you know that Radio Head, U2, The Beatles among others started their band career in High School? Give it a shot! Join this ASA to sharpen your Instrument skills. You never know, you might be the next coolest band in town!	
Study Lounge Tuesday	Do you need an hour to gather your thoughts, study and get caught up with your workload? Come ready to accomplish a lot at the study lounge! You will not regret it!	Library
ISSEA Tennis Tuesday	The 2018-19 ISSEA Tennis competition will take place here at The International School of Uganda (ISU) from 10th- 14th April. Students who are a part of the ISSEA Tennis team will work at ISU to prepare for the ISSEA competition.	3:00-5:00pm Tennis Courts Grade 8 & above ONLY
ISSEA STEM Tuesday	The 2018-19 ISSEA STEM competition will take place at The International School of Tanganyika (IST). Students who are a part of the ISSEA STEM team will work at ISU to prepare for the math, science and robotics events held at the ISSEA competition.	Library (upper room) Grade 8 & above ONLY
WEDNESDAY		
Swim Wednesday	Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body. Learn various strokes such as the breaststroke, backstroke, while building strength and endurance.	2:10 pm - 4:00 pm Pool
ISSAK U13 Boys Volleyball Wednesday	Join the Volleyball team and be ready to compete in the ISSAK League. A player must be younger than 13 as of 1st September 2019	Sportshall 2:10-4:00pm
ISSAK U13 Girls Volleyball Wednesday	Join the Volleyball team and be ready to compete in the ISSAK League. A player must be younger than 13 as of 1st September 2019	Sportshall 2:10-4:00pm
ISSEA Boys Football Wednesday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Nairobi from 10th -14th April. All chosen team members will work at ISU to prepare for the ISSEA competition.	2:10-4:00pm Main pitch Grade 8 & above ONLY
ISSEA Girls Football Wednesday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Nairobi from 10th -14th April. All chosen team members will work at ISU to prepare for the ISSEA competition.	2:10-4:00pm Main pitch Grade 8 & above ONLY
ISSEA Tennis Wednesday	The 2018-19 ISSEA Tennis competition will take place here, at The International School of Uganda (ISU) from 10th - 14th April. Students who are a part of the ISSEA Tennis team will work at ISU to prepare for the ISSEA competition.	Tennis Courts
THURSDAY		
Basketball skills (mixed) Thursday	Develop and strengthen your basketball skills- shooting, passing, dribbling, rebounding etc	E Block

Book Club Thursday	The Book Club is a space where middle school students and high school students can come and enjoy their passion for reading. Through this ASA, students will be open to reading magazines, newspaper articles, graphic novels, comics, novels and so on. There will also be activities to do with helping students grow with their reading and to help students develop skills in their reading that will benefit them in their other classes. However, the activity will mainly be an independent act of reading.	F2
Design App Thursday	This club is open to senior school students who wish to learn how to develop and design iOS apps. Students will generate app ideas and produce mobile app user interfaces for their ideas. In the process, they will learn: app ideation, storyboarding, user experience design, creating personas, sketching apps, creating wireframes, how to use Adobe Photoshop as the primary software tool for graphic designers. The program emphasizes creativity, innovation, and collaboration.	SS IT Lab
Experiments & Explosions Thursday	A chance to explode, dissect and experiment in a relaxed environment.	SuperLab
ISSEA Golf Thursday	The 2018-19 ISSEA Golf competition will take place at The International School of Johannesburg (AISJ) from 10th -14th April. Students who are a part of the ISSEA Golf team will work at ISU and the Serena by the Lake to prepare for the ISSEA competition	3:00-5:00pm
ISSEA Boys Football Thursday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Nairobi from 10th -14th April. All chosen team members will work at ISU to prepare for the ISSEA competition.	3:00-5:00pm Main pitch
ISSEA Girls Football Thursday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Nairobi from 10th -14th April. All chosen team members will work at ISU to prepare for the ISSEA competition.	3:00-5:00pm Main pitch
ISSEA STEM Tuesday	The 2018-19 ISSEA STEM competition will take place at The International School of Tanganyika (IST). Students who are a part of the ISSEA STEM team will work at ISU to prepare for the math, science and robotics events held at the ISSEA competition.	Library (upper room) Grade 8 & above ONLY
Yoga Thursday	To increase your flexibility, muscle tone and strength, join our yoga ASA.	Drama Room
FRIDAY		
Conditioning Club Friday	Your health and fitness are important! The many benefits include and are not limited to; increased confidence, brain stimulation, pre-season training, building physical strength and endurance.	Sportshall Grades 8 & above ONLY
Fencing Friday	Exercise quick thinking skills while learning to use your fencing weapons (<i>foil, subree & epee</i>). This awesome ASA will be led by Fencers from the Uganda Fencing Association	Dr. Gibbons Hall 105,000 UGX

<p>Girl Code Friday</p>	<p>The ISU Girls Coding Club is designed to be an environment that takes girls' interest in technology and inspires them to be innovators by introducing female role models. It will be a fun way to learn about programming in a social, after-school setting. We will introduce the history of women who have played a key role in computer science and also equip our girls with current day computing skills</p>	<p>SS IT Lab</p>
<p>Pitch Perfect Friday</p>	<p>What do the following people have in common? Lee DeWyze, Blake Lively, Anne Hathaway, Hugh Jackman, Barack Obama? They all started out in their High School Choir! You are welcome to this ASA if you have the singing talent!</p>	<p>SS Music Room</p>
<p>Swim Friday</p>	<p>Were you inspired by the ISSEA swim competition and thinking about taking your swimming to the next level? This ASA is open to Grade 6-8 students who aspire to swim at the ISSEA level. Coaches will work with swimmers to improve their stroke and turn techniques. We will design workouts aimed to build strength, endurance, and technique and to prepare students for swimming competitively.</p>	<p>Pool</p>
<p>Study Lounge Friday</p>	<p>Do you need an hour to gather your thoughts, study and get caught up with your workload? Come ready to accomplish a lot at the study lounge. You will not regret it!</p>	<p>Library</p>
<p>Track Friday</p>	<p>The 2019-20 ISSEA Track and cross country competition is scheduled for 24th-28th October at The International School of Uganda. A team of 20 will be selected to participate in the ISSEA competition. This ASA is in preparation of ISSEA Track.</p>	<p>Track</p>