

**Season 3:11th 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		
Fencing Monday	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 120,000 UGX
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.	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.	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.	3:00-5:00pm Main pitch Closed group
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.	3:00-5:00pm Main pitch Closed group
Tennis Monday	Develop many physical benefits such as increased reaction time, flexibility, muscle tone etc. Tennis classes will be divided into 2 groups, beginner and intermediate	Court
Public Speaking Monday	Public speaking and presentation skills are an asset for your profile as a student. For some people, though, speaking in front of others is very stressful and not so enjoyable. Through this after-school activity, you'll have a chance to research and present topics of your interest in a safe environment. You will have the opportunity to develop a better sense of who you are as a person and as a student and to give and receive constructive feedback.	TBA
TUESDAY		
ISSAK U20 Boys Volleyball Tuesday	Join the Volleyball team and be ready to compete in the ISSAK League. A player must be younger than 20 as of 1st September 2019.	Sportshall
ISSAK U20 Girls Volleyball Tuesday	Join the Volleyball team and be ready to compete in the ISSAK League. A player must be younger than 20 as of 1st September 2019.	Sportshall
ISSEA STEM	The 2018-19 ISSEA STEM competition will take place at The	Library (upper room)

Tuesday	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.	
ISSEA Tennis Tuesday	The 2018-19 ISSEA Tennis competition will take place here at The International School of Uganda (ISU) from April 10th - April 14th. Students who are a part of the ISSEA Tennis team will work at ISU to prepare for the ISSEA competition.	Tennis Courts
Rock Blue Tuesday	Did you know that Radio Head, U2 and the Beatles all started their band career in High School? Join this ASA to sharpen your Instrument skills! You never know, you might be the next coolest band in town!	
Yoga Tuesday	To increase your flexibility, muscle tone and strength, join our yoga ASA.	
WEDNESDAY		
Basketball skills (mixed- sign up) Thursday	Develop and strengthen your basketball skills- shooting, passing, dribbling, rebounding etc	Skill Development ASA Upper Court/ E Block
Football Skills (mixed- sign up) Wednesday	Develop and strengthen your Football skills: dribbling, passing, ball control and agility.	Skill Development ASA Upper Court
Swim Wednesday	Open to swimmers of all levels. Swimming is the perfect exercise that works the whole body. Learn various strokes like the breaststroke, backstroke, and butterfly while building strength and endurance.	2:10 pm - 4:00 pm Pool
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 Closed group
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 Closed group
ISSEA Tennis Wednesday	The 2018-19 ISSEA Tennis competition will take place here at The International School of Uganda (ISU) from April 10th - April 14th. Students who are a part of the ISSEA Tennis team will work at ISU to prepare for the ISSEA competition.	Tennis Courts
THURSDAY		
Book Club Thursday	The Book Club is a space where middle school and high school students can come and enjoy their passion for reading as well as for others to come and learn who loves 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	F2

	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.	
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
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.	2:10-4:00pm Main pitch Closed group
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.	2:10-4:00pm Main pitch Closed group
ISSEA STEM Thursday	The 2018-19 ISSEA STEM competition will take place at The International School of Tanganyika (IST) in Tanzania in late April. 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)
Table Tennis Thursday	Newbie or expert, we welcome you to join us at Table Tennis to get started with rudimentary skills or to fine tune your technique and dexterity with other interested players. We will learn how to serve and return, spin and smash, through fun practice games and friendly matches.	Dr. Gibbon's Hall
FRIDAY		
Boxing Friday	Students who join the boxing ASA will learn specific boxing techniques, do pad work and sparring. It's important you bring a gum shield to protect your teeth	C2 grass area
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
Pitch Perfect Friday	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!	SS Music Room
Track Friday	The 2019-20 ISSEA Track and cross country competition is scheduled for 24th-28th October at The International School of	Track

	Uganda. A team of 20 will be selected to participate in the ISSEA competition. This ASA is in preparation of ISSEA Track.	

