

Season 2:26th November-22nd February

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
<b>MONDAY</b>		
ISSAK U16 Girls Basketball Monday	Join the Basketball team and be ready to compete in the ISSAK League. A player must be 15 or younger as of 1st September 2018.	E Block 3:00pm-5:00pm Session Limit: 10
Modern/Contemporary Dance Monday	The modern dance class will begin with a thorough and effective warm-up. This will build your physical strength and stimulate your body's core connections. The warm up is followed by phrase work (choreographed movement) focusing on directional and weight changes, rhythm, and Laban Fundamentals (i.e. time, space, effort, etc.) If you don't know what these terms mean, no worries, I will teach them to you!	Dr.Gibbons hall
Music Production Monday	Students will use the Garageband app on their MacBooks to write, record and produce musical compositions. No experience or music theory is necessary for this.	TBA
Study Lounge Monday	Do you need an hour to gather your thoughts, study and get caught up with your workload? You are not alone! Come ready to accomplish a lot at the Study Lounge! You will not regret it!	Library
<b>TUESDAY</b>		
Games Galore Tuesday	Enjoy the beautiful campus with your friends. Playing a variety of field games each Friday including tug of war, dodgeball, balancing act etc)	Amphitheater
ISSAK U16 Boys Basketball Tuesday	Join the Basketball team and be ready to compete in the ISSAK League. A player must be 15 or younger as of 1st September 2018.	E Block
ISSEA Choir/Band	The 2018-19 ISSEA Choir/Band competition will take place at The Harare	SS Music room

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# INTERNATIONAL SCHOOL OF UGANDA



Tuesday	International School ( HIS ) in Zimbabwe in late February. Students who are a part of the ISSEA Choir/ Band team will work at ISU to prepare for the ISSEA competition.	Grades 7-12 ONLY
ISSEA Drama Tuesday	The 2018-19 ISSEA Visual Arts/Drama competition will take place at The American International School of Mozambique (AISM) in Mozambique in late February. Students who are a part of the ISSEA Visual Arts/Drama team will work at ISU to prepare for the ISSEA competition.	Drama room  Grades 7-12 ONLY
ISSEA STEM Tuesday	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)  Grades 7-12 ONLY
ISSEA Swim Tuesday	ISU will be hosting the 2018-19 ISSEA Swim competition between January 30th to February 3rd. Join this activity to get ready to participate in ISSEA swimming.	Pool  Grades 7-12 ONLY
ISSEA Visual Arts Tuesday	The 2018-19 ISSEA Visual Arts/Drama competition will take place at The American International School of Mozambique (AISM) in Mozambique in late February. Students who are a part of the ISSEA Visual Arts/Drama team will work at ISU to prepare for the ISSEA competition.	SS Art room  Grades 7-12 ONLY
Study Lounge Tuesday	Do you need an hour to gather your thoughts, study and get caught up with your workload? You are not alone! Come ready to accomplish a lot at the Study Lounge! You will not regret it!	Library
<b>WEDNESDAY</b>		
ISSAK U13 Boys Basketball Wednesday	Join the Basketball team and be ready to compete in the ISSAK League. A player must be 12 or younger as of 1st September 2018	2:10-4:00pm Sportshall Session limit: 10
ISSAK U13 Girls Basketball Wednesday	Join the Basketball team and be ready to compete in the ISSAK League. A player must be 12 or younger as of 1st September 2018	2:10-4:00pm Upper court Session limit: 10
ISSEA Tennis Wednesday	The 2018-19 ISSEA Tennis Competition will take place at home, International School of Uganda (ISU) in April. Students will be preparing for this competition at ISU.	Tennis Courts

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Swim Wednesday	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	2:10 pm - 4:00 pm  Pool
Girl's On the Run Wednesday	A group for girls -- runners and non-runners alike - to come together and learn more about healthy body images, positive peer pressure, and healthy activity and food choices. Also develop skills to get and stay active. We'll talk about character, developing a strong sense of self, creating positive attitude.	2:10 pm - 4:00 pm  Dr. Gibbon's Veranda
<b>THURSDAY</b>		
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
Nanowrimo Thursday	Do you love writing? Are you committed to writing a novel? Then Nanowrimo is the Club for you! Come ready to edit and eventually submit your book to be published	B5
Tennis Thursday	Develop many physical benefits such as increased reaction time, flexibility, muscle tone etc. Tennis classes will be divided into 2 groups, beginner and intermediate	Tennis Courts
UGMUN Thursday	This is a Model United Nations Conference that is hosted by ISU in DECEMBER. More than 250 students from around Kampala participate in this event. UGMUN will run in Season two until December.	C2  Students are welcome to choose another ASA for Thursday after December
Green House Project Thursday	Using the school greenhouse and adjacent area to plant, nurture and grow produce, (tomatoes, onions, carrots, chili, kale, and also native tree saplings). Students will prepare the soil and plant and monitor and nurture the growing plants. The produce will be sold at the Friday market and to teachers and parents or donated to the needy in our community. The idea is that any profit will be used to support service projects. Students should bring appropriate clothing for the activity.	ISU Greenhouse
<b>FRIDAY</b>		

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Fencing Friday	Exercise quick thinking skills while learning to use your fencing weapons ( <i>foil, subree &amp; epee</i> ). This awesome ASA that will be led by Fencers from the Uganda Fencing Association	Dr. Gibbons 105,000 UGX
Fashion & Design Friday	Fashion and Design is a form of creative art which enables budding young designers to create original clothing, jewelry, and accessories. Students sketch designs, select fabric, and cut patterns, make clothes and accessories. It is a skill that builds competence and boosts self-esteem.	80,000 UGX C2 Hut
ISSEA Choir/Band Friday	The 2018-19 ISSEA Choir/Band competition will take place at The Harare International School (HIS) in Zimbabwe in late February. Students who are a part of the ISSEA Choir/ Band team will work at ISU to prepare for the ISSEA competition.	SS Music room Grades 7-12 ONLY
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Sign Language Friday	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	TBA

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