

**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>		
Debate Club Monday	A club for students to meet and develop critical debate skills necessary for success in school and life. Each week students will learn the keys to create a good argument while avoiding logical fallacies, and participate in mini-debates to expand and work on their skills.	F5
Guitar Club Monday	Learn the basic components and chords of a guitar. We will attempt to play 'Hotel California' by the end of the season and perform at the assembly.	Amphitheater
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
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.	SS Music Room
ISSEA Boys Basketball Monday	The 2018-19 ISSEA Basketball competition is scheduled for January 30th-3rd February at The American International School of Lusaka (AISL). A team of 10 will be selected to participate in the ISSEA Basketball competition.	Sports Hall 3:00pm-5:00pm
<b>TUESDAY</b>		
Team Handball Tuesday	Handball developed in Europe in the 1920's. One of our German Students is excited to teach you this game.	Upper pitch
French Exam Prep Tuesday	This is an ASA in which we will be practicing the different elements of the French exams for Grade 10-12. There will be a focus on the speaking element of the exam but we will look at the writing, listening and reading elements as well. This will be a	TBA

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	good opportunity to practice and become more fluent with your French.	
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 Girls Basketball Tuesday	The 2018-19 ISSEA Basketball competition is scheduled for January 30th-3rd February at The American International School of Lusaka (AISL). A team of 10 will be selected to participate in the ISSEA Basketball competition	Sports Hall 3:00pm-5:00pm
ISSEA Choir/Band Tuesday	The 2018-19 ISSEA Choir/Band competition will take place at The International School of Harare ( ISK ) 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
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
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)
ISSEA Swim Tuesday	The 2018-19 ISSEA Swim competition will take place at home, at ISU between January 30th to February 3rd.	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
<b>WEDNESDAY</b>		
ISSEA Boys Football Wednesday	The 2018-19 ISSEA Football competition will take place at The International School of Kenya (ISK) in Kenya from April 10th - April 14th. Students who are a part of the ISSEA Football team will work at ISU to prepare for the ISSEA competition.	2:10-4:00pm  Main pitch

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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
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>		
ISSEA Boys Basketball Thursday	The 2018-19 ISSEA Basketball competition is scheduled for January 30th-3rd February at The American International School of Lusaka (AISL). A team of 10 will be selected to participate in the ISSEA Basketball competition	TBA
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ISSEA Swim Thursday	The 2018-19 ISSEA Swim competition will take place at home, at ISU between January 30th to February 3rd.	Pool
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.	TBA
Design App	This club is open to senior school students who wish to learn how to develop and design iOS apps. At the end of the course, students will come up with app ideas and produce mobile app user interfaces for their ideas. In the process, they will	SS IT Lab

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Thursday	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	
University Counselling Thursday	For Grades 11 and 12 only. A great ASA to help you prepare for and apply to university.	Super Lab
<b>FRIDAY</b>		
ISSEA Choir/Band Friday	The 2018-19 ISSEA Choir/Band competition will take place at 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
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