

# INTERNATIONAL SCHOOL OF UGANDA



**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>		
Cookery Monday	Learn to prepare and make simple but delicious food!	EC Kitchen 80,000 UGX
Paper Craft Monday	Did you know that you can make amazing things with paper as your main material? Join Paper Craft to make items like flowers, butterflies, kites, boats and loads more.	EC Veranda
Stop Motion Studio Monday	Unleash creativity through animation and develop various skills in a fun way.	L3
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.	Tennis Courts
Zebra Zumba Monday	Do you love moving your body? Do you love learning new dance moves that will impress everyone around you? Well, this is the fun dance club for you! We will be bending, shaking and spinning to the groovy music of Latin America. You will get a chance to create your own dance routines with friends and practice your performing skills when you show them to the other groovers in the class.	J2
<b>TUESDAY</b>		
Break Dance Tuesday	Breakdance is one of the famous dances practiced globally among children and youth. It's popular because of its format of encouraging grooving, freezes, power-movements etc	Dr.Gibbons Veranda 80,000 UGX
In line skating Tuesday	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 is provided.	Upper court
Swim Tuesday	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.	Pool
The Messy Club	In this club, we love to use our senses to explore, develop our	KR Veranda

**Mission statement:** We learn together to unlock the opportunities of a changing world

**Authorised:** International Baccalaureate Organisation, **Accredited:** Council of International Schools and Middle States Association of Colleges and Schools

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Tuesday	imagination and make amazing crafts! Join the messy fun!	
ISSAK U9 Girls Football Tuesday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018. Grade 2 & 3 ONLY	Upper pitch Must practice Tuesday and Thursday
<b>THURSDAY</b>		
ISSAK U9 Boys Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018. Grade 2 & 3 ONLY	Upper pitch Must practice Thursday and Friday
ISSAK U9 Girls Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018. Grade 2 & 3 ONLY	Upper pitch Must practice Tuesday and Thursday
Jewelry making Thursday	Make your own jewelry with fantastic African materials. A good way to work on fine motor skills and to make unique jewelry for yourself and friends.	KM Veranda
K-1 Football skills Thursday	Develop and strengthen your Football skills-dribbling, passing, ball control, foot use etc.	Skill-based ASA Grade 3 pitch
Taekwondo Thursday	Certified coaches will introduce you to Taekwondo skills. Split into ability groups. Belt exams can be arranged throughout the year.	Dr. Gibbon's Veranda 120,000 UGX
<b>FRIDAY</b>		
Capoeira Friday	A dance-based martial art from Brazil. Also a game, a dance, governed by the rhythm of the berimbau, a native African instrument.	Dr. Gibbons 70,000 UGX
Cookery Friday	Learn to prepare and make simple but delicious food!	EC Kitchen 70,000 UGX
ISSAK U9 Boys Football Friday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018. Grade 2 & 3 ONLY	Upper pitch Must practice Thursday and Friday
Invasion Games Friday	Did you know you can learn the fundamental skills of Basketball and Football while playing various games? Join this ASA to find out how!	TBA Skills-based ASA
Swim Friday	Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body! Learn various strokes of swimming like	Pool

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	the breaststroke, backstroke, butterfly etc. while building strength and endurance	
Trackstars Friday	Children will build up their stamina through fun running games and other exercises to increase their physical fitness.	Track

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