




# ZIS After School Activities: Semester 2 Sign Up 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Dream Football Academy Years 4 - 6	Basketball Training Years 3-4 Years 5-6	Dream Football Academy Years 2 - 3			 9:30-11:30am Welcome All!
Ultimate Frisbee Training Years 7-13	Jaguars PRC Teams Sports Years 7-13	Lacrosse Years 4 - 8	Jaguars PRC Teams Sports Years 7-13		Sunday Swimming -or- -badminton - Table Tennis @ UIC
Couch to 2k	← Every Monday! Contact Mr. Tom to register: <a href="mailto:tomc@zischina.com">tomc@zischina.com</a> .				

## DREAM Football Academy (Mondays and Wednesdays)



beginning February 21  
15 sessions 3:45 to 4:45pm

Mondays (Years 4 - 6): 3000 RMB   
 Wednesdays (Years 2 - 3): 3000 RMB   
 Bus to Horizon Cove //  Parent Pick Up

## ULTIMATE Frisbee Training (Mondays)



beginning February 21  
15 sessions 3:45 to 4:45pm

Mondays (Years 7-13): no charge   
 Bus to Horizon Cove //  Parent Pick Up

## BASKETBALL (Tuesdays) Limited spaces open for new joiner. No need to sign up if you are already in.



beginning February 22  
15 sessions 3:45 to 4:45pm  
(excludes March 15)

Tuesdays (Years 3 - 4): no charge   
 Tuesdays (Years 5 - 6): no charge   
 Bus to Horizon Cove //  Parent Pick Up

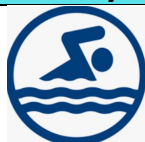
## LACROSSE (Wednesdays)



beginning February 23  
15 sessions 3:45 to 4:45pm

Wednesdays (Years 4-8): RMB 2880   
 plus RMB 308 for lacrosse stick and 2 balls  
 Bus to Horizon Cove //  Parent Pick Up

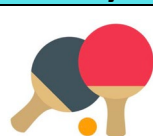
## Sunday Swimming Lessons at UIC at least 125cm tall



Sundays from February 27  
10 sessions 10:00 to 11:30  
(excludes holidays: April 3, 10, May 1)

Beginners: 1000 RMB   
 Intermediate / Advanced: 1000 RMB   
**No transportation**

## Sunday Table Tennis or Badminton at UIC



Sundays from February 27  
10 sessions 10:00 to 11:30  
(excludes: April 3, 10, May 1)



Table Tennis, All Skill Levels: 1000 RMB   
 Badminton, All Skill Levels: 1000 RMB   
**No transportation**

Student Name:		Year Group:		Bus #:	
Parent Name:		Parent Email:			
Parent Mobile:		Parent Sign:			

We are pleased to offer a selection of after school activities – I hope you will find many opportunities for your child to expand their skills and interests with these offerings. All clubs led by students will have teacher supervision.

A school bus is available weekdays after activities to transport students to the Horizon Cove clubhouse. Students in Primary need to be picked up from the clubhouse by an appointed adult. Please indicate here your travel preference on the sign-up page. Fees for these activities are paid to the activity provider. Regrettably, refunds for missed sessions are unavailable. Each activity has a minimum and a maximum number of students. We will do our best to accommodate all interest.

**Please register before Thursday, February 17, 2022. Registration Fees will be collected after classes start.**

### DREAM Football Academy



Coach Joadson brings his Football Academy training to Zhuhai offering more football training for our Primary students in the first semester. Training focuses on skills with the ball while developing strategy and teamwork. Full uniform cost approximately 200 RMB – all academy members are expected to wear DREAM uniform at training. Class size limited to 16 students.

### ULTIMATE Frisbee Training



Student coach Erwan Pare offers his service to ZIS: ultimate training that focuses on skill development, cooperation and team spirit. Ultimate is a great sport for motor coordination skills and fitness conditioning. Training is available for students in Years 7 and up.

### BASKETBALL



Student coaches Terrance Zhang, Maxime Wahl, Finn Barker offer drills and skills to Primary students. Ball handling, passing, conditioning, team work – students will lay the foundation for the enjoyment of this team sport. Groups train at the same time: Years 3 & 4 and Years 5 & 6. Limited spaces open for new joiner – 4 for Y3-4 group and 3 for Y5-6 group. No need to sign up if you are already in from 1<sup>st</sup> Semester.

### ZIS Jaguars



The ZIS Jaguars compete against other international schools in the GBA as members of the Pearl River Conference (PRC). Secondary students train for these teams on Tuesdays and Thursdays with ZIS coaches. Students sign up with Mr. Martin, Secondary PE Teacher.

### Lacrosse

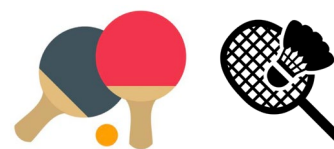


A sport gaining popularity across the globe, lacrosse develops team play, coordination, and strategic thinking. Local coaches sharing their passion for the sport in and English environment – an excellent sport for ZIS students to enjoy.

### Sunday Swimming / Table Tennis / Badminton at UIC



Swim coaches will continue offering swimming lessons for students of all abilities: beginners, intermediate, and advanced. Swimmers need to be at least 125cm tall. Or, build your Table Tennis or Badminton skills with 10 great sessions! Enjoy the fantastic facilities and the quality instruction by UIC coaches.



Note: No ZIS transportation provided.

Please take some time to review the sign-up form and students can return these to their homeroom teacher. If you have any questions, please contact Ms. Gina Li [ginal@zischina.com](mailto:ginal@zischina.com) at the school office or send me an email at [andrewv@zischina.com](mailto:andrewv@zischina.com)

Warm regards,  
Andrew VanderMeulen  
Head of School