

## ZIS After School Activities: Semester 1 2022-23 (Scan QR code to sign-up on Survey) →



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Dream Football Academy Years 4 - 6	Brazilian Jiu Jitsu Years 5-10	Dream Football Academy Years 2 - 3	Lyre Lessons Years 4-6		
Brazilian Jiu Jitsu Years 2-4	Jaguars PRC Teams Sports Years 7-13		Jaguars PRC Teams Sports Years 7-13		Brazilian Jiu Jitsu Second Session
Monday Yoga Couch to 2k	Tennis Beginners Years 1-4	Tennis Intermediate Years 1-4	Tennis Beginners Years 1-4	Tennis Intermediate Years 1-4	Saturday Sports 9:30-11:30am Welcome All!
↑ ↑ ↑ Couch to 2k is every Monday! Contact Mr. Wesley to register <a href="mailto:wesleyf@zischina.com">wesleyf@zischina.com</a> Saturday Sports is for ZIS Families and Guests – Fun for All! ↑ ↑ ↑					

### DREAM Football Academy (Mondays and Wednesdays)



from September 5 to December 14  
14 weeks 3:45 to 4:45pm

Mondays (Years 4 - 6) 14 weeks: 2800 RMB  
Wednesdays (Years 2 - 3) 14 weeks: 2800 RMB  
Bus to Horizon Cove // Parent Pick Up

### Self-Defence / Brazilian Jiu-Jitsu (Mondays, Tuesdays and Saturdays)



from September 5 to December 13  
14 weeks 3:45 to 4:45pm

Mondays (Years 2 - 4) 14 weeks: 2500 RMB  
Tuesdays (Years 5 - 10) 14 weeks: 2500 RMB  
Saturdays – arrange with instructor  
[ ] Bus to Horizon Cove // [ ] Parent Pick Up

### Tennis (Tuesday to Friday)



from September 5 to December 16  
14 weeks 3:45 to 4:45pm

beginner -  Tues  Thurs  
intermediate,  Wed  Friday  
1400 RMB for 14 sessions, 2800 RMB for 28 sessions  
[ ] Bus to Horizon Cove // [ ] Parent Pick Up

### JAGUARS Team Sports (Tuesdays and Thursdays)



From September 13 to December 15  
13 weeks 3:45 to 4:45pm

Students will sign up with their coaches for training and for tournaments – permission forms will go home.

### Yoga Mondays



September 5 to December 12  
3:45 to 4:45

Mon (Years 7-13 )  
No charge  
[ ] Bus to Horizon Cove // [ ] Parent Pick Up

### Lyre Lessons



Thursdays from September 8  
12 lessons

Thurs (Years 4-6) 12 lessons  
3600 RMB for 12 lessons  
1000 RMB deposit for instrument

Dear Parents,

August 2022

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. Please note that clubs coached by students will have teacher supervision. We are still arranging weekend swim training – more information will follow.

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 choose the activities on the digital survey form that we created by noon of Friday, September 2.

### DREAM Football Academy



Coach Robson delivers DREAM Football Academy training to ZIS offering football training for our Primary students. Coach Robson speaks 5 languages and has played on teams across the world. 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.

### Self-Defence / Brazilian Jiu-Jitsu



Brazilian Jiu-Jitsu teaches endurance, discipline, strength, and decision making. It is a non-violent, yet very effective, martial art, especially recommended for younger kids. Instead of punching and kicking, the students will learn grappling and forcing the opponent to a submission. Participants can bring their own *gi* (Jiu-Jitsu uniform) or the coach can arrange a purchase. A Saturday option is available – please speak with the coach. Class size: min. 10 kids in a group. NB. The classes are run in Mandarin Chinese.

### Tennis



Coaches from Changdong Tennis Club are ready to bring tennis to our covered court. Class size is limited to 6 per session. Indicate your preferred days of the week and we will build the best schedule possible. If you are interested in training twice per week, let us know!

### 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 their coaches – permission forms will be sent home.

### Yoga Mondays



ZIS Parent Ms. Pieterne Senff is a qualified yoga instructor and will lead Secondary students through an hour of yoga each Monday. Classes are suitable for beginners and all others. Thank you to Ms. Senff for offering this special class to our students!

### Lyre Lessons



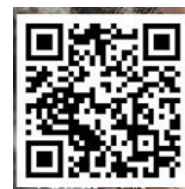
Join Mr. Thomas Pedroli in learning music literacy through the lyre. The complete program is two years, though every semester is an enriching musical experience. Students are assigned practice every day for 15 minutes using their own lyre (deposit 1000 RMB required).

Please take some time to review the activities. If you have any questions, please contact the school or send an email to Gina Li [ginal@zischina.com](mailto:ginal@zischina.com) or myself.

Warm regards,  
Andrew VanderMeulen  
Head of School  
[andrewv@zischina.com](mailto:andrewv@zischina.com)

# ZIS 课后兴趣班：2022-23 学年第一学期

## (请扫描二维码填写报名表)



星期一	星期二	星期三	星期四	星期五	周末
梦想足球 4-6 年级	巴西柔术 5-10 年级	梦想足球 2-3 年级	竖琴课 4-6 年级		
巴西柔术 2-4 年级	校队体育训练 7-13 年级		校队体育训练 7-13 年级		巴西柔术 视报名情况安 排
瑜珈 7-13 年级 2 公里跑步	初级网球 1-4 年级	中级网球 1-4 年级	初级网球 1-4 年级	中级网球 1-4 年级	周六体育 上午 9:30-11:30 欢迎大家参加

↑↑↑ 2 公里跑步每周一进行! 请联系 Mr. Wesley 报名: [wesleyf@zischina.com](mailto:wesleyf@zischina.com)

周六体育向 ZIS 家庭和客人们开放-- 每个人都可以参加! ↑↑↑

### 梦想足球俱乐部 (每周一与周三)



9 月 5 日至 12 月 14 日  
14 节 下午 3:45 至 4:45

每周一 (4-6 年级): 2800 RMB □

每周三 (2-3 年级): 2800 RMB □

[ ] 需乘坐去海怡湾畔校车 // [ ] 家长自己接

### 自我防御/巴西柔术 (每周一、周二和周六)



9 月 5 日至 12 月 13 日  
14 节 下午 3:45 至 4:45

每周一 (2-4 年级): 2500 RMB □

每周二 (5-10 年级): 2500 RMB □

每周六 — 与教练安排

[ ] 需乘坐去海怡湾畔校车 // [ ] 家长自己接

### 网球 (周二至周五)



9 月 6 日至 12 月 16 日  
14 节 下午 3:45 至 4:45

初级 - □ 周二 □ 周四

中级 - □ 周三 □ 周五

14 节课 1400 元, 28 节课 2800 元

[ ] 需乘坐去海怡湾畔校车 // [ ] 家长自己接

### 校队体育训练 (周二及周四)



9 月 13 日至 12 月 16 日  
13 节 下午 3:45 至 4:45

有关训练和比赛相关的调查表将稍晚发给学生。

### 周一瑜珈



9 月 5 日至 12 月 14 日  
14 节 下午 3:45 至 4:45

每周一 (7-13 年级)

免费

[ ] 需乘坐去海怡湾畔校车 // [ ] 家长自己接

### 竖琴课



每周四, 9 月 8 日起  
12 节课

周四 (4-6 年级): 3600 元

另有 1000 元乐器押金

尊敬的家长：

2022 年 8 月

我们很高兴为大家带来一系列课后兴趣课程——希望您能从中找到机会为孩子拓展技能和兴趣。由学生指导的课程将有老师进行监督。我们仍在安排周末游泳培训课程，确定之后将另发通知。

在周一至周五，会提供接送车送课后兴趣班的学生们到海怡湾畔会所。小学部学生们需要由指定的大人到会所接。请在报名表中选择是否乘坐接送车。这些兴趣班的费用直接支付给授课老师。请注意，如果错过了上课是没有退费的。每个班都有最低开班人数和满班人数。我们将尽力满足所有人的选择。

请于 **9 月 2 日（星期五）** 之前填回电子问卷。费用将在开课后收取。

### 梦想足球俱乐部（每周一与周三）



Robson 教练为小学部的学生提供足球训练，他能讲 5 种语言，并在全球不同的队里踢球。训练着重于控球能力、踢球策略和团队合作。学生上课期间应穿梦想足球俱乐部的足球服，全套球服费用另计，为 200 元。满班人数为 16 人。

### 自我防御/巴西柔术（每周一、周二和周六）



巴西柔术训练毅力、纪律、力量和果断力。它是一项非暴力但有效的武术，推荐低年级学生学习。不同于拳击和踢，学生们将学习将对手擒拿和制服。参加学习者可带自己的柔术服，或者由教练代买。周六也可选——需与教练确认。开班人数：最少 10 位。  
注意：上课语言为普通话。

### 网球



来自畅动网球俱乐部的教练们将在我校体育场上为孩子们进行训练。每节课满班人数为 6 人。请在报名表里填上希望上课的日期，我们将尽力安排。如果您想每周训练 2 次，请标注清楚。

### 校队体育训练



ZIS Jaguars 校队作为珠三角联盟(PRC)成员，与大湾区的其他国际学校进行比赛。中学部学生在周二和周四与 ZIS 教练进行训练。届时会有相关报名表格另发回家。

### 周一瑜伽



ZIS 家长 Ms. Pieterne Senff 是一位专业的瑜伽教练，将在每周一带中学生练习一个小时的瑜伽。课程适合初学者或已学者。感谢 Ms. Senff 为学生们带来的特别的课堂！

### 竖琴课



和 Mr. Thomas Pedrolì 老师一起通过竖琴学习乐理知识。完整的课程为两年期，每个学期都是一次丰富的音乐体验。学生们每天需要在课外用自己的竖琴练习 15 分钟（另交 1000 元乐器押金）。

请花点时间阅读兴趣班信息表。如果您有任何问题，请与 Ms. Gina: [ginal@zischina.com](mailto:ginal@zischina.com) 联系或发邮件至：[andreww@zischina.com](mailto:andreww@zischina.com)。

谨致问候，  
安德鲁校长