

CHORALE

ART & RECYCLE

GYMNASTIQUE

ÉCHECS

ESCRIME

YOGA

ÉTUDE

TAEKWONDO

PIANO

PEINTURE



KIDS MIX CLUB

CREATION
BIJOUX



— LfiSV —
LYCÉE FRANÇAIS
INTERNATIONAL
SIMONE VEIL



aefe
Agence pour
l'enseignement français
à l'étranger

AFTER-SCHOOL ACTIVITIES

Catalogue 2023-2024



ZUMBA

Mrs Ekaterina KYRMYZ

Ms. Kyrmyz is an enthusiastic dancer who has been giving modern dance lessons at Pinocchio e.V. for several years.

Zumba is fun! Zumba does not require you to be a good dancer. There is no sense of competition between children, it's all about having a good time! A mix of Latin dance and fitness, Zumba combines the fun of dance with the multiple benefits of exercise. Zumba is a great workout for the whole body. It encourages teamwork, improves memory, develops imagination and creativity. It boosts the confidence and self-esteem and promotes coordination and positioning in space.

Sportswear is required

16 PLACES

CLASSE		JOUR				PRIX
CP	CE1 CE2 CM1 CM2	M	T	W	T	F
						A



TAEKWONDO

Mr Kido PARK

Kido Park is a multiple Korean champion and has 40 years of martial arts experience in the discipline. In addition to his degree at the Korean National Sports University, he has been active in Germany as a state coach in the DTU (German Taekwondo Union) for Bundesland Niedersachsen.

Taekwondo is an all-round martial art. As a sport, Taekwondo is a complete and very demanding Korean martial art form that was originally taught for warfare, self-defense and physical fitness. Today, it is an Olympic sport with over 60 million members worldwide, which makes it the most popular martial art in the world. Taekwondo is an activity that develops many skills: concentration, self-confidence, perseverance, self-discipline and respect.

Sportswear is required

18 PLACES

CLASSE		JOUR				PRIX
CP	CE1 CE2 CM1 CM2	M	T	W	T	F
						B



YOGA

Mrs Françoise VIVES CARBONNE

Françoise Vives Carbonne is trained in Vinyasa Yoga and Hatha Yoga, certified by the Yoga Alliance, and has completed a specific training in Yoga for children and adolescents.

Yoga helps with self-control, an important part of a child's development. Children are, therefore, better at maintaining friendships, making decisions, it helps them to reduce stress and anxiety. They develop the ability to concentrate for longer periods of time, a skill that is greatly demanded during the school hours. The sessions focus on learning postures (asanas) to strengthen, soften and relax the body as well as working on breathing and relaxation. Awareness and control of the breath is a key to managing emotions and stress.

Sportswear is required

12 PLACES

CLASSE		JOUR				PRIX
CP	CE1 CE2 CM1 CM2	M	T	W	T	F
						A



GYMNASTIQUE ACROBATIQUE

Mrs Mira ALLOU

Ms Allou worked as an acrobatic gymnastic trainer at the Kazakh circus in Almaty, where she trained children. Since 2019, she has been teaching children in German schools.

This sport is at the heart of children's motor development, by developing their physical, mental and social skills. It increases their motor skills: strength, flexibility, coordination and speed, develops balance and a sense of rhythm, and corrects poor body posture. Gymnastics is an excellent way to provide the physical activity required for school-age children to prevent injuries when they jump, land, roll and fall.

Sportswear is required

18 PLACES

CLASSE		JOUR				PRIX
CP	CE1 CE2 CM1 CM2	M	T	W	T	F
						A



BALLET

Mrs Alexandra YUST

With a diploma from the Almaty Choreographic Academy, Alexandra Yust has worked as a ballerina at the Opera and Ballet Abai (Almaty/Kazakhstan), as well as in various theatres in Germany.

There is so much to love about ballet: the grace, the balance, the suppleness with which the dancers glide across the stage...

It's all about the body and the mind - good posture, strong muscles and supple joints, stamina. In addition, the child's attention, muscle memory and visual memory are improved. Ballet classes help develop willpower and discipline. They help overcome natural shyness and teach children to communicate better. Regular classes teach inner discipline from early childhood - one of the best gifts you can give your child!

Sportswear is required

12 PLACES

CLASSE		JOUR				PRIX				
CP	CE1	CE2	CM1	CM2	M	T	W	T	F	A
										A



HIP-HOP UND MODERNER TANZ

Mrs Ekaterina KYRMYZ

Ms. Kyrmyz is an enthusiastic dancer who has been giving modern dance lessons at Pinocchio e.V. for several years.

Hip-hop and modern dance are among the most popular and demanded dance styles for children and teenagers. With hip-hop, children learn to follow the rhythm of popular songs, to react quickly and to adapt. All this requires stamina and training. It is also a great opportunity to let off excess energy and have fun at the same time.

Sportswear is required

16 PLACES

CLASSE		JOUR				PRIX				
CP	CE1	CE2	CM1	CM2	M	T	W	T	F	A
										A



FOOTBALL

Mr Marin LILIC

Marin Lilic is a qualified trainer and has been coaching at the LfiSV for several years.

Football is an all-round sport that promotes the physical development of the child by stimulating the respiratory and circulatory systems. It requires a great deal of teamwork and provides an excellent cardio workout. It enhances the strength and the gross motor coordination.

Football is an excellent opportunity for children to learn the spirit of competition as well as good sportsmanship.

They learn empathy and understanding of one another's feelings when it comes to winning and losing.

Sportswear is required

16 PLACES

CLASSE		JOUR				PRIX				
CP	CE1	CE2	CM1	CM2	M	T	W	T	F	A
										A



ÉCHECS

Mr Aljoscha BAßENHOFF

Having initially concentrated on online chess, where he is among the top 10% of players in the world, Mr. Baßenhoff plays chess with great passion in chess clubs and tournaments.

Checkmate: an absolute and final end - the game is over. Players can either learn the basics of the game or choose to improve their existing knowledge. The game of chess is rich in pedagogical values that are particularly useful for pupils in their learning phase. Chess is an exciting workshop, with many advantages in terms of memorization and concentration. These results are to be added to the very positive emotional sports qualities such as the spirit of competition and success, self-esteem, respect for the opponent, acceptance of defeat and the relativity of success.

12 PLACES

CLASSE		JOUR				PRIX				
CP	CE1	CE2	CM1	CM2	M	T	W	T	F	B
										B



CHORALE

Mme Irina MOOR

Irina Moor graduated from the Almaty Academy of Music as an orchestra and violin ensemble professor.

Singing in a choir means finding your place in a group, it's both an individual and a collective experience that doesn't give way to competition but rather to cooperation and listening to others. It helps pupils to develop their ability to express themselves, their self-esteem and their self-confidence, all in a fun, happy atmosphere.

Through choral singing, pupils work on their voice, breathing and posture. They learn about rhythm, melody, interpretation and musical thinking, and practise memorisation, movement and lyrics. Students will work on songs in French and German. This enables them to improve their syntax, comprehension, vocabulary and diction in both languages.

20 PLACES

CLASSE					JOUR				PRIX
CP	CE1	CE2	CM1	CM2	M	T	W	T	F
									A



PIANO

Mrs Irina MOOR

Irina Moor graduated from the Almaty Academy of Music as an orchestra and violin ensemble professor.

The piano is a good way to express oneself, it helps to reduce stress during busy days, to relax and to free up problems. Moreover, playing the piano gives the child self-confidence and pleasure.

Playing the piano is exciting, but not so easy! It stimulates thinking and creativity, improves hand-eye coordination. It also helps with concentration and discipline.

Pupils will learn musical notes and values, work on their posture and hand position and study different pieces of music, organised by age and skill level.

5 PLACES

CLASSE					JOUR				PRIX
CP	CE1	CE2	CM1	CM2	M	T	W	T	F
									D



KIDS MIX CLUB

Mr Sylvain LE MERCIER

With 26 years of experience as a DJ and more than 600 shows in Europe, Mr Le Mercier has a broad musical culture and a great mastery of the history of modern music.

An activity for children who love music! Children will discover the history of contemporary music (from jazz to techno, via rock, soul, funk, rap...), the history of DJs and mixing techniques.

If you want to become an expert on modern music and a budding DJ, find out what all the buttons on a mixer are for, understand how to mix two songs and become a turntable star at the school party, sign up now!

12 PLACES

CLASSE					JOUR				PRIX
CP	CE1	CE2	CM1	CM2	M	T	W	T	F
									B

YEAR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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SUMMARY

CP	Bricolage (B)	Chorale (A)	Piano (D)	Chorale (A)	Peinture & Dessin (B)
	Échecs (B)	Art in English (B)	Art plastique (B)	Peinture & Dessin (B)	Taekwondo (B)
	Zumba (A)	Deutsch lernen (B)	Yoga (A)	Gymnastique acrobatique (A)	Ballet (A)
	Taekwondo (B)	Hip-Hop (A)	Étude (A)	Étude (A)	Football (A)
	Étude (A)	Football (A)			Étude (A)
		Yoga (A)			
		Étude (A)			

CE1	Bricolage (B)	Chorale (A)	Piano (D)	Chorale (A)	Peinture & Dessin (B)
	Échecs (B)	Art in English (B)	Art plastique (B)	Peinture & Dessin (B)	Taekwondo (D)
	Zumba (A)	Deutsch lernen (B)	Yoga (A)	Gymnastique acrobatique (A)	Ballet (A)
	Taekwondo (B)	Hip-Hop (A)	Étude (A)	Étude (A)	Football (A)
	Étude (A)	Football (A)			Étude (A)
		Yoga (A)			
		Étude (A)			

CE2	Échecs (B)	Chorale (A)	Piano (D)	Création Couture (A)	Piano (D)
	Zumba (A)	Échecs (B)	1,2,3 Histoire (A)	Peinture & Dessin (B)	Art & recycling (B)
	Taekwondo (B)	Création Bijoux (A)	Escrime Débutants (A)	Musique & Instruments (B)	Peinture & Dessin (B)
	Art in English (B)	Art in English (B)	Kids Mix Club (A)	Gymnastique acrobatique (A)	Théâtre (B)
	Deutsch lernen (B)	Deutsch lernen (B)	Football (A)	Escrime (C)	Taekwondo (B)
	Football (A)	Hip-Hop (A)	Yoga (A)	Hip-Hop (A)	Ballet (A)
	Étude (A)	Football (A)	Étude (A)	Football (A)	Étude (A)
		Yoga (A)		Étude (A)	
		Étude (A)			

Category	Price
A	290 €
B	340 €
C	440 €
D	650 €

Fees per session for
the school year

SUMMARY

YEAR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CM1	Art in English (B)	Chorale (A)	1,2,3 Histoire (A)	Chorale (A)	Peinture & Dessin (B)
	Deutsch lernen (B)	Échecs (B)	Escrime Débutants (A)	Escrime Avancés (C)	Piano (D)
	Taekwondo (B)	Création Bijoux (A)	Kids Mix Club (A)	Création Couture (A)	Théâtre (B)
	Football (A)	Yoga (A)	Football (A)	Peinture & Dessin (B)	Taekwondo (B)
	Zumba (A)	Étude (A)	Yoga (A)	Gymnastique acrobatique (A)	Ballet (A)
	Étude (A)		Étude (A)	Hip-Hop (A)	Étude (A)
				Football (A)	
			Étude (A)		
CM2	Art in English (B)	Chorale (A)	1,2,3 Histoire (A)	Chorale (A)	Peinture & Dessin (B)
	Deutsch lernen (B)	Échecs (B)	Escrime Débutants (A)	Création Couture (A)	Piano (D)
	Taekwondo (B)	Création Bijoux (A)	Kids Mix Club (A)	Peinture & Dessin (B)	Théâtre (B)
	Football (A)	Yoga (A)	Football (A)	Gymnastique acrobatique (A)	Taekwondo (B)
	Zumba (A)	Étude (A)	Yoga (A)	Hip-Hop (A)	Ballet (A)
	Étude (A)		Étude (A)	Escrime (C)	Étude (A)
				Football (A)	
			Étude (A)		

Category	Price
A	290 €
B	340 €
C	440 €
D	650 €

**Fees per session for
the school year**

Timetable

Activities are held from Monday 04 September 2023 to Tuesday 02 July 2024, from 2.30pm to 4pm.

Registration and payment

All registrations will be done via **eduka** in the dedicated APS module.

Registration is on an annual basis. However, in special cases, enrolment may be made during the year (e.g. arrival at the school during the year, change in the family's timetable). Each workshop has a quota of places. Once the quota is reached, the activity is considered complete.

Each workshop has a quota of places. When this quota is reached, the activity is considered full; a waiting list may be drawn up. All other registration requests can be made by email to aps-lfdd@lfisv.de

There are no pre-requisites for registration. Pupils can register for as many workshops as they wish (no limit in the number of workshops).

The utmost effort will be made to accommodate all families. Nevertheless, a workshop can only be held if a minimum number of participants is reached.

Invoices are issued after the beginning of the workshops.

Registration fees

Workshops are grouped into four categories, A, B C and D. The annual fees are as follows (fees per session for the school year) :

Category A	Category B	Category C	Category D
290 €	340 €	440 €	650 €

Cancellation and reimbursement

In the event of cancellation of registration for personal reasons, reimbursement will be made on the quarterly basis already explained above.

Example: a cancellation on **15 January 2023** will result in reimbursement for the sessions of the third quarter, i.e., 9 weeks out of the 35 annual weeks.

In the event of cancellation for medical reasons (on production of a medical certificate), the refund will consider the exact number of weeks cancelled.

Internal regulations

The school's internal rules apply to extracurricular activities. Any infringement of the school rules may lead to exclusion from the extracurricular activity. Please note that supervision of your children in primary school is provided until 4pm, but not beyond. **From 4pm onwards, the pupil is under the responsibility of his/her parents or, if applicable, under the responsibility of the AWO after-school care service**

Absences

In case your pupil is exceptionally unable to participate in an activity, kindly notify the coordinator beforehand by e-mail at aps-lfdd@lfisv.de to avoid unnecessary concerns for the coordinator. In the event of a teacher's absence, an alternative solution will be proposed during the session: replacement of the teacher, taking your children to the library, participation in another workshop, etc.

In the event of prolonged or repeated absence of a teacher, make-up sessions for the workshop concerned will be offered.

Contact

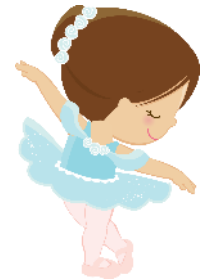
Mrs Luminita Gherghe is the APS coordinator.

For information on after-school activities, you can contact her at the following email address: aps-lfdd@lfisv.de

REMINDER

Please identify the posters that represent the activities you have registered your children for and remind them when they have an activity (the day and the poster).

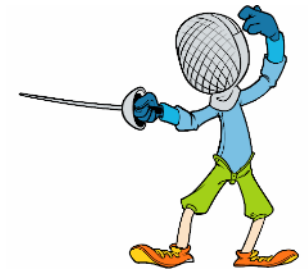
POSTERS



TAEKWONDO

HIP-HOP

BALLET



FOOTBALL

GYMNASTIQUE

YOGA

ESCRIME



1,2,3, HISTOIRE



ÉCHECS



CHORALE



PIANO

REMINDER

Please identify the posters that represent the activities you have registered your children for and remind them when they have an activity (the day and the poster).

POSTERS



KIDS MIX CLUB



BRICOLAGE



ART PLASTIQUE



CR ATION BIJOUX



ART & RECYCLING



PEINTURE & DESSIN



CR ATION COUTURE



TH  TRE



ART IN ENGLISH



DEUTSCH LERNEN



 TUDE