



**Extracurricular activities**

**2021-2022**

**3rd Trimester (April to June)**

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## INFORMATION

For the 3<sup>rd</sup> trimester of the 2021/2022 school year we are very happy to be able to once again offer a wide variety of extracurricular activities.

All of the extracurricular activities are subject to the following operating rules, which are compulsory for all students that participate in the same:

- No student shall be deemed to be effectively registered for an activity until they have requested the space by writing an e-mail to [info@colegioatalaya.es](mailto:info@colegioatalaya.es) and then received confirmation of the space in the activity by e-mail from the school.
- The registration deadline for the 3<sup>rd</sup> trimester will be **Wednesday, March 30<sup>th</sup>**.
- There is a limited number of spaces for all of the activities and inscriptions will thus be accepted by order of receipt.
- The inscription for all activities is binding for the period of three months and commits the student to regular attendance. The fee is payable at the beginning of the trimester and may be paid by direct debit along with the monthly school fees.
- Once the student has registered for an activity, any changes must be previously approved by Administration.
- All students participating in the extracurricular activities must wear a facemask at all times. Facemasks may only be removed in some sports activities carried out outdoors.
- The monitors for each activity will make hand sanitiser available to the students.

## REGISTRATION

### INSCRIPTIONS:

To register your child for the extracurricular activities for the 3<sup>rd</sup> trimester of school year 2021/2022, please send an e-mail to [info@colegioatalaya.es](mailto:info@colegioatalaya.es) by **Wednesday, March 30<sup>th</sup>**. We would like to remind the parents that students may only participate in extracurricular activities if they are correctly registered.

## SPORTS ACTIVITIES

## Football

**5<sup>TH</sup> YEAR OF PRESCHOOL TO 6<sup>TH</sup> YEAR OF PRIMARY**

Price: 165€/trimester + 45€ for uniform (2 days/week)



All groups from 16:00 to 17:00:

- 5<sup>th</sup> and 6<sup>th</sup> years of Preschool: Tuesdays and Thursdays- 1<sup>st</sup> and 2<sup>nd</sup> years of Primary: Tuesdays and Thursdays- 3<sup>rd</sup> and 4<sup>th</sup> years of Primary: Mondays and Wednesdays- 5<sup>th</sup> and 6<sup>th</sup> years of Primary: Mondays and Wednesdays

Con **C.D. Sportcab Marbella**. The **positive environment** in which we promote and work within makes the players feel comfortable. The players can express themselves on and off the field without fear. Our main objective is to **educate and develop** the players. Our training will ensure that each player knows how to behave in all situations. **RESPECT is one of our KEY VALUES**. We teach the players the most important values for daily life by **using Football as a tool**. We will challenge the players with exercises where **the ball will always be present**. We will develop their **abilities, resistance, strength, speed and mental strength**. These will be **developed** by hard work, **learning** and **having fun**. All sessions are structured and age appropriate. The coaches will coach at the correct **level in concepts and difficulty**, adapted and suitable to the **ages and abilities** of the player.

## Basketball

**1<sup>ST</sup> YEAR PRIMARY TO 4<sup>TH</sup> YEAR OF SECONDARY**

Price: 165€/trimester (3 days/week). The fee includes transportation for federated teams to games further than 50km away from the school.

3<sup>rd</sup> and 4<sup>th</sup> years Primary—Monday, Wednesday and Thursday 16:00 - 17:15

All other groups - Monday, Wednesday and Friday 16:00 - 17:15



The training program for this activity is designed to develop well-rounded physical and personal skills, mutual respect, punctuality and teamwork. The students will enjoy themselves while learning the different skills needed for the game. Regular attendance and commitment is required.

# Karate




**FROM 5th YEAR OF PRESCHOOL ON**

Price: 150€/trimester (2 days/week)



Mondays and Wednesdays (16:00 to 17.00)



Karate is a Japanese martial art focused on the physical and mental perfection of the techniques required and on self-defence.

This discipline offers many benefits: improved psychomotor coordination, skill development, reflexes and reactions; development of manners, discipline and respect, as well as concentration.

# Multisports




**5<sup>TH</sup> AND 6<sup>TH</sup> YEARS OF PRESCHOOL**

Price: 130€/trimester (2 days/week)

80€/trimester (1 day/week)

\*Students of 4<sup>th</sup> year Preschool may participate with the authorisation of their form teacher.



Monday to Thursday (16:00 to 17.00)



The Multisports activity offers students a fun introduction to a wide variety of sports activities.

**2<sup>ND</sup> PRIMARY TO BACCALAUREATE**

Price: Free for students registered in any other extracurricular activity.



Fridays (16:00 to 17:00)



Sports Competitions is a varied and informal activity offered free of charge for students that are signed up for any other extracurricular activity during the week. Nonetheless, there is a limited number of spaces and parents must sign their children up. Children wishing to attend this activity that are not enrolled in other activities during the week may do so for a minimal fee (enquire at the office).

**2nd year Secondary Education and older**

Price: 195€/trimester (2 days a week)



Monday and Wednesday (16:00 to 17:00)



In this activity, the students will be doing exercises to develop flexibility, coordination, strength, stamina and pre-acrobatic skills, which are carried out at all ages through a series of common exercises done during the warm up at the beginning of each class during the warm up. The level of difficulty will vary depending on the age. As the class progresses and the students become more familiar with the activity, the intensity of the exercises will increase and we will begin working with some of the most basic apparatus used in this sport, such as the ball and rope.

**ALL SECONDARY EDUCATION AND BACCALAUREATE**

Price: 150€/trimester (2 days/week)



Tuesday and Thursday (16:00 to 17:00)



**With our teacher Jan Gui.** We encourage all of our Secondary and Baccalaureate students to participate in this new activity. We will learn the basic technical and tactical skills of this fun sport, working as a team and having a great time.



## ARTISTIC AND CULTURAL ACTIVITIES

### Cooking



**1ST YEAR OF PRIMARY EDUCATION TO 1<sup>ST</sup> YEAR BACCALAUREATE**

Price: 150€/trimester (1 day/week)



All groups from 16:00 to 17:15:

-1<sup>st</sup> and 2<sup>nd</sup> years Primary: Mondays

-3<sup>rd</sup> and 4<sup>th</sup> year Primary: Tuesdays

-5<sup>th</sup> and 6<sup>th</sup> years Primary: Wednesdays

-All years of Secondary and Baccaulaureate: Thursdays



The Atalaya Cooking Club was created with the aim of teaching children to imagine cooking, because cooking is imagination! They will learn to cook a wide variety of nutritious recipes from different countries, as well as how to use different kitchen utensils and cooking techniques.

The children will prepare, cook and experiment with different foods, always fresh and healthy, and during the year the parents will be invited to try some of the dishes so that the students can show off what they have learned.

This year we will also have special guests and many more surprises.

### Storytelling



**PRESCHOOL AND 1<sup>ST</sup> PRIMARY**

Price: Free






Fridays (16:00 to 17:00)






Storytelling is offered free of charge for students that are signed up for any other extracurricular activity during the week. Nonetheless, there is a limited number of spaces and parents must sign their children up. Children wishing to attend this activity that are not enrolled in other activities during the week may do so for a minimal fee (enquire at the office).

## Assisted Studies

	<p><b>FROM 2<sup>ND</sup> YEAR PRIMARY TO BACCALAUREATE</b>                  Price: 140€/trimester (2 days/week)                  80€/trimester (1 day/week)</p>
	<p>Monday and Wednesday (16:00 to 17.00)</p>
	<p>In this activity, which is guided and supervised by one of the teachers from the school, students can receive assistance with the school tasks they have been assigned.</p>

## Chess

	<p><b>FROM 1<sup>ST</sup> YEAR PRIMARY TO BACCALAUREATE</b>                  Price: 140€/trimester (2 days/week)                  80€/trimester (1 day/week)</p>
	<p>Tuesdays and Thursdays (16:00 to 17.00)</p>
	<p>In this activity we teach the fundamental techniques of this sport and offer students the opportunity to put them into practice in very participative classes, through games, challenges and matches.</p>

### SCHEDULE – 5TH YEAR PRESCHOOL TO 4TH YEAR PRIMARY

5 <sup>th</sup> Preschool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	KARATE	FOOTBOL	KARATE	FOOTBOL	STORYTELLING
	MULTIDEPORTE	MULTIDEPORTE	MULTIDEPORTE	MULTIDEPORTE	
6 <sup>th</sup> Preschool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	KARATE	FOOTBALL	KARATE	FOOTBALL	STORYTELLING
	RYTHMIC GYMNASTICS		RYTHMIC GYMNASTICS		
	MULTISPORTS	MULTISPORTS	MULTISPORTS	MULTISPORTS	
1 <sup>st</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	BASKETBALL (until 17:15)	FOOTBALL	BASKETBALL (until 17:15)	FOOTBALL	STORYTELLING
	COOKING CLUB (until 17:15)		KARATE		
	KARATE	CHESS	RYTHMIC GYMNASTICS	CHESS	BASKETBALL (until 17:15)
	RYTHMIC GYMNASTICS				
2 <sup>nd</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	BASKETBALL (until 17:15)	FOOTBALL	BASKETBALL (until 17:15)	FOOTBALL	SPORTS COMPETITIONS
	COOKING CLUB (until 17:15)		KARATE		
	KARATE	CHESS	RYTHMIC GYMNASTICS	CHESS	
	RYTHMIC GYMNASTICS		ASSISTED STUDIES		
	ASSISTED STUDIES				
				BASKETBALL (until 17:15)	
3 <sup>rd</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	FOOTBALL	COOKING CLUB (until 17:15)	FOOTBALL	BASKETBALL (until 17:15)	SPORTS COMPETITIONS
	BASKETBALL (until 17:15)	CHESS	BASKETBALL (until 17:15)	CHESS	
	KARATE		KARATE		
	ASSISTED STUDIES		ASSISTED STUDIES		
4 <sup>th</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	FOOTBALL	COOKING CLUB (until 17:15)	FOOTBALL	BASKETBALL (until 17:15)	SPORTS COMPETITIONS
	BASKETBALL (until 17:15)	CHESS	BASKETBALL (until 17:15)	CHESS	
	KARATE		KARATE		
	ASSISTED STUDIES		ASSISTED STUDIES		

**- 5th and 6th PRIMARY**

5th and 6th Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16:00-17:00</b>	FOOTBALL	CHESS	FOOTBALL	CHESS	BASKETBALL (until 17:15)
	BASKETBALL (until 17:15)		BASKETBALL (until 17:15) COOKING CLUB (until 17:15)		SPORTS COMPETITIONS
	KARATE		KARATE		
	ASSISTED STUDIES		ASSISTED STUDIES		

**- SECONDARY AND BACCALAUREATE**

1st ESO to 2nd Baccalaureate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16:00-17:00</b>	BASKETBALL (until 17:15)	VOLLEYBALL (2 <sup>nd</sup> ESO & older)	BASKETBALL (until 17:15)	VOLLEYBALL (2 <sup>nd</sup> ESO & older)	BASKETBALL (until 17:15)
		CHESS		COOKING CLUB (until 17:15) CHESS	SPORTS COMPETITIONS
	ASSISTED STUDIES		ASSISTED STUDIES		