



INTERNATIONAL SCHOOL OF RIGA

EARLY YEARS & PRIMARY ARTS, SPORTS, ACADEMICS, AND ACTIVITIES PROGRAMME 2019/20 3RD TRIMESTER (from the 9th of March to the 5th of June)

Activity - Age group - Day of the week	Description
Swimming (1) (60 eur/tri) - Grades 1-2 - Monday	<p>IMPORTANT!! THIS ACTIVITY ENDS AT 17:00</p> <p>Beginners will learn how to swim, and swimmers will improve their skills! Children will also learn how to be safe near and in water, as well as play some games and have some fun!</p> <p>This ASA will be at the Ķīpsala swimming pool (16:15 - 17:00) and children will take the school bus. You will need to arrange transportation/pick-up from the pool. As this ASA takes place off-campus, we need to rent the pool facilities and hire a professional instructor. Therefore, this year, swimming will have a cost of 60 euros per trimester/per student. You will be invoiced by the school's office.</p> <p>Also, please provide a small/light snack to eat at the pool when we arrive, as well as appropriate swimming gear: swimsuit/pants, swim cap, goggles (preferable), towel and slippers/crocs/flip</p>
Gardening - Pre - KG - Monday	<p>Come and learn about different plants and the plant's needs.</p>
Computer Club - Grades 1-3 - Monday	<p>Do you know how to make your presentation pop out or how to make a super cool party invitation? Together we are going to play around with different features and let our creativity guide us in making something amazing!</p>
Crafting - Grade 2-5 - Monday	<p>Try out different art and craft techniques from weaving and embroidery to paper-mache and decoupage. Learn, practice, experiment!</p>
Creative writing - Grades 3-4 - Monday	<p>Set your imagination free and let your pencil run wild! Come and enjoy some writing time and learn a few better ways to describe and organise your thoughts.</p>
Swimming (2)	<p>IMPORTANT!!</p>



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<p>(60 eur/tri)</p> <ul style="list-style-type: none"> - Pre 2-KG - Tuesday 	<p>We will learn the basics of swimming techniques, how to be safe near and in water, and have some fun games and activities! This ASA is for children who have reached the age of 4 (four) by September 2019. This ASA will be at the Ķīpsala swimming pool (15:30 - 16:10) and you will need to arrange transportation (can be car sharing etc.). As this ASA takes place off-campus, we need to rent the pool facilities and hire a professional instructor. Therefore, this year, swimming will have a cost of 60 euros per trimester/per student. You will be invoiced by the school's office.</p> <p>More information will follow once you have signed-up (this includes needed items, logistics, car sharing, permissions, pick-up times, etc.).</p>
<p>Russian Language (180 eur/tri)</p> <ul style="list-style-type: none"> - Pre - Gr 5 - Wednesday and Friday 	<p>Learn the Russian language, the lessons will be adapted to the needs and level of the students.</p>
<p>Fun & Games</p> <ul style="list-style-type: none"> - Grades 1-4 - Tuesday 	<p>This is a time to relax after school by playing some board games, some whole-group games and just have fun inside or outside (depending on the weather).</p>
<p>Math games and puzzles</p> <ul style="list-style-type: none"> - Grades 1-3 - Monday 	<p>Challenge your thinking skills with exciting games and puzzles! Will you be the puzzle master?</p>
<p>Lego</p> <ul style="list-style-type: none"> - Toddlers - KG - Monday 	<p>Let's release our imagination and explore what can we build out of Lego-blocks</p>
<p>Yoga & mindfulness</p> <ul style="list-style-type: none"> - Grades 1-3 - Tuesday 	<p>In this ASA, students will work on their focus and emotional management through yoga and mindfulness activities.</p>
<p>Card-Making Magic</p> <ul style="list-style-type: none"> - Grades 1-5 - Tuesday 	<p>We're going to make different styles of unique cards for special events (birthdays, celebrations, thank you cards, etc.) and explore your creativity.</p> <p>There will be a 'step by step' demonstration of the activity and how to use the tools and resources. Whether you are a beginner or a good crafter, you will have the opportunity to learn new techniques and expand on existing skills you have. You will take home a card you created, copying either from the design I demonstrate or using ideas of your own.</p>

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<p>Rhythm, Rhyme, Storytime!</p> <ul style="list-style-type: none"> - Pre-KG - Tuesday 	<p>Let' s sing songs, learn nursery rhymes and read stories!</p>
<p>Swimming (3) (60 eur/tri)</p> <ul style="list-style-type: none"> - Grades 3-5 - Tuesday 	<p>IMPORTANT!! THIS ACTIVITY ENDS AT 17:00</p> <p>Swimmers will work and improve their swimming skills and techniques, as well as learn the basics of life-guarding and water safety. This ASA will be at the Kīpsala swimming pool (16:15 - 17:00) and children will take the school bus. You will need to arrange transportation/pick-up from the pool. As this ASA takes place off-campus, we need to rent the pool facilities and hire a professional instructor. Therefore, this year, swimming will have a cost of 60 euros per trimester/per student. You will be invoiced by the school's office. Also, please provide a small/light snack to eat at the pool when we arrive, as well as appropriate swimming gear: swimsuit/pants, swim cap, goggles (preferable), towel and slippers/crocs/flip</p>
<p>Judo (90 eur/tri)</p> <ul style="list-style-type: none"> - Grades 1-5 - Wednesday 	<p>Join our Judo Club, an activity led by an outside company (Dinamo Lat). The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defense helps develop reaction time, coordination, and overall physical self-confidence. Judo students become physically bigger, stronger, and faster through their practice of judo.</p>
<p>Xylophone Orchestra</p> <ul style="list-style-type: none"> - Grade 2-5 - Thursday 	<p>Play simple but fun tunes in samba rhythms!</p>
<p>Ceramics (2 groups, 90 euro each group per trimester)</p> <ul style="list-style-type: none"> - Pre - Gr 5 - Wednesday and/or Friday 	<p>This is the place to make art! Paint, hand build and sculpt pottery amongst other things!</p>
<p>Woodworking (60 eur/tri)</p> <ul style="list-style-type: none"> - KG - Gr 2 - Thursday 	<p>Join our woodworking after school activity in order to learn to use tools and building materials as well as Bob the Builder!</p>



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Cooking Club <ul style="list-style-type: none">- Grades 1-5- Thursday	Come and enjoy cooking with your friends! Let's find some delicious recipes and make ourselves delicious treats at the end of the day!
Fun Latvian <ul style="list-style-type: none">- Pre - KG- Thursday	Learning about Latvian Culture through songs, games, and dances
Growth mindset <ul style="list-style-type: none">- Grades 1-5- Friday	In Growth Mindset Activities we're going to learn how to listen to our bodies and be the best versions of ourselves!
Scrapbooking <ul style="list-style-type: none">- Grades 1-5- Thursday	Make your memories visible by creating beautiful photo books, albums, and greeting cards
Science Club <ul style="list-style-type: none">- Pre-KG- Friday	This science club will encourage children to explore different senses, including sight, touch, sound, smell, and even taste. Children will naturally start to pick up simple science concepts presented by having a fun conversation and doing science experiments and activities.
Felted toys and crafts <ul style="list-style-type: none">- Grades 1-5- Thursday	Using the time-consuming process of needle felting, where you repeatedly stab at loose wool fibers with a barbed needle, you can shape, re-shape, and create life-like animals with incredible attention to detail. We will also make other things using the same process.