



After School Activities

Elementary School (Season 1)

Sept 15- Nov 26

Thank you for choosing the AISOY ASA program. Below are the activities you can make your choices. Please fill out the online registration form to register your child/ren. Note that there are a few paid activities for the whole season/year. **(The fee only applies to coaching/outside teacher activities in order to add variety to the ASA program. We are also beginning to give more exposure to our grades 3-5 students in order for them to join the AISOY team.)** Once you have registered your child for the activity, you must pay the fee by **Thursday, September 11th** to secure your child's spot in the activity. We do not keep the child's name in the class list unless payment is made. Thank you for your cooperation.

Teacher	Activity	Venue
Monday		
Mr. Mienne	Basketball (Year Long Coaching Club) Grades 3-5- may take Gr 2 60000 CFA Year long or 25000 CFA one season	Gym
Mr. Blaise Pascal Kamte	Gymnastic (Gr 3-5) 20000 CFA	MPR
Mr. Julio Takambo	Dance (African,Hiphop and contemporary) (Gr Prek-2) 20000 CFA	Room # 7 (Gr 5)
Mrs. Florence Nchanji	After School Care Program (Gr PreK4) 2:15-3:15 (Paid program \$100/season)	Room # 12 (Pre-K)
Tuesday		
Ms. Rachel Mwakughu	Swimming (Only who can swim) (Year Long Coaching Club) Grades 3-5 Only Paid- 60000 CFA Year long or 25000	Pool



	CFA one season	
Mr. Ebah Loïc	Paint and Draw (Gr PreK-2) 20000 CFA	Room # 12 (Prek Room)
Mr. Brian Jackson	Perfect Form Boxing (Gr 3-5) (Year Long)	MPR
Mrs. Thelma Ndi	Creative Handwork (Gr 3-5)	Room # 2 (French)
Mrs. Florence Nchanji	After School Care Program (Gr PreK4) 2:15-3:15 (Paid program \$100/season)	Room # 12 (Pre-K)
Wednesday		
Mr. Emmanuel Matiafa	Soccer (Year Long Coaching Club) Grades K-5 Paid- 60000 CFA Year long or 25000 CFA one season	Soccer Field
Mr. Julio Takambo	Dance (Gr 3-5) 20000 CFA	Room # 7 (Gr 5)
Mr. Blaise Pascal Kamte	Gymnastic (Gr PreK-2) 20000 CFA	MPR
Mrs. Florence Nchanji	After School Care Program (Gr PreK4) 2:15-3:15 (Paid program \$100/season)	Room # 12 (Pre-K)
Thursday		
Mr. Emmanuel Matiafa	Tennis (Bring your own Racket) (Year Long Coaching Club) Grades 3-5- may take Gr 2 Paid- 60000 CFA Year long or 25000 CFA one season	Tennis Courts
Mr. Landry	Swimming (Year Long Coaching Club) Grades K-2 only Paid- 60000 CFA Year long or 25000 CFA one season	Pool
Ms. Greca and Ms. Judith	FIFA Grassroots Soccer (Year Long Soccer Club) (Grade 3-6, boys and girls)	Soccer Field



Ms. Ogandoa Nsioma Stella	Karate (Gr 3-5) 20000 CFA	Near trophies (first floor)
Mr. Cyprian Beh	Story telling (Gr K-5)	Room # 11 (Gr 1)
Saturday		
Ms. Judith and Ms. Helen	Weekend Story time (Gr Prek-1) 9:00-10:00 am (Once a month)	Library

Activities Description

Please see detailed information about the activity on the following pages. Make sure you read all the information carefully before signing up for an activity.

Monday

Basketball- Year Long Coaching Club (Grades 3-5)- (May take Gr 2)

Students in grades 3-5 will have the opportunity to join the **AISOY ES Basketball team**. They will work with skilled coaches and have the opportunity to play friendly games with other local schools. At the end of each season, we will also hold a short tournament. Because this is a year-long program, please register your child for the entire year and pay 60000 CFA. If you want to try out for one season, the fee is 25000 CFA. We will accept new students only in season one and two. In season three, only long-term players will be retained. We will only accept a maximum of 20 students. It will be mixed gender practice and first come, first served.

Gymnastic (Gr 3-5)

Artistic gymnastics is an athletic discipline consisting of performing acrobatic movements on apparatus.

Dance (Gr Prek-2)

In this fun and energetic class, students in Grades K–2 will explore movement, rhythm, and creativity through dance. They will learn basic steps, build coordination, and express themselves while gaining confidence on the dance floor.

After School Care Program (Gr PreK 4)

Students from Prek4 can stay with Ms. Florence after school gets over and until they go to their ASA.



Tuesday

Swimming- Year Long Coaching Club (Grades 3-5)

Students in grades 3-5 will have the opportunity to join the **AISOY ES Swim team**. They will work with skilled coaches. At the end of each season, we will also hold a small swim meet. Because this is a year-long program, please register your child for the entire year and pay 60000 CFA. If you want to try out for one season, the fee is 25000 CFA. We will accept new students only in season one and two. In season three, only long-term players will be retained. We will only accept a maximum of 20 students. It will be mixed gender practice and first come, first served. **(Only students who can swim one lap unassisted are eligible to join the Swim Club)**

Perfect Form Boxing (Gr 3-5)

This is a year-long programme for students to learn self-discipline and control. Boxing is not fighting, it is a sport premised on self-control. Students will first improve their physical fitness, self-discipline and how to move their bodies fluidly. They will gain greater awareness of their body positioning and finally how to box using the "Perfect Form" technique taught by Eddie Futch and Freddie Roach.

Paint and Draw (Gr PreK-2)

Students will create works from recycled materials, which can then be decorated with paint.

Creative Handwork (Gr 3-5)

Show the creative mindset of students. Students bring out the creative potential in them. Students get to create forms and shapes from their daily activities. Students create stories from their imagination

After School Care Program (Gr PreK 4)

Students from Prek4 can stay with Ms. Florence after school gets over and until they go to their ASA.

Wednesday

Soccer- Year Long Coaching Club (Grades K-5)

Students in grades K-5 will have the opportunity to join the **AISOY ES Soccer team**. They will work with skilled coaches and have the opportunity to play friendly games with other local schools. At the end of each season, we will also hold a short tournament. Because this is a year-long program, please register your child for the entire year and pay 60000 CFA. If you want to try out for one season, the fee is 25000



CFA. We will accept new students only in season one and two. In season three, only long-term players will be retained. We will only accept a maximum of 20 students. It will be mixed gender practice and first come, first served.

Dance (Gr 3-5)

In this fun and energetic class, students in Grades 3-5 will explore movement, rhythm, and creativity through dance. They will learn basic steps, build coordination, and express themselves while gaining confidence on the dance floor.

The class focuses on movement, expression, and teamwork while helping students stay active and creative.

Gymnastic (Gr PreK-2)

Artistic gymnastics is an athletic discipline consisting of performing acrobatic movements on apparatus.

After School Care Program (Gr PreK 4)

Students from PreK4 can stay with Ms. Florence after school gets over and until they go to their ASA.

Thursday

Tennis- Year Long Coaching Club (Grades 3-5) (May take Gr 2) (Bring your own Racket)

Students in grades 3-5 will have the opportunity to join the **AISOY ES Tennis team**. They will work with skilled coaches and have the opportunity to play friendly games with other local schools. At the end of each season, we will also hold a short tournament. Because this is a year-long program, please register your child for the entire year and pay 60000 CFA. If you want to try out for one season, the fee is 25000 CFA. We will accept new students only in season one and two. In season three, only long-term players will be retained. We will only accept a maximum of 20 students. It will be mixed gender practice and first come, first served.

Swimming- Year Long Coaching Club (Grades K-2)

Students in grades K-2 will have the opportunity to join the **AISOY ES Swim team**. They will work with skilled coaches. At the end of each season, we will also hold a small swim meet. Because this is a year-long program, please register your child for the entire year and pay 60000 CFA. If you want to try out for one season, the fee is 25000 CFA. We will accept new students only in season one and two. In season three, only long-term players will be retained. We will only accept a maximum of 20 students. It will be mixed gender practice and first come, first served. **(Only students who can swim one lap unassisted are eligible to join the Swim Club)**



FIFA Grassroots Soccer- Year Long Coaching Club (Grades 3-6 Boys and Girls)

The FIFA grassroots programme is a way for players to learn age-specific fun skills and develop these at their own pace through unopposed warm ups and actual games. Players must play fair at all times and must learn to respect their peers and coaches with regards to language and behavior in and out of the turf. Drills and games are inclusive to create meaningful experiences. As young players, they are not allowed to do headers to protect their brain from injury. If they forget this, the other team gets a free kick. Just something to think about. They may also have a chance to play with outside teams, but grassroots rules will prevail. GOAL!

Karate (Gr 3-5)

Karate is a Japanese martial art that teaches self-defense, discipline, and respect. It helps students build strength, stay focused, and gain confidence while having fun.

Story Telling (Gr K-5)

A magical storytelling journey where elementary students will learn to weave their own stories, inspired by the griots of West Africa! In this engaging after-school activity, children will explore the art of oral storytelling, discovering techniques to capture their audience with vivid characters, rich details, and rhythmic narratives. Through group discussions, and performance practices, students will enhance their imagination and confidence while celebrating the timeless tradition of storytelling. Let's bring our tales to life together!

Saturday

Weekend story telling (Gr Prek-1) (Once a month)

In this activity, students will explore a unique reading theme each month, making reading fun and engaging throughout the year, with opportunities for parents and community members to join in. Children will enjoy reading, arts and crafts, and interactive sessions with guest authors in lively settings such as the library or outdoor spaces. Monthly reminders and sign-up sheets will keep families connected and involved throughout the year.

**Activity will run from 9:00 am to 10:00 am- parents need to arrange for pick up and drop off.

Dates for Weekend story telling
September 27
October 25
November 22
December - TBD



January 31
February 28
March TBD
April 25
May 30

Enjoy your choice of activities