



Extracurricular programme **2023-2024**



COLLÈGE DU LÉMAN
International School · Geneva



Introduction

At Collège du Léman, we provide our students with a holistic education that extends beyond traditional academics. Our goal is to help them discover and develop their strengths, inspiring them to be their best selves.

We want to create an inclusive and supportive environment that fosters personal growth, skill development, social connections, and academic excellence. We take great pride in our exceptional extracurricular programme, designed to cater to the diverse needs of our school community and encourage students to explore their interests and talents outside of the classroom.

We offer a wide range of extracurricular options as well as immersive private lessons for students of all ages. Whether it's engaging in sports, participating in the performing arts, joining the student council, enrolling in academic clubs, honing language skills, immersing themselves in art, or attending various social events, we have something for every student. With over 100 options available, ranging from horse riding, seasonal sailing, and water sports to acrobatic gymnastics, photography, and world music, students can pursue activities they are passionate about, push beyond their limits, and discover hidden talents.



COLLÈGE DU LAC
École Internationale - International School

Moreover, our extracurricular activities play a vital role in fostering essential skills such as collaboration and teamwork. They empower our students to embrace their individuality and expose them to new learning experiences that broaden their horizons.

We are excited about the upcoming year and look forward to supporting your child on their journey of discovering their talents and exploring new interests.



Romolo Calvini

Senior Extracurricular Manager
on behalf of the Extracurricular Team



PRIVATE LESSONS

Terms and conditions for Academic, Wellbeing and Fine Arts private lessons ... 10
Terms and conditions for Performing Arts private lessons 12

Academic 14

French.....	16
English.....	18
Arabic.....	18
Chinese.....	19
German.....	19
Portuguese.....	19
Russian.....	20
Italian.....	20
Spanish.....	20
Math & science.....	20
Humanities.....	22

Music 24

Piano.....	26
Violin.....	31
Guitar.....	33
Voice.....	35
Drums.....	36
Trumpet.....	37

Art 38

Wellbeing 40



ACTIVITIES

Terms & conditions for Activities	44
-----------------------------------------	----

Pre-school	46
-------------------------	-----------

Art world	46
Baby basket	47
Classical dance	48
Childcare	48
Cooking	50
Gymnastics ABC	51
Judo ABC	51
Mini Football	51
Mini Tennis	52
Petit chœur du Léman	52
Ponies and nature discovery	52
Rugbytots	53
Siesta	53
Street dance	53
Swimming Red Whale.....	54
World of magic	55

Primary • Sports	56
-------------------------------	-----------

Acrobatic gymnastics	56
Football mixed	58
Horse riding	58
Judo.....	60
Netball	61
Running club	61
Swimming Aqua Lud'eau.....	62
Swimming Red Whale.....	64
Tennis	65

Primary • Club 66

Art and craft	66
Drawing and painting	67
Easy robotics	68
Lego club	68
Magic kids	68
Maker's lab	69
Photography	69
Robotics lab level 1	70
Robotics lab level 2	70
VEX Robotics lab	71
Woodcrafting	71
Yoga	71

Primary • Performing arts 72

Chamber violin – Advanced Level	72
Classical dance	73
Contemporary dance	74
Guitar ensemble	75
Hip-Hop	75
Junior & Little Show Choir	76
Middle School Choir	76
String Orchestra	76

Primary • Academic 78

Childcare	78
German for beginners	79
German for intermediate	80
Homework support English	81
Homework support French	81
Italian embassy course	81
Je parle français	81

Secondary • Sports 82

Badminton mixed	82
Bodyshaping	84
Fencing	84
Fitness	85
Football boys/girls development & team	85
Gym - move	87
Horse riding	87
Judo	90
Netball	90
Running club	90
Sailing	91
Sailing Team Panthers & RISE	92

Sailing Discovery	94
Stretching	94
Swimming Aqua Lud'eau.....	95
Tennis	96
Volleyball boys/girls development & team.....	96

Secondary • Club 98

3D illusion drawing	98
Acrylic painting	99
AI lab	100
Cooking & bakery	100
Debate club	100
DJ Mix	101
Dynamic relaxation and mindfulness	103
Future leader	103
Photography	103
Python developer's lab	105
Sculpture	106
Space lab	107
Surrealism	107
Techlabs virtual reality lab	107
Watercolour painting	108
Woodcrafting	108
Yoga	108
Young Entrepreneurs: From business to success	109

Secondary • Performing arts 110

Breakdance.....	110
Chamber violin – Advanced level.....	111
Contemporary dance	112
Drama	112
Guitar ensemble	113
Keyboard club	114
Middle School choir	115
String Orchestra	115
Wind band	115

Secondary • Academics 116

French conversation class.....	116
French FLE	117
Homework support	118
IELTS	118
Jump start	119
SAT exam preparation	121
MIT - Mentoring in Training	121

Our partners 122

PRIVATE LESSONS

A person is seated at a desk in a classroom or study area. The person is wearing a black t-shirt and is positioned on the right side of the frame. In the foreground, there is a wooden desk and a wooden chair. The background is a plain, light-colored wall. A dark blue horizontal bar is overlaid on the image, containing the text 'PRIVATE LESSONS' in white, uppercase letters.



Terms and conditions for Academic, Wellbeing and Fine Arts private lessons

Enrolment

Enrolment for private lessons will always be available during the year.

From 19th July 2023

Please complete the registration form on our website for Academic [here](#) and for Wellbeing [here](#).

Please contact extracurricula@cdl.ch should you require more information.

Dates and Place

Semester 1: From 28th August to 15th December 2023

Semester 2: From 8th January to 21st June 2024

Private lessons will not take place during days when there are no classes (e.g., parent/teacher days). Our school year calendar is available on our website and our [CDL App](#).

Private Academic lessons can take place in person on CDL premises and online.

Billing & Unavoidable cancellations

Academic and Wellbeing private lessons will be invoiced by unit at the end of each semester.

There may be times when Private lessons are affected by situations beyond our control.

Student absences

In case your child should be absent from a private lesson, we invite you to notify the Extracurricular department by sending an email to extracurricular@cdl.ch at least by 17:00 the previous day. If this period is respected, the Extracurricular department will be able to inform the teacher on time and will not charge the missed lesson.

Number of lessons and notice of cancellation (CDL)

There is not a number of lessons determined in advance. The Extracurricular department considers students enrolled until 14th June 2024 unless a notice in writing is provided. A notice of 24 hours is required if you wish to stop the private lessons on a permanent basis. This can be done by sending an e-mail to extracurricular@cdl.ch. There may be times when Private lessons are affected by situations beyond our control and will be cancelled.

Fitness and Nutrition lessons.

For one-to-one classes the same T&C as per academic lessons applies. Kindly note Wellbeing classes are not available online.

Terms and conditions for fitness group lessons.

For fitness lessons there is the possibility to opt for group class (Max 5 students).

For the groups, lessons will only start once we have received a registration form for each student involved. As this option relies on the whole group participating, in the event of absences the lesson fee will be carry out in full. The absent student is not allowed to give his place to another student. In case the whole group cancels one lesson, if cancellation period is respected, the lesson will not be billed.

Permanent cancellation of one student

The parents or house parents from the other students of the group will be informed by the Extracurricular department. In case it involves a price adjustment, they will be informed and will have to confirm their wish to continue. The lessons will be suspended until we receive confirmation from all parents or guardians concerned.

Contact

For more information contact us at: extracurricular@cdl.ch

Terms and conditions for Performing Arts private lessons

Please take a look at our Extracurricular activities brochure for 2023-2024 to know about all the activities we have on offer.

Enrolment

Enrolment for private lessons remains available throughout the year.

The Extracurricular programme and activities schedule are available online so that you can read about the private lessons on offer.

Please contact extracurricular@cdl.ch for more information.

Enrolment is based on a semestral basis: we will create a package depending on the start date of the lessons.

Please complete the [registration form](#).

Dates and Location

Semester 1: From 28th August to 15th December 2023

Semester 2: From 8th January to 21st June 2024

All private lessons take place on CDL premises.

Billing

Commitment to private Performing Art lessons is for the full semester, early cancellations are not eligible for cost adjustments and the fees for the semester remain due in full.

Lessons are billed in advance and based on the start date of the first class.

If you enrol your child later in the semester, you will be billed for the number of lessons left during the semester.

Lessons started in the first semester but after the first billing process (October) will be invoiced together with the Semester 2 subscription.

Cancellations

For organisation purposes, please do take the time to notify any absence to extracurricular@cdl.ch

From CDL: There may be times when Performing Arts Private lessons are affected by situations beyond our control, such as illness or unforeseen absence, for which cases classes may be cancelled. A catch-up lesson would then be offered (see below).

From Parents/Guardians: If you decide to cancel a lesson, for any other reason than a medical one, there will unfortunately be no refund available, and no catch-up lesson offered. If the reason is medical related, then together with a medical certificate provided/proof of appointment within 72 hours from the missed class, a catch-up lesson will be scheduled towards the end of each semester based on tutor and student availability.

Catch up lesson.

A catch-up lesson will be offered to all student whose class was cancelled by CDL or missed due to a certified medical reason, following our cancellation policy. A catch-up lesson will be arranged towards the end of each semester on an agreed date and time subject to student demand and teacher availability.

Contact

For more information contact us at: extracurricular@cdl.ch



Academic

The Extracurricular department supports the student's education by offering a programme of private academic lessons. Our private tutors are in regular contact with the student's schoolteachers to define the areas of development and the goals of the lessons allowing them to target the student's needs. Private teachers write a short report at the end of each marking period which is shared with the parents of each student.

The Private lessons programme can also be an opportunity to learn a language which is not necessarily part of the student's curriculum such as German, Spanish, Portuguese, Arabic, or Italian.

For Primary students tutoring can be given in the form of homework support, allowing students to review their lessons and acquire effective learning strategies.

Whether your child wishes to overcome difficulties in a specific subject, improve their learning to follow a particular degree programme, to develop their skills in preparation for an exam or a competition for college admission, private lessons can provide personalised assistance that considers the student's specific needs and objectives.



Private lessons are given by qualified teachers with experience in individual and group teaching. Our tutors have a deep knowledge of the programme, digital learning resources and other curriculum materials. Language courses are taught by native teachers with teaching qualifications.

Prices for private academic lessons:

30mins CHF 60 per lesson

40mins CHF 80 per lesson

45mins CHF 85 per lesson

60mins CHF 110 per lesson

90mins CHF 160 per lesson

For students preparing for the International Baccalaureate private lessons are given by specialised teachers who have in-depth knowledge of the IB programme, are familiar with the requirements of this study track and know how to give their students the keys to success.

Prices for IB, high level and specific subjects:

60mins CHF 130 per lesson

French

French private lessons are aimed both at students of French mother tongue and students who study French as a foreign language. Depending on the student's needs, they cover respectively the four basic language skills (reading, writing, speaking, and listening) for French learners while native speakers follow the Swiss or French curricula. Depending on the student's pathway, the focus can be more specifically directed towards exam preparation, that is DELF and DALF exams for those who study French as a foreign language, French Baccalauréat and Swiss Maturité for students in the francophone programme. A wide variety of teaching resources are used, from playful materials for the youngest students to textbooks and digital tools for the older ones.

Our French Teachers

Julie Lieze



Julie Lieze first studied English and Spanish language and culture at university before deciding to specialise in the teaching of her mother tongue: French. She passed her DAEFLE diploma with distinction in 2018. She now teaches all ages from Pre-school to adults and all levels from A1 to B2. Patient, caring and passionate, she enjoys educational challenges and is continuously learning.

Lucy Ruegg



Lucy Ruegg graduated from the Faculty of Letters in Geneva and has always aimed to continue her career in teaching.

Before joining Collège du Léman, she taught French and general knowledge lessons to Primary and Secondary students whom she regularly monitored over several years. Ensuring the educational follow-up in close collaboration with the day teachers and the parents, she is committed to building self-confidence in students and raising their interest in French.

Joelle Torzuoli



Being passionate about words and communication, the choice of being a teacher has always been obvious to Joelle Torzuoli. Her aim is not only to teach the basic rules of French, her mother-tongue language but to share her interest in discovering a language through its linguistic and cultural aspects which enable a better understanding and lead to a good command of it. After graduating, she started teaching in France to a wide range of students (children, teenagers, and adults) from beginner to advanced levels by mixing academic lessons and drama/song workshops.

Danièle Oldereide



Danièle graduated from the University of Oslo, Norway with a master's degree in French language and literature as well as obtaining her Bachelor of Arts in the English Language from the Université de la Sorbonne, Paris. Having over 32 years of teaching experience, Danièle has taught at all levels from Primary grades to students sitting their Baccalauréat exams. She can support French learners with their final exams and support non-native speakers by teaching them the French language as a whole: Reading, writing, speaking and grammar. Danièle brings joy and enthusiasm to her lessons as she is always looking for ways to support, encourage and motivate her students.



English

Depending on the student's needs and goals, lessons are designed to help learn English either as an additional language or with a focus on English literature for mother-tongue students. EAL classes can cover all language levels from A1 to C2, that is from the basic use of familiar everyday expressions to a level close to that of a native speaker. At every stage, grammar, vocabulary, and pronunciation are adapted to the student's proficiency level. For anglophone students, courses generally follow curriculum instructions and are directed towards literary analysis, summaries, and essay writing. Complex grammatical structures are approached as well as a more elaborated use of vocabulary. Exam preparation classes for international students (IELTS etc.) are available upon request.

Our English teacher

Laurie Viard



Laurie obtained her "agrégation" in English and Spanish from the University of Liège and got her Swiss equivalance in 2021. Passionate about languages and literature, she also taught French as a Foreign Language in Spain and England. She offers support to students of all ages (children, teenagers, and adults) and at all levels. She can help students who are considering moving up to the next level in English (mainstream) and offers help with literary studies and all language skills in these areas (listening, speaking, reading, writing, & grammar).

Arabic

Arabic, one of the oldest languages still spoken, is today the first language of more than 400 million people. Developed within a very rich civilization, Arabic is, along with the 5 other languages, part of the official languages of the United Nations. Our school offers lessons for students who are complete beginners as well as for students who have an advanced level or are native speakers.

Our Arabic teacher

Samah El Habib



Having graduated from the Faculty of Legal and Political Sciences of Tunis, Samah El Habib has been a teacher for 25 years and in 2009 she became a specialist in teaching the Arabic language. She has a rich professional experience in teaching learners of all ages, children, teenagers, and adults, in different school systems both public and private and for different associations.

Chinese

Chinese is said to be one of the languages of the future. Whether you are interested in Chinese tuition as a supplement to a school curriculum or as an independent course, we can help you reach your goals. Our teacher is qualified to work with students of different ability levels, from beginner to advanced and native speakers. Lessons can follow the French or English curriculum, depending on the student's section.

Our Chinese teacher

Liru Nowakowski



Liru has been working as a Mandarin teacher at Collège du Léman since 2009, teaching all levels in the Anglophone and Francophone Secondary School program. Liru actively promotes the Chinese language and culture within the school. In addition to this experience, she has been preparing students for the HSK qualification at various levels.

German

German is one of the three official languages in Switzerland. Speaking German at a proficient level is a real asset in an international environment. Our department offers German lessons tailored to your needs: whether you're preparing for final exams (Swiss Maturité or French Baccalauréat) or you need help to improve your speaking skills, private lessons can provide a solution. Our general language tuition or exam preparation covers the six reference levels, from A1 to C2 and follows the school curriculum.

Portuguese

For Portuguese as a foreign language, the purpose of the class is to offer a playful introduction to the language, while for mother-tongue students, tuition focuses on further expansion of their language skills and offers them a deeper understanding of Portuguese culture.



Russian

Like the other modern languages courses, Russian tuition exists for non-native students, often specifically intended for students having chosen the Russian option for their Baccalauréat (preparation of the oral exam project and preparation for the written exam) or can be designed for native speakers in which case courses are oriented on advanced training and upgrading of linguistic abilities (spelling, syntax, vocabulary, etc.).

Our Russian teacher

Irina Lobova



Born in Ukraine, Irina Lobova has lived and studied for 22 years in Russia and abroad. A lover of languages, she began teaching Russian and French in Ukraine and has continued here in Geneva for the last 16 years in various schools and online. Irina is also known for creating and illustrating several Russian language teaching and learning resources.

Italian

These lessons are mainly aimed at those who want a personalised, 'tailor-made' course that suits their needs in terms of both language and timetable flexibility. The programme is based on the student's needs and aims to facilitate the student's integration into the context in which he or she works. However, systematic work on the four language skills is envisaged, through didactic proposals that respect the different cognitive styles, that follow a humanistic-affective approach, playful methodologies, comprehension, and production activities that are stimulating and fun.

Spanish

Private lessons are for both students who are fluent in Spanish (native speakers) and students who are studying Spanish at school. For the native speakers, classes focus on literacy, intending to develop and improve students' skills and knowledge of their home language and culture, through a variety of resources. For those students who are studying Spanish at school, classes concentrate on oral and written communication skills, covering all levels from beginners to advanced.

Math & science

In mathematics and science, private teachers accompany students to enhance their achievements, fill in potential gaps, gain self-confidence and more generally develop a positive attitude towards these subjects. Courses follow the school curriculum and are delivered either in French or English, depending on the students' section. From basic

arithmetic rules to probability, statistics, and trigonometry all levels and chapters are covered so students can advance their abilities and interest in scientific fields. Depending on students' needs, classes can be strictly curriculum-based or remedial lessons to assist students struggling with a specific topic.

Our math & science teachers

John Clarke • Math for English Section



Fervent supporter and advocate of International Education, IBDP Examiner for Mathematics, John Clarke's main interests are Mathematics and Physics with extensive experience in UK/US/France/ Switzerland curricula and with, in particular: IGCSE, A/S Levels, Oxbridge Entrance, Open University/AP AB/BC Calculus, Physics, Statistics/IB Mathematics, Physics.

Jacques Delcourt • Maths for the French section



Jacques Delcourt has been teaching Mathematics in the French-speaking section at the CDL since 1973, at all levels both for French Bac and Swiss Maturity sections, mainly to grades 10, 11 and 12 in recent years. He was the Head of Department and during all these years he gained great experience in teaching Mathematics.

Sonia Natale • Physics and Mathematics (English and French)



Sonia Natale has a PhD in Astroparticle Physics, from the University of Geneva and a Master's degree in Particle Physics, from the University of Rome « La Sapienza ». Sonia is a physics researcher and an expert in experimental Astroparticle Physics, silicon detectors and related laser devices, having contributed to the construction, commissioning, and data analysis of the AMS-02 experiment on the NASA International Space Station during her research activity at CERN. She is also a scientific communications speaker who is involved in several CERN public outreach events (conferences, tours on experimental sites) and CERN-focused programs (National and International Teachers Training Programs, National and International Masterclasses, IdeaSquare events, CERN STEM and STEAM projects, Laboratory sessions as S'Cool Lab). She is a member of many juries and selection committees for Physics competitions for students (CERN BL4S, SYPT, IYPT, SciCommHack2020) and teachers (CERN « I vostri success »). Before working at CERN, Sonia worked as a high-school Physics and Math teacher in Rome where she gained great experience in teaching. In recent years, she has been teaching Physics and Mathematics in high schools, strongly believing that an early and appropriate scientific education can change students' approaches towards these subjects making them enjoy these subjects along their scholarly path and hopefully increase the number of students pursuing them in university.

Gregory Zeyer • Chemistry, Biology, Physics, Mathematics and Science (English and French)



An Alumnus of Ecole Normale Supérieure de Lyon, Gregory has been teaching Chemistry, Physics, Biology and Mathematics in both Europe and America for more than 20 years at secondary or university levels. Fully bilingual in English and French, his experience in multiple academic systems allows him to guide students from grade 8 to 12 aiming for either IB, SAT, ACT, Swiss Maturité or French Baccalauréat, with an eye on helping them acquire the specific methods, skills and knowledge that will best serve them throughout their future higher education curriculum.

Laure Moinat • Chemistry, Mathematics and Science (English and French)



Laure is a PhD student and researcher at the University of Geneva in applied physics and climatic physics. For many years, Laure has been teaching mathematics, chemistry, and physics for Swiss Maturité, French Baccalauréat and IB students. Laure is perfectly bilingual and gives her lessons in French and English.

Humanities

Joshua Thew



Joshua is an international history and politics doctoral student at the Geneva Graduate Institute. He holds degrees in International History & Politics and International Business Management. His teaching skills in secondary school humanities and university social sciences come from experience throughout the Middle East, Europe, and the United States. Joshua tailors his lessons to each student's needs in History, Political Science, Geography, Business, Economics, Sociology, and Anthropology.





Music

Piano, violin, saxophone, cello, guitar, drums, voice... a wide choice of instruments is available, from Pre-school to Secondary school.

Collège du Léman is surrounded by professional musicians who love sharing their knowledge with our students. Our music teachers have years of experience in the world of education. They guide children who are starting to learn an instrument or who wish to improve their playing to take ABRSM exams. Students enrolled in private lessons will be encouraged to participate in several recitals during the school year.

Primary and Secondary students also can join different Extracurricular music groups. For more information about the group activities for your children (description, schedule, prices, registration), we invite you to go to cdl.ch/extracurricular (MM to confirm).

Prices for private music lessons:

30 mins: CHF 60 per lesson

40 mins: CHF 80 per lesson

45 mins: CHF 85 per lesson

60 mins: CHF 110 per lesson

ABRSM

The Associated Board of the Royal Schools of Music (ABRSM) was established in 1889 and is one of the leading exam boards for examinations in music. They operate in over 90 countries worldwide and graded exams are available for more than 35 instruments, voice, ensemble, and theory.



Why take an ABRSM exam?

These exams are entirely voluntary but are a good goal to aim for, for students who have instrumental or voice lessons. The assessments are designed to motivate students of all ages and levels, giving them a series of realistic goals and tangible rewards for their achievements.

Practical Exams

These exams incorporate four individual components:

1. Play three pieces from the grading syllabus. Each piece is marked out of 30. The pass mark is 20.
2. Scales, arpeggios, or broken chords. These are marked out of 21. The pass mark is 14.
3. Sight-reading. The student is presented with an unseen piece, has up to 30 seconds to prepare, and then must play to the best of his or her ability. Sight-reading is marked out of 21. The pass mark is 14.
4. Aural tests. Listening and musical perception are tested by the examiner through a series of exercises played on the piano. This is marked out of 18. The pass mark is 12.

The exams are marked out of 150, where 100 is a pass, 120 is a pass with merit, and 130 is a pass with distinction.

Music Theory Exams

A pass at Grade 5 or above in Music Theory must be obtained before candidates can enter for Grades 6, 7 or 8 Practical exams. ABRSM believes that a thorough understanding of the elements of music is essential for full and satisfying performance at these higher grades. Grades 1 to 5 Music Theory exams are now being held online every month.

All instrumental lessons incorporate some theory instruction. However, students wishing to pursue a theory exam (especially at the Grade 5 level) may wish to speak to Extracurricular to request tutoring for specific exam preparation.

How to enter for ABRSM exams

Private lesson teachers are responsible for recommending students for the exams. Parents must return the completed “Associated Board of the Royal Schools of Music Exam Registration Form 2022-2023” to the ABRSM Coordinator by the due date. The entry fee should be submitted, either in cash or by an agreement to have it added to the student’s account.

For any further information, please contact Ms Jessie Hosti, the ABRSM coordinator.

ABRSM Theory Lessons Grade 5 (1 hour)

Extracurricular is pleased to offer a new programme of 10 lessons where all components of Grade 5 music theory will be taught, and exam preparation will be covered extensively through Weekly or intensive music theory lessons. Grade 5 Theory is a requirement for sitting practical instrumental or singing exams above Grade 5. This is particularly suited to young musicians who have passed their ABRSM practical exam at Grade 4 or higher.

Piano

Beginners lessons

For students with little to no prior training, piano lessons focus on the exploration of the instrument and basic rhythms, note-reading, dynamics, and elementary techniques. For Pre-schoolers, colours and games might be used to learn note reading. Solfege is taught at the same time, following directly what is needed for the progression of the instrument. Some pieces can be directly played together with 4 hands, to produce a beautiful sound and instil from an early age the joy of playing music. The focus is on having fun by making music.

Intermediate lessons

For all those who have most likely been playing their instrument for at least 2 years, mastering playing and reading and wish to explore different repertoire or genres. At this level, students play more complex music and dedicate some time to nurture their technique. Different music styles can be addressed such as classical, jazz and pop songs. In some cases, the repertoire is chosen by the teacher following the student’s interests and technical ability, to ensure an optimal evolution. In others, the teacher adapts a song the



student is fond of, to their skill level. For older and more advanced students, repertoire may be agreed upon by a discussion with the teacher.

Advanced Lessons

For those students who have mastered a certain level of technical virtuosity and may have an established performance repertoire. At this level, students can play longer pieces (for example a whole Sonata) and they discover how to overcome stage fright while performing in public. Lessons will focus on musical interpretation, advanced technique, and exploration of concert repertoire. Students learn how to practice at home (what to focus on to improve their technical skills or to overcome a more complex passage), and how to work on difficult pieces.

Music Theory

Provided during the instrumental lesson to enhance understanding which contributes to a satisfying performance. However, it must be noted that the focus of the lesson is on practical music-making. Additional theory lessons can be needed to go deeper into theory knowledge, especially at higher degrees and for those who prepare for the ABRSM exams. Theory-specific lessons are available upon request.

Duration

The duration of classes varies depending on the level, capacity to focus, goals and personal motivation of each student. In general, for younger students, we recommend a lesson no longer than 30 minutes. The teacher will advise if additional lesson time is beneficial. Older students and students at upper levels can take longer lessons (45 min or 60 min sessions) to ensure a high-quality practice. For these students, taking more than one lesson per week can also be useful.

Our piano teachers

José Carretero Gil



José Carretero has taught piano for over 25 years at conservatories and music schools in several European countries. He holds Music Degrees in Spain and Italy as well as a Master's from the HEM of Geneva. His musical education includes Piano and Piano Pedagogy, Organ, Harpsichord, Improvisation and Composition. He performs as a soloist, accompanist and basso continuo player having international experience in chamber music and opera. His pedagogical approach is always flexible to best fit the expectations and needs of every student.

Main music styles: Classical tuition, though able to work on other musical styles if required.

Languages spoken: English, French, Spanish, Italian

Claire Charles



Claire Charles was trained as a pianist and cellist at Birmingham Conservatoire and then as a Secondary School Music teacher at Cambridge University. She has worked in 4 different countries and is currently the Music Coordinator at CDL. Claire believes that The Performing Arts are of the utmost importance in the development of all students, allowing exploration of emotion, communication, collaboration, and enhanced wellbeing. She is very involved in the local music scene, playing in 2 orchestras, director of the Community Choir at CDL, singing in a choir and playing in a String Quartet.

Main music styles: Classical

Languages spoken: English native speaker, French Delf B2

Jessie Hosti



Jessie Hosti is an experienced piano teacher with a master's degree in music from Pembroke College, University of Oxford. She has taught extensively in the U.K. and France before teaching in Switzerland. Passionate and patient, she enjoys bringing out a child's full musical potential through a diverse variety of repertoire. She is experienced in ABRSM music preparation (practical and theory).

Main music styles: Classical, modern, and jazz

Languages spoken: English and French and Mandarin (Chinese)

Ornella Ponnaz



Ornella Ponnaz graduated from the jazz section of the Lausanne Conservatory (current HEMU). She takes part in several different jazz projects on the Swiss jazz scene as well as internationally. She has been teaching for over 10 years. She aims to identify students' wishes and skills and make them grow from that point.

Main music style: Jazz, Pop, Latin and Classical

Languages spoken: French, English, and Portuguese

Joris Favre



Joris graduated from Haute Ecole de Musique de Lausanne with a master's degree in music education. He began his career as a drummer but soon moved on to playing and mastering the piano and classical music at the Geneva Conservatory. He has a passion for jazz music which inspired him to join the jazz department at Haute Ecole de Musique de Lausanne where he completed his training. Joris is creative and dynamic. He created the Migros Game- a card game which helps learn improvisation and to play your instrument in a fun, creative way. He has played with many bands and notably the Swiss musician, Bastian Baker. Joris currently plays in a traditional music group from Burkina-Faso as well as in various contemporary music groups. His aim is for his students to enjoy learning music and develop motivation and passion to develop their skills.

Main music style: Jazz, Pop, Rock and Classical

Languages spoken: French & English

Thomas Bingham



Mr Bingham graduated with Honours from the University of Geneva, in conjunction with the Geneva HEM- Haute Ecole de Musique in 2017. He has over 5 years of teaching experience, in both private and group teaching. He has experience in preparing students for their music exams such as the Baccalauréat exam. He is a young, dynamic professional who teaches all genres, but has chosen to focus on Classical and jazz repertoires and encourages piano improvisation. He is a keen performer and composer, having been the conductor of the concert band "L'orchestre Junior" and is currently the Piano and Organ accompanist for the Classical Choir of Pays de Gex. Mr Bingham is fully bilingual in English and French.

Languages Spoken: English & French

Frederic Bager



Frederic Bager began playing the piano at an early age, studying at the Lausanne and Geneva Conservatories. He pursued his musical studies in the UK, first at Wells Cathedral School and then at the Royal College of Music and the Royal Academy of Music in London. He was a prize-winner at both conservatories and was awarded an honorary DipRAM. He studied song accompaniment privately with Roger Vignoles. Frederic has performed in Switzerland and internationally, at venues including the Berlin Philharmonie, the Cologne Philharmonie, St John's Smith Square London, Salle Métropole, Lausanne and Victoria Hall, Geneva. He has appeared at festivals such as Davos Festival, Geneva Puplinge Classique and has performed live on the Swiss classical channel Espace 2. As well as being a solo performer, he is active as a chamber musician and accompanist. He has received the generous support of Pour-cent Culturel Migros. Frederic developed his teaching practice at specialist music schools and privately across the Windsor and London areas. He draws on his wide-ranging experience to inspire his students, always valuing each student's individuality.

Languages Spoken: English & French



Violin

Beginners Lessons

Violin lessons for beginners focus on learning how to read and learn the notes. Students are taught the correct technique for playing, including how to hold the bow, using all fingers to play a piece and the correct use of the mechanisms of the right and left hand. Students will develop their intonation.

Intermediate Lessons

Intermediate to Advanced lessons are designed for students who master intonation in first, second and third position and wishes to play in tune. More Complex techniques are taught such as musical phrases as well as vibrato, spiccato, sight-reading, intervals and how to change positions.

Music Theory

Music theory is taught together with the practical, but with limitations due to the limited amount of time. For primary students, it is usually taught at school during music lessons. For middle and high school students who don't have an intermediate level, the theory is reinforced in the violin lesson.

Repertoire

Students can sometimes choose their repertoire, usually when the pieces are not above their technical level, but in general, the teacher chooses the repertoire depending on the level and skills required by the piece which is going to be played.

Duration

The duration of classes varies depending on the level of the student and considering their age.

Our violin teachers

Anna Orlik • Violin



Graduated with the highest distinctions from the Royal Academy of Music in London, the International Menuhin Music Academy in Switzerland and the Chopin University of Music in Warsaw, Anna Orlik has performed as a soloist with the orchestra or in recitals, in Europe, Africa and South America. Since 2012 she is sharing her experience gained from world-class artists and pedagogues with the new generation of young musicians in Warsaw, London and currently Switzerland.

Main music styles: Classical

Languages spoken: English, German, Polish and French

Nestor Rodríguez • Violin and viola



Bachelor of Arts in Music and Master of Arts in Music Pedagogy at Haute école de Musique de Lausanne, Nestor Rodríguez has taken part in several concerts with many orchestras and chamber ensembles. He was first violinist in several orchestras. Member of the « Société Suisse de Pédagogie Musicale » he combined activities as a teacher in the project “Un violon dans mon école” Cantonal Conservatory of Valais, the Eternum Music School and the international school Collège du Léman.

Main music styles: Classical

Languages spoken: English, French, Spanish and Italian

Ana Sofia Gonçalves • Violin



Ana Sofia started studying for her bachelor's degree at the University of Minho, in Portugal where she studied with Ilya Grubert and Eliot Lawson, finishing her studies at the Haute Ecole de Musique de Lausanne, Switzerland, where she was a student of the renowned professors Ilya Gringolts, Sergio Schwartz and Yuuki Wong. As a chamber musician, Ana Sofia participated in the “Jeunes Virtuoses de New York”- Chamber Music Festival and performed in partnership with Denver Cities International. During her career she has participated in masterclasses with Ani Schnarch, Pavel Vernikov, Zofia Woycicka, Alexei Mijlin, and Arik Braude, to name a few and has worked with the Orchestre de Chambre de Lausanne; Orchestre de Chambre du Valais; Sinfonietta de Lausanne; Kurpfalzphilharmonie; Extremadura Youth Orchestra, Orquestra do Norte. Ana Sofia has experience teaching students of all ages and levels and adapts her lessons to the needs of her students.

Languages spoken: English, French, Spanish and Portuguese

Constantin Macherel • Cello



Laureate of national and international competitions, Constantin Macherel has had the chance to perform concerts in Switzerland, France, Italy, the UK, Germany, Austria, the Czech Republic, Romania, and Lithuania. He has been a solo Celloist for many orchestras such as St. Petersburg Taurus's state orchestra, London Mozart Players, Carlsbad Symphony Orchestra, Geringas chamber orchestra, Aarau Sinfonieorchester, Orchestre OQPL, Léman virtuosi, Ensemble Stanislas, Sonoro quartet. Constantin's debut CD has been awarded the prestigious 5 Diapasons and has been played on major radio stations such as New Public Radio, France Musique, Bayerische Rundfunk, Rai Italia, and NDR Radio to name a few. His Cello of choice is a cello by Joseph Hill made in London ca 1765.

Languages spoken: English



Guitar

Beginners Lessons

Guitar lessons for beginners focus on covering the basics of the instrument and an application of essential music fundamentals. At this level, students will learn the basics of playing the guitar by studying music notation, chord symbols, and tablature. A brief history of the guitar and a study of its respective musical styles may also be covered in this course. The main objective of this course is to create an enhanced appreciation for music through playing the guitar. Easy versions of songs from different styles are approached. This way, students will better understand many musical genres, including classical, flamenco, blues, jazz, rock, and pop music. Ear training with easy melodies is practised.

Intermediate Lessons

Intermediate guitar lessons address those students who have some guitar foundations and want to solidify their knowledge, advance with their style, learn how to listen to other musicians, and learn how to be a guitar player as a member of a band. For classical guitarists - exercising pieces of influential classical composers. At this level, students can start soloing on guitar.

Advanced Lessons

Advanced lessons are designed to help take the guitar technique and fretboard knowledge to the highest level and teach intervals, complex chords (jazz chords), rhythmic structures, modes, arpeggios, extended chord harmony, rock foundations, and soloing. Sight-reading both in the classic form and tablature form might be used as well as the use of a metronome to expand rhythmic precision.

Music Theory

Basic music theory is given to every student but can be extended to the advanced level upon consultation with parents. Music theory can also be approached through songs. For instance, the C-scale is approached through easy melodies for beginners. Intermediate and advanced students must study a minimum of music theory as a path to real improvements.

Duration

The duration of classes varies depending on the level of the student. It is recommended to run the course for 30-45 mins if the student's age is younger than 8. For students older than 8, a one-hour class is recommended for better results.

Our guitar teachers

Yalcin Hasancebi • Guitar (classical, bass, jazz, rock), ukulele



Yalcin Hasancebi has been teaching guitar to children and adults for over 18 years. He is holding an MA with honours from the Jazz Masters Programme of BAU University. Over the years, he has been combining his teaching career with the professional development of a guitar musician. Starting at a young age with rock music playing and composing, he developed a professional interest in jazz and has been working with many established jazz artists and bands in Turkey and abroad. Yalcin's primary goal when teaching his students is to motivate them and have fun! He can help students prepare for both The Royal Academy and the London School of Music (Levels 1-8).

Main music styles: Classical, Jazz, Rock and Latin

Languages spoken: English, German and Turkish

Laurent Nigg • Electric guitar and acoustic guitar



Laurent has 10 years of experience as a teacher in individual and group lessons. He is also a performer in many bands and a songwriter.

Main music styles: Rock, Folk, Metal, Jazz and Blues

Languages spoken: English, French, Spanish and German

Voice

Voice lessons are designed to help students discover and/or improve the use of their singing voice and have better use of their spoken voice which is a life tool that will be useful for their presentations and conferences at school and later in their professional careers. Students will discover the wide vocal repertoire in different musical styles.

A typical lesson consists of two parts: Vocal technique (breathing exercises and vocalizations) and work on pieces and songs of different styles (analysis, vocal technique development, interpretation).

Half of the pieces are chosen by the student. The teacher proposes the other half to help students discover other musical styles. The repertoire is always adapted to the level and the progress of the student.

Our voice teachers

Alfredo Lavalley • Choral ensemble and voice teacher for individuals



Alfredo Lavalley has a degree in baroque singing from the Centre of Ancient Music (Geneva Conservatory). He has also earned degrees in choir conducting from Lausanne Conservatory, Milano Choral Academy, the Secretariat of Children's Choirs of Catalonia, and training in Innovative Choir Leading techniques at the Royal Conservatory of Music, Alborg, Denmark. He conducts five choral ensembles in Geneva's area, leads choral workshops and teaches in his private voice studio since 2001.

Main music styles: Vocal and Choral music (Baroque, Classical, Pop and World Music)

Languages spoken: English, French, Italian and Spanish

Lucie Goater • Group Choir and voice teacher for individuals



Lucie Goater graduated with a postgraduate diploma from Trinity College of Music in London and has been teaching singing in the UK and Switzerland for over 10 years. Lucie has experience in teaching primary schoolchildren as well as coaching students through exams and inspiring students who study singing for the confidence and wellbeing benefits it enables. Lucie prides herself on providing a fun and nurturing learning environment and inspiring a love of music of all genres through song.

Styles: Classical, Musical Theatre, Pop or Folk

Language Spoken: English

Drums

Beginners Lessons

Drums lessons for beginners focus on basic techniques (how to hold drumsticks, play the bass and snare drums), reading, playing notes for drums, and playing simple charts.

Intermediate Lessons

Our intermediate lessons are designed for all those who master simple drum chart reading and can play the basic drum styles (rock, swing, waltz, 6/8) and wishes to advance into improvising and playing more sophisticated styles and songs.

Advanced Lessons

Advanced lessons teach more sight-reading, improvising, and playing special time signatures (7/8, 5/4, 9/8...)

Music Theory

For drums, music theory is simpler than for pitched instruments (piano, guitar...) but there is a certain amount of theory necessary to play the drums successfully.

Repertoire

Students are encouraged to suggest songs and styles they would like to learn, but the teacher does have a repertoire ready for them to play.

Duration

The duration of classes is determined only by the amount of time a student desires. Lessons must be 30, 40, 45 or 60 minutes long.

Our drum teacher

John Kirby Bivans • Drums



Kirby Bivans has worked as a professional musician for most of his life in the US. Drums and teaching are his passions, and he is happy to teach the younger ones what he has learned along the way.

Main music styles: Pop, Rock, Folk, Country, Classical, Jazz and Latin

Languages spoken: English and French





Trumpet

Beginners Lessons

A music lesson for beginners focuses on sound production, student position and note reading.

Intermediate Lessons

Our intermediate lesson focuses on expanding sound amplitude and managing notes with rhythms.

Advanced Lessons

Advanced lessons focus on interpretation, and sound according to the repertoire and instrumental technique.

Music Theory

Basic Music theory is automatically taught during the lesson. Students must know a little bit of theory to understand the scale for example.

Repertoire

Students can choose their repertoire, but the teacher does have material for the students too.

Duration

The duration of classes varies depending on the age and the level that the student wants to reach.

Our trumpet teacher

Raphaël Hugon • Trumpet and music theory



Raphaël Hugon has been teaching the trumpet and directing wind orchestras for over 20 years in various music schools around Geneva. He studied at the Superior Conservatory of Music in Geneva. He specialised in the teaching and practice of wind instruments.

Main music styles: Classical and Jazz

Languages spoken: English and French



Art

Beginners Lessons

Art lessons for beginners focus on basic skills such as holding a pencil correctly and drawing shapes accurately whilst having fun. It helps students to develop their knowledge in the application of the correct colours and visual elements, according to the objective of the image and what they want to communicate through their artworks.

Intermediate Lessons

Our intermediate lessons are for all those who master skills taught in the curriculum and wish to draw or paint with accuracy and find their style. At an intermediate level, students develop their knowledge and skills based on classic techniques and artistic movements such as impressionism, expressionism, surrealism, byzantine period, and abstract painting, among others.

Advanced Lessons

Advanced lessons allow students who are interested in the IB programme or art-oriented students to expand their knowledge and perfect their craft in more specific themes of their choice. Students develop their artistic proposals and style, learn techniques of mixed media, how to use and prepare different supports for painting and how to exhibit their works.

Art Theory

Art Theory will always be briefly integrated as the art lessons are structured and planned accordingly. Art theory will also be used as a guide to explain and solve aesthetic and technical problems as the students progress in their artistic projects. The students will learn about art theories through the topics, concepts and techniques worked on in class.



Topics

The teacher will always be prepared and suggest a theme, however, there will be the flexibility that allows students to suggest their theme if it is related to the objectives of the activity and complies with the application of concepts and discussed techniques.

Our arts teachers

Sylvain Habersaat



Sylvain Habersaat grew up in Geneva before attending university in New York, where he studied art and education. He has been teaching art at CDL for the past five years, mostly developing new activities for the extracurricular programme from Pre-school to Secondary school. He specialises in realistic drawing and surrealistic painting and enjoys finding new ways to teach young artists to develop their drawing or painting skills and more essentially their creativity. Each student expresses his ideas differently. This is why private lessons are more beneficial for art, as the teacher can guide better, and emphasize personal skills, style, and above all, make art fun as it is always accommodated.

Héctor López



Héctor López teaches courses in drawing, watercolour, painting, sculpture, and mosaic (depending on the age of the student). He is a passionate teacher and encourages students to develop their observation skills and to work with different art techniques such as pencil, pastel, charcoal, acrylic, and others. Héctor studied pedagogy and visual art and has a PhD in art history.



Wellbeing

Physically active students tend to have better grades, school attendance and cognitive performance (e.g., Memory). Not only can exercise help with concentration and focus but also with mental health. It can reduce stress and anxiety and help with mood and sleep.

Whether your goal is to tone up your body, lose weight, improve your stamina, or sculpt your body to the way you want it. Through weekly coaching sessions, the instructor will guide and accompany you throughout your physical improvements.



Our teacher

Linda Gaion • Fitness Instructor and Nutrition Consultant



2 possibilities:

Individual courses

Group lessons for 2 to 5 students

These group classes are more playful, set with music, and target the gluteal and abdominal muscles.

Prices for private fitness lessons

Personal Training (1 student) 60 mins: CHF 110

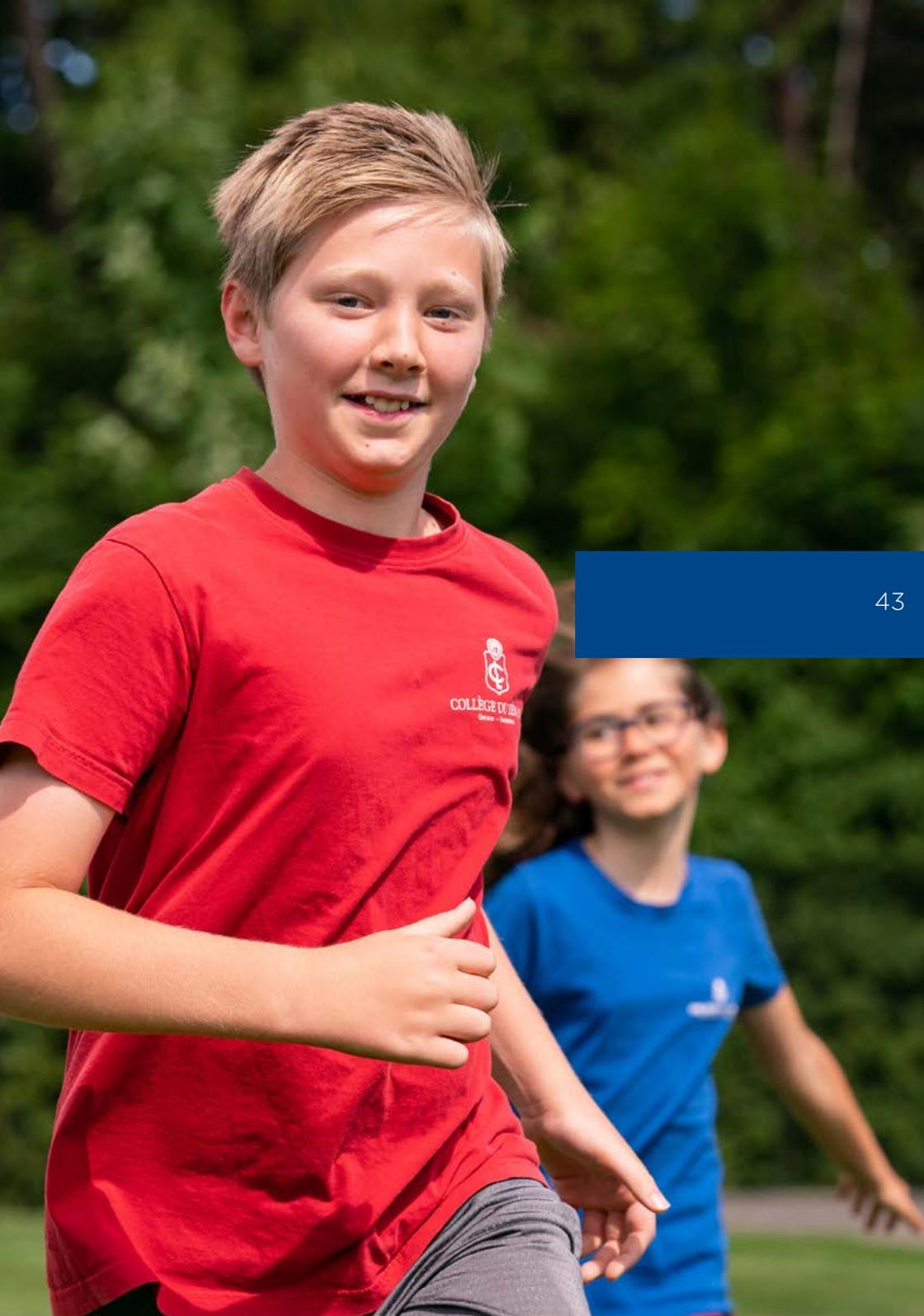
Personal Training (1 student) 90 mins: CHF 160

Personal Training (2-3 students) 60 mins: CHF 150 for the group

Personal Training (4-5 students) 60 mins: CHF 200 for the group

ACTIVITIES





Terms & conditions for Activities

For extracurricular activities, the school year is divided in the following two semesters.

Semester 1: From 28th August to 15th December 2023

Semester 2: From 8th January to 21st June 2024

A registration for an activity in Semester 1 will be renewed in Semester 2 unless you proactively cancel (see below).

Enrolment

Please note that places will be allocated on a first-come, first-served basis, if demands exceed the number of places available students will be placed on a waiting list. Some activities may require a minimum number of students; the Extracurricular Department reserves the right to cancel any activity if the minimum requirements are not met.

Stage 1: Review the activities on offer

From 19th July: Please take a look at our **Extracurricular programme brochure for 2023-2024** (for download on cdl.ch/extracurricular) to explore all the Activities and Private Lessons we have on offer.

On cdl.ch/extracurricular, click on the respective sections to view the schedules:

Pre-school Schedule

Primary Schedule

Secondary Schedule

Stage 2: Registrations

Registrations will open on SchoolsBuddy and requests by email will not be considered. Only cancellations should be announced by email (see below). Please note that these processes are fully automated via SchoolsBuddy, except for cancellations which parents/guardians must proactively indicate (see below).

Important dates for Semester 1

- **On 7th August 2023 at 9:30 a.m.**, credentials are sent to new parents to login to the SchoolsBuddy portal.
- **On 8th August:** Opening of registrations from 1:00 p.m.
- **From 8th to 14th August 2023:** Please note that during this time, the activity is selected but not yet confirmed.

- **From 15th August 2023:** During this time, the system will automatically appoint requests collected since 8th August on a first come first served basis. You will receive an automatic notification from SchoolsBuddy confirming your registration according to availability.
- **On 27th August:** Closing of registrations.
- **From 28th August to 10th September 2023:** Change Period. During this time, you will be able to change activities.

Important dates for Semester 2

- **From 4th December to 15th December 2023:** Cancellation Period. Cancellations will only be accepted in writing by emailing extracurricular@cdl.ch. Please note that if you do not cancel an activity, we will assume that you wish to continue, and your child will automatically be enrolled for semester 2.
- **From 16th December 2023 to 7th January 2024:** Registration. You can request your child to join an activity via SchoolsBuddy.
- **From 8th January to 21st January 2024:** Change Period. During this time, you will be able to change activities.

Number of lessons

The programme is divided into two semesters (see “Dates” above). Due to the different lengths of each semester, (semester one is shorter than semester two) different pricing will apply, please see the details on the schedules available. If any activity is missed due to the teacher’s unavailability, the course will be replaced by a substitute teacher or cancelled. In the event of cancellation, no refunds or costs adjustment will be made. Subscription to activities is for the semester; parents wishing to continue an activity for the whole academic year, do not need to renew their registration from one semester to the next.

Notice of cancellation

The Extracurricular department commits to delivering a minimum of 30 classes within the academic year. New registrations will be accepted, only during the time frames mentioned above in the “Dates” section. If you decide to cancel, for any other reason than a medical one, there will unfortunately be no refund offered. To cancel please email extracurricular@cdl.ch

Contact

For more information contact us at: extracurricular@cdl.ch



Pre-school

Art world

PS2 | English and French

This class will be a great way to creatively explore concepts and themes learned in regular classes. In this course, the students will develop their reflection capacity and problem-solving skills in a fun way. They will interact with new and recycled materials through which they will learn different artistic techniques and the vast options that the art world offers them. Each activity will be adapted to the ages, needs, and abilities of the students.

Yearly fee: CHF 795



Baby basket

PS1-PS3 | English and French

Baby Basket is a team activity whose main objective is to contribute to the development of coordination and motor skills through sport. This activity uses basketballs to develop the dissociation between the lower and upper limbs and right and left. Playing baby basketball will allow children to discover their body and what they can do with it, for example jumping and throwing at the same time. Baby Basket is a disciplined sport which will encourage sharing, teamwork, and team spirit.

PS1-PS2: During these lessons, children will learn how to move their bodies, how to catch a ball and how to reach the basket. They will begin to work on balance, speed, and spatial orientation. Fun is at the heart of the training which will allow them to develop their creativity and imagination.

PS3: These lessons will develop the movements needed to play basketball. Children will develop their motor skills whilst working on basketball drills such as running, jumping and ball work. Lessons are designed to be fun whilst teaching the importance of communication and team spirit.

Yearly fee: CHF 835

Classical dance

PS2 | English

In this introductory course, children start learning movements and positions that gradually introduce them to classical dance. In the beginning, they focus on becoming aware of their bodies and awakening their senses. The course includes fun exercises led by the teacher to stimulate their imagination, improve flexibility, and develop grace. They also learn about the concept of space and explore different rhythms to enhance their musicality. Additionally, they learn to recognize different musical moods and tones. Towards the end of each class, the children have 5 minutes of improvisation to let their creativity flow. However, we always consider the age of the children and their limitations. Throughout the course, we place importance on teaching the fundamental values of classical dance, such as discipline, maintaining a positive attitude, and practising active listening. Mutual respect for everyone in the class is also emphasized. Understanding and embracing these core values are crucial for a successful dance class.

Yearly fee: CHF 795

PS3 | English and French

Through our “Pre-school Dance” and “Primary Dance” programmes, your child will learn the basics of classical ballet, including improvisation and performance, using fun and imaginative ideas. Pre-schoolers will start their year by learning “Pre-school Dance” ballet, as well as free exercises, stretches and imaginative ideas. Movements include leg stretching, galloping, running, pausing, etc. At the end of each term, parents are invited to an “open studio” and will have the opportunity to attend a performance of selected exercises. In the middle of the year, students will learn “Primary Dance”, moving from circle work to line dancing. Towards the end of the year, children will perform their last “open studio” showing a selection of exercises with an element of performance.

Yearly fee: CHF 795

Childcare

PS0-PS3 | English and French

Mon, Tue, Wed, Thu & Fri (from 3:15 p.m. to 6:45 p.m.)

Childcare PS0-PS1 & PS2-PS3 Wednesday (from 12:30 p.m. to 3:15 p.m.)

The Pre-school section offers the opportunity to entertain, monitor and supervise children after the end of class. Children will be engaged in different Activities such as social games, walks, time for rest etc...

Yearly fee: CHF 590

Occasional childcare: CHF 25 per time





Cooking

PS2-PS3 | English and French

The cooking activity aims to promote development and learning. Cooking is not only a fun, engaging activity for children but one that has been used for years as an important teaching and development tool for all ages. Cooking helps children develop pride and confidence in their skills and abilities. The act of cooking by recipe encourages autonomy and independence, while also teaching children to follow directions. Physical development: chopping, squeezing, spreading, and mixing are all cooking skills that help develop a child's fine motor skills and hand coordination. Cooking inspires children's curiosity, creative thinking, and problem-solving by offering new opportunities to make predictions and observations.

Yearly fee: CHF 700

Gymnastics ABC

PS2-PS3 | English and French

This course will allow for the discovery of floor and apparatus gymnastics (balance, suspension, rotations) in the form of fun courses and tactile discovery.

Objectives: Development of psychomotricity, coordination, and enjoyment

Yearly fee: CHF 730

Judo ABC

PS2-PS3 | English and French

The goals of this activity are to contribute to the development of motor skills and coordination, the awareness of the child's body in space along with respect for their body and that of others in a healthy and playful environment. Our team of instructors, officials of the Swiss Judo Federation, Swiss Olympic, Youth & Sports members and of Vaud and Geneva Cantonal Associations, share their knowledge and their passion for this art.

Wearing a Kimono is compulsory for the practice of this Martial Art, which will be provided from the second lesson, certified and embroidered with the image of the BSA school, for an amount of CHF 60.

Yearly fee: CHF 1,000

Mini Football

PS3 | English and French

This course introduces Mini Football players to all sorts of fun games including the necessary motor skills and coordination needed to learn the basic movements of football. Students will contribute to a team dynamic and gain an understanding of the individual within a group. Respect will be the key factor in the lesson.

A personalised football kit is included in this package.

Yearly fee: CHF 835

Mini Tennis

PS2-PS3 | English and French

For children who want to learn the basics of tennis in a fun atmosphere, this is a fun-filled introduction to tennis using eye-hand and motor skills games and activities. Beach balls, foam tennis balls, and other teaching aids are used. The group size is limited to 4 students and the class lasts 30 minutes. Children need to provide their own tennis racket (19-21 inches).

Yearly fee: CHF 995

Petit chœur du Léman

PS2-PS3 | English

Petit Chœur du Léman provides an uplifting experience where very young children can express themselves through singing. This is a fun and educational choir where children will develop their musicianship and passion for music in a positive and nurturing environment through the power of singing. Singing in a choir develops self-esteem and confidence. Let your child experience the magic of being part of a community of voices. A desire to sing and a willingness to learn are essential!

At the end of each semester, the choir will organise a little performance for parents.

Yearly fee: CHF 795

Ponies and nature discovery

PS2-PS3 | English and French

Your child will develop listening skills, gain self-confidence, and learn to interact with animals comfortably. Children will learn how to respect basic safety rules during grooming and riding lessons. In the beginning, your child will exercise how to improve balance when riding a horse and how to follow the rhythm of movement of the animal. During grooming lessons, your child will learn about the tools and techniques used for keeping the horse clean and healthy. We will explain how to feed the ponies and the type of food that will be given. Teachers will assess the child's respect for the safety rules. The exercises on the pony will focus on the techniques of rising trot, being lunged on the pony by a monitor, guiding the pony while walking (straight, right, and left circles...), and stability exercises. The teachers will evaluate the child's progress in horse riding and grooming techniques based on their active participation and attitude. Additional contact with other animals like dogs, cats, birds, and plants is part of the instruction programme. A certificate will be provided at the end of the course.

Yearly fee: CHF 995

Rugbytots

PS1-PS2 | English and French

Rugbytots Geneva is a team-based activity focused on developing coordination and motor skills through sports. It is a fun and non-contact activity around rugby for toddlers where we learn to share and socialise.

Yearly fee: CHF 1,070

Siesta

PS0-PS1 | English and French

This option is reserved for PS0 & PS1 children who are having a nap in the afternoon.

Yearly fee: CHF 590

Street dance

PS3 | English and French

The activity introduces different styles of street dance such as break dance, house, locking etc. Students will discover the different types of music and movements that are at the base of each style, learning how to bounce, lock and freeze! The class will allow students to work on coordination, strength and musicality through fun exercises and games.

Yearly fee: CHF 795





Swimming Red Whale

PS1-PS3 | English and French spoken

At Red Whale, we ensure that swimming classes are fun, effective, and something to look forward to! We only teach in small groups, a maximum of 7 children per teacher, depending on the level. Our teachers are always present in the water, to provide personal attention and make children feel safe and comfortable. Lessons take place at our warm water pool in Bellevue, which is the first and only custom-built pool in Switzerland for children's swimming lessons.

The proven learn-to-swim programme that we adopted is organized into levels that gradually introduce necessary competencies. Children move through the levels as they develop new skills. All children learn in the same sequence, but at different speeds, which is perfectly normal. We believe that with ample patience, encouragement, and repetition all children can become good swimmers!

Equipment: Swimsuit, towel, hat, goggles.

Our levels

1. Platypus

Entry Criteria: Be at least 3 years old and comfortable with separating from parents to follow basic instructions from a teacher.

Primary objective: Building confidence in the water without an accompanying parent.

2. Sea otter

Entry Criteria: Ability to fully submerge their head for 3 seconds when asked.

Primary Objective: dog paddle for 5m and take at least two breaths.

3. Crocodile

Entry Criteria: Ability to dog paddle for 5m and take at least two breaths.

Primary Objective: Torpedo kicking for longer distances.

4. Penguin

Entry criteria: Ability to maintain a strong sustained kick with head in the water for 7m.

Primary Objective: Swim crawl with straight arms (5m) and backstroke with straight arms (5m)

5. Seal

Entry criteria: Ability to perform crawl and backstroke with straight arms for 5m (breathing not required).

Primary Objective: Swim a controlled crawl with breathing on one side.

6. Dolphin

Entry criteria: Ability to perform controlled crawl (with breathing) and backstroke for 10m.

Primary Objective: Swim 20m controlled crawl, backstroke, and breaststroke with correct technique.

7. Shark

Entry criteria: Ability to swim 20m controlled front crawl, back crawl, and breaststroke.

Primary Objective: Swim all 4 styles.

8. Red Whale

Entry criteria: 100m front crawl, back crawl, breaststroke, and 10m butterfly.

Primary Objective: Preparation for competition.

Yearly fee: CHF 1,750

World of magic

PS3 | English and French

In collaboration with the biggest magic school in Europe "L'Ecole de Magie de la Côte - The Two Dragons Magic School", a fabulous magic class is available for Pre-school kids! Children will be introduced to the secrets of magicians and, in addition, develop presentation skills. They will learn simple yet impressive magic tricks and how to effectively present them. The development of their posture, voice, audience control, and storytelling abilities will become fantastic skills that will serve them throughout their lives.

Yearly fee: CHF 795



Primary • Sports

Acrobatic gymnastics

Grades 4-5 | English and French

Introduction to apparatus, floor exercises, and acrobatics (mini trampoline). Comprehensive circuits and targeted exercises to enhance overall fitness. Progressive circuits to enhance skill development. Objectives: Coordination, courage, basic elements of acrobatics, sequences of gymnastic elements. Opportunity for participation in an internal and external competition at Collège du Léman.

Yearly fee: CHF 710



Artistic gymnastics

Grades 1-3 | English and French

This program offers a fun introduction to gymnastics through circuits. Participants will learn gymnastics movements on the floor and apparatus, and explore various types of gymnastics like rotations, acrobatic approaches, jumps, suspensions, supports, and more. The main objectives are to improve coordination, motor skills, flexibility, agility, and strength.

Yearly fee: CHF 710

Basketball

Grades 1-5 | English and French

The activity is first and foremost considered recreational. It is open to boys and girls regardless of their level or experience. After a warm-up, students will focus on the development of skills and strategy, followed by games.

A personalised sports kit is included in this package.

Yearly fee: CHF 620

Football mixed

Grades 1-2 | English and French

This activity is first and foremost considered recreational. It is open to girls and boys regardless of their level or experience with groups made accordingly. After a warm-up, students will focus on the development of skills and strategy, followed by games.

A personalised football kit is included in this package.

Grades 3-5 | English and French

This activity is first and foremost considered recreational. After a warm-up, students will focus on the development of skills and strategy, followed by games.

Some of the activity participants may be selected for inter-scholastic competitions.

Second training for Grades 3 to 5: Days to be confirmed, from 12:30 p.m. to 1:15 p.m.

A personalised football kit is included in this package.

Yearly fee: CHF 650

Horse riding

Grades 1-5 | English and French

Dress code: Comfortable trousers and rubber riding boots or walking shoes with mini-chaps. Helmets and safety jackets are provided by the stables.

Horse Riding Introduction

Introduction objectives: Approaching the pony, putting on a halter, putting on the saddle and the bridle, and basic grooming.

- Revise safety rules
- Practice bringing the pony/horse out and into the box
- Rising trot on the lunge

- Guide the horse (walking)
- Improve riding position and balance during riding and ease horse movements
- Techniques to prevent unexpected horse reactions
- Safety rules in group lessons

Theory: Food, Anatomy of the horses (basic), Type of horses, Illness

Practical riding: For children who are confident during the first period for rising trot free without lunge. The others will go on with the trot on the lunge during the second period.

Target: Prepare the horse (brushing, taking care of the hoofs, preparing saddle, bridle), go in and out the box with the horse, apply safety rules when riding in a group, ride free and drive the horse/pony by rising trot.

Horse Riding Beginners

Preparation of the horse/pony, applying brushing techniques, taking care of hoofs, checking the horse, double checking equipment (belt saddle, bridle)

- Learn how to go in and out of the box with the horse and how to present the horse in the riding hall in a group (safety rules)
- Revise the basic rules for rising trot
- Sit on the trot, suspension in the trot
- Improve balance techniques as the exercises are getting more demanding
- Recognize the correct diagonal at the trot
- Introduction to canter
- Simple dressage arena pattern exercises

Theory: equine coat colours, nutrition elements, anatomy

Testing: knowledge of previous elements

Target: Learn how to canter. Execute the dressage arena pattern exercises correctly.

Horse Riding Intermediate

- Preparation of the horses
- Revise trot and base exercises
- Check and improve balance in view of easy jumping exercises.
- Initiation of canter and learning to canter on the good lead
- Testing canter capabilities
- Theory: some subjects of the Brevet Fédéral
- Jumping up to 60 cm.
- Simple dressage arena pattern exercises

Target: Trot and canter at the correct diagonal, correctly execute dressage pattern exercises, jumping 60 cm over and verticals

Horse Riding Advanced

Note: only riders who have achieved the capabilities of riding easy jumping courses and having sufficient dressage are admitted to this group

- Revise basic dressage
- Riding gymnastic exercises for the preparation of jumping
- Jumping: over and vertical 60 cm to 100 cm (for jumping riders)
- Jumping course for jumping riders

Dressage: Develop and execute a Dressage Program FB (Swiss system) for dressage riders

Advanced Theory

Target: Practice and improve jumping courses and/or dressage courses. Preparation in view of the different types of Swiss licences of jumping and dressage.

A certificate of attendance or/and certificate of excellence will be handed out.

Yearly fee: CHF 1,000

Judo

Grades 1-5 | English and French

Judo is a Martial Art. It allows students to improve their techniques, with an approach to individual and team competition. Particular attention will also be paid to ethics and respect for themselves and their classmates. Our instructors, officials of the Swiss Judo Federation, Swiss Olympic, Youth & Sports members and of Vaud and Geneva Cantonal Associations, will share their knowledge and passion for this art.

The team of Budo Schools Ashita makes every effort to support children, in multisport courses, and official national and international competitions; for those who want it. Wearing a Kimono is compulsory for the practice of this Martial Art. From the second lesson, we will provide your child with a Kimono, certified and embroidered with the image of the BSA school for CHF 60.

Yearly fee: CHF 1,000

Netball

Grades 5 | English

Netball is a fun, non-contact team game, which consists of running, jumping, throwing, and catching a ball. It is easy to learn and an excellent way to keep fit, as well as improve coordination and teamwork skills. During these sessions, students will learn the basic rules of netball (if they don't already know them) through play. Each session will start with a warm-up, leading into specific ball skills activities designed to improve catching and throwing, followed by games. Students could have the possibility to progress into a CDL netball team, although the main aim of the game is to have fun! Sportswear and sturdy sports shoes are required.

Yearly fee: CHF 480

Running club

Grades 2-5 | English and French

The running club will be an opportunity for students to train for an hour each Friday afternoon. It will involve a warm-up, some stretching then a variety of training methods, from a nice gentle jog to intensive hill sprints. Enjoy the camaraderie of our running club, and start your weekend off with a bang.

Yearly fee: CHF 240



Swimming Aqua Lud'eau

Grades 4-5 | English and French

Equipment: Swimsuit, towel, hat, goggles.

Our skilled instructors will be present to teach your children this comprehensive sports activity. During the first session, the instructors will evaluate your children's abilities and place them in the appropriate level. The levels range from the discovery level to an advanced level. To progress to the next level, each child's learning will be assessed through a designated test.

Discovery

Jump from the edge and make ventral starfish by bubbling for 5 seconds. Stand up and make the starfish on the back with equipment. Retrieve a weighted object from a shallow depth. No eyewear is allowed for the course.

Beginner

Jump from the edge, make ventral starfish by bubbling for 5 seconds then take a breath and join the red square. Jump off the edge and move backwards, arms alongside the body. No eyewear is allowed for the course.

Level 1

Diving from the edge. Swim 25 meters backstroke. Make a roll and then swim 15 meters in crawl.

Level 2

Dive from the diving platform with a beautiful breaststroke then swim the length of the pool in crawl. Turn crawl and start again for 25 meters backstroke. Make a jump from the diving platform then swim the breaststroke to the yellow square.

Level 3

Dive from the diving platform with a beautiful breaststroke then make 25 meters breaststroke. Make 25 meters crawl then 25 meters back crawl. Dive from the diving platform then make waves to the yellow square.

Advanced Level

Make a plunge from the diving platform with a butterfly stroke then make 200 meters 4 individual medleys.

Throughout the lessons, our instructors will employ various educational resources to ensure that children learn to swim while enjoying themselves. After each semester, diplomas will be awarded to your children.

Kindly note that students will return to CDL at approximately 6:40 p.m., making it unfeasible to take the second bus home. Parents have the option to collect their child either from the Swimming Pool in Chésereux or from CDL

Please be advised that due to the swimming pool's schedule, there may be occasional cancellations of lessons. The Extracurricular Department will duly inform you of any such changes.

Yearly fee: CHF 1,580



Swimming Red Whale

Grades 1-3 | English and French

Equipment: Swimsuit, towel, hat, goggles.

At Red Whale, we ensure that swimming classes are fun, effective, and something to look forward to! We only teach in small groups, a maximum of 7 children per teacher, depending on the level. Our teachers are always present in the water, to provide personal attention and make children feel safe and comfortable. Lessons take place at our warm water pool in Bellevue, which is the first and only custom-built pool in Switzerland for children's swimming lessons.

The proven learn-to-swim programme that we adopted is organized into levels that gradually introduce necessary competencies. Children move through the levels as they develop new skills. All children learn in the same sequence, but at different speeds, which is perfectly normal. We believe that with ample patience, encouragement, and repetition all children can become good swimmers!

Our levels:

1. Platypus

Entry Criteria: Be at least 3 years old and comfortable with separating from parents to follow basic instructions from a teacher.

Primary objective: Building confidence in the water without an accompanying parent.

2. Sea otter

Entry Criteria: Ability to fully submerge their head for 3 seconds when asked.

Primary Objective: dog paddle for 5m and take at least two breaths.

3. Crocodile

Entry Criteria: Ability to dog paddle for 5m and take at least two breaths.

Primary Objective: Torpedo kicking for longer distances.

4. Penguin

Entry criteria: Ability to maintain a strong sustained kick with head in the water for 7m.

Primary Objective: Swim crawl with straight arms (5m) and backstroke with straight arms (5m).

5. Seal

Entry criteria: Ability to perform crawl and backstroke with straight arms for 5m (breathing not required).

Primary Objective: Swim a controlled crawl with breathing on one side.

6. Dolphin

Entry criteria: Ability to perform controlled crawl (with breathing) and backstroke for 10m.

Primary Objective: Swim 20m controlled crawl, backstroke, and breaststroke with correct technique.

7. Shark

Entry criteria: Ability to swim 20m controlled front crawl, back crawl, and breaststroke.

Primary Objective: Swim all 4 styles.

8. Red Whale

Entry criteria: 100m front crawl, back crawl, breaststroke, and 10m butterfly.

Primary Objective: Preparation for competition.

Yearly fee: CHF 1,750

Tennis

Grades 1-5 | English and French

The activity is first and foremost considered recreational with very limited competition and follows the International Tennis Federation (ITF) “Tennis10s” principles. Tennis10s is tennis for players aged 10 and under, played on smaller courts with slower Red (Stage 3), Orange (Stage 2) and green balls (Stage 1) that allow players to start at a suitable level for their ability.

It is a fun way to start tennis and makes it easy for children to play the game and develop good technique and tactics and a love for the sport. Indeed, using the slower balls helps players to develop the most efficient technique and to be able to implement advanced tactics that in most cases could not be performed using the yellow balls on the full court.

Each session will start with a warm-up and students will be coached on stroke technique, court position, and footwork. Children need to provide their own tennis rackets.

These courses are taught by Mr Roquain Bassong, teacher and international tennis player. Through an evolving, varied, and fun pedagogy suitable for all levels and all ages, children will have the opportunity to make significant progress in a friendly and dynamic atmosphere.

Yearly fee: CHF 1,000





Primary • Club

Art and craft

Grades 1-3 | English and French

This course is a great opportunity for students to develop their artistic skills and creativity! Intended to further support the regular Visual Arts Curriculum, this course will help students to apply and deepen concepts from their regular classes in a fun way. Art and Craft is a workshop where students will experiment with different materials, and art and craft techniques, which allows for the development of problem-solving capacities and teamwork. Each activity will be adapted to the ages, needs, and abilities of the students.

Yearly fee: CHF 525



Drawing and painting

Grades 3-5 | English and French

A fun and interactive art activity where young artists will have the opportunity to learn the basics of perspective, composition, proportions, and other technical concepts that will strengthen their abilities beyond their classroom art lesson. They will experiment with different techniques of drawing and painting, as well as folding, cutting, and sticking. The main objective of this activity is for students to learn how to express their ideas with the use of games, thematic situations, or individual projects.

Yearly fee: CHF 525

Easy robotics

Grades 1 | English and French

In this programme, your child will enjoy learning about robotics using our Codey Rocky robots. Through fun and interactive activities, children will be introduced to block coding and learn how to program their robots on the iPad. They'll also get hands-on experience with LEGO and sensors to create exciting, interactive projects. By simply snapping together colourful magnetic blocks, children can build fun 'smart pets' that detect objects, smile, and talk. Join us for an engaging and creative introduction to coding and robotics for young minds!

Yearly fee: CHF 1,110

Lego club

Grades 3-5 | English and French

The only limit of Lego is your imagination. In this activity, we will discover the hidden secrets of small bricks but also new construction techniques. In addition to having fun, we try to develop educational values such as teamwork, sharing, competitiveness, creativity, and organization. Alone we build fast, together we can build bigger.

Yearly fee: CHF 490

Magic kids

Grades 1-5 | English and French

Discover the wonderful world of illusionism! In collaboration with the biggest magic school in Europe "Ecole de Magie de la Côte - The Two Dragons Magic School", The Magic Kids class will train children to create magic by mastering illusionism in public speaking. Young Magicians will make various objects appear and disappear, defy gravity, transform materials, read minds, and see the future. They will learn magic tricks, but also techniques and presentation secrets. The magic classes are not only for entertainment by allowing them to impress their family and friends but most importantly lessons in dexterity, psychology, open-mindedness, and creativity. It is also an excellent way of overcoming one's shyness and discomfort in front of an audience. Come and join the Magic side of the World!

Yearly fee: CHF 770

Maker's lab

Grades 4-5 | English and French

Do you have a little inventor in the family? In this beginner's course, students will learn Design Thinking and apply their knowledge to build prototypes of robotic toys as well as creative, fun inventions! With the latest tools from Micro:Bit and Makeblock, students will discover how servo motors and smart sensors work and learn the basics of Artificial Intelligence. This class offers a playful learning environment for children to build and experiment while learning new skills such as block coding, 3D design and creating VR environments.

Yearly fee: CHF 1,110

Photography

Grades 4-5 | English

This course is designed for all students interested in stepping into the creative world of photography. This class aims to build basic skills and competencies in those young students who have an interest and curiosity in photography, but no prior experience. Through continuous playful learning, students will be encouraged to practice personal skills related to specific topics, organised into outdoor and indoor photo class exercises, inspirational presentations, and friendly photo challenges. During the outdoor activities, we will exercise various photo themes designed to stimulate creativity in a relaxing way, but also to increase specific skills and competencies.

Outdoor photo shoots will be alternated with indoor classes, aiming to focus students' attention and shape their sense of observation (interesting presentations, inspirational videos and interesting portfolios, stimulating discussions and debates etc...)

At the end of this course, students will achieve:

- Basic photo skills and competences
- Increased visual skills and a sense of observation.
- Increased imagination and creativity.

These transferable skills can be effectively applied to both academic classes and personal hobbies and interests. Any type of camera is suitable at this level, including incorporated smartphone cameras, compact cameras, mirrorless cameras, and others.

Yearly fee: CHF 650

Robotics lab level 1

Grades 2-3 | English and French

For little coders, there is a world to discover with a driving and smiling robot named Codey Rocky. This activity offers an introduction to block coding and engineering through a series of maze challenges and games. Equipped with 10 electronic modules, Codey Rocky understands basic AI applications such as face and age recognition. We will learn how to code wearable devices and motion sensors, learning how robots can help us in everyday life.

Yearly fee: CHF 1,110

Grades 4-5 | English and French

For children already familiar with block coding, this activity teaches them how to develop problem-solving skills through simple and complex robot challenges. During the semester, students work in teams to 'train' their cheerful metal mBots to complete arena-based missions that promote teamwork and cooperation. Children will familiarize themselves with more advanced sensors and servo motors, coding their mBots for tasks such as colour detection, obstacle manoeuvre and removal as well as robot dancing. We will also introduce students to our brand-new programme featuring Vex robotics.

Yearly fee: CHF 1,110

Robotics lab level 2

Grades 2-3 | English and French

Has your child already participated in a Tech Labs robotics club and wishes to improve their abilities and knowledge? In Robotics Lab Level 2 we will discover more complex coding tasks using Codey Rocky, mBot and discovering the Halo Code micro-computer. Fun robot games include converting the Halo Code into a game controller and learning voice and speech recognition. We can also convert the mBots into a 'smart home' device for watering plants and feeding animals. We will also introduce students to our brand-new programme featuring Vex robotics.

Yearly fee: CHF 1,110

VEX Robotics lab

Grades 4-5 | English and French

TechLabs, in collaboration with VEX robotics, is offering a brand-new programme featuring the opportunity to build robots, arenas and props for competitive robot battles. By applying principles of simple and complex machines, gearing, and mechanical advantage, students will strive to flip, push, or smash their adversary in our ultimate battle arena. With hands-on experience and expert guidance from our experienced staff, your child will cultivate essential problem-solving and critical-thinking abilities that will benefit them for years to come.

Yearly fee: CHF 1,110

Woodcrafting

Grades 1-5 | English and French

If your child is creative and enjoys playing, why not let them build their own toys? With wood, there are no limits as to what you can achieve with even the most basic tools. Whether it be a car circuit, a doll's house, or a sailing boat for the river, this activity creates opportunities and stimulates mental growth. It shows the beautiful relationship between hands and learning.

In this course, your child will learn how to build with wood by cutting, drilling, and sanding. For safety and pedagogy reasons, only manual tools will be used in the workshop. Do not hesitate to come up with your own ideas or projects. We can make them happen together!

Yearly fee: CHF 770

Yoga

Grades 3-5 | English and French

Yoga for young children stimulates sharpness, creativity, self-confidence, and the ability to take initiative. It develops the child's growing body harmoniously while increasing flexibility and agility. It also promotes knowledge and awareness of the body.

Yearly fee: CHF 515



Primary • Performing arts

Chamber violin – Advanced Level

Grades 2-5 | English and French

Auditions from 29th August to 12th September

This activity has been purposely designed for students who already have some knowledge to further develop their skills, enhancing their stimulation and motivational spirits as a group as opposed to a one-to-one with the tutor. This course explores and optimises each student's progress as well as sharing their enthusiasm.

Yearly fee: CHF 640



Classical dance

Grades 1-5 | English and French

Ballet dance is synonymous with elegance! It is characterised by the beauty of movement, posture, grace, and precision. It's an ancient art known to all. The course offered allows students to discover the techniques of classical dance.

These classes are designed to build the concrete foundations required to learn classical dance and its vocabulary through compulsory exercises in the following format: barre work, stretching, centre work and diagonal work. The children no longer dance 'freely' but learn to place beats to music and steps. Memory work is stimulated through simple exercises. Pupils gradually learn to manage everything to do with musicality more independently.

They also work on improvisation and interpretation, as well as flexibility and learning basic steps. They fine-tune their posture and balance and gradually learn technique.

At the end of the first term, parents are invited to an 'open studio' and given the opportunity to watch a performance of selected exercises.

In the middle of the year, students will begin to use the barre with exercises designed by the teacher. Towards the end of the year, the children will perform their final "open studio", showing a selection of exercises linked together with an element of interpretation.

Yearly fee: CHF 700



Contemporary dance

Grades 3-5 | English and French

Contemporary dance is synonymous with creativity! It is mainly characterized by the high mobility of the bust, a gesture distinguished by its fluidity and originality as well as by the techniques of work on the ground. We speak of it as the “dance of today”, it is inspired and nourished by many artistic currents.

This course will allow students to discover and learn the basics of contemporary dance. We alternate between dancing games and technical exercises to allow everyone to express themselves. A contemporary dance class consists of several elements: warm-up, technical exercises, stretching, choreography and moments of creation. It is a space of expression and freedom.

The teacher leads the children to discover their physical abilities: jumping, turning, falling, running, sliding, etc. Then, they learn to dance with more precision and a better perception of sensations. They also address the relationship to music, the relationship with others and the relationship to space. The goal is to share playful moments while learning the fundamentals of contemporary dance.

Yearly fee: CHF 700

Guitar ensemble

Grades 3-5 | English and French

Learning how to read music and eventually perform with others in a group is vital for a student's overall music education. The Guitar Ensemble classes will provide students of any age or skill level an opportunity to not only read music in a group but also learn practical and fun ways to use the musical tools that a guitar or ukulele player needs to perform all styles of music. Unique to Guitar Ensemble is the ability to be around several students each week who are working on the same music material. When students surround themselves with others who are working to become better musicians, they'll find encouragement from each other and maintain a healthy and productive outlook on their musical development. Guitar Ensemble is a wonderful supplement to private lessons and is highly encouraged for all guitar players to learn a variety of musical styles.

Why a guitar ensemble?

The guitar is a versatile instrument capable of rhythm, harmony, and melody. Combining multiple guitar players into a group, all playing together, is quite an awesome experience. Guitar students very rarely get the ensemble experience that band and orchestra instruments allow in schools. A guitar ensemble is a great way to experience playing the guitar whilst learning to read music in a group, which stimulates faster learning and understanding of the instrument. Basic note reading is essential for all participants. Guitar Ensemble will include training to improve one's playing and performance techniques as well as working on material towards performance.

Required skills:

The students are expected to have reasonable mastery of the following techniques:

- Knowledge about guitar techniques
- Recognition of the notes on the instrument
- Ability to read off sheet music.

Yearly fee: CHF 710

Hip-Hop

Grades 1-5 | English and French spoken

This course will make it possible for students to be initiated with the basic techniques of Hip-Hop dance and acquire rhythmical and musical senses. The students will learn the basic movements while carrying out choreographies. The goal is for the students to express their personalities by adapting the learned movements. This course is intended for girls and boys.

Yearly fee: CHF 700

Junior & Little Show Choir

Grades 1-4 | English and French

Performance schedule: Christmas and Summer Semesters (2 enrolment dates)

Little Show Choir and Junior Show Choir are choral groups where children sing and move to music without the aid of printed music or a choir conductor. The Show Choir is a dynamic performance ensemble where children express themselves through song and movement.

The weekly rehearsal is focused on voice development, learning songs, and moving to music.

This is a fun and educational choir where children will develop their musicianship and passion for music in a positive and nurturing environment through the power of singing. Singing in a choir develops self-esteem and confidence. Let your child experience the magic of being part of a community of voices!

Yearly fee: CHF 640

Middle School Choir

Grades 5 | English and French spoken

A singing group in a fun environment! Grade 5 students, together with their peers in Middle School, will learn the basics of singing while they improve their general musicianship skills and discover beautiful choral music from different countries and styles.

The choir will prepare and perform a variety of music for a performance at the end of the school year.

The genres of music that will be prepared include pop, classical, world music and “Vocal Painting” (choral improvisation).

Singing in a choir is always a great time!

Yearly fee: CHF 640

String Orchestra

Grades 4-5 | English and French

Students who love playing an orchestral instrument and have a strong technical level are invited to join a group of performers in various musical disciplines including violin, viola, cello, and double bass. The orchestra is an activity reserved for musicians who expect to push their level of performance to a higher standard. Enrolment is open to those that would like to join an advanced group of players.

Yearly fee: CHF 640





Primary • Academic

Childcare

Grades 1-5 | English and French

The Primary section offers the opportunity to entertain, monitor and supervise children after the end of class. Children will be engaged in different activities such as social games, walks, time for rest etc.

Yearly fee: CHF 515 / day chosen

Occasional childcare: Kindly note that your children can attend Childcare on an exceptional basis. In this case, please inform the Extracurricular department by email 24 hours in advance and be aware that this will include an extra fee of CHF 25 per child per day.



German for beginners

Grades 1-5 | German and English

The beginner's course focuses on the fundamental skills of the German language. In this course, topics such as capitalization of nouns, getting to know *der*, *die*, *das* and differentiating nouns, verbs, and adjectives from each other are the focus. Furthermore, students in this course also learn about punctuation, (when to use question marks and when to use an exclamation mark) and basic German sentence structures.

The beginner's course is designed for students who have little experience with the German language. The course is enthusiastically taught to get the students motivated and willing to learn German. The resources used for this course are both online and learning with books. Online learning games and resources are a beneficial way to learn due to the variety and vast amount of engaging material provided. Nevertheless, it is important to learn from books and to write by hand. When handwriting from books to paper, or working in a workbook, the brain processes information quicker.

The following topics will be worked on: Family, Eat, Drink and Leisure.

Teaching objectives:

- Ask and reply to simple questions as well as make and respond to requests.
- Write about yourself and others using simple expressions and sentences.
- Understand conversations and texts about a familiar topic.

Book proposals: Kurzgeschichten

Yearly fee: CHF 795

German for intermediate

Grades 1-5 | German and English

The Intermediate course focuses on the development of the student's ability to use abstract nouns, singular/plural and "Zusammengesetzte Nomen". In the intermediate course, students also learn how to properly use commas, sentence fragments, how to rearrange sentences and how to shorten or lengthen a sentence. Further into the year they will also learn to write into "Präsens", "Präteritum" and "Perfekt". These are the German times. The intermediate course is made for German speakers who are familiar with the German language and literature and who already know the basics of the German language.

Students will watch the movie "Das Schweigende Klassenzimmer", a book by Dietrich Garstka and movie by Lars Kraume. This is an educational film. While watching students need to take notes to enable them to be able to write a 100-250-word paragraph reflecting on the movie and write a short version of what has happened. This is a great way to assess the student's understanding of the German language and it will also assess their listening skills. All students taking this course must buy a copy of the book: "Lern-und Übungsgrammatik Deutsch als Fremdsprache, Duden".

Teaching objectives:

- Understand and use sentences and common expressions in everyday situations
- Make yourself understood in simple, routine situations requiring an exchange of information on familiar and common topics
- Describe your background and education, immediate surroundings and other matters associated with your immediate needs, in a simple way.

Yearly fee: CHF 795

Homework support English

Grades 1-5 | English

This programme will focus on quality academic instruction. Conditions to ensure quality include class ratios of 5-9 students per teacher, qualified teaching staff, an environment conducive to learning and additional work provided by the teacher when necessary. A performance indicator on preparation and engagement can be emailed when requested. Students need to bring actual homework or work given in class to maximize their progress. Students are expected to be engaged in academic work during this time.

Yearly fee: CHF 795

Homework support French

Grades 3-5 | French

This programme will focus on supporting students with their homework in all subjects. This course will give students the skills needed to better organize themselves whilst learning in a positive and caring atmosphere. In regular contact with their class teachers, we propose, if needed, personalised complementary activities to help them integrate the notions of the programme. This support time takes place in French and is reserved for students in French-speaking sections (CE2, CM1 and CM2) or bilingual sections (BIL3, BIL4, BIL5).

Yearly fee: CHF 795

Italian embassy course

Grades 1-5 | Mother tongue Italian

This course is available to all students holding Italian Passports.

Yearly fee: External charges

Je parle français

Grades 1-3 | French

Based primarily on oral communication, this course will allow children to develop their vocabulary and their French-speaking culture through fun and artistic activities: games, drawings, songs, crafts etc. This course is ideal for starting or strengthening their basic skills in a positive atmosphere and respectful of the children's school rhythm.

Yearly fee: CHF 795



Secondary • Sports

Badminton mixed

Grades 9-12 | English and French

The activity is first and foremost considered recreational with very limited competition. Some of the participants may be selected for interscholastic competition. After a warm-up, the activity consists of basic skills and strategy development followed by games.

Yearly fee: CHF 165



Basketball boys/girls development

Grades 6-8 | English and French

This activity is first and foremost recreational. The activity is open to boys and girls regardless of their level or experience with groups formed accordingly. Some of the participants may be selected for interscholastic competition. After a warm-up, the activity consists of skills and strategy development followed by games.

A personalised sports kit is included in this package.

Yearly fee: CHF 620

Basketball boys/girls team

Grades 9-12 | English and French

These practices aim to enable the students to compete at higher levels. Some of these students will be chosen to play on the school team and will then participate in interscholastic competitions. The team will be chosen during the first two weeks of practice, but other players may be called upon to join the team based on skill development, school commitments and other constraints.

A personalised sports kit is included in this package.

Yearly fee CHF 165

Bodyshaping

Grades 9-12 | English and French

This energetic and demanding class is a fantastic way to tone the lower and upper body with medium-intense cardiovascular fitness training. It is designed to strengthen muscles and burn calories by using functional whole-body exercises.

Yearly fee: CHF 770

Fencing

Grades 6-12 | English and French

Fencing is a dynamic and engaging sport that focuses on the art of swordsmanship. In this activity, participants learn various strategies and techniques to effectively engage in sword combat while emphasizing agility, precision, and strategy.

Fencing is not only a physically demanding sport but also requires mental dexterity and quick thinking. The learning strategies employed in fencing activities are designed to introduce participants to the fundamentals of swordplay while gradually advancing their skills. Beginners typically start with basic footwork and stance techniques, learning how to position their body, hold the sword (épée), and move gracefully on the strip. Coaches emphasize the importance of maintaining balance, proper form, and coordination. As participants progress, they are introduced to the different offensive and defensive techniques used in fencing. These include attacks such as lunges, thrusts, and parries to score points by touching their opponent with the tip of the sword. Participants learn to read their opponent's movements, anticipate attacks, and develop effective countermeasures. Fencing also teaches strategic thinking, as participants must adapt their tactics on the fly, exploit their opponent's weaknesses, and create openings to strike.

In addition to technical skills, fencing activities focus on building physical fitness and mental resilience. Safety is paramount in fencing, and participants are taught proper protective gear usage, including masks, gloves, and jackets, to prevent injuries. Coaches emphasize the importance of sportsmanship, fair play, and respect for opponents, fostering a positive and supportive learning environment.

Students must have: a mask of 1600N (350N are accepted for training but not accepted in tournaments or competitions), cable plug 3 pin, socks, shoes (ideally fencing shoes, but average baskets are ok) and a fencing glove.

Yearly fee: CHF 650

Fitness

For 16 years old and over | English and French

The Fitness Centre offers stationary bikes, ellipticals and weight machines for working out. A staff member will be always present to supervise, answer basic questions and demonstrate proper use of equipment.

Yearly fee: CHF 235

Football boys/girls development & team

Grades 6-12 | English and French

Grades 6-8: during all semester, second training included from 11:35 a.m. to 12:20 p.m., days TBC

Grades 9-12: From 31st August to 12th October and from 29th February to 20th June

These practices aim to enable the students to compete at higher levels. Some of these students will be chosen to play on the school team and will then participate in interscholastic competitions. The team will be chosen during the first two weeks of practice, but other players may be called upon to join the team based on skill development, school commitments and other constraints.

A personalised football kit is included in this package.

Grade 6 – 8: yearly fee: CHF 650

Grade 9 – 12: yearly fee: CHF 165



Golf practice

Grades 6-12 | English and French spoken

Grades 6-8: Wednesdays from 30th August to 11th October & from 17th April to 19th June

Grades 9-12: Mondays from 28th August to 9th October & from 22nd April to 17th June

To play on the 9-hole pitch and putt golf course as early as possible, children will learn how to master different parts of the game by using several facilities: practice, putting green and green of approach. Whichever the level of the student, the goal is to be able to play golf independently.

Semester fee: CHF 390

Gym - move

Grades 6-12 | English and French

Multi-activities based on the gymnastic basics. Introduction to acrobatics with mini trampoline (occasional use of the big trampoline), on the floor, muscle building, gymnastics apparatus, juggling etc...

Yearly fee: CHF 710

Horse riding

Grades 6-12 | English and French

Dress code: Comfortable trousers and rubber riding boots or walking shoes with mini-chaps. Helmets and safety jackets are provided by the stables.

Horse Riding Introduction

Introduction objectives: Approaching the pony, putting on a halter, putting on the saddle and the bridle, and basic grooming.

- Revise safety rules
- Practice bringing the pony/horse out and into the box
- Rising trot on the lunge
- Drive the horse (walking)
- Improve riding position and balance during riding and ease horse movements
- Techniques to prevent horse unexpected reactions
- Safety rules in group lessons

Theory: Food, Anatomy of the horses (basic), Type of horses, Illness

Practical riding: For children who are confident during the first period for rising trot free without lunge. The others will go on with the trot on the lunge during the second period.

Target: Prepare the horse (brushing, taking care of the hoofs, preparing saddle, bridle) and go in and out of the box with the horse. Apply safety rules when riding in a group. Ride free and drive the horse/pony by rising trot.

Horse Riding Beginners

Preparation of the horse/pony, applying brushing techniques, taking care of hoofs, checking the horse, double checking (belt saddle, bridle)

- Learn how to go in and out of the box with the horse and how to present the horse in the riding hall in a group (safety rules)
- Revise the basic rules for rising trot.
- Sit on the trot, suspension in the trot
- Improve balance techniques as the exercises are getting more demanding
- Recognize the correct diagonal at the trot

Introduction to Canter

Simple dressage arena pattern exercises

Theory: Equine coat colours, nutrition elements, anatomy

Testing: Knowledge of previous elements

Target: Learn how to canter. Execute the dressage arena pattern exercises correctly.

Horse Riding Intermediate

- Preparation of the horses
- Revise trot and base exercises
- Check and improve balance in view of easy jumping exercises.
- Initiation of canter and learning to canter on the good lead
- Testing canter capabilities

Theory: some subjects of the Brevet Fédéral, jumping up to 60 cm., simple dressage arena pattern exercises

Target: Trot and canter at the correct diagonal, correctly execute dressage pattern exercises, jumping 60 cm over and verticals

Horse Riding Advanced

Note: only riders having achieved the capabilities of riding easy jumping courses and having sufficient dressage are admitted to this group

- Prepare the horses.
- Revise the riding techniques in jumping/dressage. Testing the individual capabilities.
- How to get the correct canter lead.
- Preparation exercises for jumping. Improve balance and dynamic position on the horse if the exercise is getting more demanding.
- Revise basic dressage
- Riding gymnastic exercises for the preparation of jumping

- Jumping: over and vertical 60 cm to 100 cm (for jumping riders)
- Jumping course for jumping riders

Dressage: Develop and execute a Dressage Program FB (Swiss system) for dressage riders

Advanced Theory

Target: Practice and improve jumping courses and/or dressage courses. Preparation in view of the different types of Swiss licences of jumping and dressage.

A certificate of attendance or/and certificate of excellence will be delivered.

Yearly fee: CHF 1,000



Judo

Grades 6-12 | French

Judo offers physical, tactical, and muscular development and improvement as well as the deepening of technical knowledge, and the possibility of evolution to competitions for interested participants. Our team of instructors, officials of the Swiss Judo Federation, Swiss Olympic, Youth & Sports members and of Vaud and Geneva Cantonal Associations, will share their knowledge of the upper belt exams, and their passion for this art. The team of Budo Schools Ashita makes every effort to support children, in multisport courses, and in official national and international competitions; for those who want it. Wearing a Kimono is compulsory for the practice of this Martial Art. From the second lesson, we will provide a Kimono, certified and embroidered with the image of the BSA school, to your child, for an amount of CHF 60.

Yearly fee: CHF 1,000

Netball

Grades 6-8 | English and French

Netball is a fast, fun, non-contact team game which consists of running, jumping, throwing, and catching a ball. It is easy to learn and an excellent way to keep fit, as well as improve coordination and teamwork skills. Each session will start with a warm-up, which will lead to specific ball skills, activities, strategy development and manoeuvres, followed by games. Students will learn the basic rules of netball (if they don't already know them), through play. Students could have the possibility to play in the CDL Junior/ Moyennes netball team, although the main aim of the game is to have fun!

Sportswear and sturdy sports shoes are required.

Yearly fee: CHF 370

Running club

Grades 6-12 | English and French

The running club will be an opportunity for students, staff, and parents to train for an hour each Friday afternoon. It will involve a warm-up, some stretching then a variety of training methods, from a nice gentle jog to intensive hill sprints. This nice sociable club provides an invigorating way to get the weekend started with a bang!

Yearly fee: CHF 165

Sailing

Grades 6-12 | English and French

GRADES 6-8

From 29th August to 10th October and from 7th May to 18th June

This class is open to beginners or teenagers with limited experience. On new generation boats, the RS Feva, the sailing school invites students to discover the pleasure of doublehanded sailing. Sailing in a crew will bring them notions regarding work-sharing, the importance of communication and joint decision-making. These modern boats enable students to learn all the new sailing techniques with asymmetric spinnakers.

Grades 9-12

From 31st August to 12th October and from 2nd May to 20th June

This class for teenagers is aimed at learning double-handed and single-handed sailing on a 420er and/ or Laser. These legendary boats will allow them to learn the basics of sailing as well as outline good practices needed on a boat in an atmosphere suiting their age. In addition, the health advantages and intrinsic enjoyment that can be gained through taking to the water in an active and energetic outdoor pursuit reinforces our will to promote such an opportunity.

Safety

A qualified instructor will be present with the students. Lifejackets are provided and students will be instructed on appropriate and safe conduct in boats.

Clothing and Kit

Students should wear clothing appropriate to the weather conditions – normally warm clothing, a wind-resistant jacket, white-soled deck shoes, sunglasses and sailing gloves. A basic change of clothing, water bottle and sun-tan cream kept in a kit bag in case of need is also a wise precaution!

Fee per semester: CHF 390

Sailing Team Panthers & RISE

Grades 9-12 | English and French

Sailing team	Weekly training sessions	Additional sessions
Panthers	Mondays from 28 th August to 9 th October	Every other Thursday
	Mondays from 22 nd April to 17 th June	
RISE	Wednesdays from 30 th August to 11 th October	Every other Thursday
	Wednesdays from 17 th April to 19 th June	

RISE and Panthers Sailing team members are expected to participate in all scheduled training sessions, both weekly and bi-weekly. This level of commitment is essential in fostering a cohesive team dynamic.

The Panthers Sail Racing Team offers an exciting opportunity for students to come together and compete in prominent sailing events within the region. Our team will navigate the waters aboard two high-performance 'Surprise' sailing boats. However, please note that this activity requires previous sailing experience, and participants will be selected based on their skills. Due to limited availability, spots on the team are limited.

As part of our partnership with the Club Nautique de Versoix (CNV), students under the age of 18 who join the Panthers Sail Racing Team will automatically become members of CNV. This membership brings valuable benefits, including access to social events and the use of CNV facilities, enhancing the overall sailing experience.

To ensure safety and comfort, participants should dress appropriately for the weather conditions. This typically includes warm clothing, a wind-resistant jacket, white-soled deck shoes, sunglasses, and sailing gloves. It is also advisable to carry a basic change of clothing, a water bottle, and sun-tan cream in a kit bag in case of any needs during the sailing sessions.

Join the Panthers Sail Racing Team and immerse yourself in the exhilarating world of competitive sailing. Showcase your sailing skills, forge lasting friendships, and experience the thrill of racing against other teams. Be part of this dynamic sailing community and make unforgettable memories on the open waters.

Yearly fee: CHF 540



Sailing Discovery

Grades 8-12 | English and French

Each Discovery session consists of 3 x 3-hour lessons on fixed days with the choice of Tuesdays or Fridays.

Sessions	Tuesdays	Fridays
First Session	5 th , 12 th , and 19 th September	8 th , 15 th and 22 nd September
Second Session	26 th September, 3 rd and 10 th October	29 th September, 6 th and 13 th October
Third Session	16 th , 23 rd and 30 th April	19 th and 26 th April, 3 rd May
Fourth Session	7 th , 14 th and 21 st May	17 th , 24 th and 31 st May
Fifth Session	28 th May, 4 th and 11 th June	

The Sailing Discovery Programme is designed to provide students with the opportunity to explore and enjoy the thrilling experience of sailing on our CDL surprise boat. This activity is open to all students, regardless of prior sailing experience. Over the course of three sessions, students will be accompanied by experienced sailing instructors who will guide and support them throughout the process. During each session, students will learn the fundamentals of sailing, including boat handling, manoeuvring techniques, and safety procedures. They will have the chance to actively participate in sailing the CDL surprise boat, allowing them to develop practical skills and gain confidence on the water.

Safety

A qualified instructor will be present with the students. Lifejackets are provided and students will be instructed on appropriate and safe conduct in boats.

Clothing and Kit

Students should wear clothing appropriate to the weather conditions – normally warm clothing, a wind-resistant jacket, white-soled deck shoes, sunglasses and sailing gloves. A basic change of clothing, water bottle and sun-tan cream kept in a kit bag in case of need is also a wise precaution!

Fee per session: CHF 240

Stretching

Grades 6-12 | English and French

This class includes a short joint warm-up and stretching exercises to improve flexibility. During this lesson, we will stretch every muscle, from head to toe, by staying in given positions for 30 to 45 seconds. The last few minutes are devoted to relaxation, in silence, where everyone can find a moment of inner serenity.

Yearly fee: CHF 235

Swimming Aqua Lud'eau

Grades 6-12 | English and French spoken

Our skilled instructors will be present to teach students this comprehensive sports activity. During the first session, the instructors will evaluate students' abilities and place them in the appropriate level. The levels range from the discovery level to an advanced level. To progress to the next level, each student's learning will be assessed through a designated test.

Discovery

Jump from the edge and make ventral starfish by bubbling for 5 seconds. Stand up and make the starfish on the back with equipment. Go get a ballasted object at a small depth. No eyewear is allowed for the course.

Beginner

Jump from the edge, make ventral starfish by bubbling for 5 seconds then take a breath and join the red square. Jump off the edge and move backwards, arms alongside the body. No eyewear is allowed for the course.

Level 1

Diving from the edge. Swim 25 meters backstroke. Make a roll and then swim 15 meters in crawl.

Level 2

Dive from the diving platform with a beautiful breaststroke then swim the length of the pool in crawl. Turn crawl and start again for 25 meters backstroke. Make a jump from the diving platform then swim the breaststroke to the yellow square.

Level 3

Dive from the diving platform with a beautiful breaststroke then make 25 meters breaststroke. Make 25 meters crawl then 25 meters back crawl. Dive from the diving platform then make waves to the yellow square.

Advanced Level

Make a plunge from the diving platform with a butterfly stroke then make 200 meters 4 individual medleys.

During the lessons, the instructors will use different educational tools so that the children learn to swim while having fun. At the end of each semester, diplomas will be distributed to your children. Either a diploma of participation or a diploma of success.

Please note that the students will be back at CDL around 18:40. Therefore, it will not be possible to take the second bus home. Parents can pick their child up either at the Swimming pool in Chésérax or at CDL.

Due to the swimming pool's calendar, some lessons may be cancelled. You will be informed by the Extracurricular Department.

Yearly fee: CHF 1,575

Tennis

Grades 6-12 | English and French

The activity is first and foremost considered recreational with very limited competition and follows the International Tennis Federation (ITF) “Tennis10s” principles.

Tennis10s is tennis for players who play on smaller courts with slower Red (Stage 3), Orange (Stage 2) and green balls (Stage 1) that allow players to start at a suitable level for their ability. It is a fun way to start tennis and makes it easy for children to play the game and develop good technique and tactics and a love for the sport. Using the slower balls helps players to develop the most efficient technique and to be able to implement advanced tactics that in most cases could not be performed using the yellow balls on the full court.

This programme is for players who can serve, keep score, and rally (hit the ball back and forth over the net) with a partner. Each session will start with a warm-up and students will be coached on stroke technique, court position, footwork, and patterns of play. The group size is limited to 6 students. Children need to provide their own tennis racquets.

Yearly fee: CHF 1,000

Volleyball boys/girls development & team

Grades 6-12 | English and French

The activity is open to girls and boys regardless of their level or experience. After warming-up and conditioning exercises, the activity consists of basic skills and strategy development, followed by games.

These practices aim to enable the students to compete at higher levels. Some of these students will be chosen to play on the school team and will then participate in interscholastic competitions. The team will be chosen during the first two weeks of practice, but other players may be called upon to join the team based on skill development, school commitments and other constraints.

A personalised sports kit is included in this package.

Grades 6-8, yearly fee: CHF 620

Grades 9-12, yearly fee: CHF 165





Secondary • Club

3D illusion drawing

Grades 6-12 | English and French

This is an entertaining activity where students learn innovative drawing techniques to create 3D optical illusions. Specific activities will be provided for beginners, in which they will learn how perspective works and how to use shading to enhance the impression of volume in their drawings. More advanced students will have the opportunity to improve their drawing skills using concepts and tricks covered in this course and eventually work on their drawing projects. The illusion of a 3D object is created when the drawing is photographed at a specific angle, so the students will be introduced to work looking at a tablet, camera, or mobile phone screen instead of looking directly at their drawing.

Yearly fee: CHF 485



Acrylic painting

Grades 6-12 | English and French

This course explores the incredible and beautiful world of painting. Designed to support the objectives of the regular visual arts curriculum, this course will help students develop the foundation for appreciation and mastery of acrylic painting and mixed techniques. Experimentation with various materials and techniques will offer students myriad opportunities to develop their creativity, critical thinking, and basic research skills, and to expand their manual skills. Throughout this course, students are expected to create an artistic portfolio, develop their proposals and style, as well as the professional presentation of their works. Each activity will be tailored to the ages, needs, and abilities of the students.

Yearly fee: CHF 770

AI lab

Grades 6-8 | English and French

Join our Artificial Intelligence Lab and embark on a hands-on adventure. Using Makeblocks HaloCode and sensors, students will learn the basics of machine learning, train models, and build interactive projects like turning their hand into a game controller or building a voice-activated robot. Together we will discover the possibilities and limitations of modern AI while also exploring its ethical implications. Unleash the potential of AI today!

Yearly fee: CHF 1,110

Cooking & bakery

Grades 6-12 | English and French

This teaching is designed in a spirit of conviviality, creativity, professionalism, and pedagogy.

Students will have the opportunity to explore the world of cooking, pastry, and chocolate work. They will delve into various cuisines from around the globe, learning about culinary techniques and the art of table setting. The school boasts a state-of-the-art kitchen equipped with modern appliances, including a wok, multifunctional oven, plancha, cooling cell, and other amenities designed to facilitate the work of the chef.

At the end of each module, students will have the chance to savour the dishes and desserts they have created, fostering a convivial atmosphere. The workstations will be transformed into a welcoming dining table, where they can share culinary knowledge and create unforgettable moments in the best possible setting.

Participants can choose from 15 different modules tailored to their personal preferences and tastes, ensuring an enriching and customized experience for each individual.

Yearly fee: CHF 1,300

Debate club

Grades 9-12 | English and French

Debate club is open to anyone who would like to learn how to speak in public, defend their opinions or construct a speech to become a better speaker. Whether or not they feel comfortable speaking, the club offers everyone the chance to improve their skills whilst respecting their limits. Each week, students will be confronted with new exercises that will push them out of their comfort zone to master the art of speaking. In addition, individual feedback will be given to help them better understand their own qualities and the difficulties they need to overcome in the next session. This workshop is all about learning by doing!

The introduction to the practice of debating begins with the basic tools for constructing an argument and structuring thought. There are specific exercises to help you become aware of your non-verbal language (voice, tone, posture, gestures, body language, speaking, eloquence, argumentation, structuring ideas) and the different types of debate found in society (formal or informal, political, economic, humanitarian, academic, social).

Yearly fee: CHF 720

DJ Mix

Grades 6-12 | English and French

This enjoyable and creative activity is designed for students eager to start their journey in DJ mixing, regardless of their skill level. Throughout the course, students will learn fundamental mixing techniques and gain proficiency in using Pioneer DJ equipment and software. They will explore various music genres (House, Afrobeat, electro, Reggaeton, hip hop, K-pop) and learn how to organise their music collection, create playlists, mix harmonically, use industry-standard decks, beat-match with the jog wheel, blend tracks with EQs, understand phrasing and track structures, utilise colour FX, and record their sets.

Requirements: Students must be equipped with their own laptops and headset.

No prior DJing or music knowledge is required.

Yearly fee: CHF 980





Dynamic relaxation and mindfulness

Grades 6-12 | English and French

Starts on 5th September

This is an activity where for one hour a week you can take a break from “doing” and practice “being”. Performing at your best in school and out of it requires an active mind in a relaxed body. Sophrology and Mindfulness exercises reset the mid-brain so that you can set emotions aside and achieve at your best level.

These stress management techniques will help you beyond the walls of CDL assisting you in finding clarity and confidence in decision-making, increasing your ability to concentrate, and giving you the courage to be yourself and approach stressful periods with a sense of calm. Experience happiness inside and out.

Yearly fee: CHF 515

Future leader

Grades 6-12 | English and French

Unleash your potential with our comprehensive programme shaping future leaders. Engage in self-reflection, acquire 21st-century skills, and learn from influential figures. Explore leadership styles, foster sustainable impact, and excel in team management. Enhance communication, collaboration, and critical thinking through debate. Master “Jedi” negotiation, media interactions, posture, and public speaking. Showcase your unique identity, cultivate networking excellence, and perfect self-presentation. Understand social media’s opportunities and challenges, elevating your CV with transformative skills.

Yearly fee: CHF 1,300

Photography

Grades 6-12 | English

PHOTOGRAPHY BEGINNER

This course is designed for all students who are interested in taking a step into the creative world of photography. This class aims to build basic skills and competencies for students who have an interest and curiosity in photography, but no prior experience. Through continuous playful learning, students will be encouraged to practice personal skills, related to specific topics by understanding some basic photo concepts (shooting modes, focus, exposure triangle, blur-sharp, white balance and more) and then practise them with personal digital cameras. Topics include aesthetic techniques of digital photography: composition, camera and lens settings, memory cards, file formats, lighting, boosting creativity, basic image editing software and output. Students will be encouraged to

discover the 'unseen', to be creative and to practice "how to see more" and "how to better frame"; they will be inspired by several topics, discussions, portfolios, and representative tutorials and by getting outdoors to practise their ideas. This course is organised into outdoor and indoor class exercises, inspirational presentations, and friendly photo challenges. Personal photo cameras and prepared photo supports (photo galleries/ portfolios, videos, tutorials, lectures etc.) will be used accordingly. A few examples of outdoor topics involve discovering lights; playing with shadows and highlights; landscape and nature; lake scape- waves and movement; sports photography. Outdoor photo shoots will be alternated with indoor classes (the second semester), aiming to focus students' attention and shape their sense of observation.

At the end of this course, students will achieve:

- Basic photo- skills and competences
- More developed visual skills and an increased sense of observation
- Increased imagination and creativity
- The basics of photo-camera settings and features – all taught in simple terms
- Composition(s) of various types of photos: from inspiring landscapes, architectural or abstract to minimal themes to dreamy portraits
- Know-how in creating photos that are sharp, blurred, colourful and well-composed

These transferable skills can be effectively applied to both academic classes and personal hobbies and interests. Any type of camera is suitable at this level, including incorporated smartphone cameras, compact cameras, mirrorless cameras, and others.

Photography Intermediate

This intermediate-level course is designed to expand the practical knowledge and abilities of motivated students, that have completed previous photo classes or those that have previous know-how and some fundamental knowledge and competencies about digital photography. The basics in photography and in post-process skills learned last year (or in other photo contexts) will be exercised and refined through their photo work or personal projects, aiming to develop and shape a personal photographic vision in each student.

Practical sessions will include outdoor-indoor activities (where students will alternate mainly photo-shooting free choice and required themes. These will include stimulating creativity and motivation through photographing various themes and considering effective use of lights (natural and artificial sources); the impact of (in)visible elements and tools on photo results; deepening aesthetic composition; the role model in increasing the auto-determination and boosting motivation; Indoor classes (deepening post-processing techniques started already; further digital image manipulation (masks and layers, filters, new gadgets and accessories & more) and (where possible) starting to develop a photographic vision; portfolio creation; watching and analysing new, relevant videos and other learning supports; debates about progress, inspirational photo-path(s) and other social media photo-topics).

Students will be further encouraged to discover and reframe the 'unseen', to be

perseverant and creative, to 'think differently', and to practice their personal skills, related to specific topics, but in a relaxed, creative mood.

Each student will be challenged visually and intellectually (according to the age and skills), to explore specific photographic themes. They will be encouraged to create a personal portfolio of 5-10 unique photographs that fit into one of those chosen themes (final goal).

At the end of this course, students will achieve:

- A personal photo project.

These transferable skills can be effectively applied to both academic classes and personal hobbies and interests.

Required equipment:

- Students entering the Photo Club course are encouraged to have a personal digital camera, with aperture and shutter priority and exposure compensation (compact systems, mirrorless or DSLR Cameras. Alternatively, very good smartphone cameras are also welcome).

1-2 photographers as "special guests" to share their experience and stimulate students' inspiration.

Having at least one of his/her best photos printed and exposed in a group exhibition in Switzerland

This class intends to include a photo trip: "Discovering Swiss wonders through photography".

Yearly fee: CHF 650

Python developer's lab

Grades 6-12 | English and French

Students will transition from block-coding to Python through game-based challenges using the CyberPi console. This engaging approach to Python shows students how coding can be used to develop Apps and data management tasks for the real world. Using MIT App Inventor children will explore the landscape of ideas underlying a variety of everyday Apps that people use. The journey continues with local and cloud-based databases to build shopping lists, to-do lists, multi-user quizzes, and private chat spaces.

Yearly fee: CHF 1,110

Sculpture

Grades 6-12 | English

This course explores the fantastic world of Sculpture. Intended as additional support for the objectives of the regular Visual Arts Curriculum, this course will help students to develop the bases for an iconographic appreciation of sculptural images and the mastery of techniques and processes for the creation of two-dimensional art. Students will be able to experiment with different artistic techniques as an introduction to the medium of sculpture. The students will develop a solid knowledge of the construction of the different types of sculptures that include ceramics, wire sculptures, human body sculptures, oxidation effects as well as free theme projects in which they will develop their own artistic proposals. Each activity will be adapted to the ages, needs, and abilities of the students.

Yearly fee: CHF 485



Space lab

Grades 6-8 | English and French

Get ready to blast off with a series of challenges focused on the fundamentals of rocket science and space engineering. This cross-disciplinary course lets students test their skills in building and customizing robots, rockets and drones while learning about flight and propulsion. Students will design prototypes, conduct scientific experiments, and build flight applications using Micro: bit technology. Activities include testing how to bring astronauts and space capsules safely back to Earth and building smart devices capable of growing plants in space.

Yearly fee: CHF 1,110

Surrealism

Grades 6-12 | French and English

Imagination has no boundaries in this activity. Let the creativity of your child flow on the canvas or paper using various styles such as metaphorical, satire or symbolic. Students will not only learn how to turn their ideas into thought-provoking paintings or drawings but also improve their technical skills.

Yearly fee: CHF 485

Techlabs virtual reality lab

Grades 6-8 | French and English

Through this interactive and creative course, students will get to explore the fascinating world of Virtual and Augmented Reality by building their own 3D space. Using CoSpaces' user-friendly creation tools & technology, students will be able to build and code their own experiences, not just consume them. For those looking for an extra challenge, you learn to add interactions and animations with CoBlocks or TypeScript coding. Students will learn how to design an immersive world in 3D format and will explore story creation, character development and environment modelling which will be used to guide the user through their new 3D world.

Yearly fee: CHF 1,110

Watercolour painting

Grades 6-12 | English

This course explores the incredible and beautiful world of watercolour. Designed in a way to support the objectives of the regular Visual Arts Curriculum, this course will help students to develop the bases for the appreciation and mastery of watercolour. Experimenting with various materials and techniques will offer students numerous opportunities to develop their creativity, critical thinking, and basic research skills, and to expand their manual skills. Throughout this course, students are expected to create a portfolio of their artistic pursuits, build their proposals, and develop their style. Each activity will be tailored to the ages, needs, and abilities of the students.

Yearly fee: CHF 770

Woodcrafting

Grades 6-12 | French and English

There are no limits to what you can achieve with wood using the most basic tools. Throughout the year, your child will learn how to build his/her own games with wood by cutting, drilling, and sanding. Your child will develop skills that will serve them well later in life by learning to collaborate with others.

For safety and pedagogy reasons, only manual tools will be used in the workshop. This activity creates opportunities and growth with the pleasure of working with wood; being able to repair a piece of wood which belongs to you already whether it be a statue or a personalised box as opposed to purchasing something new to replace it. Do not hesitate to come up with your own ideas or projects. We can make them happen together!

Yearly fee: CHF 795

Yoga

Grades 6-12 | French and English

The practice of yoga, in this key period that is adolescence, will allow learners to gain self-confidence whilst listening to their bodies. Yoga deepens the muscles whilst respecting the abilities and needs of the learner. This activity contributes to the harmonious development of the body and mind, thus providing the tools needed for better management of stress and to face this period of great change with serenity.

Yearly fee: CHF 515

Young Entrepreneurs: From business to success

Grades 6-12 | French and English

Calling all aspiring young entrepreneurs! Unlock your business potential in our immersive Entrepreneurship and Business workshop.

Whether your dream is to launch your own business or develop essential skills for future success within a company, this course provides you with the tools and knowledge to turn your aspirations into reality. Explore innovative idea generation, learn about winning business models, master the art of marketing and branding, understand financial fundamentals, and discover strategies for creating a positive and sustainable impact. Additionally, you will gain valuable insights into negotiation techniques and learn how to deliver a flawless investor pitch. This course is designed to transform your passions into profitable ventures, empowering you to thrive in the business world.

Students will also gain hands-on experience through real sales, applying acquired knowledge and skills to engage customers, promote products or services, and develop crucial sales techniques, while understanding the dynamics of the business process.

Led by experienced coaches, this workshop makes students highly desirable candidates for universities and employers, showcasing their initiative, problem-solving abilities, and entrepreneurial mindset. A certificate will be awarded by Graines d'Entrepreneurs.

Yearly fee: CHF 1,300





Secondary • Performing arts

Breakdance

Grades 6-12 | English and French

This course offers an introduction to the technical and artistic elements of breakdance.

Students will first learn the basic movements to familiarize themselves with the floor. The programme will then focus on learning the acrobatic and spectacular movements that are so characteristic of breakdance.

The course will enable students to acquire a solid technical base, essential for breakdancing while developing their musicality, creativity, and personality.

The course is open to boys and girls.

Yearly fee: CHF 700



Chamber violin – Advanced level

Grades 6-12 | English and French

This activity has been purposely designed for students who already have some knowledge to further develop their skills, enhancing their stimulation and motivational spirits as a group as opposed to a one-to-one with the tutor. This course explores and optimises each student's progress as well as sharing their enthusiasm.

Yearly fee: CHF 640

Classical dance

Grades 9-12 | English and French

This course aims to improve the students' technique, boost their memorization skills, and help them develop the muscular strength necessary for the demands of learning the step vocabulary that awaits them in their progress.

While continuing the academic work of the technique in the format – bar – centre – diagonal – it aims to go beyond the basics and make students aware of the artistic work of the upper body and accents in movement. It refines technique, grace, elegance, and musicality. The work of the pointes can be considered for students whose strength and technique are sufficient.

Yearly fee: CHF 700

Contemporary dance

Grades 6-12 | English and French

Contemporary dance is synonymous with creativity! It is mainly characterized by the high mobility of the bust, a gesture distinguished by its fluidity and originality as well as by the techniques of work on the ground. We speak of the "dance of today", it is inspired and nourished by many artistic currents.

This course allows students to further their learning and deepen their knowledge of dance movement. The course consists of several elements: warm-up, technical exercises, stretching and choreography. It is a space of expression and freedom: we alternate with improvisation and composition workshops in which everyone discovers their own gestures.

Yearly fee: CHF 700

Drama

Grades 6-12 | English and French

This course will ignite your creativity and imagination. Through many different exercises, students will learn to strengthen their focus and concentration and apply different techniques to help them improve their memory. They will learn how to work in collaboration with each other, understand what it means to work in a team and support their peers. Lessons are designed to help with confidence building allowing students to feel more at ease on stage in front of an audience. Students will have the opportunity to perform at the end-of-year show.

Yearly fee: CHF 640

Guitar ensemble

Grades 6-8 | English and French

Learning how to read music and eventually perform with others in a group is vital for a student's overall music education. The Guitar Ensemble classes will provide students of any age or skill level an opportunity to not only read music in a group setting but also learn practical and fun ways to use the musical tools that a guitar or ukulele player needs to perform all styles of music. Unique to Guitar Ensemble is the benefit of being around several students each week who are working on the same music material. When students surround themselves with others who are working to become better musicians, they'll find encouragement from each other and maintain a healthy and productive outlook on their musical development. Guitar Ensemble is a wonderful supplement to private lessons and is highly encouraged for all guitar players to learn a variety of musical styles.

Why guitar ensemble?

The guitar is a versatile instrument capable of rhythm, harmony, and melody. Combining multiple guitar players into a group, all playing together, is quite an awesome experience. Guitar students very rarely get the ensemble experience that band and orchestra instruments afford in schools. A guitar ensemble is a great way to experience playing the guitar whilst learning to read music in a group, which stimulates faster learning and understanding of the instrument. Basic note reading is essential for all participants. Guitar Ensemble will include training to improve one's playing/ performance techniques as well as working on material towards performance.

Required skills:

The students are expected to have reasonable mastery of the following techniques:

- Knowledge about guitar techniques
- Recognition of the notes on the instrument
- Ability to read off sheet music.

Yearly fee: CHF 710



Keyboard club

Grades 6-12 | English and French

Students will follow a fully differentiated keyboard course, modelled on a programme which is currently taught in Middle School Secondaire Music lessons. The course has 35 levels of difficulty and is based on a varied repertoire. Students who successfully complete the course will continue their studies using the published Trinity School of Music Curriculum.

At the end of the course, students will be able to play 2 octaves of notation on the treble staff; add left-hand chords; use the functions of the keyboard, including programming it with an accompaniment; improvise over a chord pattern; perform in front of an audience; perform in an ensemble.

To allow for optimum progress, it is advised that students have a keyboard at home on which to practise. (Mrs Charles can supply details of suitable keyboards)

Yearly fee: CHF 640

Middle School choir

Grades 6-8 | English and French

A singing group in a fun environment! The members of the choir will learn the basics of singing while they improve their general musicianship skills and discover beautiful choral music from different countries and styles.

The choir will prepare and perform a variety of music for a performance at the end of the school year.

The genres of music that will be prepared include pop, classical, world music and “Vocal Painting” (choral improvisation).

Singing in a choir is always a great time!

Yearly fee: CHF 640

String Orchestra

Grades 6-12 | English and French

Students who love playing an orchestral instrument and have a strong technical level are invited to join a group of performers in various musical disciplines including violin, viola, cello, and double bass. The orchestra is an activity reserved for musicians who expect to push their level of performance to a higher standard. Enrolment is open to those that would like to join an advanced group of players.

Yearly fee: CHF 640

Wind band

Grades 6-12 | English and French

Wind Band is an activity open to all students who want to play a wind instrument. Beginners are welcome. Students will learn to play the instrument of their choice. They will develop their musical listening skills while playing in a group. Learning as part of an ensemble helps students to progress more quickly. It is recommended that you have your own instrument.

Yearly fee: CHF 710



Secondary • Academics

French conversation class

Grades 6-12 | English and French

This course is aimed at students who want to gain confidence in speaking. Lessons will cover everyday situations: a conversation with friends, in restaurants, in shops or on public transport.

Students will expand their vocabulary and learn common structures. Working on phonetics enables students with the ability to improve their listening comprehension and make themselves better understood. Cultural elements will also be covered to facilitate integration in Geneva.

The learning materials will be varied, fun and adapted to the profile of the group: videos, songs, games, dialogues, images, role-playing, etc.

Very little grammar will be covered. For beginners, it may therefore be a good idea to combine this course with the “French FLE A1” course.

Yearly fee: CHF 795



French FLE

Grades 6-12 | French FLE Beginners from A1

This course aims to practise and enjoy French in an enthusiastic and studious atmosphere. Through a large range of resources, games and activities, students will improve the 4 following skills: listening, speaking, reading, and writing. They will also discover more about French and Swiss French cultures. The course will cover a wide variety of themes to help students both with their day-to-day needs and with the different exams they are preparing for.

Grades 6-7 | French FLE Intermediate from A2 to B1

Students of this course will already have a good basis in French (A2 minimum). In a motivating environment, students will gain confidence and improve their speaking, reading, writing, and listening skills. This course will also focus on linguistic mastery, specifically Grammar and lexicon as well as expanding their knowledge of French culture. The aim is for students to reinforce their French skills, gain confidence and have fun.

Yearly fee: CHF 795

Homework support

Grades 6-12 | English and French

This programme will focus on quality academic instruction. Conditions to ensure quality include class ratios of 5-9 students per teacher, qualified teaching staff, an environment conducive to learning and additional work provided by the teacher when necessary. A performance indicator on preparation and engagement can be emailed when requested. Students need to bring actual homework or work given in class, to maximize progress for the student. Students are expected to be engaged in academic work during this time.

Yearly fee: CHF 970

IELTS

GRADES 11-12 | English

On Mondays from 25th September to 27th November

Includes: Exam, books, transport, packed lunch, and registration fees.

The course comprises 1-hour lessons each week with an experienced, native English IELTS expert. A large focus of the course will be on preparing for the writing section, which is often the more challenging part of the exam. Through timed practice tests, carefully targeted exercises, and individual and group work, the teacher will offer tips and advice on how to manage all sections of the exam efficiently.

Speaking practice will focus on form and content, aiming to increase students' vocabulary range, as well as their ability to use a variety of grammatical structures and appropriate discourse markers to demonstrate fluency. The teacher will also offer the opportunity to practice listening and reading exercises and offer strategies for maximising the marks available in these sections of the exam.

A language test will need to be completed in the first class to ascertain each student's level. The Extracurricular office will give feedback within 3 days of the test, confirming if the student will be able to complete the course or alternatively requires additional EFL tuition. As a guide, the minimum level of English required to attend this course is equivalent to B2.

If you have questions regarding which IELTS exam is best, please contact our University Advisor Julie Bentley at julie.bentley@cdl.ch. For candidates attending the Geneva-based exam, a chaperone is provided to accompany the students from Collège du Léman to the test venue, and back to school afterwards. For those sitting the IELTS for UKVI, a coach will be provided by the school.

Course details

- 10.5 hours course
- English entry test (if not passed, no charges will apply)
- IELTS specialised teacher
- Books
- Registration fees for either exam
- Exam
- Transports
- Pack Lunch

Fees IELTS or IELTS UKVI: CHF 865

Students are responsible for checking the required IELTS score with their prospective university. Admission scores vary depending on the institution and candidates must have their required grade in mind.

Jump start

Grades 6-12 | English

Jump Start is a fun interactive English course which allows students at an elementary level to improve their language skills outside the classroom. This course teaches students to communicate effectively in real-life situations. It allows them to develop and integrate the use of appropriate phrases needed to help them as they settle into a new school environment.

Furthermore, the Jump Start course encourages students to develop adequate communication and interpersonal skills to participate in spontaneous spoken discourse in familiar social situations.

A few relevant teaching methodologies will include:

- Having short, targeted discussions about interesting themes
- Utilising multimedia digital resources that develop communication skills
- Creating oral presentations on relevant topics
- Recording short texts and simple rhymes
- Playing games that pair an action or gesture with a vocabulary word.

Not only will this course help the students to improve their English language skills and their confidence but will also enable them to integrate more easily into life in an international school.

Yearly fee: CHF 795



SAT exam preparation

Grades 9-11 | English and French spoken

With proven, score-raising strategies taught by our most experienced SAT prep teacher, this course gives everything the students need to achieve the best score. The course takes place during a module, with a test at the end.

This course is for Grade 9 - 11 students who are considering admission to:

- Universities in the U.S. (all students), Canada & Japan
- European countries: Check individual universities for information. Ecole Hôtelière de Lausanne (EHL) requires the SAT test from High School Diploma applicants.
- UK Foundation, International Year One, or bachelor courses.

Two courses are proposed (see below the dates, times, and duration of each course):

1st course: Classes every Thursday from 21st Sept. to 12th Oct.- 4:15 p.m. to 6:45 p.m.

2nd course: Classes every Thursday from 7th March to 28th March - 4:15 p.m. to 6:45 p.m.

Each Course Fee: CHF 620

MIT - Mentoring in Training

Collège du Léman is aiming to allow the students of its community to actively interact with the extracurricular programme on offer. A Mentor in Training will mainly do the same activity as a coach, but his/her duties will be coordinated and supervised by the teacher.

A range of activities are available to stimulate and encourage Secondary students to interact and support younger children (usually Primary and Pre-school) during the supervision and progression of their activity. During this experience within the extracurricular activities, students from Grades 6 to 12 and the IB diploma will be offered the opportunity to help with the coordination of the extracurricular programme. By doing this responsibly, they can increase their awareness and obtain Responsible Citizenship hours for REACH and Service hours for CAS or simply contribute to the wellbeing of the community.

Students enrolling will be periodically evaluated and they will be required to attend.

Students will attend occasional meetings with the Extracurricular Manager and be expected to sign up and help run some of these activities for a minimum of one semester.



Our partners



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