



Extracurricular programme  
**ACTIVITIES**  
**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.



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



Terms & conditions for Activities .....	8
---	---

<b>Pre-school</b> .....	<b>10</b>
-------------------------	-----------

Art world .....	10
Baby basket .....	11
Classical dance .....	12
Childcare .....	12
Cooking .....	14
Gymnastics ABC .....	15
Judo ABC .....	15
Mini Football .....	15
Mini Tennis .....	16
Petit chœur du Léman .....	16
Ponies and nature discovery .....	16
Rugbytots .....	17
Siesta .....	17
Street dance .....	17
Swimming Red Whale.....	18
World of magic .....	19

<b>Primary • Sports</b> .....	<b>20</b>
-------------------------------	-----------

Acrobatic gymnastics .....	20
Football mixed .....	22
Horse riding .....	22
Judo.....	24
Netball .....	25
Running club .....	25
Swimming Aqua Lud'eau.....	26
Swimming Red Whale.....	28
Tennis .....	29



**Primary • Club 30**

Art and craft .....	30
Drawing and painting .....	31
Easy robotics .....	32
Lego club .....	32
Magic kids .....	32
Maker's lab .....	33
Photography .....	33
Robotics lab level 1 .....	34
Robotics lab level 2 .....	34
VEX Robotics lab .....	35
Woodcrafting .....	35
Yoga .....	35

**Primary • Performing Arts 36**

Chamber violin – Advanced Level .....	36
Classical dance .....	37
Contemporary dance .....	38
Guitar ensemble .....	39
Hip-Hop .....	39
Junior & Little Show Choir .....	40
Middle School Choir .....	40
String Orchestra .....	40

**Primary • Academic 42**

Childcare .....	42
German for beginners .....	43
German for intermediate .....	44
Homework support English .....	45
Homework support French .....	45
Italian embassy course .....	45
Je parle français .....	45

**Secondary • Sports 46**

Badminton mixed ..... 46  
Bodyshaping ..... 48  
Fencing ..... 48  
Fitness ..... 49  
Football boys/girls development & team ..... 49  
Gym - move ..... 51  
Horse riding ..... 51  
Judo ..... 54  
Netball ..... 54  
Running club ..... 54  
Sailing ..... 55  
Sailing Team Panthers & RISE ..... 56  
Sailing Discovery ..... 58  
Stretching ..... 58  
Swimming Aqua Lud'eau ..... 59  
Tennis ..... 60  
Volleyball boys/girls development & team ..... 60

**Secondary • Club 62**

3D illusion drawing ..... 62  
Acrylic painting ..... 63  
AI lab ..... 64  
Cooking & bakery ..... 64  
Debate club ..... 64  
DJ Mix ..... 65  
Dynamic relaxation and mindfulness ..... 67  
Future leader ..... 67  
Photography ..... 67  
Python developer's lab ..... 69  
Sculpture ..... 70  
Space lab ..... 71  
Surrealism ..... 71  
Techlabs virtual reality lab ..... 71  
Watercolour painting ..... 72  
Woodcrafting ..... 72  
Yoga ..... 72  
Young Entrepreneurs: From business to success ..... 73

<b>Secondary • Performing Arts</b>	<b>74</b>
Breakdance.....	74
Chamber violin - Advanced level.....	75
Contemporary dance .....	76
Drama .....	76
Guitar ensemble .....	77
Keyboard club .....	78
Middle School choir .....	79
String Orchestra .....	79
Wind band .....	79
<b>Secondary • Academics</b>	<b>80</b>
French conversation class.....	80
French FLE .....	81
Homework support .....	82
IELTS .....	82
Jump start .....	83
SAT exam preparation .....	85
MIT - Mentoring in Training .....	85
<b>Our partners</b>	<b>86</b>

# Terms & conditions for Activities

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

**Semester 1:** From 28<sup>th</sup> August to 15<sup>th</sup> December 2023

**Semester 2:** From 8<sup>th</sup> January to 21<sup>st</sup> 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 19<sup>th</sup> July:** Please take a look at our **Extracurricular programme brochure for 2023-2024** (for download on [cdl.ch/extracurricular](https://cdl.ch/extracurricular).) to explore all the Activities and Private Lessons we have on offer.

On [cdl.ch/extracurricular](https://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 8<sup>th</sup> 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](mailto: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](mailto:extracurricular@cdl.ch)

## Contact

For more information contact us at: [extracurricular@cdl.ch](mailto: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 organised 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 organised 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 29<sup>th</sup> August to 12<sup>th</sup> 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 organise 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 29<sup>th</sup> August to 10<sup>th</sup> October and from 7<sup>th</sup> May to 18<sup>th</sup> 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 31<sup>st</sup> August to 12th October and from 2<sup>nd</sup> May to 20<sup>th</sup> 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
<b>Panthers</b>	Mondays from 28 <sup>th</sup> August to 9 <sup>th</sup> October	Every other Thursday
	Mondays from 22 <sup>nd</sup> April to 17 <sup>th</sup> June	
<b>RISE</b>	Wednesdays from 30 <sup>th</sup> August to 11 <sup>th</sup> October	Every other Thursday
	Wednesdays from 17 <sup>th</sup> April to 19 <sup>th</sup> 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
<b>First Session</b>	5 <sup>th</sup> , 12 <sup>th</sup> , and 19 <sup>th</sup> September	8 <sup>th</sup> , 15 <sup>th</sup> and 22 <sup>nd</sup> September
<b>Second Session</b>	26 <sup>th</sup> September, 3 <sup>rd</sup> and 10 <sup>th</sup> October	29 <sup>th</sup> September, 6 <sup>th</sup> and 13 <sup>th</sup> October
<b>Third Session</b>	16 <sup>th</sup> , 23 <sup>rd</sup> and 30 <sup>th</sup> April	19 <sup>th</sup> and 26 <sup>th</sup> April, 3 <sup>rd</sup> May
<b>Fourth Session</b>	7 <sup>th</sup> , 14 <sup>th</sup> and 21 <sup>st</sup> May	17 <sup>th</sup> , 24 <sup>th</sup> and 31 <sup>st</sup> May
<b>Fifth Session</b>	28 <sup>th</sup> May, 4 <sup>th</sup> and 11 <sup>th</sup> 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 5<sup>th</sup> 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 25<sup>th</sup> September to 27<sup>th</sup> 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](mailto: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 21<sup>st</sup> Sept. to 12<sup>th</sup> Oct.- 4:15 p.m. to 6:45 p.m.

**2nd course:** Classes every Thursday from 7<sup>th</sup> March to 28<sup>th</sup> 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



**GRAINES  
ENTREPRENEURS**  
www.grainesentrepreneurs.ch  
076 540 47 17  
info@grainesentrepreneurs.com



**GOLF**  
Golf de la Vieille-Bâtie  
www.golf-vieille-batie.ch  
022 774 35 20  
info@golf-vieille-batie.ch



**HORSEBACK RIDING**  
Ecurie de Richelien  
www.richelien.ch  
022 779 20 00  
ecurie.richelien@bluemail.ch



**RUGBYTOTS**  
Rugbytots Genève &  
Rugbytots La Côte  
www.rugbytots.ch/  
078 691 19 23  
geneve@rugbytots.ch



**TECHLABS**  
Techlabs  
info@techlabs.ch  
078 847 05 55  
www.techlabs.ch



**TUTOR PLUS**  
www.tutorsplus.com  
022 731 81 48  
info@tutorsplus.com



**ITALIAN**  
Italian Embassy



**RED WHALE**  
Swim School  
[www.redwhale.ch](http://www.redwhale.ch)

**RedWhale**  
SWIM SCHOOL



**JUDO**  
Budo school Ashita



**SAILING**  
Club Nautique de Versoix  
[www.cnv.ch](http://www.cnv.ch)  
022 755 35 00  
[secretariat@cnv.ch](mailto:secretariat@cnv.ch)



**MAGIC & ILLUSIONISM**  
Ecole de magie de la Côte  
[www.magie-lacote.ch](http://www.magie-lacote.ch)  
076 822 09 00  
[magielacote@gmail.com](mailto:magielacote@gmail.com)



**SWIMMING**  
Aqua Lud'eau  
[www.aqualudeau.ch](http://www.aqualudeau.ch)  
079 779 80 17  
[info@aqualudeau.ch](mailto:info@aqualudeau.ch)

**Collège du Léman Sàrl**  
Route de Sauvigny 74  
PO Box 156 | CH-1290 Versoix | Genève



**COLLÈGE DU LÉMAN**  
International School · Geneva