

IMS Extra Curricular Programme 2022-23
Casa Activity Overview

Stanley Extra Curricular Activities

<p><i>Gymnastics - Mondays</i></p> 	<p>We are excited to offer a comprehensive introduction of age-appropriate gymnastics. The classes will cover all the key areas of gymnastics with a primary focus on balance, coordination, strength and flexibility. We aim to promote health and fitness, as well as instilling social values such as support, communication, and good sportsmanship. The gymnastics coaches will ensure that all our classes provide a safe and enjoyable environment for the students to develop and explore.</p>	
	<p>Dates and times offered 10 Oct 22 - 21 Nov 22 (6 sessions total) Full Day Students - 1:15-2:15 PM Full Day Students - 2:15-3:15 PM</p> <p>No class dates 17 Oct 22 (Term Break)</p>	<p>Cost \$190 per session \$1140 total term 1</p>
<p><i>Judo - Tuesdays</i></p> 	<p>Judo is widely recognised as a great sport for children to develop mind and body coordination, increase confidence and awareness, improve fitness and flexibility and help develop a sense of equality and fair play. Our Judo programme is designed for children aged 3 - 5, with expert qualified coaches to guide your child through all the basic Judo techniques.</p>	
	<p>Dates and times offered 11 Oct 22 - 22 Nov 22 (6 sessions total) Half Day Students - 12:15-1:15 PM Full Day Students - 1:15-2:15 PM Full Day Students - 2:15-3:15 PM</p> <p>No class dates 18 Oct 22 (Term Break)</p>	<p>Cost \$190 per session \$1140 total term 1</p>

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<p><i>Multi-Sports - Thursdays</i></p> 	<p>Our Multi-Sports class gives children the chance to develop their fundamental movement skills, including Running, Jumping, Throwing, Catching, Striking, Bouncing, Hopping, Balance, Dribbling, & Rolling. They will explore and develop these skills through modified versions of traditional sports and activities such as Soccer, Basketball, Athletics, Tennis, Rugby, and Netball.</p>	
	<p>Dates offered 13 Oct 22 - 24 Nov 22 (6 sessions total) Half Day Students - 12:15-1:15 PM Full Day Students - 1:15-2:15 PM Full Day Students - 2:15-3:15 PM</p> <p>No class dates 20 Oct 22 (Term Break)</p>	<p>Cost \$190 per session \$1140 total term 1</p>
<p><i>Art Academy - Fridays</i></p> 	<p>Children will create art pieces which includes painting, drawing and modelling whilst introducing fundamental elements and techniques of visual arts based on the provided theme. Guided projects are meticulously designed to help children get a grasp of basic art elements such as shapes, lines and colours. They will be introduced to art history through stories and exposed to the style of various artists. Based on their understanding, they will experiment with a wide range of materials and select their desired materials to create their art pieces. Upon completion, children are encouraged to express and share the ideas of their work. As there are a few stages involved in their creation, each project may require 2 - 3 lessons to complete.</p>	
	<p>Dates and times offered 14 Oct 22 - 25 Nov 22 (5 sessions total) Full Day Students - 1:30-3:00 PM</p> <p>No class dates 20 Oct 22 (Term Break), 4 Nov 22 (PTC)</p>	<p>Cost Full Day - \$360 per session \$1800 total term 1</p>