

## Secondary Extra-curricular activities – Summer 2012

Activity	Year groups	Lead staff	Max number	Location	Day	Time	Cost	Further details
<b>Mixed Martial Arts</b>	2+	Mr Josef (qualified Teacher B Certification for martial Arts – Germany)	10	Large hall	Sunday and Wednesday (2 sessions per week)	After school	LE75 per week (2 sessions)	Mixed martial arts, Karate, aikido, Kung-fu and Jeet kune do techniques. This wide range ensures that beginners will learn the best and simplest tricks. Also soft techniques are on the foreground - best suited for pupils and women - will be trained (Defence without strikes or punches). For more details please see Mr Josef's website <a href="http://self-defense.zzl.org/">http://self-defense.zzl.org/</a>
<b>Drawing</b>	7+	Miss Katharina	15	G1	Sunday	Lunchtime	NONE	Practice your drawing with the help of Miss Katharina, a very talented artist. Learn how to draw in 3D, to draw lights and shadows in faces, still life and landscapes. Students should bring a sketch book.
<b>Sports movement and skills</b>	-	Mr Ross	20	Various	Sunday	Afterschool	LE15 per week	By invitation only
<b>Science club</b>	5/6	Ms Tanya	10	Lab2	Monday	After school	10LE PER WEEK	Complete your CREST science award by taking part in fun scientific activities.
<b>Table tennis</b>	7-13	Mr Gamal/Mr Mohamed	10	Small hall	Monday	Lunchtime	NONE	Develop your skills and learn about the rules of this face-paced game.
<b>Football</b>	9-13	Mr Amit	18	Grass pitch	Monday	After school	LE8 per week(tbc)	Practice your football skills and play as part of a team.
<b>Zumba</b>	2-6	Ms Anita (LAX gym)	15	Small hall	Tuesday	After school	LE20 per week	<b>Zumba®</b> is a Latin dance -inspired fitness program for boys and girls created by dancer and choreographer Alberto "Beto" Perez in Colombia during the 1990s. Zumba® involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included.
<b>Golf</b>	5-9	Mr Steven	4	El Gouna Golf club	Tuesday	After school	PAID	Existing students of the golf only New students accepted next September

<b>Contemporary French songs</b>	7-12	Mr Nicolas	-	F1	Tuesday	After school	NONE	Students will get a flair of the singing scene (from Across the French speaking world) while expanding their vocabulary/ knowledge of the language through hands-on activities.
<b>Tennis</b>	7+	Mr Jurgen Miss Melanie (tbc)	12	Tennis club	Tuesday	After school	15LE per week (tbc)	Students will have the opportunity to practise their game and play against other students. Not for complete beginners.
<b>Endurance swimming</b>	7+	Ms Maren	8	Pool	Tuesday	After school	NONE	Optimise your swimming styles of breast stroke and front crawl and find the best pace to swim long distance. Students must be able to swim minimum 10 lengths without assistance.
<b>Homework and ICT</b>	7+	Ms Julie	15	ICT 2	Tuesday	2 <sup>nd</sup> break	NONE	An opportunity to receive help with homework, use the computers and internet to complete homework and use the printing facilities to print school work.
<b>Digital Media Manipulation and Photography</b>	7-13	Ms Tijana	10	ICT2	Wednesday	2 <sup>nd</sup> break	NONE	Children will create posters, book covers using their own photography and manipulate with it in Photoshop (no previous Photoshop knowledge required)
<b>Swimming for Beginners and improvers</b>	6+	Mr Ross	12	Pool	Wednesday	After school	LE10 per week	Need to improve your swimming skills? Come an receive coaching from Mr Ross.
<b>Zumba</b>	7+	Ms Anita (LAX gym)	20	Small Hall	Wednesday	After school	LE20-25 (depending on numbers)	See description above
<b>Basketball</b>	9+	Mr Steven	15	Astroturf	Wednesday	After school	NONE	Learn about teamwork, skills and exercise through the game of basketball from Mr Steven, ex-university team coach. Selection may be made for EGIS team
<b>Volleyball</b>	8+	Ms Elodie/Ms Loredana	15	El Gouna Tennis Club	Wednesday	After school	10LE each week (tbc)	An excellent, social form or exercise. All levels of player welcome.