

Clubs and Extracurricular Programme

2018-2019 Session 1: September 17 - December 14



CEDAR
INTERNATIONAL
SCHOOL
BRITISH VIRGIN ISLANDS

BORRELLI WALSH

Proud sponsor of the Cedar Sports Programme



Borrelli Walsh Limited is Cedar's first official sponsor of the Co-Curricular Sports Programme. The firm specialises in corporate recovery, insolvency and forensic accounting. Borrelli Walsh Limited has offices in Hong Kong and Singapore and serves clients in China, the Asia Pacific region and internationally. The firm has longstanding ties with the British Virgin Islands and works extensively with the islands legal, finance and business community.

Borrelli Walsh has a history of supporting youth sports programmes and their commitment represents a belief in the power of sport and its ability to better the individual, community and the world. Thanks to their generous funding since 2009, Cedar's Sports Programme has a solid foundation to build upon. It is an exciting time as we develop our focus to enhanced club related activities and to the training of competitive athletic teams to represent the school throughout the region.

In honour of Borrelli Walsh's support, the school has initiated a **Borrelli Walsh Sportsmanship Award** that will be awarded to one secondary student every year at the year end graduation ceremony.

The **Borrelli Walsh Sportsmanship Award** will be given to the athlete that displayed the best sporting behaviour or generally conducted themselves with a high degree of character and good sportsmanship.

We are grateful to Borrelli Walsh Limited for enriching our sports programme and for being committed to making a difference in the lives of young people.

Scott Crawford,
Director

Programme Philosophy

One of the most significant goals of the International Baccalaureate's PYP, MYP and DP is to provide a balanced development of the "whole person". In accordance with this philosophy, life at Cedar International School extends beyond the classroom through our comprehensive Co-Curricular Clubs and Activities Programme.

Our programme enables Cedar students to develop physically, emotionally, culturally and socially by providing them with opportunities to broaden their horizons, gain knowledge and skills, and generate an interest in a variety of areas they may not have previously experienced. It also provides a refreshing counterbalance to the demands of the student's academic studies and encourages students to share their energy and special talents with others.

The extensive programme of clubs and activities available at our school continues to set Cedar International School apart from other schools in the region. The programme itself, however, would not be possible without dedicated teachers, parents and friends within the greater Cedar community giving up their time and energy for the school. Again, it is this attitude and commitment that makes Cedar International School unique.

The dynamic nature of the programme means that it is continually evolving and diversifying. We always welcome any member of the extended Cedar family to volunteer or to suggest new ways of further strengthening the programme. Please do not hesitate to contact me if you have any special ideas or talents that you believe can assist the programme.

Norma Pierre-Louis
Clubs Coordinator
norma.pierre-louis@cedar.vg
Tel: (284) 340-1636 ext. 200

Programme Rules

In order for your children to participate in clubs, we require the following to be returned to the front office:

- A completed and signed Registration Form and Parent/Students Release form even if the club is free.
- Cedar clubs are very popular and spaces are limited. To ensure your child has a space in a club, a full payment of cash or cheque must be received promptly.
- In order to ensure a smooth and safe running of the clubs we ask that the following rules be noted:
 - Generally, clubs run from 3:15 until 4:15 unless otherwise indicated. If for any reason a club is postponed/cancelled (weather, etc.), every effort will be made to contact parents to notify them of the cancellation. A makeup session will be provided at the end of the trimester.
 - Unless otherwise noted, parents will need to arrange transportation for clubs that occur off campus. It is important that you pick up your child(ren) on time.
 - Most clubs will only run if a specific number of students are enrolled.
 - Children should be collected promptly once the club ends. If you are unable to collect your child, he/she/they will be kept safe and placed in our After School Care programme, for which there will be a charge. Please note this service is not available for any club that ends after 5:30pm on a weekday or at any time on the weekend. This service is only available for Cedar students.
 - All clubs operate in a first come first serve basis. Please note that priority will be given to Cedar students. We would also need all non-Cedar students to hand in a health form and emergency contacts to keep in file. You can find this form in the front office. Registration for non-Cedar students will commence on the third day of registration.
 - Please note that when participating in the clubs programme, students must adhere to the school code of behavior at all times. Failure to comply may jeopardize their position in the club.
 - All club fees are non-refundable. Please be advised, if you decide to remove your child(ren) one week after sessions have begun or are traveling during the sessions you are not entitled to receive any refunds nor deductions. Late registrations are expected to pay the full trimester.
 - Only secondary students from grades 6-12 are allowed to assist in a club for CAS hours.

MONDAY

September 17, 24, October 1, 8, 15, 29, November 5, 12, 19, 26, December 3, 10

Football Club (Coach John)

Grade: K - 3

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: No limit

Cost: \$120

This is where future premierships and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Covering basic football skills, boys and girls will learn the fine art of passing, dribbling, teamwork and good sportsmanship. Your child could be the next big Cedar star, all while keeping in shape, breathing in fresh air and being part of a team.

**Students who will be participating in the BDO after school league are encouraged to sign up.*

Good News Club (Mrs. Grant and Ms. Potter)

Grade: 1 - 11

Venue: The Solution Studio Secondary Room (#410)

Time: 3:15 - 4:15

Limited to: 12 students

Cost: FREE

The purpose of this club is to evangelize boys and girls with the gospel of the Lord Jesus Christ and establish them in the word of God with strong discipleship, training to build character and strengthen moral and spiritual growth for Christian living. The one hour long session includes songs, story telling, scripture and memory verses, mission stories, review games or other activities focusing on the lesson's themes.

Track and Field (Coach Ericca Frederick)

Grades: 1 - 11

Venue: A.O. Shirley Grounds

Time: 3:30 - 5:00 pm

Limited to: 10 students

Cost: \$100

Track and field, or athletics as it is called in many countries is the name given to persons involved in running, jumping for height and distance, and throwing for distance using implements of standardized design. Come join this club and take part in our warm-ups, drills, running firms/ techniques, work outs and cool down stretches. Students will be trained to be sprinters, distance runners and jumpers. Students are to be dropped off to the venue and picked up on time by their parents. The coach can be contacted at cell #443-9289.

MONDAY

September 17, 24, October 1, 8, 15, 29, November 5, 12, 19, 26, December 3, 10

Homework Club (Ms. Merritt)

Grades: 2 - 5

Venue: Ms. Sullivan Room (#323)

Time: 3:15 - 4:15

Cost: \$10 per session

Supervised homework in a classroom setting. Students who signed up in the "after-school care" programme can attend for no additional cost. *Students who signed up for the football club will attend homework club for free today and will receive a small snack before football begins.*

**Homework club is invoiced monthly dependent upon attendance.*

Book Club (Ms. Ormond)

Grades: 2 - 5

Venue: Library (#200)

Time: 8:15 - 8:40

Cost: FREE

Students will have a chance of somewhere to go on a Monday morning on the understanding that they are there to read and talk about books. Every other week a book will be loaned to each child to read so that they can share their thoughts about the particular book. Some discussion topics will be provided to help them extend their thinking. It is okay if students can't always make the a session, as long as they bring back the book they borrowed. Students should sign up, so we have a clear understanding of the numbers that will be attending.

Debate Club (Mrs. Jaspert)

Grade: 3-7

Venue: Anna's room (#253)

Time: 3:15-4:15

Limited to: 12 students

Cost: FREE

Are security cameras an invasion of your privacy? Should countries spend money on space exploration? Are emojis spoiling the English language? These are some possible topics for us to debate in this club. Can you persuade other people to agree with your point of view? Come along to discuss global issues and current affairs and at the same time improve your skills at forming arguments and listening to and responding to other people's points. We will be doing some research and team planning to help form clear arguments and hope to have occasional guest speakers to really get us thinking.

MONDAY

September 17, 24, October 1, 8, 15, 29, November 5, 12, 19, 26, December 3, 10

Play Leaders (Mrs. Pierre-Louis)

Grade: 4 & 5

Venue: CIS Citco Pitch and Atrium

Time: (Mon, Wed and Fri) Lunch play 12:30pm - 12:50pm

Limited to: 6 students

Cost: FREE

To introduce and develop leadership skills in Grade 5 students. Training students to help organize and facilitate activities for other children on the playground. Hopefully there will be a whole primary impact both during lunch time. This programme will also raise the self esteem and self confidence of the leaders.

Football Club (Coach Reilly)

Grade: 4 - 6

Venue: CIS Citco Pitch

Time: 4:15 - 5:30

Limited to: No limit

Cost: \$120

This is where future Premiership and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Covering game strategy situations, defensive, offensive formations, nutrition, strength, conditioning, and agility in addition to the basic skills noted above. The syllabus for this session has been written by Cedar's very own U.E.F.A. Certified Football Coach - John Reilly. Girls are encouraged to come out. Primary students are signed into homework club for free and will receive a light snack before football club commences.

***Students who will be participating in the BDO after school league are encouraged to sign up.**

Paper Crafting Club (Mrs. O'Neal)

Grade: 4 - 8

Venue: Mrs. Bayles' Room (#312)

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$120

Let's get creative! Would you like to make handmade cards and gift boxes/bags for special occasions or just for fun? Let's use some paper, inks and stamps to decorate those cards every Monday this trimester. Samples are available for viewing before you sign up.

MONDAY

September 17, 24, October 1, 8, 15, 29, November 5, 12, 19, 26, December 3, 10

Secondary Culinary Arts (Ms. Sudesh)

Grades: 6 - 10

Venue: Cedar's Terrace

Time: 3:15 - 4:15

Limited to 12 students

Cost: \$120

Calling on all Secondary Students who would like to learn how to cook or work on learning some new skills in the kitchen. Each week we will prepare and/or cook something new from around the Indian Cuisine, Cutlets, Pizza, Doughnuts and Ice-creams. Look forward to plates like variety of Indian mouth watering dishes. This is going to be a yummy, yummy club.

Secondary Enrichment (*Mr. Pascoe, Ms. Gujar, Ms. Dixon & Dr. Fraser*)

Monday, Tuesday, Wednesday, and Friday

Grade: 6 - 12

Venue: Library Room (#200)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet. Specific support for secondary students wishing to work on English as an additional language and/or mother tongue will be available during **Wednesday** afternoon Enrichment Club, courtesy of **Mrs. Cazabon-Blok** in the [Room (#262) girls bathroom]

Volleyball (Ms Sullivan & Coach Brendon)

Grade level - 6 - 12

Venue - Volleyball/Basketball court

Time - 3:15- 4:15

Limited to: 20 students

Cost: \$120

The Volleyball Club is open to students who are interested in learning and improving their volleyball skills. Skills that will be taught are underhand passing, overhead passing, approaches for hitting, and underhand and overhead serving. The students will participate in drills, learn rules and scoring of the game, develop teamwork.

MONDAY

September 17, 24, October 1, 8, 15, 29, November 5, 12, 19, 26, December 3, 10

Secondary gardening club (Mr Thibaud)

Grade: 6-12. T

Venue: Main garden

Time 3:15- 4:15

Limited to: 12 students

Cost: FREE

Come help in the Garden! We will take care of the tomatoes, salads, basil and other herbs. And yes, we can eat them too ! Students will also be able to plants vegetables of their choices and bring the produces home. Let's get our hands dirty in the soil and nourish the school.

War Strategy Games Club (Mr. Brown)

Grades: 9 - 12

Venue: Mr. Brown's room (#223)

Time: 3:15 - 4:15

Limited to: 9 students

Cost: \$120

Think you have what it takes to dominate the world? This club will explore war game strategy in online and board game versions of "Risk". Standard "Risk" will be explored, as well as new adaptations such as Caribbean, Solar System, Mediterranean, East Indies, Asia, and Africa. World domination begins...one territory at a time. Beware: complete world domination includes defeating your master!

****Risk may also be combined with Catan as Semester progresses****

Royal BVI Yacht Club Sailing

Grade level: Anegada Anchors (Level 1)

Venue: RBVIYC Youth Sailing Centre @ Nanny Cay

Time: 3:30 to 5:30

Limited to: 6 students

Cost for the term \$420 (\$350 for members)

No experience required. This class is designed for those new to sailing or those not quite confident to sail a boat by themselves. Sailors will learn to rig, launch and steer their boats and by the end of the term should be able to tack and gybe with an understanding of the points of sail. Sailors will begin learning the importance of water safety.

****May payments at Royal BVI Yacht Club****

Contact: Tamsin admin@royalbviyc.org 346 4749 |

Toby instructor@royalbviyc.org 346 7186

TUESDAY

September 18, 25, October 2, 9, 16, 30, November 6, 13, 20, 27, December 4, 11

Kindy Dance Club (Celeste Merritt)

Grade level: PreK4 – Kindy

Venue: Library

Time: 3:15pm - 4:15pm

Limited to: 12 students

Cost per session: \$120

Primary Ballet aims to inspire and ignite children's imaginations through the beauty of ballet, the magic of moving to music and the special world of storytelling. These are lively but structured sessions that develop children's physical and social skills, musicality and creativity. Basic movement themes- jumping ballet runs and walks, spinning and skipping- are explored as an introduction to classical ballet. Children work with partners to facilitate a sense of teamwork and use costume props and percussion instruments to foster creativity and musicality. The sessions build a sound foundation for further dance studies.

Lego Club (Ms. Katelyn)

Grade: Pre-K 3 - 2

Venue: Katelyn's room (#312)

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$120

Students will have the opportunity to design, construct and share lego creations with guidance and collaboration. A favourite activity of many children, this club will foster creativity in our future architects, engineers and designers!

Ms. Johnny's Recycled Arts and Craft Club (*Ms. John*)

Grade: Pre-K 3 - 2

Venue: Kindy Picnic Tables

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$120

This fun arts and craft club will cover a wide range of creative projects. They will create seasonal, themed and recycling pieces. Students will delve into their imagination and create their own brilliant master pieces.

TUESDAY

September 18, 25, October 2, 9, 16, 30, November 6, 13, 20, 27, December 4, 11

Primary Culinary Arts Club (Mrs. Pierre-Louis)

Grades: Pre-K 4— 5

Venue: Cedar's Terrace

Time: 3:15 - 4:15

Limited to: 12 students

Cost: \$120

Cooking with kids is a great way to educate them about good nutrition and to encourage them to eat healthy foods. Cooking may even help get students interested in trying healthy foods they might normally refuse to eat. Expand their horizons by getting students in the kitchen through a this cooking club! They will create desserts, dinners and bake yummy meals. Let's cook and eat.

Cedar International School Choirs (*Ms. Alicia Dean*)

Grade: K - 5

Venue: Library (#200)

Time: 8:00 - 8:40 am

Limited to: 30 students

Cost: FREE

Singing songs from all over the world. Includes all types of music: folksongs, popular songs, silly songs, songs with percussion, we do all kinds of music. The choir provides an opportunity for your child to learn excellent vocal skills and inherently teaches cooperation and collaboration. This club culminates in two performances for the year: winter and spring.

***Session runs from Sept. 18 to June 11.**

SHOWBIZ KIDZ

Age: 4-8

Venue: Firebird Studio @ UPS Cineplex

Time: 4:15-5:15

Cost: \$160 (14-week program start Sept 18)

Get ready for show time! Be a singer! Be a dancer! Be an actor! Miss Sarah and the Firebird Team work with students as they learn lyrics and choreography to great kid movie classics and pop songs. Hone the skill of singing and dancing with a microphone and how to make eye-contact with an audience. There are lots of in-class performance opportunities with this class.

Sarah Penney | 346 6666 | dancebvi@gmail.com

TUESDAY

September 18, 25, October 2, 9, 16, 30, November 6, 13, 20, 27, December 4, 11

FIREBIRD BALLET 3

Age: 5

Venue: Firebird Studio @ UPS Cineplex

Time: 3:30-4:15pm

Cost: \$160 (14-week program Sept 18 start)

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals.

Sarah Penney | 346 6666 | dancebvi@gmail.com

Primary Dance Club (Celeste Merritt)

Grade level: 1-3

Venue: Adagio Dance School, Fish Bay

Time: 4:30pm - 5:30pm

Limited to: 15 students

Cost per session: \$12

Building on Kindy Dance Club, Primary Dance Club is a more structured but still fun class. The language of classical ballet is introduced (Royal Academy of Dance (RAD) terminology is used) and students begin to work at the barre in order to develop proper alignment, strength and understanding of classical technique. Students continue to work on traveling steps with an introduction to *grand allegro*. Musicality and expression are further developed through free movement and character work.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

Cedar's Cheerleading Club (Shamorie, Zawatie & J'Kayla)

Grade: 1-10

Venue: Atrium (Tuesdays and Thursdays)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

Go CEDAR!! Cheerleaders are the promoters of their schools and communities. They are a key marketing tool to the athletics programs that they support, and they create the community patriotism we call "school spirit." Most importantly, they are tomorrow's leaders who through the development of athletic skills, leadership, and teamwork will be vital members of the community in the future. Boys, Girls, do you love to dance? Do you love to show support to your favourite teams? Be a leader today and join the Cedar's Cheerleaders!

Parents will be responsible to purchase uniforms/costumes and pom poms.

TUESDAY

September 18, 25, October 2, 9, 16, 30, November 6, 13, 20, 27, December 4, 11

Music & Movement (Ms. Alicia Dean)

Grade: 2 - 3

Room: Music Room (#440)

Time: 3:15 - 4:15

Limited to:15 students

Cost: \$120

Music and movement will involve various activities in order to develop basic musical skills such as rhythm and notation. Students will also learn how to care for and play Orff xylophones creating a rhythmic ostinato to accompany simple songs. Movement activities include different games that will help develop their singing voices and teaches them ways to cooperate. Come and join the Music & Movement Club.

Homework Club (Ms. Malen)

Grade: 2 - 5

Venue: Ms. MacLean & Ms. Dean's Room (#323)

Time: 3:15-4:15

Cost: \$10 per session

Supervised homework in a classroom setting. Students who signed up in the "after-school care" programme can attend for no additional cost.

****Homework club is invoiced monthly dependent upon attendance.***

Primary Drama Club (Mrs. Ormond)

Grades: 2-5

Venue: MYP English room (#222)

Time: 3:15 - 4:15 pm

Limited to: 15 students

Cost: FREE

It's back!! Primary Drama club is offered for free to enthusiastic kids! Build confidence, use your imagination, improve focus, communication and collaborative skills, play, improvise, express yourself and develop the techniques you'll need to become amazing performers!

TUESDAY

September 18, 25, October 2, 9, 16, 30, November 6, 13, 20, 27, December 4, 11

Cedar Skateboard Club (Mr. Al)

Grades: 2 - 8

Venue: Justice Amory Skate Park

Time: 3:15 - 4:15

Cost: \$120

Cedar Skateboard club strives to provide a safe, positive and fun environment for all students; to pursue their passion or desire to skateboard, learn skateboard maintenance, meet and form friendships and learn from experienced skateboarders, who are role models in our school. We believe in children's creativity, individuality and dedication to learn new skills. We will work on nurturing their abilities to set goals and take risks in our safe environment. All participants will need the following: signed permission form (found in the front office), skateboard, helmet, wrist braces, elbow and knee pads.

School Magazine Club (Dr. Sarkardei and Ms. Bayles)

Grades: 2-10

Venue: Ms. Bailey's room (#258)

Time: 3:15-4:15

Limited to: 10 students

Cost: \$100

What is Cedar? When was Cedar established? What is so special about Cedar? How is life at Cedar? Who hears your voice? Do you ever wonder how you could answer these questions, if someone asked you? What if you could have your voice heard and you could write about your experiences at Cedar? What if you could help new students find friends and settle in? What if you could tell your story? What if you could tell your story not just on the island, but to others internationally? What if you could interview teachers, staff, students and write their stories. What if you could create a game, a puzzle, a mystery and write about it? What if you could uncover a hidden talent? If journalism is something that intrigues you, or perhaps you like asking questions, or you like taking photos, or making games on a computer, then you should consider joining us at Cedar School Magazine Club. You can create a name together with your team mates and every month you can publish a magazine and have your voice and your fellow student's voice heard. You can introduce articles, stories (fictional or true), games, puzzles and anything you can think of.

***Payment is need to help print the magazines.**

TUESDAY

September 18, 25, October 2, 9, 16, 30, November 6, 13, 20, 27, December 4, 11

MODERN DANCE + Performance Team

Age: 10-18

Venue: Firebird Studio @ UPS Cineplex

Time: 5:15-6:30pm

Cost: \$160 (14-week program start Sept 18)

Miss Amanda presents advanced technique in floor work, jumps, turning and body articulation. This class provides strengthening and flexibility training for dancers. The technique learned in this class is incorporated in choreography that develops weekly. Prior dance experience is required for enrollment in this class.

Sarah Penney | 346 6666 | dancebvi@gmail.com

Secondary Enrichment (*Mr. Pascoe, Ms. Gujar, Ms. Dixon & Dr. Fraser*)

Monday, Tuesday, Wednesday, and Friday

Grade: 6 - 12

Venue: Secondary Math room (#201)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet. Specific support for secondary students wishing to work on English as an additional language and/or mother tongue will be available during **Wednesday** afternoon Enrichment Club, courtesy of **Mrs. Cazabon-Blok** in the [Room (#262) girls bathroom]

Royal BVI Yacht Club Sailing

Grade level: Tortola Tackers (Level 2)

Venue: RBVIYC Youth Sailing Centre @ Nanny Cay

Time: 3:30 to 5:30

Limited to: 6 students

Cost for the term \$420 (\$350 for members)

This class is for those who have some experience sailing an Opti by themselves without coach assistance. Through this class they will become more independent on and off the water, learning to sail a proper course and fine-tuning their skills.

****May payments at Royal BVI Yacht Club****

Contact: Tamsin admin@royalbviyc.org 346 4749 | Toby instructor@royalbviyc.org 346 7186

WEDNESDAY

September 19, 26, October 3, 10, 17, 31, November 7, 14, 21, 28, December 5, 12

Gymnastics for Littlun's Club (*Ms. Ormond and Ms. Bailey*)

Grade: Pre-K 4 - 1

Venue: CIS Citco Pitch

Time: 3:15 - 4:15

Limited to: 14 students

Cost: \$120

A small group for grade 1 and under (with grade 1 being given preference), working in tandem with the older gymnasts, but as a separate club with their own coach focused on their needs. Students will learn various gymnastic techniques using the BGA Award and Achievement programme. The system advances through various stages of difficulty. British Gymnastic Association proficiency badged 6 through 1 are offered. Students need to wear shorts and tight fitting shirt or leotard. Long hair must be tied.

Track and Field (Coach Ericca Frederick)

Grades: 1 - 12

Venue: A.O. Shirley

Time: 3:30 - 5:00 pm

Limited to: 10 students

Cost: \$100

Track and field, or athletics as it is called in many countries is the name given to persons involved in running, jumping for height and distance, and throwing for distance using implements of standardized design. Come join this club and take part in our warm-ups, drills, running firms/ techniques, work outs and cool down stretches. Students will be trained to be sprinters, distance runners and jumpers. Students are to be dropped off to the venue by their parents. The coach can be contact at cell #443-9289.

Homework Club (*Ms. Annie*)

Grade: 2-5

Venue: Ms. Annie's room (#255)

Time: 3:15-4:15

Limited to: No limit

Cost: \$10 per session

Supervised homework in a classroom setting. Students who signed up in the "after-school care" programme can attend for no additional cost.

****Homework club is invoiced monthly dependent upon attendance.***

WEDNESDAY

September 19, 26, October 3, 10, 17, 31, November 7, 14, 21, 28, December 5, 12

Gymnastics Club (*Coach Kay and Ms. John*)

Grade: 2 - 6

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: 20 students

Cost: \$120

Students will learn various gymnastic techniques using the BGA Award and Achievement programme. The system advances through various stages of difficulty. There will also be an introduction to rhythmic gymnastics using hoops, balls, dance and apparatus. Equipment includes the vaulting horse, low beam and floor mats. British Gymnastic Association proficiency badges 6 through 1 are offered. Advanced floor and vault bronze, silver and gold awards, as well! Students need to wear shorts and a tight fitting shirt of leotard. Long hair must be tied.

Baking Club (*Ms Sullivan*)

Grade level: 3-5

Venue: Cedar's Terrace

Time : 3:15 - 4:15

Limited to: 15 students

Cost: \$120

Members of this club will be making new and different desserts and, of course, enjoying them, sharing them, donating them, or selling them to donate profits to an organization chosen by the club members or a school bake sale.

Football (*Coach John*)

Grade: 6 - 10

Venue: CIS Citco Pitch

Time: 4:15 - 5:30

Limited to: No limit

Cost: \$120

This is where future Premiership and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Covering game strategy situations, defensive, offensive formations, nutrition, strength, conditioning and agility in addition to the basic skills of dribbling, passing, teamwork and good sportsmanship. Girls are encouraged to come out. Coach John Reilly has organized. Soccer Sister programmes in Ireland which have been well received. Soccer Sisters is a free club offered on Thursdays.

***Students who will be participating in the BDO after-school league are encouraged to sign up*.**

WEDNESDAY

September 19, 26, October 3, 10, 17, 31, November 7, 14, 21, 28, December 5, 12

Cricket Club (Mr. Kumar)

Grade: 6-10

Venue: CIS Citco Pitch

3:15-4:15

Cost: \$90

Learn how to play the popular game of cricket. This club will teach fitness, hand eye coordination, fielding, batting, posture, bowling and fielding strategies.

There is high chance to participate and represent BVI in under 15 tournament conducted by west indies cricket board.

Purpose Islanders Movement (Athalyah)

Grade: 6-12

Venue: Mr. Matthews room (#233)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

Imagine being able to make an impact, in your community, with your friends, for an entire country. Well, this is exactly what the Purpose Islanders Movement is here to provide to you. Being part of this movement will give you the opportunity to be part of a community which can inspire a greater community. You will be able to make new friendships and also have the ability to learn new ways of thinking, public speaking, and many other skills. You will be able to participate in the introduction of cultural events in the B.V.I, raising awareness of many different global-scale problems, with the ability to make a difference, and generally being able to help the community around you.

Secondary Enrichment (Mr. Pascoe, Ms. Gujar, Ms. Dixon & Dr. Fraser)

Monday, Tuesday, Wednesday, and Friday

Grade: 6 - 12

Venue: Library Room (#200)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet. Specific support for secondary students wishing to work on English as an additional language and/or mother tongue will be available during **Wednesday** afternoon Enrichment Club, courtesy of **Mrs. Cazabon-Blok** in the **[Room (#262) girls bathroom]**

WEDNESDAY

September 19, 26, October 3, 10, 17, 31, November 7, 14, 21, 28, December 5, 12

Royal BVI Yacht Club Sailing

Grade level: Race training

Venue: RBVIYC Youth Sailing Centre @ Nanny Cay

Time: 3:30 to 6:00

Limited to: 8 students

Cost for the term \$420 (\$350 for members)

The race training class will include those new to racing (green fleet) and those who wish to pursue racing / enhance their performance skills. Classes will use the Optimist and RS Feva dinghies and sailors will learn advanced techniques in a racing context, racing rules and tactics. ****Make payments at Royal BVI Yacht Club****

Contact: Tamsin admin@royalbviyc.org 346 4749 | Toby instructor@royalbviyc.org 346 7186

Intermediate Acrobatics (Sasha Creque)

Grade level: Ages 10 - 19

Venue: Adagio Dance School (Fish Bay)

Time: 5:45pm-6:45pm

Limited to: 15 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Cartwheels! Back walkovers! Aerials! Acro is a skill that many children, especially dance students, want to have. Training in acro dance improves body awareness, especially in inverted positions and balancing, translating to better turning, jumping and partnering for dancers. Offered by a certified teacher, Acro classes at Adagio follow a comprehensive, technique focused curriculum offered in studios in over 20 countries worldwide. The AcroDance programme is based on safe and effective progressions with proven results in five categories of: Flexibility, Strength, Balancing, Limbering and Tumbling.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

THURSDAY

September 20, 27, October 4, 11, 18, November 1, 8, 15, 22, 29, December 6, 13

FIREBIRD BALLET 2

Age: 4/5

Venue: Firebird Studio @ UPS Cineplex

Time: 3:30 - 4:15pm

Cost: \$160 (14-week program start Sept 20)

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals.

Sarah Penney | 346 6666 | dancebvi@gmail.com

FIREBIRD BALLET 5

Age: 6-9

Venue: Firebird Studio @ UPS Cineplex

Time: 4:15 - 5:15pm

Cost: \$160 (14-week program start Sept 20)

Progression into the more formalized discipline of ballet. Barre work, classic traveling patterns, adagios, allegros. Both classic and modern ballet styles incorporated to teach the proper form and function of this technique, which serves as the best base for dance education.

Sarah Penney | 346 6666 | dancebvi@gmail.com

Homework Club (*Mrs. Talbot*)

Grade: 2 - 5

Venue: Library (#200)

Time: 3:15-4:15

Limited to: No limit

Cost: \$10 per session

Supervised homework in a classroom setting. Students who signed up in the "after-school care" programme can attend for no additional cost.

****Homework club is invoiced monthly dependent upon attendance.***

THURSDAY

September 20, 27, October 4, 11, 18, November 1, 8, 15, 22, 29, December 6, 13

Touch Rugby Club (Coach James)

Grades: 2 - 12

Venue: CIS Citco Pitch

Time: 3:45 - 4:45pm

Limited to: No limit

Cost: \$120

Touch Rugby, or TOUCH as it is becoming known, is a minimal contact sport that is played throughout the world by all ages and skill levels. Touch appeals to both sports enthusiasts as well as those looking for an 'alternative way' of getting or keeping fit through a fun game, which needs only a ball and flags! Come join our club and learn a team building, disciplined, skilled sport.

Speak to Coach John about the women's football.

THURSDAY

September 20, 27, October 4, 11, 18, November 1, 8, 15, 22, 29, December 6, 13

Intermediate Acrobatics (Sasha Creque)

Grade level: Ages 10 - 19

Venue: Adagio Dance School (Fish Bay)

Time: 5:45pm-6:45pm

Limited to: 15 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Cartwheels! Back walkovers! Aerials! Acro is a skill that many children, especially dance students, want to have. Training in acro dance improves body awareness, especially in inverted positions and balancing, translating to better turning, jumping and partnering for dancers. Offered by a certified teacher, Acro classes at Adagio follow a comprehensive, technique focused curriculum offered in studios in over 20 countries worldwide. The AcroDance programme is based on safe and effective progressions with proven results in five categories of: Flexibility, Strength, Balancing, Limbering and Tumbling.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

LYRICAL BALLET + Performance Team

Age: 10+

Venue: Firebird Studio @ UPS Cineplex

Time: 5:15-6:30pm

Cost: \$160 (14-week program start Sept 20)

Miss Sarah connects students with music & lyrics that inspire movements to express strong feelings and emotions. Each class consists "across the floor" exercises, followed by specific technique training and choreography. Students are guided in the process of developing their own choreography and techniques for improvisation and tricks.

Sarah Penney | 346 6666 | dancebvi@gmail.com

First Aid Club (Rudolph Lewis)

Grade: 8-12

Venue: Mr. Anil's room (#211)

Time: 4:00-5:00pm

Limited to: 15

Cost: \$100

Students will learn the fundamentals of Basic First Aid and CPR while work toward obtaining their two years internationally accepted First Aid Certification. Classes will comprise of lectures, hands-on demonstrations and skills assessment. Students will acquire the skills and knowledge needed to assess someone experiencing a medical emergency and determine the appropriate action to take while protecting their safety as well as the safety of the patient and bystanders.

THURSDAY

September 20, 27, October 4, 11, 18, November 1, 8, 15, 22, 29, December 6, 13

Royal BVI Yacht Club Sailing

Grade level: Level 3 + (Lasers / FunSail)

Venue: RBVIYC Youth Sailing Centre @ Nanny Cay

Time: 3:30 to 5:30

Limited to: 8 students

Cost for the term \$420 (\$350 for members)

This class is for those who are competent sailing by themselves and particularly those who have 'outgrown' the Optimist. **Contact:**

****Make Payments at Royal BVI Yacht Club****

Tamsin admin@royalbviyc.org 346 4749 | Toby instructor@royalbviyc.org 346 7186

Speak to Coach John about Soccer Sisters.

FRIDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

FIREBIRD BALLET 1

Age: 3/4

Venue: Firebird Studio @ UPS Cineplex

Time: 3:30 - 4:15pm

Cost: \$160 (14-week program start Sept 21)

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals.

Sarah Penney | 346 6666 | dancebvi@gmail.com

FIREBIRD HIP HOP 1

Age: 4-6

Venue: Firebird Studio @ UPS Cineplex

Time: 4:15-5:15pm

Cost: \$160 (14-week program Sept 21 start)

Great class for boys and girls. Mr Khiry, Miss Sarah and the Firebird Team bring you a high-energy music dance jam. From classic, to old school, to recent hits, this class will keep students moving and in touch with Hip Hop culture. Students have the opportunity to learn Krump, Robotics, Animation, Breaking and Locking.

Sarah Penney | 346 6666 | dancebvi@gmail.com

Science Spark (Dr. Sarkardei)

Grades: 1 - 5

Venue: Science Room (#221)

Time: 3:15- 4:15pm

Limited to: 10 students

Cost: \$110

Come have fun with science. We will have lots of fun experiments, like building the longest chain reaction, building models of energy saving home and even learning how to make ice-cream. All you need is to want to have fun! So c'mon, let's have some fun in Science Sparks!

FRIDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

Cedar's Cheerleading Club (Shamorie, Zawatie & J'Kayla)

Grade: 1-10

Venue: Atrium (Tuesdays and Thursdays)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

Go CEDAR!! Cheerleaders are the promoters of their schools and communities. They are a key marketing tool to the athletics programs that they support, and they create the community patriotism we call "school spirit." Most importantly, they are tomorrow's leaders who through the development of athletic skills, leadership, and teamwork will be vital members of the community in the future. Boys, Girls, do you love to dance? Do you love to show support to your favourite teams? Be a leader today and join the Cedar's Cheerleaders!

Parents will be responsible to purchase uniforms/costumes and pom poms.

Primary Gardening Club (Ms Sullivan & Ms. Dean)

Grade level: 2 - 5

Venue: Ms. Sullivan's room (#323) and gardens

Time: 3:15-4:15

Limited to: 15 students

Cost: \$60

Members of this club will be helping to develop and maintain the school gardens. Through this club the students will be able to grow a variety of edible plants from seed, plant them in our garden, and then enjoy the fruits of their work. The students will also help to water and maintain the garden.

HIP HOP + Performance Team

Age: 10-18

Venue: Firebird Studio @ UPS Cineplex

Time: 5:15-6:30pm

Cost: \$160 (14-week program Sept 21 Start)

Dance Crew is a performance team that encourages dance development from three specific directions - technique, choreography and audience connection. Teamwork and regularly scheduled performances are an important part of the experience. The Hip Hop section is coached by Mr Khiry Creque and Miss Sarah Penney.

Sarah Penney | 346 6666 | dancebvi@gmail.com

FRIDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

Secondary Enrichment (*Mr. Pascoe, Ms. Gujar, Ms. Dixon & Dr. Fraser*)

Monday, Tuesday, Wednesday, and Friday

Grade: 6 - 12

Venue: Library Room (#200)

Time: 3:15 - 4:15

Limited to: No limit

Cost: FREE

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet. Specific support for secondary students wishing to work on English as an additional language and/or mother tongue will be available during **Wednesday** afternoon Enrichment Club, courtesy of **Mrs. Cazabon-Blok** in the [Room (#262) girls bathroom]

SATURDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

Pre-School Ballet (Celeste Merritt)

Grade level: Ages 3 - 4 (PreK3)

Venue: Adagio Dance School (Fish Bay) Studio A

Time: 10:00am - 10:45am

Limited to: 8 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Pre-School Ballet aims to capture and nurture the instinctive joy of movement and freedom of expression that young children possess. Children will use movement to express feelings and emotions and tell stories. Developmentally appropriate dance activities using imagery, props and musical instruments will enhance body awareness, coordination and control and stimulate a developing sensitivity to music as children also build confidence and self-esteem.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

Primary Ballet (Celeste Merritt)

Grade level: Ages 4 - 6 (PreK4 - Kindy)

Venue: Adagio Dance School, Fish Bay

Time: 2:00pm - 2:45pm

Limited to: 12 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Primary Ballet aims to inspire and ignite children's imaginations through the beauty of ballet, the magic of moving to music and the special world of storytelling. These are lively but structured sessions that develop children's physical and social skills, musicality and creativity. Basic movement themes- jumping ballet runs and walks, spinning and skipping- are explored as an introduction to classical ballet. Children work with partners to facilitate a sense of teamwork and use costume props and percussion instruments to foster creativity and musicality. The sessions build a sound foundation for further dance studies

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

SATURDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

Primary Acrobatics (Sasha Creque)

Grade level: Ages 5 - 9

Venue: Adagio Dance School, Fish Bay. Time: 3:00pm-4:00pm

Limited to: 15 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Cartwheels! Back walkovers! Aerials! Acro is a skill that many children, especially dance students, want to have. Training in acro dance improves body awareness, especially in inverted positions and balancing, translating to better turning, jumping and partnering for dancers. Offered by a certified teacher, Acro classes at Adagio follow a comprehensive, technique focused curriculum offered in studios in over 20 countries worldwide. The AcroDance programme is based on safe and effective progressions with proven results in five categories of: Flexibility, Strength, Balancing, Limbering and Tumbling.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

FIREBIRD BALLET 4

Age: 5-9

Venue: Firebird Studio @ UPS Cineplex. Time: 11:00-12:00

Cost: \$160 (14-week program Sept 22 start)

Progression into the more formalized discipline of ballet. Barre work, classic traveling patterns, adagios, allegros. Both classic and modern ballet styles incorporated to teach the proper form and function of this technique, which serves as the best base for dance education.

Sarah Penney | 346 6666 | dancebvi@gmail.com

Junior Acrobatics (Sasha Creque)

Grade level: Ages 6 - 10

Venue: Adagio Dance School, Fish Bay. Time: 10:00am-11:am

Limited to: 15 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Cartwheels! Back walkovers! Aerials! Acro is a skill that many children, especially dance students, want to have. Training in acro dance improves body awareness, especially in inverted positions and balancing, translating to better turning, jumping and partnering for dancers. Offered by a certified teacher, Acro classes at Adagio follow a comprehensive, technique focused curriculum offered in studios in over 20 countries worldwide. The AcroDance programme is based on safe and effective progressions with proven results in five categories of: Flexibility, Strength, Balancing, Limbering and Tumbling.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

SATURDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

Majorettes (Sasha Creque)

Grade level: Ages 6 - 10

Venue: Adagio Dance School (Fish Bay) Studio A. Time: 12:00pm-1:00pm

Limited to: 15 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Channeling the excitement of the movie *Bring It On!* and major league American football games Majorettes features exciting choreography in 8 counts at slow, medium and fast tempos. Classes develop strength, flexibility and fitness through structured exercises. Students then use these skills as they learn the choreography. The strong performance element of the choreographic style develops dancers' confidence, expression and artistry. Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

SHOWBIZ KIDZ

Age: 6 & up

Venue: Firebird Studio @ UPS Cineplex. Time: 10:00-11:00

Cost: \$160 (14-week program start Sept 22)

Get ready for show time! Be a singer! Be a dancer! Be an actor! Miss Sarah and the Firebird Team work with students as they learn lyrics and choreography to great kid movie classics and pop songs. Hone the skill of singing and dancing with a microphone and how to make eye-contact with an audience. There are lots of in-class performance opportunities with this class.

Sarah Penney | 346 6666 | dancebvi@gmail.com

Beginners' Ballet (Celeste Merritt)

Grade level: Ages 7-10

Venue: Adagio Dance School, Fish Bay. Time: 1:00pm - 2:00pm

Limited to: 15 students

Cost per session: \$20 (Students must register for at least one month at a time. There is also a \$30 registration fee.)

Building on Primary Ballet, Beginners' Ballet is a more structured but still fun class. The language of classical ballet is introduced (Royal Academy of Dance (RAD) terminology is used) and students begin to work at the barre in order to develop proper alignment, strength and understanding of classical technique. Students continue to work on travelling steps with an introduction to *grand allegro*. Musicality and expression are further developed through free movement and character work.

Sasha Creque: 540-8602 | adagiodancebvi@gmail.com

SATURDAY

September 21, 28, October 5, 12, 19, November 2, 16, 23, 30, December 7, 14

FIREBIRD HIP HOP 2

Age: 7-10

Venue: Firebird Studio @ UPS Cineplex

Time: 12:00-1:00pm

Cost: \$160 (14-week program Sept 22 start)

Great class for boys and girls. Mr Khiry, Miss Sarah and the Firebird Team bring you a high-energy music dance jam. From classic, to old school, to recent hits, this class will keep students moving and in touch with Hip Hop culture. Students have the opportunity to learn Krump, Robotics, Animation, Breaking and Locking.

Sarah Penney | 346 6666 | dancebvi@gmail.com



Please enroll _____ in _____ (Day) _____

(circle the type of payment: cheque/cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

(circle the type of payment: cheque/cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

(circle the type of payment: cheque/cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

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Please enroll _____ in _____ (Day) _____

(circle the type of payment: cheque/cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

(circle the type of payment: cheque/cash) Amount paid: _____

Parent Signature _____ Date _____



Co-Curricular Clubs and Activities Programme

Session One 2018 - 2019

Registration Form

*Please complete the form below and return it to the School Office.
This form is to be completed for the free clubs as well.*

I understand that although Cedar International School is the sponsor of the Co-Curricular Clubs and Activities Programme the school does not assume responsibility for any loss, injury to the person or property in connection with the participation of _____ in the programme, regardless of the cause of such loss, injury, damage or expense and whether or not caused by any negligence or fault.

Release: I fully release, waive and further agree to indemnify Cedar International School and its volunteers, members, officers, directors, committees, and/or employees arising out of, during or in anyway connected with such participation from and against and all claims which I, my heirs or executors may have for any losses, damages and injuries arising out of, during or in connection with the participation of _____ in Co-Curricular Clubs and Activities Programme or in rendering any first-aid, emergency medical procedures or any related expenses if any.

Signed _____ (Student) Date: _____

Signed _____ (Parent/Guardian) Date: _____

Signed _____ (Parent/Guardian) Date: _____

Contact phone number _____ Contact phone number _____

Contact email address _____ (in case of cancellation of the club on the day)

Contact email address _____ (in case of cancellation of the club on the day)