



After School Extracurricular Club Offerings Term 2 2019/ 2020 (Feb - June)

Our extracurricular programme has continued to grow and change this term. Not only do we continue to offer clubs after school, but we also have a few being offered in the mornings before school, as well as some classes/ clubs for parents. Sadly, we also have a few clubs that won't be offered this term. Thank you to all those who supported these clubs, perhaps they will return again in some form next year.

Not Offered this Term: Sewing, Badminton, Einstein Science and Deutsche Sprache, Lieder und Spiele (German language, songs and games)

New Clubs: Math Tutoring, Singing/ Vocal Music, Heimat- und Sachkunde, Baking and Cooking as completely separate clubs, Math and Board Games, Kanji Club as well as two morning clubs: Indoor Fun Games and Morning Fitness.

Classes for Parents/ Adults: English, Japanese and German lessons, as well as 2 drop in exercise classes: Bhangrabs and Boxercise!

The school is offering some new after school extracurricular club activities. Depending on you and your child's interest, please check out the information about the different activities. Each club has a **minimum requirement of at least 4 students**, with the exception of the Skateboard/ Scooter Club which has a minimum of 6 students. If we are unable to reach the minimum number, the respective activity will not run. The fee for half of the school year (starting during the week of February 10th - 14th) will be **¥20,000 for most clubs with the exception of the Skateboard and Cooking/ Baking Clubs which have extra fees.**

Students will be supervised while having snack between the end of classes and the start of the club activity at 3:45. Most clubs finish at either 4:30 or 4:45. There will be no buses at this time to transport your child home, so try to carpool with other parents. Please use the online registration to sign up for the activities. If you have any questions please feel free to contact me or the teachers of the different activities via email (lance.brabant@diskobe.org). Thank you very much. ***The deadline for clubs to reach the minimum enrollment is Friday, January 31st! You will get a confirmation email by February 4th. Once you have received confirmation, payment should be done via bank transfer by Friday, February 7th. If the club you sign up for does not run due to insufficient members, you will be notified and given the chance to join one of the other clubs that will be running.***

Sincerely,
Lance Brabant

DSKI Weekly Extracurricular Clubs and Class Offerings Term 2 2019/ 2020

New Morning Clubs from 7:45-8:30				
Monday	Tuesday	Wednesday	Thursday	Friday
	Indoor Fun Games G1 - 6 Mr. Waite		Morning Fitness PS - G6 Mr. Waite	
After School Clubs from 15:45 - End Times Vary (16:30 / 16:45 / 17:15)				
Baseball / Cricket G1- 6 Mr.Waite Ends 16:35	Ballet/ Dance EY - G6 Ms. Arami/ Sayaka Ends 16:30	Arts & Crafts EY - G2 (Ages 4+) Ms. Faye Ends 16:30	Skateboard & Scooter (90min every 2nd week) G2 - 6 Mr. Justin	Baking/ (90min every 2nd week) EY(Ages 3+) - G6 Mr. Lubin
Drama G1 - G6 Felicity Price Ends 16:45	Japanese Calligraphy PS - G6 Ms Oyama Ends 16:30	Karate Gr 1 - 6 Mr. Brabant & Celina Ends 16:45	Ballet / Dance EY - G6 Ms. Arami/ Sayaka Ends 16:30	Cooking (90min every 2nd week) EY(Ages 3+) - G6 Mr. Lubin
MakerSpace PS - G2 Mr. Lubin Ends 16:45	Singing / Music Club G1 - 6 Ms. Jadwiga Skwierz Ends 16:30	Painting G2 - G6 Mr. Lubin Ends 16:45	Creative & Active Kids G1 - G6 Ms. Ramani Ends 16:30	Gymnastics EY(Ages 3+) - PS Mr. Waite Ends 16:30
Math Tutoring G1 - 6 Mr. Huber End 16:30		Soccer PS - Gr 2 Mr. Waite Ends 16:35	Soccer Gr 3 - 6 Mr. Waite Ends 16:35	Basketball Gr 1 - 6 Mr. Brabant Ends 16:45
Music - by Invitation Azusa Nakajima			Lego PS - G4 Ms. d'Amours Ends 16:30	Math & Board Games G1 - 6 Mr. Justin Ends 16:30
			Heimat- und Sachkunde PS - 6 Mr. Huber Ends 16:30	Kanji Club G2 - 6 Ms. Chizuru Kinjo Ends 16:30
Parent Lessons / Classes				
Monday	Tuesday	Wednesday	Thursday	Friday
	English Lesson Mr. Lubin 14:30 - 15:30	Boxercise Mr Taiki 12:30 - 13:30 *Pay on the Day*	Bhangrabcics Ms Bhavleen Sethi 13:30 - 14:30 *Pay on the Day*	Japanese Lesson Ms Chizuru Kinjo 8:45 - 9:45
		German TBA 14:00 - 15:30 From Feb. 19th-		



Sign up online here!

Monday Clubs

Baseball/Cricket

Students will learn the fundamental skills needed to play a game of baseball and cricket. We will compare the similarities and the differences between these two sports. Students will play a full game of cricket and baseball with the key skills learnt.

- ❖ Teacher: Mr. Lachlan Waite (lachlan.waite@dskobe.org)
- ❖ Age: Grade 1- Grade 6
- ❖ Group size: 4 – 10
- ❖ Teaching points:
 - Fundamental skills- batting/hitting, bowling/pitching, fielding
 - Tactics
 - General fitness
- ❖ Timetable:
 - Mondays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:35 Club

Drama

Drama Club offers students the opportunity to act, create, and use their imagination while having fun. By exploring how to express themselves creatively through theatre, dance, and art, students can learn various skills. We will cover the different aspects of working on a play and they will have the chance to experience their strengths and work together within a friendly and encouraging environment.

- ❖ Teacher: Ms. Felicity Price (felicity.price@dskobe.org)
- ❖ Age: Grade 1 - Grade 6
- ❖ Group size: 4 – 12
- ❖ Teaching points:
 - Develop acting, improvising, interacting, and memorizing ability
 - Confidence in public speaking
 - Teamwork, self-awareness, self-esteem, and body awareness
- ❖ Timetable:
 - Mondays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:45 Club

Math Tutoring

Tutoring lessons to help the students with their math exercises.

- ❖ Teacher: B.Huber (benjamin.huber@dskobe.org)
- ❖ Age: (From Gr1 - Gr6)
- ❖ Group size: 4 – 6
- ❖ Teaching points:
 - Help with the student's math exercises
 - Providing additional exercises to improve math skills
 - Preparing for tests
- ❖ Timetable:
 - Monday
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Makers Club

Makers Club is for the younger students who are keen to work on engineering and building projects. If you enjoy building, woodworking and being creative with your hands, then this is the club for you! Make, build, invent, collaborate; the possibilities are endless.

- ❖ Teacher: Lubin Nepomuceno (faye.nepomuceno@dskobe.org)
- ❖ Age: PS-Grade 2
- ❖ Group size: 4 – 10
- ❖ Teaching points:
 - Foster creativity
 - Develop fine motor skills
 - Learn how to safely use simple tools
- ❖ Timetable:
 - Mondays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:45 Club

Tuesday Clubs

Classical Ballet & Contemporary Dance

Learn how to dance from a **professional dance teacher!** Children have the opportunity to learn the great quality of ballet training. Setting the foundation for coordination and posture, encouragement and also enjoyment of musical, rhythmical movement. This ballet class promotes excellence and access to the art form of ballet through dance education. Let's enjoy dancing!

- ❖ Teacher: Ms. Yuki Yasuda Arami (yuki.y.a4206@gmail.com) or her assistant Sayaka
- ❖ Age: **EY (Ages 3+)** - Grade 6 (Girls and Boys!)
- ❖ Group size: 4 - 10
- ❖ Teaching points:
 - Flexible teaching points catered to students
 - Proper posture
 - Coordination
- ❖ Timetable:
 - Tuesdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Singing & Music Club

Learn how to sing from a **professional singer** and vocal teacher! We are very fortunate to have Ms. Jadwiga Skwierz offering singing lessons for anyone who enjoys singing and is interested in developing their vocal skills.

- ❖ Vocal teacher: Jadwiga Skwierz (witaj.jagoda@gmail.com)
- ❖ Age: Grade 1 - 6
- ❖ Group size: 4 – 12
- ❖ Teaching points:
 - Solfege
 - Vocal exercise
 - Singing
- ❖ Timetable:
 - Tuesdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Japanese Calligraphy / Shuji

Shuji is a club that will teach you how to write words with a traditional Japanese calligraphy brush. Students will learn to focus and use proper posture, technique and stroke order to write beautiful Chinese characters.

- ❖ Teacher: Ms. Tamiyo Oyama (tamiyo.oyama@dskobe.org)
- ❖ Age: PS - 6
- ❖ Group size: 4 - 8
- ❖ Teaching points:
 - Proper posture
 - Brush techniques
 - Proper stroke order
- ❖ Timetable:
 - Tuesdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

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[Sign up online here!](#)

Wednesday Clubs

Arts and Crafts Club

This club sparks students' creativity by exploring how to make simple fun toys and functional and artistic objects. We will do some easy projects learning how to cut, glue, colour and draw. Students will have the opportunity to share their own creative designs.

- ❖ Teacher: Faye Nepomuceno
- ❖ Age: Early Years (Ages 4+) - Grade 2
- ❖ Group size: 4 - 8
- ❖ Teaching points:
 - Develop coordination and fine motor skills
 - Encourage creativity
 - Self Regulation
- ❖ Timetable:
 - Wednesday
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Intro to Karate / Exercise Club

Have fun developing your body and mind through training and exercise in the introduction to Karate Club. Learn the basic stances, moves and techniques, as well as more complex katas. Experienced karate students are also welcomed to join in for extra exercise or chances to work on their techniques or katas.

- ❖ Teacher: Mr. Brabant & Celina Pedro (lance.brabant@dskobe.org)
- ❖ Age: Grade 1 - 6
- ❖ Group size: 4 - 10
- ❖ Teaching points:
 - Physical Fitness
 - Basic karate stances, techniques, wazas and katas
 - Concentration and discipline
- ❖ Timetable:
 - Wednesdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:45 Club

Painting - Watercolour and Acrylic

Develop artistic talents through painting. The goal of the club is to help students develop confidence in expressing themselves artistically and creatively. They will have the opportunity to create a portfolio of their artwork as well as a chance to have some of their work exhibited in the school.

- ❖ Teacher: Lubin Nepomuceno (lubin.nepomuceno@dskobe.org)
- ❖ Age: Grade 2 - Grade 6
- ❖ Group size: 4 - 10
- ❖ Teaching points:
 - Developing fine motor skills, artistic skills and techniques with watercolour and acrylic paint
 - Learning the elements and principles of art to help students to express themselves artistically
 - Improve, develop and demonstrate creativity
- ❖ Timetable:
 - Wednesdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:45 Club

Football (Soccer) Young Grades PS/1/2

Students will learn the fundamental skills needed to succeed in playing Football. We will learn new skills and improve on existing skills such as ball control, kicking, passing, shooting and team tactics. Students will have the opportunity to play a game on the grass field each week.

- ❖ Teacher: Mr. Lachlan Waite (lachlan.waite@dskobe.org)
- ❖ Age: PS - Grade 2
- ❖ Group size: 4 - 12
- ❖ Teaching points:
 - Fundamental skills, dribbling, passing, defending, attacking, shooting
 - Football game rules and tactics
 - General fitness
- ❖ Timetable:
 - Wednesday
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:35 Club

Thursday Clubs

Skateboarding and Scooter Club

Skateboarding and Scootering are fun, physical activities where students can challenge themselves to learn and grow their skills. This club offers students supervised entry into Rokko Island skate park where they can work on tricks, try out ramps and enjoy using the facilities.

- ❖ Teacher: Mr. Justin Rich (justin.rich@dskobe.org)
- ❖ Age: Grade 2 - Grade 6
- ❖ Group size: ***Minimum 6* Maximum 9**
- ❖ **Extra ¥3000/ student to cover entrance fees**
- ❖ ***Skate Park Entrance Fee was increased in October**
- ❖ **(Regular ¥1500 /day) IS INCLUDED in the club fee***
- ❖ **EQUIPMENT - students need to bring their own skateboard / scooter & helmet. (Elbow, wrist and knee pads recommended but not required)**
- ❖ Teaching points:
 - Opportunity to develop their skills.
 - A fun activity which is gaining popularity
 - A balanced activity which includes mental challenge as well as outdoor physical exercise.
- ❖ Timetable:
 - Thursdays (every second Thursday)
 - 15:30 - 15:45 Snack time
 - 15:45 - 17:15 Club

Classical Ballet & Contemporary Dance

Learn how to dance from a **professional dance teacher!** Children have the opportunity to learn the great quality of ballet training. Setting the foundation for coordination and posture, encouragement and also enjoyment of musical, rhythmical movement. This ballet class promotes excellence and access to the art form of ballet through dance education. Let's enjoy dancing!

- ❖ Teacher: Ms. Yuki Yasuda Arami (yuki.y.a4206@gmail.com) or her assistant Sayaka
- ❖ Age: **EY (Ages 3+)** - Grade 6 (Girls and Boys!)
- ❖ Group size: 4 - 10
- ❖ Teaching points:
 - Flexible teaching points catered to students
 - Proper posture
 - Coordination
- ❖ Timetable:
 - Thursdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Creative & Active Kids

Have fun doing different art & crafts activities plus some yoga or dancing each week! Nurture the creative spirit and spark the imagination while having fun!

- ❖ Teacher: Jayshree Ramani (jayshree.ramani@dskobe.org)
- ❖ Age: (From Gr1 - Gr6)
- ❖ Group size: 4 – 12
- ❖ Teaching points:
 - Develop creativity
 - Explore imagination
 - Use cooperative skills
- ❖ Timetable:
 - Thursdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Football (Soccer) Older Grades 3/4/5/6

Students will learn the fundamental skills needed to succeed in playing Football. We will learn new skills and improve on existing skills such as ball control, kicking, passing, shooting and team tactics. Students will have the opportunity to play a game on the grass field each week.

- ❖ Teacher: Mr. Lachlan Waite (lachlan.waite@dskobe.org)
- ❖ Age: Grade 3 - Grade 6
- ❖ Group size: 4 - 12
- ❖ Teaching points:
 - Fundamental skills, dribbling, passing, defending, attacking, shooting
 - Football game rules and tactics
 - General fitness
- ❖ Timetable:
 - Thursdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:35 Club

Lego Club

Lego provides tools which help children develop skills such as problem-solving, organizing, and planning by construction. In Lego Club, children will be taking on various challenges in creative ways. They will be working both independently and in small groups as they collaborate to reach common goals. In addition to boosting fine motor development, literacy skills can also be increased as children work through a set of instructions. Come join the fun!

- ❖ Teacher: Ms. Satya d'Amours (satya.damours@dskobe.org)
- ❖ Age: Preschool - Grade 4
- ❖ Group size: 4 - 8
- ❖ Teaching points:
 - learning to plan and organize
 - improving fine motor skills
 - practicing working together
- ❖ Timetable:
 - Thursdays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Heimat- und Sachkunde

Sachkundeunterricht nach deutschem Lehrplan. Die Schüler_innen knüpfen erste Kontakte mit unterschiedlichen Wissenschaften und erweitern ihr Vokabular mit fachlichen Begriffen. Diverse kleinere Experimente sollen dabei den Forscherdrang bei den Teilnehmern wecken.

- ❖ Teacher: B.Huber (benjamin.huber@dskobe.org)
- ❖ Age: (PS - G6)
- ❖ Group size: 4 – 10
- ❖ Teaching points:
 - science (biology, geography)
 - local history (German perspective)
 - small experiments
- ❖ Timetable:
 - Thursday
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Friday Clubs

Basketball

Basketball provides the opportunity to improve the physical, mental and social skills of our students. They will improve their gross and fine motor skills by learning the fundamentals of passing, dribbling and shooting. Students will also develop their physical fitness and improve their communication skills while working with teammates.

- ❖ Teacher: Mr. Lance Brabant (lance.brabant@dskobe.org)
- ❖ Age: Grade 1 - Grade 6
- ❖ Group size: 4 – 14
- ❖ Teaching points:
 - Learning fundamental techniques and tactics
 - Improving fitness abilities
 - Developing social skills
- ❖ Timetable:
 - Fridays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:45 Club

Kanji Club

Do you find learning Kanji both fun and challenging? Experienced Japanese teacher has materials for teaching Kanji to all grade levels! Come have fun working on your kanji reading and writing skills!

- ❖ Teacher: Chizuru Kinjo (chizuru.kinjo@dskobe.org)
- ❖ Age: (G1 - G6)
- ❖ Group size: 4 - ?
- ❖ Teaching points:
 - improve your recognition of new kanji
 - learn proper stroke order
 - improve your reading and writing in Japanese
- ❖ Timetable:
 - Fridays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30

Board games and Math games

Board games aren't just about rolling dice anymore - a revival of this fun hobby has produced games which are excellent learning tools. In this club we will play board games which will help learners develop their communication skills as they play cooperatively or competitively. Learners can choose to play math games to increase their number fluency and math skills. Join us for screens-free fun!

- ❖ Teacher: Mr. Justin (justin.rich@dskobe.org)
- ❖ Age: (From Gr1 - Gr6)
- ❖ Group size: 4 – ?
- ❖ Teaching points:
 - Math games develop number fluency and mathematical understanding.
 - Playing in groups develops communication skills.
 - Develop planning and strategic thinking skills.
 - Board games sharpen children's focus and can soothe anxiety.
- ❖ Timetable:
 - Fridays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:30 Club

Gymnastics

The Gymnastics Activities are designed to provide basic gymnastics skills on the floor like somersault, cartwheel, head- and handstand. Another big part focuses on balancing and climbing. The students will learn how to balance on a beam, climb up a ladder, jump over a bench, crawl through holes and land safely. In addition to those challenges the students will learn how to overcome doubts and fears, and finally strengthen their confidence.

- ❖ Teacher: Mr. Lachlan Waite (lachlan.waite@dskobe.org)
- ❖ Age: Early Years (Ages 3+) - PS
- ❖ Group size: 4 – 10
- ❖ Teaching points:
 - Developing fine motor skills
 - Learning how to overcome doubts and fears
 - Improving fitness abilities
- ❖ Timetable:
 - Fridays
 - 15:30 - 15:45 Snack time
 - 15:45 - 16:35 Club

*Baking

Kitchen fun for all aspiring bakers aiming to create mouth-watering recipes! A chance to practise and try out different recipes, get used to new baking techniques and taste lots of delightful creations. From cookies, cakes, and breads for everyone to enjoy. So grab your aprons and let's start baking!

- ❖ Teacher: Lubin Nepomuceno(lubin.nepomuceno@dskobe.org)
- ❖ Age: Early Years (Ages 3+) - Grade 6
- ❖ Group size: 4 – 8
- ❖ Teaching points:
 - enable beginner and intermediate bakers to feel comfortable in the kitchen and develop the essential baking skills
 - experience the taste, feel and smell of their own baking
 - follow simple recipes that will enable students to work independently
 - have lots of fun and create delicious treats!
- ❖ Timetable:
 - Every 2nd Friday
 - 15:30 - 15:45 Snack time
 - 15:45 - 17:15 Club

❖ **Extra fee for ingredients: 1000 Yen per student**

*Cooking

Kitchen fun for all aspiring chefs aiming to create mouth-watering recipes! A chance to practise and try out different recipes, get used to new cooking techniques and taste lots of delightful creations. From healthy dinners and snacks, there's something for everyone to enjoy. So grab your aprons and let's start cooking!

- ❖ Teacher: Lubin Nepomuceno(lubin.nepomuceno@dskobe.org)
- ❖ Age: Early Years (Ages 3+) - Grade 6
- ❖ Group size: 4 – 8
- ❖ Teaching points:
 - enable beginner and intermediate chefs to feel comfortable in the kitchen and develop the essential cooking skills
 - experience the taste, feel and smell of their own cooking
 - follow simple recipes that will enable students to work independently
 - have lots of fun and create delicious treats!
- ❖ Timetable:
 - Every 2nd Friday
 - 15:30 - 15:45 Snack time
 - 15:45 - 17:15 Club

❖ **Extra fee for ingredients: 1000 Yen per student**

Morning Clubs

Morning Indoor Fun Games

Students will have the chance to move around and play fun and exciting games. On occasion we will do some children's yoga. Some of these fun games will involve wheels and audiovisual technology. A perfect way for some students to burn off additional energy and prepare for a focused school day.

- ❖ Teacher: Mr. Lachlan Waite (lachlan.waite@dskobe.org)
- ❖ Age: PS - 6
- ❖ Group size: 4 – 10
- ❖ Teaching points:
 - Spatial awareness, hand-eye coordination
 - Strength and power
 - Mediation techniques
- ❖ Timetable:
 - Tuesdays
 - 7:45 - 8:30

Morning fitness Club

Students will have fun by completing various fitness tasks to music and challenge their strength, power and cardiovascular fitness. This will help prepare students for a successful day for learning at school. A perfect way for some students to burn off additional energy and prepare for a focused school day.

- ❖ Teacher: Mr. Lachlan Waite (lachlan.waite@dskobe.org)
- ❖ Age: G1 - 6
- ❖ Group size: 4 – 10
- ❖ Teaching points:
 - Learning new body movements through activities like pull ups, weight lifting, squatting and jumping
 - learning about various muscles and what each muscle does
 - General fitness, Flexibility, Speed
- ❖ Timetable:
 - Thursdays
 - 7:45 - 8:30

DSKI Parent Programme

Parent Language Classes (English & Japanese)

As with the student clubs, these are offered 14 times over the term and have the same set fee of 20000yen. Please use the Online Registration form to apply.

English Class for Adults

Develop your English language skills in a fun, relaxed setting. The goal of the class is to help students develop confidence in expressing themselves in English and meet other English language learners in our school community.

- ❖ Teacher: Lubin Nepomuceno (lubin.nepomuceno@dskobe.org)
- ❖ Timetable:
 - Tuesdays
 - 14:30 - 15:30

Japanese Class for Adults

Are you new to Japan? Or just haven't taken the time to learn the language? Develop your Japanese language skills in a fun, relaxed setting. The goal of the class is to help learn basic Japanese to deal with various daily situations. Also learn about Japanese culture with a fun and dedicated Japanese teacher who is fluent in several languages.

- ❖ Teacher: Teacher: Chizuru Kinjo (chizuru.kinjo@dskobe.org)
- ❖ Timetable:
 - Fridays
 - 8:45 - 9:45

German Class for Adults

Run in cooperation with the Goethe Institute, this class will lead to an A1 language qualification in German.

- ❖ Teacher: TBA - A fully qualified teacher approved by the Goethe Institute will supervise the course.
- ❖ Timetable:
 - Wednesdays
 - 14:00 - 15:30 (Two 45 minute lessons back to back)
 - Fee: 1400yen/ 45min (2800yen/ day)
 - Dates: February 19 - End of school year (June 10th?)

Drop in Exercise Classes for Adults

We have a couple of **Pay as You Go Classes** for adults to join in when they have the time.

Bhangrabics

Aerobics mixed with Indian Dance! Just like in the Bollywood movies. Come have some fun with an energetic teacher and make some new friends in the school community while sweating away to some fun tunes!

- ❖ Teacher: Bhavleen Sethi (Bhavleensethi@hotmail.com)
- ❖ Timetable:
 - Thursdays in the MPR
 - 13:30 - 14:30

Boxercise

Exercise based on boxing movements put together with movement, lots of movement and fun! The lessons consist of cardio and strength training. The lessons will be 1 hour. All you need to bring is a towel and a water bottle. You can release your stress and also get fit, it's like killing two birds with one stone!!

- ❖ Teacher: Taiki Matsui (weedax0303@gmail.com)
- ❖ Timetable:
 - Wednesdays in the MPR
 - 12:30 - 13:30

In addition to club activities, we also have some private lessons offered.

Additional Private Lessons at DSKI

Please contact the teacher directly to inquire or arrange lessons

Vocal Voice Training

Vocal teacher - Jadwiga Skwierz (witaj.jagoda@gmail.com)

Lessons time - 30 minutes

Age from Kindergarten to G- 6

Timetable

Monday, Tuesday, Wednesday

Time from 15:45-

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[Sign up online here!](#)