



St. Nicholas School

Extracurricular program
2022/23

Sports
Languages
Competencies
Arts





Extracurriculars 2022-23

① Sports

- **Sports initiation:** Game's world
- **Indoor football:** All categories
- **Basketball:** All categories
- **Judo**

② Languages

- **English**
- **Français**
- **Chinese**
- **Deutsche**

③ Competencies

- **Chess**
- **Oratory:** Personal growth and emotional education
- **Experimental science**

④ Arts

- **Musical theatre in English**
- **Music:**
 - Recreational (small music)
 - Instrument (guitar / violin / piano)
- **Dance**
- **Drawing and painting**
- **Jumping clay**

Schedule:

- **Noon:** 1:00 pm to 2:00 pm / 2:00 pm to 3:00 pm
- **Afternoon:** 5:00 pm to 7:00 pm

1. Sports



Sports initiation

Kindergarten

Game's world:

Work on the sport through games where the main technical elements are introduced, such as driving the ball, passing, boosting the throw and the ability to dodge the ball; basic motor skills work that will later be needed in other sports.

35€/month | 9 months (2h/week). Monday and Wednesday from 5:00 pm to 6:00 pm

Judo

Primary & Secondary

Strengthen and channel energies and self-control.

40€/month | 9 months (2h/week). Tuesday and Thursday from 5:00 pm to 6:00 pm

Indoor football

Basketball

Specific training sessions and school league matches (CEEB).

35€/month | **40€/month**
with competition | 9 months (2h/week).
Monday to Thursday from 5:00 pm to 7:00 pm (depending on the teams created).

Categories:

Pre-Benjamin: students born 2015

Infant: students born 2009-2010

Benjamin: students born 2013-2014

Cadet: students born 2007-2008

Alevín: students born 2011-2012

Juvenile: students born 2004-2006



2. Languages

English

Primary & Secondary

Extracurricular English classes aim to reinforce and improve the level acquired at school. The little ones will have fun learning English, while the older ones will work to build a solid foundation of the language and encourage spontaneous speaking, preparing the student for their first official qualifications.

55€/month

*10 months (2h/week). Primary: Alternate days depending on the level from 1:00 pm to 2:30 pm.
Secondary: Friday from 3:00 pm to 5:00 pm*

Français

Kindergarten, Primary & Secondary

Introduction to French with an entertaining and motivating method to introduce the student into a third language.

40€/month

9 months (2h/week). Alternate days depending on the level from 5:00 pm to 6:00 pm

Chinese

Kindergarten & Primary

Learning Chinese stimulates the logical-mathematical thinking of students. They learn to express themselves and interact in simple, everyday situations. In the class there will be activities related to music, poetry and Chinese calligraphy.

55€/month

9 months (1h/week). Tuesday from 2:00 pm to 3:00 pm

Deutsche

Primary & Secondary

Introduction to German with an entertaining and motivating method to introduce the student into a third language.

55€/month

9 months (2h/week). Alternate days depending on the level from 5:00 pm to 6:00 pm

3. Competencies



Chess

Primary & Secondary

Learning chess contributes to good school performance, as well as to enhance key cognitive skill areas for the intellectual development of students.

35€/month | 9 months (1h/week). Tuesday from 2:00 pm to 3:00 pm

Oratory

Primary & Secondary

Public speaking offers techniques, activities and strategies to learn how to speak in public. The activity includes emotional intelligence exercises, voice and posture training body language, communication techniques and gradual exposure to spectators.

35€/month | 9 months (1h/week). Friday from 2:00 pm to 3:00 pm

Experimental Science

Primary

Activity where the students are proposed a challenge per session that they will have to solve in groups through cooperative work techniques, science and experiments as the axis of work.

55€/month | 9 months (1h/week). Thursday from 2:00 pm to 3:00 pm

4. Arts



Musical theatre in English

Primary & Secondary

Through musical theater, students will work on body expression techniques, diction, personal and social acting skills, singing and choreography. Thanks to the fusion of all techniques, students learn to control their body and movement in order to express feelings and interpret different characters. All while improving their vocabulary and fluency in English.

40€/month | 9 months (1h/week). Friday from 2:00 pm to 3:00 pm

Music for tiny people

Kindergarten & Primary 1

Musical activity based on active methodologies. In class, students sing, dance, play instruments, learn musical language and create their own compositions.

40€/month | 9 months (1h/week). Tuesday from 5:00 pm to 6:00 pm

Dance

Kindergarten & Primary | Secondary

Dance develops children's creativity, and helps to interact with other people, to work on elasticity, organizational skills, harmony and balance, and concentration.

Kindergarten & Primary 35€/month | 9 months (2h/week). Monday and Wednesday from 5:00 pm to 6:00 pm

Secondary 30€/month | 9 months (1h/week). Thursday from 2:00 pm to 3:00 pm

Drawing and painting in English

Kindergarten, Primary & Secondary

Students will learn from the most traditional techniques to the most innovative, acquiring a taste for aesthetics and developing their creativity.

30€/month | 9 months (1h/week). Thursday from 5:00 pm to 6:00 pm

Jumping clay

Kindergarten

Clay modeling workshop that facilitates the development of artistic, psychomotor and cognitive skills with the work of volume and the three dimensions. Activity in English.

37€/month | 9 months (1h/week). Wednesday from 2:00 pm to 3:00 pm

Group and individual instruments

Primary & Secondary

Learning to play an instrument in a group promotes cooperative learning, in which all the problems that arise in the class are put together and resolved as a group. Classes can be held in a group (minimum 5 students), in a small group (maximum 4 students) and individually. (Each student has to bring their own instrument).

Variable fee according to modality | 9 months. From Monday to Friday from 2:00 pm to 3:00 pm

Group class	60 min	55€/month
Small group class	45 min	55€/month
Individual class	30 min	68€/month

Extracurricular Enrollment 2022-2023

Name

Surnames

Grade

Extracurricular

Contact email

Reminder:

- All extracurriculars will start the first week of October and end in June.
- Places will be limited to guarantee the smooth running of the activity and a correct individualized attention.
- A minimum number of students is required to open the activities.

*Students will not be able to withdraw during the quarter in course. To request withdrawal, it is necessary to communicate it before the 20th of the last month of the current quarter.

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Signed father / mother / guardian / guardian



St. Nicholas School

Provença 283, Barcelona
T. 932 15 49 53
saintnicholas.cat