



**Four Forest**

# **AFTER SCHOOL ACTIVITIES 2024-25**

# WHY WE OFFER AFTER SCHOOL CLUB ACTIVITIES

## SKILLS THAT MATTER ACROSS CULTURES

Extensive research shows a correlation between the skills taught in SEL (Social-Emotional Learning) programs and academic achievements, positive behaviour, and healthier life choices. SEL programs help students develop essential skills such as self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These skills contribute to improved academic performance, reduced behavioural problems, and increased emotional well-being.

Participating in co-curricular activities after school further enhances SEL learning by providing students with opportunities to practice these skills in real-world settings. Activities like sports, arts, and clubs encourage teamwork, empathy, and resilience, reinforcing the principles taught in SEL programs.

By engaging in these activities, students not only have fun and make new friends but also learn to navigate social situations, manage stress, and set and achieve goals. This holistic approach to education ensures that students are well-prepared for future challenges both academically and personally.

Watch a short video on SEL learning to see how these programs can make a significant difference in students' lives.

<https://youtu.be/OPwzFiuR1m8>



# ASC INFORMATION

Our courses operate with a defined capacity, ensuring an optimal learning environment for all participants. Limited vacancies are available for each course, and registrations are accepted on a first-come, first-served basis for the entirety of the academic year. Admission remains open throughout the year, contingent upon available positions.

In adherence to our commitment to transparency and flexibility, courses may be subject to cancellation one month prior to the conclusion of Trimesters 1 and 2. Cancellations need to be sent through before October 31st and February 28th, respectively. Please note that refunds are not applicable for absences or withdrawals made after the stipulated deadlines.

To facilitate informed decisions, prospective students are encouraged to explore our offerings through a complimentary trial session before committing to registration. This trial period allows individuals to experience the course firsthand and make an informed choice.

For any inquiries regarding our club offerings or registration procedures, the Four-Forest ASC Coordinator is readily available to provide comprehensive assistance and address any concerns you may have. We value your engagement and strive to ensure a fulfilling experience for all students.

## **Contact information:**

Tanja Elsener  
ASC Coordinator

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More details about each activity can be found on the following pages.

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More details about each activity can be found on the following pages.

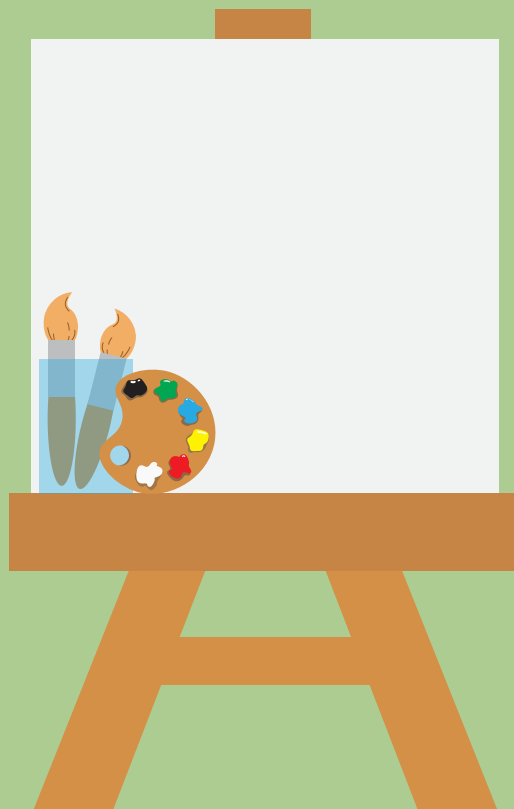
# ART CLUB

At our Art Club, we offer more than just fun—we provide a vibrant world of creativity, skill development, and a deep love for the arts. Imagine your child diving into a colourful realm of shapes and textures where their imagination can soar! From painting and drawing to sculpture, children will try their hand at a variety of artistic techniques, discovering their unique talents and passions along the way. Join us and watch your child's artistic journey unfold in the most fun and exciting ways!

**When?** Thursday 15:30 - 16:30

**Who?** G1 - G4

**Cost?** CHF 780



# DRAMA CLUB

Self expression learned through drama is one of a kind!

Although acting and dancing form the basics of a drama class, self confidence is the biggest gift children walk away with. Drama teaches us to think on our feet and children with time unknowingly prepare themselves for the ever so tough future job interviews and quick decisions in life.

Communication skills are learned through practice and play while the children are often exposed to situations through which drama teaches them empathy.

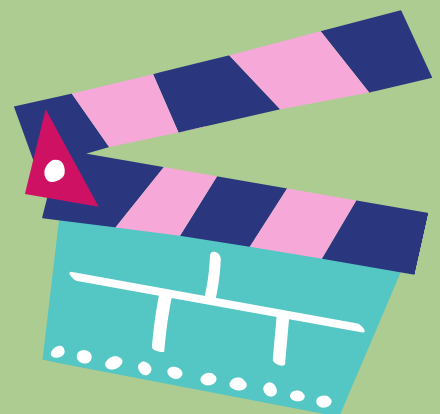
We focus on the acting, physical, vocal, and other techniques which improve the student's theatrical skills.

Drama club is a safe place to push one's boundaries, develop range, and discover oneself as an actor. That requires a great deal of risk, experimentation and most importantly an open mind!

**When?** Monday 16:00 - 17:00

**Who?** KG1 - G3

**Cost?** CHF 1267



# MINI MOVERS

Get ready to jump, dance, and play with Mini Movers, the ultimate movement club for students aged 3-6. Our club is all about having a blast while boosting your physical well-being, trying out new sports, building confidence, and making new friends. It's a place where dance and coordination come together in a whirlwind of fun activities! Mini Movers turns every session into an exciting adventure, packed with games and exercises that will have you bouncing with joy.

Our playful curriculum is designed to inspire curiosity and imagination, making every move a new discovery. Whether you're twirling like a ballerina, leaping like a frog, or balancing like a tightrope walker, FUN is always front and centre! Join Mini Movers, where every class is a playful journey of movement, laughter, and endless fun! Let's get moving and grooving!

**When?** Wednesday 13:15 - 14:00

**Who?** KG1 - G1

**Cost?** CHF 1267

**dance  
dance  
dance**



# KUNG FU

Kick-it!!! Here the children learn kicks, punches, Kung Fu forms, self-defence, body balance, stretching exercises and meditation.

Kung Fu training trains body awareness, which helps the children to get to know themselves better and gain self-confidence.

During the exercises with other children, they learn to show respect for others and themselves.

**When?** Tuesday 15:30 - 17:30

**Who?** KG1 - G6

**Cost?** CHF 1560\*

\*The exact annual costs depend on the number of participants!





# PLAYBALL

Learn. Practice. Play. That's the Playball Way!

Using sport as the means, we provide children with a sound base from which to develop every aspect of their lives.

The aim of Playball is to introduce young children to constructive and enjoyable sport participation through various age-appropriate programs. All of the programs have a "multi-activity" approach, ensuring a competent foundation in all the popular sports played at school.

Children thrive in our fun-filled, high quality sport lessons. Creating a learning environment, which boosts confidence and self-esteem, is paramount.

Your child will be coached to engage confidently in a wide range of sport skills preparing them for years of positive and competent sports participation.

**When?** Monday 15:30 - 16:30 & Thursday 15:30 - 16:30

**Who?** KG1 - G2

**Cost?** CHF 1026



# YOGA

Get ready to stretch, breathe, and relax with our super yoga classes! Yoga is an amazing way to boost your body and mind, making you feel fantastic all over. It's a place where gentle movements turn you into a flexible superhero, and breathing exercises calm your mind like magic. You'll build strength and coordination, helping you stay healthy and active. Yoga isn't just great for your body—it helps you understand and manage your feelings, keeping stress at bay and bringing inner peace. Plus, mindfulness techniques will sharpen your focus, making school and daily tasks a breeze.

Every class is a fun journey where you can master cool poses, build confidence, and make new friends in a supportive, non-competitive space. Group sessions are all about teamwork and empathy, so you'll have a blast connecting with others. Join our yoga adventure and discover the power of calm, strength, and happiness!

**When?** Tuesday 15:30 - 16:30

**Who?** KG1 - G3

**Cost?** CHF 780



# CODING CLUB

Introducing coding to 6-12-year-olds can be both fun and educational, providing them with valuable skills for the future. Coding and technology is literally interwoven into our daily lives. Although most of us, including our tech-savvy children, use smartphones and tablets daily, we generally lack the understanding of how or what drives this technology.

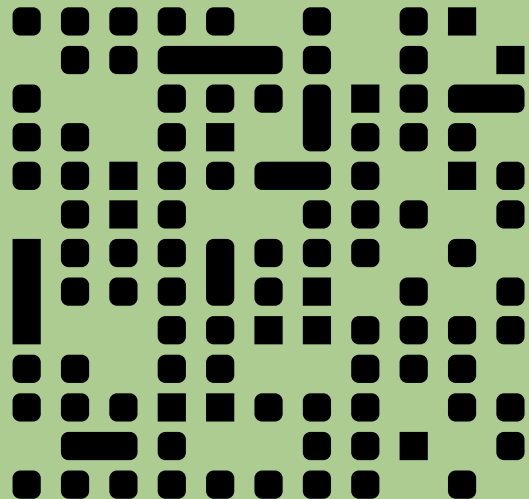
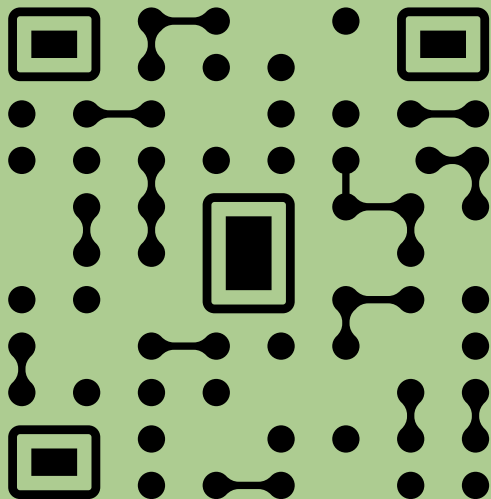
Our coding offering takes students on an epic progressive learning journey.

Starting off with primarily off-screen, basic computational thinking lessons for our youngest learners, each module then steadily increases in complexity as we introduce block-based and ultimately text-based programming languages on multiple platforms.

**When?** Friday 15:30 - 16:30

**Who?** KG1 - G5

**Cost?** CHF 1267



# CHINESE CLUB

With the rise of China as the world's economic power house, there are so many reasons for your child to start learning Mandarin Chinese as early as possible. Not only is she/he learning a very important culture and building on her/his intercultural competence, it is also a proven fact that her/his grasp of a language is at its best when she/he begins to learn it at an early age. Finally, young children who learn multiple languages tend to display later in life a high level of performance and strong skills in different areas.

**When?** Thursday from 15:30

**Who?** KG2 - G6

**Cost?** CHF 1365



# GERMAN CLUB

Joining a German communications club offers numerous benefits for ESL students, significantly enhancing their language proficiency, social skills, and overall confidence. Engaging in regular practice of speaking, listening, and reading in German enables children to expand their vocabulary and refine their language abilities. The primary goal of this club is to provide a tailored learning experience for those learning German as a second language, as well as for new students integrating into the school community. By participating in this club, students receive valuable support and encouragement, fostering both academic and personal growth.

**When?** Wednesday 13:45 - 14:30 (Beginners) &  
Wednesday 14:45 - 15:30 (Advanced)

**Who?** G1 - G6

**Cost?** CHF 1267



*Hallo!*

*Guten  
Appetit*

*Danke  
Schön*

# ROBOTICS

Recent studies suggest that robots could take over many jobs currently done by humans.

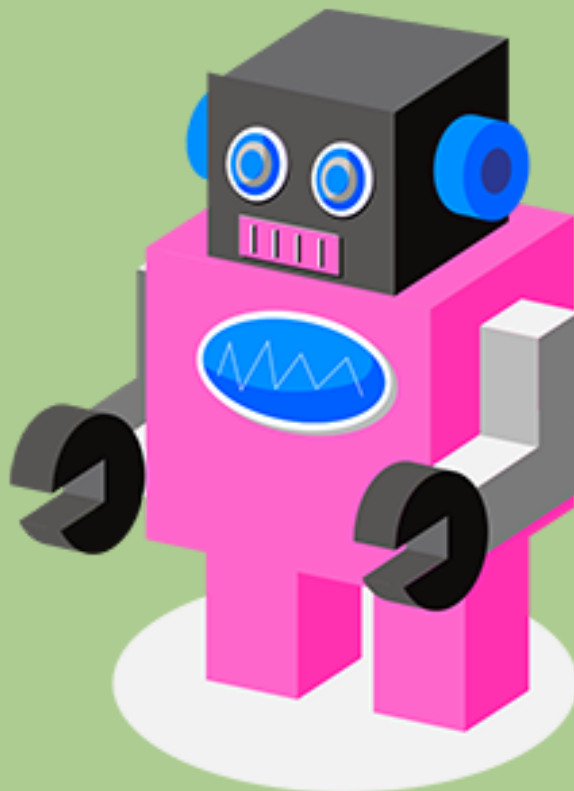
As a result, the global demand for engineers and robotic programmers is set to increase dramatically over the coming decades.

Robots continue to captivate the imaginations of the next generation and offer the ideal hands-on-fun way of enhancing your child's STEM (science, technology, engineering and math) capabilities.

**When?** Wednesday 12:45 - 13:45

**Who?** KG1 - G3

**Cost?** CHF 1317



# RUSSIAN CLUB

Ready to embark on a super fun Russian adventure? At this age, you're like language superheroes, ready to tackle more exciting challenges. Our lessons mix grammar, vocabulary, and conversation practice to make you a Russian pro in no time!

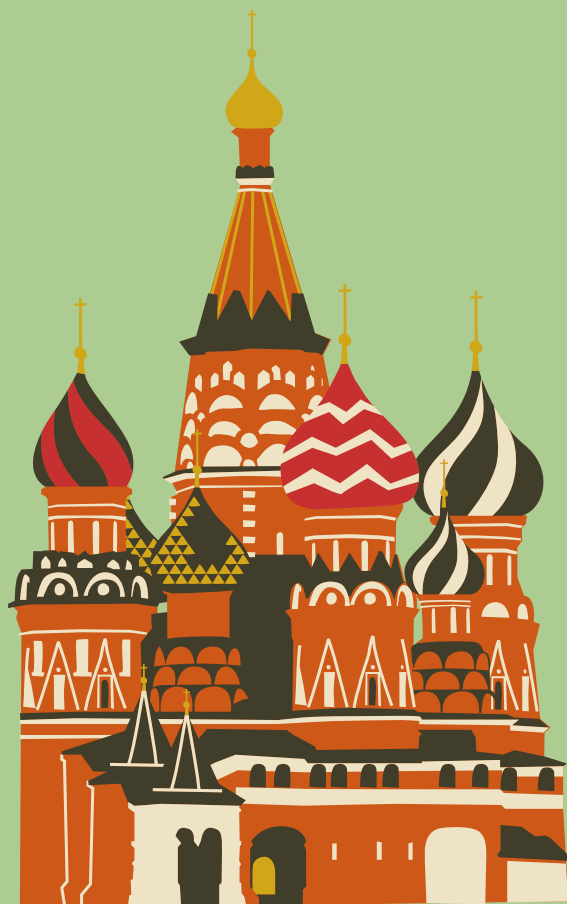
Learning will be dynamic and enjoyable!

So, let's dive in and make learning Russian an unforgettable adventure!

**When?** Wednesday 16:00 - 17:30

**Who?** G1 - G6

**Cost?** CHF 1200



# GUITAR LESSONS

Become a star!

From the new school year you have the opportunity to learn to play the guitar. The individual lessons last 30 minutes. Our teacher would be very pleased to introduce you to this instrument.

**When?** Thursday 15:30 - 17:30

**Who?** KG2 - G6

**Cost?** CHF 1365





# PIANO LESSONS

Do you love the sound of the piano? Find out more about the instrument and learn to play it in our course - from the basics to perfection.

One-to-one lessons of 30 minutes are adapted to your individual learning pace.

**When?** Wednesday 12:00 - 17:30 & Thursday 15:30 - 17:30

**Who?** KG2 - G6

**Cost?** CHF 1365



# HOMework CLUB

Our Homework Club provides students with academic support, a structured study environment, and the foundation for positive learning habits. It offers a quiet, organised space for focused study, enabling students to manage their time effectively and cultivate strong study practices. By encouraging collaborative learning and peer assistance, students can share knowledge and help each other, boosting their confidence and academic performance. The supervised sessions are not 1:1 but are overseen by a teacher, ensuring students stay on top of their homework in a supportive and guided setting.

**When?** Monday 15:30 - 16:00 & Tuesday 15:30 - 16:00

**Who?** G1 - G3

**Cost?** CHF 585 - 1170

