



**Extracurricular
Activities
Brochure
Session II
2017-18**




**YOUR
BEST
SELF**

Extracurricular Activities Detailed Information - Monday through Thursday (Session II)

Students may sign up for a maximum of 3 activities only if the 3rd activity is related to the International Festival dances. International Festival is scheduled for Saturday, April 21.

ALL YEAR ACTIVITIES

Extracurricular Activities offered ALL YEAR are NOT in this brochure. You will not need to re-register your child for Session II & III. Some of these activities have very limited space and we do keep a waiting list for students interested in entering them. Please notify the Activities Coordinator ASAP if your child will not continue with the following activities: **Piano, Karate, Flamenco, Chinese, Fencing, Soccer & Guitar classes.**

 All year activity

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
1-2-3	Lego Quest Challenge	This is a creative building challenge activity using LEGOs. Students will have the opportunity to play, share and problem solve. There are 51 unique LEGO building challenges for students.		Ma. Elena Pazmiño	12 students	x			
1-2-3	Origami	Origami is the art of paper folding which is often associated with Japanese culture. The goal is to transform a flat sheet square of paper into a finished sculpture through folding and sculpting techniques. Students will develop hand – eye coordination and strengthen their concentration.	\$10.00 for material - This payment needs to be made at the cashier's during registration week	Estefania Bohorquez	12 students	x			
1-2-3-4-5	Swimming Beginners	This class is designed for the non-swimmers and new swimmers. Students will be instructed in proper technique of front and back floats, front crawl and backstroke. Students will receive both shallow and deep-water instruction. Children will practice swimming longer distances on their front and back without assistance. Students need to bring swim suit, swimming cap, sleepers, goggles and a towel for the classes.		Fernando Villacis & Paola Braganza	20 students	X			

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
3-4-5	Co-ed Soccer with soccer school "Estudiantes de la Plata"	Academia Cotopaxi works with "Estudiantes de la Plata" to offer this soccer activity. Students will receive a training program to develop physical, fine and gross motor skills. Students will learn the concepts of basic soccer. They will be able to practice with no additional fee at the soccer school located in Tumbaco on Saturday mornings from 9:30 am to 11: am and during the week on Tuesday & Thursday from 4:30 pm to 6:15 pm. Soccer games will be also in Tumbaco on Sunday and students will be notified 4 days before the games.	\$75.00 each session + \$16.00 soccer uniform. This fee has to be paid at the cashier's office by the first week of Extracurricular Activities. Students needs to check the uniform size with Ms. Damiana after payment is made.	Alfonso Espinosa	20 students	x		x	
3-4-5	Board Games	Do you love playing board games? Monopoly, Yahtzee, The Game of Life, Clue, Sorry, or Battleship? Then this is the activity for you! Bring your own board games to share. We'll have a few for us to start with, but it would be much more fun if we had more to choose from!		Nicole Sanchez	12 students	x			
3-4-5	Weaving	Come to create your own weaving! We will prepare a loom, learn weaving strategies, research examples of weaving from around the world, and finish by creating your own meaningful weaving pieces!	\$15.00 payment must be made at the cashier during the week of registration.	Laura Fried	12 students	x			
3-4-5-6	Chocolate & Candy Making	Students will learn basic techniques for making chocolate. We will work with white and dark chocolate and do various decorations with candy. Students will also learn how to make popsicles, rock candy and more! By the end of the session, they will be able to prepare chocolate and candy for parties. This sweet activity will motivate our students to be the creators of their own inventions.	\$20.00 - This payment must be made at the cashier during the week of registration.	Diana Penafiel	12 students	x			
5-6-7-8	Zumba Fitness & Dance / International Festival performance	Zumba is a fitness class where students will keep healthy and will learn different types of movements from different genres. Students will prepare a special dance choreography that they will perform at the International Festival on April 21. We will notify regarding the outfit they will wear in February.		Diana Cruz	12 students	x			

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
5-6-7-8	International Festival Arab Dancing	Students will learn about an Arab dance choreography called Shaabi that they will perform at the International Festival on April 21. This activity ends on April 21.	We will let you know about the clothes fee in February.	Jahel Andrade	12 students	x			
6-7-8	MS international Honor Choir	The MS International Honor Choir is open to any Middle School student, boy or girl, who likes to sing, and is interested in singing with others. No prior experience is needed. The group will rehearse on Mondays for the entire school year in order to prepare for various performances at Academia Cotopaxi (assemblies, concerts, Fine Arts Festival, International Festival, etc.). It is expected that students participate in this activity for Sessions I, II and III. We will develop vocal technique through short warm-ups at each rehearsal, as well as learn a wide selection of music in two or three parts. Students will have some input in our repertoire choices. Finally, students will have the opportunity to audition for the South American Honor Choir Festival at the International School Nido de Águilas in Santiago, Chile, taking place May 23-27, 2018.		Allison Schmidtko & Aimon Dwan	No space limit				
6-7-8	Yoga	Join this great activity; learn to breath and relax your body and mind. We will be waiting for you!!		Sara Nute	10 students	x			
7-8	Math Support	Are you struggling in math? Do you want a quiet place to work on math homework or concepts with your teacher? Do you have a math assessment to prepare for? Math Mondays with Ms. Hoskins will provide a quiet, structured space to get support on current grade 7 and 8 material.		Holly Hoskins	10 students	x			
1-2	Co-ed Soccer	Little Kickers soccer school and coaches work with Academia Cotopaxi for this activity. They focus on teaching soccer in a "pressure free environment". Students work on building confidence, respect, coordination control, companionship and teamwork. At the end of each session they have a friendly game.	This is a paid activity: \$75.00 each session + \$16.00 for the uniform if its needed. Payment has to made at the Cashier's office during registration week. After the payment is make, please check with Ms. Damiana for the uniform size.	Irene Samaniego	20 students		x		x

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
1, 2, 3	International Festival Hip Hop Mix	Students will work and prepare a special hip hop dance choreography that they will perform at the International Festival on April 21. This activity will continue until April 21.	We will notify regarding the costume fee in February.	Michelle Baquero	No Limit Space		x		
1-2-3	Girls Soccer	This fun soccer activity will be offered once a week. It's the perfect activity to choose if you like sports, having fun, and playing outside. We will learn how to play soccer by doing fun games. Every training session will have a special warm up exercise and we will teach how to dribble and kick and pass the ball. We will end every training session with a fun soccer game.		Camila Gonzalez	12 students		x		
1-2-3-4-5	Swimming Competition Club	This class is designed for students who are able to swim 50 meters of front crawl, backstroke, and breaststroke as well as 25 meters of butterfly. This class improves butterfly, teaches flip turns and advances stroke technique. We also work on building endurance. All students in this group will participate in swimming competitions organized by the school. Please be advised that since this class involves mixed age levels, all swimmers need to be able to change their clothes without requiring assistance inside locker rooms.		Fernando Villacis & Paola Braganza			x		
3-4-5	International Festival Dance -THRILLER	Students will learn the dance choreography from Michael Jackson, Thriller and will perform it at the International Festival on April 21. This activity will continue until April 21.	We will notify regarding the costume fee in February.	Diana Camacho	12 students		x		
3-4-5	Sewing Mandalas	A mandala is a spiritual symbol in Hinduism and Buddhism that represents the universe. In various spiritual traditions, mandalas may be employed for focusing attention of practitioners, as a spiritual guidance tool. In this activity classes, we will explore different types of fabric and thread to create a colorful sewn mandala.	\$15,00 for material - This payment needs to be made at the cashier's office during registration week.	Ana Carolina Alvear			x		

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
6-7-8	Homework Club	This is the perfect opportunity for Middle Schoolers to start the school year on the right foot. Keeping up with homework, getting extra help in all subject areas and uploading classwork is a great habit to develop. We will also work on organization skills that are essential in your academic career. Come in and join the Learning Support team on the road to success!		Maria Belen Zavala	8 students		x		
3-4-5-6	Cupcakes Making & Decoration	If you love eating cupcakes and enjoy making them yourself, this is the class for you! During this session, you will learn how to make different types of frosting, from a simple vanilla icing to a delicious chocolate buttercream. You will learn how to decorate with creams and frostings as well as using different themes. Also, you will explore the basic steps to decorate with fondant. You will learn how to create animal, flowers, birthday and different holiday theme decorations.	\$25.00 for ingredients - This payment needs to be made at the cashier's office during registration week	Ma. Gabriela Estupiñan	12 students		x		
4-5	Stop Action	Have you ever wondered how movies like the LEGO Movie or Nightmare Before Christmas were made? In this activity, you will learn how to use a stop motion app on your iPad to make short animated movies. Requirement: students must bring their iPad to each class and have the Stop Motion app		Yolanda Bain Barker	8 students		x	x	
1-2	International Festival Belly Dancing	Arabic dance is a way of expressing art through the body! Students will learn: posture, basic steps for Arab dance class, and rhythms. Students will work on a special dance choreography that will perform at the International Festival on April 21. This activity will continue until April 21.	We will notify regarding the costume fee in February.	Jahel Andrade	12 students			x	
1-2	Co-ed Basketball	Come play with us to improve your basketball skills by learning different drills, movements and games, from a basketball game to a one-to-one activity.		Diana Cruz	12 students			x	

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
1-2-3	International Cooking & Baking	Students will learn delicious international recipes that are easy to prepare.	\$30.00 – this fee payment has to be made at the Cashier’s office by the first week of Extracurricular Activities	Michelle Baquero	12 students			x	
1-2-3	International Festival dance choreography Pinocchio	Students will work on a special dance choreography of famous story of Pinocchio and will perform it at the International Festival on April 21. This activity will continue until April 21.	We will notify regarding the costume fee in February.	Diana Camacho	12 students				
1-2-3-4-5-6-7-8	Water Games	This class is open for students who know how to properly swim 25 meters of front crawl and backstroke. In this class students will be participating in different pool games such as water polo, underwater games, relay races and water challenges. Please be advised that since this class involves mixed age levels, all swimmers need to be able to change their clothes without requiring assistance inside locker rooms.		Fernando Villacis	15 students			x	
2-3-4-5	Passport Around the World	Learn different activities from countries around the world in a fun way. We will “travel” to a different country each class and will do crafts or prepare a typical food from the place we are “traveling” to. Some examples of the activities kids will do are: making our own pizza (Italy), origami bookmarks (Japan), playing traditional games (Ecuador), Lassi drink (India), etc. By the end of the session, students will be able to know different cultures around the world and prepare something related to that place.	\$30,00 for ingredients and material - This payment needs to be made at the cashier’s office during registration week	Diana Peñafiel	12 students			x	

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
3-4-5	Festival Internacional Hip Hop Y Break Dance	Hip hop is an enriching dance style for all ages. One of the main objectives of this extracurricular activity is to provide a space for relaxation and fun for boys and girls from 3th to 5th grade. Among the benefits of dancing hip hop and break dance is the combination of aerobic and anaerobic training, which favors better flexibility, coordination and greater cardiovascular work. In addition, it promotes the development of greater confidence and self-esteem, through sharing healthy spaces between colleagues. Students will work on a special Hip hop dance choreography and also break dance and will perform it at the International Festival on April 21. This activity will continue until April 21.	We will notify regarding the costume fee in February.	Andrea Robayo	12 students			x	
3-4-5	Yoga	Students will learn various methods of relaxation. For this activity, they need to bring a mat for the exercise.		Karina Mera	12 students			x	
5-6-7-8	Kickboxing Fitness	Students will learn the fundamentals of kickboxing (punches, hooks, uppercuts, elbow strikes, knees, different kicks, and footwork) mostly in a noncontact environment. Class will focus on building strength through abdominal work, pushups, or squats, and light stretching to increase flexibility and decrease the chances of injury. The students will learn how to properly defend the movements with the end goal being that it becomes muscle memory. Goals for kickboxing for fitness include self-discipline, respect for partners, focus, and ability to follow directions as well as body awareness, coordination, agility, balance, strength, stamina, and mastery.		Karla Landívar	10 students			x	

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
6-7-8	Homework Club	This is the perfect opportunity for Middle Schoolers to start the school year on the right foot. Keeping up with homework, getting extra help in all subject areas and uploading classwork is a great habit to develop. We will also work on organization skills that are essential in your academic career. Come in and join the Learning Support team on the road to success!		Maria Belen Zavala	8 students			x	
1-2-3	Karate Beginners	<p>"PROGRAM FOR WHITE BELT: Master the basic techniques of arms, basic techniques of legs (front and circular kick), simple movements, movements with arms for arms, movement with leg techniques, attack movements with pairs, defense against one opponent, defense against two opponents, combat foundations and basic Kata Taikyoku Shodan. At the end of the school year students will ascend from the white belt to white-yellow belt.</p> <p>IMPORTANT INFORMATION - Karate Beginners students can complete the additional training with no additional payment at the Karate IKA School located at Centro Comercial LA Y Local #30 on the following days: Tuesday & Thursday from 5-6 p.m. or Friday from 4:40 pm to 5:30 pm Mr. Romel Armijo romel-armijos@yahoo.es tel. 0997-089-077 and Mr. Julio Garzón 0994-197201 julio_garzon@hotmail.com</p>	You can purchase the Karate uniform at Artes Marciales y Más located at the el Centro Comercial La "Y" address: Ave 10 de Agosto y América, local 30 N39-603, tel. 225- 4455. Uniform fee: de \$46.00 a \$55.00 depending on the size.	Julio Cesar Garzon	12 students				x
1-2-3-4-5-6-7-8	Intermediate Swimming	This class is designed for children who are able to swim 25 meters of front crawl, backstroke and sidestroke without flotation devices. Swimmers should have knowledge of underwater swimming and treading water. This class refines front crawl and teaches rotary breathing, improves endurance and starts the foundations of breaststroke and butterfly. The swimmers in this group will participate in swimming festivals organized by the school. Please be advised that since this class involves mixed age levels, all swimmers need to be able to change their clothes without requiring assistance inside locker rooms.		Paola Braganza & Fernando Villacis	20 students				x

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
2-3-4-5	Comics	The comic strip activity is a class where children will be able to explore the world of comic (cartoon) drawing. Students will be able to create their own characters and be able to incorporate it in a story map and then into a comic book. The student will learn to free draw characters as well as techniques of inking and coloring. The final product is to have a comic book done to be able to share with parents.	\$10.00 for material – This payment needs to be made at the cashier’s office during registration week	Edwin Poveda	12 students				x
3-4-5	Mukimono for Children	Mukimono is a traditional Japanese art of carving shapes or images into fruits and vegetables. In Japan, Mukimono is used as a decorative garnish, intended to bring excitement to a dish. Students will learn the basics of Mukimono.	\$20.00 for ingredients - This payment needs to be made at the cashier’s office during registration week	Karina Mera	12 students				x
3-4-5	Beginner/Lower Intermediate Gymnastics	Students will practice the fundamental moves of gymnastics. This includes spotting for a combination of acro-elements, basic body positions, and tumbling passes.		Dallas Cabrices	12 students				x
3-4-5	Int. Festival Salsa & Bachata Dance choreography	Come learn how to salsa and bachata dance. In this class, we will be learning both fancy footwork and combinations and spins with a partner. We will also learn about the origins of salsa and bachata music and dancing. Even more exciting, students will be performing a great dance choreography at the International Festival on April 21. This activity ends on April 21	We will let you know about the clothes fee in February.	Nicole Mann	12 students				x
4-5	Drama Club	This is an introduction to stage acting. We will review all the stage vocabulary through drama warm ups and games. We will develop pantomime, voice, and improvisations skills.		Carla Barragan	10 students				x

Grades	Activity	Description	Fee	Teacher	Limited to	Monday	Tuesday	Wednesday	Thursday
6-7-8	Homework Club	This is the perfect opportunity for Middle Schoolers to start the school year on the right foot. Keeping up with homework, getting extra help in all subject areas and uploading classwork is a great habit to develop. We will also work on organization skills that are essential in your academic career. Come in and join the Learning Support team on the road to success!		Ma. Belen Zavala	8 students				x
6-7-8-9-10-11-12	Cooking & Baking	Calling all food lovers! This activity will focus on the practical skills required to bake and cook a new item each week. Some items include desserts, empanadas, and other snacks. The food we make will then be sold in the Sweet Morning Charities Coffee Shop on Friday mornings. All money raised will go to local charities. Students participating in this club are also invite to volunteer at the coffee shop for community service hours.	\$30,00 for ingredients - This payment needs to be made at the cashier's office during registration week	Ma. Gabriela Estupiñan, Carla Domínguez, Kate Cusimano	12 students				x