



CAYMAN INTERNATIONAL SCHOOL  
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## Early Childhood and Elementary After School Activities, Term 3, 2018-2019

Dear Parents,

It is an honor to have the opportunity to work with you to provide your families with a world class co-curricular learning environment at Cayman International School. We all acknowledge and value the role that learning outside of the classroom plays in the development of our students. It is humbling and rewarding to share in this opportunity with you all.

You will notice that we have begun making some changes to our ASA program. Some of these are as simple as adding new outside providers or encouraging our teachers to offer activities that are aligned to our school-wide vision for co-curricular learning. Some of these changes have occurred behind the scenes, providing additional layers of safety and accountability for our kids and community. Please know that we remain committed to supporting student learning in and out of the classroom, during regular school hours and as part of our After School Activity program.

In this document you will find an outline of the clubs and activities offered your children for this After School Activity (ASA) Session. Please note that we have also distributed detailed instructions for registration and a special release of our new programs. Please do not hesitate to contact me directly with any additional questions or concerns. Again, I look forward to working with you all now and in the future.

Warm Regards,

Colin Crumpton

Director of Athletics and Activities

[Colin.crumpton@cis.ky](mailto:Colin.crumpton@cis.ky)

## Session Dates

- ASA Term 3 will run from Monday, April 1 to Friday, June 7.
  - *No clubs will run April 8-12 or April 15-19*

## Registration Dates

- Online registration will open 8:00pm on Tuesday, March 19th and close at 8:00pm on Wednesday, March 20th. Registration will reopen 8:00pm on Thursday, March 21st and close again at 8:00pm on Saturday, March 23rd.

## Changes to Registration

- You will have until the end of the first week of Term 3 (Saturday, April 6 at 8:00pm) to make changes to any registrations. After this point all billing will be final.
- All changes must be made on this Google Form: [EC/ES ASA Change Request Term 3, 2019](#)

## Billing

- The online registration software will calculate the total of all clubs registered through this software.
- All families will be charged for the total amount of the clubs and activities for which they have registered after the first week of Term 3 of ASAs.
- Questions related specifically to billing can be directed to [cis.billing@cis.ky](mailto:cis.billing@cis.ky). Please copy Colin Crumpton ([colin.crumpton@cis.ky](mailto:colin.crumpton@cis.ky)) on all communications regarding ASAs.

# Timetables

Note- There may be some small changes to time tables that are unavoidable.

## Early Childhood, 2:20pm-3:00pm

Monday (6 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (7 Sessions)
Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. *** REGISTER SEPARATELY***	Pee Wee Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200 ***Must be PreK4 or have done activity before***	Pre-Handwriting Club, Kidsability, A3, Max 10, \$200 ***Please see additional communication about KidsAbility activities.***	Pee Wee Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200 ***Must be PreK4 or have done activity before***	
	Yoga, Yoga Sprouts, A1, Max 12, Cost \$144	PLAYSHOP: KIDS MUSIC & DANCE, Cayman Music School, A2, Max 12, Cost \$144		
		Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. *** REGISTER SEPARATELY***		
		Pee Wee Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 6, Cost \$200 ***Must be PreK4 or have done activity before***		
		Global Games, Rhythms and Stories, Mrs. Shannon, Room TBD, Max 8, Free		

## Grades K-2, 2:20pm-3:00pm

Monday (6 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (7 Sessions)
Swimming, CBAC, Pool (A3 Rain Out), Max 6, Cost \$108	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	Swimming, CBAC, Pool (A4 Rain Out), Max 6, Cost \$144	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200
Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$150	Yoga, Cayman Sports, A2, Max 8, \$144	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	Yoga, Cayman Sports, A2, Max 8, \$144	Swim, Stroke, and Safety, Fitness Connection, Pool (A4 Rain Out), Max 6, Cost \$144
Classical Kids: Beethoven, Cayman Music School, A2, Max 10, Cost \$108	Handwriting Club, Kidsability, A4, Max 10, Cost \$200; ***Please see additional communication about KidsAbility activities.***	Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Movers and Shakers, Yoga Sprouts, Thursdays, A1, Max 12, \$144	UKULELE CLUB, Cayman Music School, ARC Stage, Max 8, \$105
We-Thinkers Social Skills Club, Kidsability, A4, Max 10, Cost \$150 ***Please see additional communication about KidsAbility activities.***	Drama and Acting, Cayman Music School, B1, Max 10, Cost \$120	Blue Team, Ms. Heather and Ms. Amanda, Location A10, Max 16, Free	Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Multi-Sport Training, Cayman Movement, ARC Patio, Max 12, \$175
Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Anatomy Based Yoga, Cayman Movement, B1, Max 12, \$160	Bio-Mechanic Fitness and Movement, Cayman Movement, ARC Patio, Max 12, \$200	Budding Chef Cooking Club, What's Cooking? With Ms. Maureen, STEAM Lab, Max 10, Cost \$200
Multi-Sport Training, Cayman Movement, ARC Patio, Max 12, \$150	You-Jitsu: Self-control, Self-Awareness, Self-Improvement, The Academy of Grand Cayman, ARC Stage, \$144.	FUNDamental Sport Skills, Cayman Islands Volleyball Federation Clinician Rick Bevis, The ARC, \$105 (Begins April 24)	You-Jitsu: Self-control, Self-Awareness, Self-Improvement, The Academy of Grand Cayman, (Location TBD), \$144.	
UKULELE CLUB, Cayman Music School, ARC Stage, Max 8, \$90		Young Film Critics Club, Mrs. Cheryllyn, A8, Max. 10, Free		
Budding Chef Cooking Club, What's Cooking? With Ms. Maureen, STEAM Lab, Max 10, Cost \$150				

## Grades 3-5, 3:15pm-4:00pm

Monday (6 Sessions)	Tuesday (8 Sessions)	Wednesday (8 Sessions)	Thursday (8 Sessions)	Friday (7 Sessions)
Board Games, Ms. Jen Van Cleve, A7, Max 12, Free	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	Tennis, Cayman Sports, Tennis Courts (ARC Patio Rain Out), Max 8, Cost \$200	Swim, Stroke, and Safety, Fitness Connection, Pool (A4 Rain Out), Max 6, Cost \$144
Green Screen Magic, Ms. Carol, Tech Lab, Max 8, Free	Yoga, Cayman Sports, A2 Max 8, \$144	Ornithology, Mr. Jeff, B8, Free.	Yoga, Cayman Sports, A6, Max 8, \$144	Girls Fit, Cayman Movement, ARC Patio (Rainout TBD), \$175
Girls Fit, Cayman Movement, ARC Patio (Rainout TBD), \$150	You-Jitsu: Self-control, Self-Awareness, Self-Improvement, The Academy of Grand Cayman, ARC Stage, \$144.	Anatomy Based Yoga, Cayman Movement, B1, Max 12, \$200	Bio-Mechanic Fitness and Movement, Cayman Movement, ARC Patio, Max 12, \$200	
Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	Funky Fonts and Fun Design, Ms. Mary Ellen, A6, Free.	
			You-Jitsu: Self-control, Self-Awareness, Self-Improvement, The Academy of Grand Cayman, ARC Stage, \$144.	
			Skills and Control, Total Soccer, Pitch (ARC Patio Rain Out), \$100/\$200 Monthly. ***REGISTER SEPARATELY***	

# After School Activities Descriptions

## Early Childhood

- **Pee Wee Tennis by Cayman Sports**
  - An age-appropriate tennis program that introduces your child to the sport by using fun games and contests. Basic fundamentals will be explored using specially designed Pee Wee tennis balls which are large and decompressed. Racquets are available.
- **Yoga by Yoga Sprouts**
  - Yoga comes to life in our fun, creative and developmentally appropriate classes. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques will foster your child's emotional growth, self-esteem and creativity while improving their flexibility, strength, balance, and posture. Our classes motivate children to be active, build confidence, and manage the spectrum of emotions they experience during their day to day activities. In a typical class, the children will sing, dance, skip, imagine and laugh, ALL while practicing yoga, meditation, and relaxation.
- **Skills and Control by Total Soccer**
  - Developmentally appropriate football (soccer) training offered by highly qualified, internationally recognized football professionals. Students will master a number of fundamental skills while learning to love the world's most popular sport.
- **Pre-Handwriting Club by KidsAbility**
  - The pre-handwriting club will utilize the handwriting without tears program through multi sensory activities. The club will include; songs, dances, crafts and activities that will introduce your little one to printing.
  - Please note that a separate communication about KidsAbility will also be distributed. Please read that document carefully before registering your child for any KidsAbility activities.
- **Playshop: Kids Music and Dance**
  - Instruments, props, magic and make believe bring joy and learning alive in this fun class. Your child will be introduced to world music, classical music and instruments, musicality and movement and simple dance that supports and nurtures their physical development. A great early preparation for learning an instrument or dance
- **Global Games, Rhythms, and Stories w/ Mrs. Shannon**
  - Learn games, music, dances, and stories enjoyed by children from around the world!

## Grades K-2

- **Biomechanic Fitness and Movement with Cayman Movement:**
  - Learn what is happening in your body while exercising. In these classes your child will do exercises that help prevent injury, correct alignment and posture, stretch tight muscles and hit windows of achievement for motor pattern development. Want your child to develop coordination quickly? Correct their posture? Sign them up for this class.
- **Anatomy Based Yoga with Cayman Movement**
  - Does your child want to be a doctor? Are they interested in how the body works? Sign up for an anatomy-based stretching/yoga movement program. The kids will learn how to safely stretch their muscles, what the muscles and bones are called as well as basic functioning of muscles.
- **Multi-Sport Training with Cayman Movement**
  - Sign up for a multisport club that includes tennis, rugby, basketball, dynamic stretching/track work-outs and yoga/static stretching. Learn basic skills for each sport and compete in fun games. Cross-training is highly advantageous in preventing overuse injuries while game play increases cognitive development by using game scenarios to train quicker decision-making.
- **You-Jitsu: Self-Control, Self-Awareness, Self-Improvement**
  - Students will learn to control their bodies, their minds, and their ability to react to stressful situations. Coach Ronnie James Hughes will guide students through a series of fun games designed to teach them the principles of jujitsu and self-management.
- **Swimming by CBAC**
  - Swim lessons will be provided by Camana Bay Aquatic Club (CBAC) instructors. The CBAC instructors may assess the child's level, along with the CIS Swim Coach, for specific level placement. The instructors' flexibility will allow them to offer a combination of levels on the same day should the demand dictate a need. Aquatic fitness & fun classes may also be an option for the swimmers.
- **Tennis by Cayman Sports**
  - The children learn basic tennis skills through a variety of games. They improve their hand eye coordination with movement and motor skill exercises. The focus is on fun and becoming comfortable on a tennis court and with a racquet. These mini-tennis sessions use decompressed balls.
- **Classical Kids: Beethoven**
  - With child-appropriate verse and popular excerpts from Beethoven's music, students will engage their imaginations and learn about music, history, and musical concepts (rhythm, pitch, developing a descriptive vocabulary) through various activities including listening, singing, playing simple instruments, discussion, story writing, and art activities.
- **We-Thinkers Social Skills Club by KidsAbility**
  - The We Thinkers! series helps children build fundamental social competencies and improve their social and academic performance. This program uses stories and play to navigate through social skills for this age group.

- Please note that a separate communication about KidsAbility will also be distributed. Please read that document carefully before registering your child for any KidsAbility activities.
- **Yoga by Cayman Sports**
  - Students enrolled in yoga learn how to identify feelings in their own bodies and to focus through various yoga poses. In playful games of imagination, they dream up their own poses to learn how to creatively explore and move their own bodies.
- **Handwriting Club by KidsAbility**
  - The handwriting club will utilize the Handwriting Without Tears program to introduce and reinforce correct letter formation. Various fine motor activities and games will be incorporated to develop printing skills.
  - Please note that a separate communication about KidsAbility will also be distributed. Please read that document carefully before registering your child for any KidsAbility activities.
- **Drama & Acting by Cayman Music School**
  - An introduction to acting for stage, we will cover voice, character development, improvisation, sharing ideas and opinions clearly and with confidence, and stage craft.
- **Skills and Control by Total Soccer**
  - Developmentally appropriate football (soccer) training offered by highly qualified, internationally recognized football professionals. Students will master a number of fundamental skills while learning to love the world's most popular sport.
- **Movers and Shakers by Yoga Sprouts**
  - Our bodies were designed to move, and that's exactly what we do in these fun, creative and developmentally appropriate classes. Participants will explore movement concepts through games and activities that support development of their functional mobility skills, balance, flexibility, and coordination. Our classes motivate children to be active and build confidence, as they sing, dance, bend, twist, skip, imagine and laugh. All participants will become confident movers and shakers!
- **Swim, Stroke, and Safety by Fitness Connection**
  - What's the best way to end the school week? Fun in the pool! Fitness Connection's Coach Laura will be leading swim lessons based on the Starfish Aquatic Institute's Swim & Stroke schools. Whether your swimmer is looking to gain confidence in the water or build endurance before joining a swim team, we individualize each class to keep the swimmers challenged and having fun. We will require all swimmers to be able to swim half a length of the Camana Bay Pool.
- **Ukulele Club by Cayman Music School**
  - Students will learn basic beginner techniques on ukulele such as strumming, and reading music notation and tablature. Students will learn how to play pieces with a group, as well as how to perform solo for their friends, family, and the public. Ukuleles will be provided for each student.
- **Young Film Critics Club w/ Ms. Cherilyn**
  - Movie lovers in Kindergarten through 2nd Grade are invited to join this club! We will watch movies, learn about filmmaking, and write reviews. Healthy movie snacks are welcome!

- **Blue Team w/ Ms. Heather and Ms. Amanda**
  - This club introduces students to tropical marine biology, ecology, and conservation. The aim is to change students' attitudes and behaviors about the ocean while having fun exploring our island's greatest resource - our ocean! Some activities include - an ocean acidification and coral bleaching investigation, a Department of Environment sea turtle talk, shark talk with Shark Conservation Cayman, virtual dives from the Central Caribbean Marine Institute in Little Cayman, mangrove species identification with Cathy Childs from the National Trust, an activity with Jacques Cousteau's Ambassadors of the Sea, and a beach clean up!
- **FUNDamental Sport Skills with Cayman Islands Volleyball Federation Clinician Rick Bevis**
  - Students will work on the FUNdamental movement that serve as the building blocks of youth sport. Coach Rick Bevis is a Professor of Sport, Health and Physical Education at Vancouver Island University and a specialist in Coaching Education and Youth Sport Development. He will guide these sessions along with the help of older students athletes and members of our volleyball coaching staff.
- **Budding Chef Cooking Club**
  - These classes will be provided by Maureen Cubbon and her team. Maureen is the Lead Instructor for the Budding Chef healthy cooking classes at Bon Vivant and has helped to create and implement other children's food and health focused programs in Cayman. Class will incorporate kitchen skills such as mixing, measuring, tasting, and some cooking as age appropriate. Recipes will not be repeated even if similar subject matter or ingredients have been covered in past sessions. All recipes will incorporate healthy options and ingredients are nut free. Children are encouraged to get hands on, work together, and to try new things while becoming more thoughtful about what they eat and being creative in the process.

## Grades 3-5

- **Biomechanic Fitness and Alignment with Cayman Movement:**
  - Learn what is happening in your body while exercising. In these classes your child will do exercises that help prevent injury, correct alignment and posture, stretch tight muscles and hit windows of achievement for motor pattern development. Want your child to develop coordination quickly? Correct their posture? Sign them up for this class.
- **Anatomy Based Yoga with Cayman Movement**
  - Does your child want to be a doctor? Are they interested in how the body works? Sign up for an anatomy-based stretching/yoga movement program. The kids will learn how to safely stretch their muscles, what the muscles and bones are called as well as basic functioning of muscles.
- **Multi-Sport Training with Cayman Movement**
  - Sign up for a multisport club that includes tennis, rugby, basketball, dynamic stretching/track work-outs and yoga/static stretching. Learn basic skills for each sport and compete in fun games. Cross-training is highly advantageous in preventing overuse injuries while game play increases cognitive development by using game scenarios to train quicker decision-making.
- **Girls-Fit with Cayman Movement**
  - We will work on goal-setting, visualization, healthy choices, teamwork as well as being active. Girls are 1.5 times as likely to quit playing sports by age 14 and 50 % of girls will quit sports by age 17. It is very important to change those statistics but also include different ways for girls to be active and fit outside of sports teams. This will provide an inspiring and encouraging space for movement and being mental and social wellness.
- **Skills and Control by Total Soccer**
  - Developmentally appropriate football (soccer) training offered by highly qualified, internationally recognized football professionals. Students will master a number of fundamental skills while learning to love the world's most popular sport.
- **Tennis by Cayman Sports**
  - The children learn basic tennis skills through a variety of games. They improve their hand eye coordination with movement and motor skill exercises. The focus is on fun and becoming comfortable on a tennis court and with a racquet. These mini-tennis sessions use decompressed balls.
- **Yoga by Cayman Sports**
  - Students enrolled in yoga learn how to identify feelings in their own bodies and to focus through various yoga poses. In playful games of imagination, they dream up their own poses to learn how to creatively explore and move their own bodies.
- **Swim, Stroke, and Safety by Fitness Connection**
  - What's the best way to end the school week? Fun in the pool! Fitness Connection's Coach Laura will be leading swim lessons based on the Starfish Aquatic Institute's Swim & Stroke schools. Whether your swimmer is looking to gain confidence in the water or build endurance before joining a swim team, we individualize each class to keep the swimmers challenged and



having fun. We will require all swimmers to be able to swim half a length of the Camana Bay Pool.

- **Ball and Net Games with Cayman Islands Volleyball Federation Clinician Rick Bevis**
  - Students begin playing a variety of “ball and net” games that push our kids closer to playing the actual game of volleyball. Coach Rick Bevis is a Professor of Sport, Health and Physical Education at Vancouver Island University and a specialist in Coaching Education and Youth Sport Development. He will guide these sessions along with the help of older students athletes and members of our volleyball coaching staff.
- **Board Games with Ms. Jen Van Cleve**
  - Students will have a variety of board games and card games to choose from and play. Students will develop character traits of fair play and gamesmanship in a fun atmosphere. Students’ conceptual learning will increase as they practice strategies and theories to help increase their success in games. Some games may be new to students and their competency will develop as their skills and understanding of games increase in a relaxing environment.
- **Green Screen Magic with Ms. Carol**
  - Have you ever wondered how green screens are used in movies to make the impossible seem real? This activity will give you a chance to create your own movie using green screen technology. You will choose your backgrounds, create a storyboard, film, and edit your movies just like the pros do. Come ready to listen, learn, and be creative!
- **You-Jitsu: Self-Control, Self-Awareness, Self-Improvement**
  - Students will learn to control their bodies, their minds, and their ability to react to stressful situations. Coach Ronnie James Hughes will guide students through a series of fun games designed to teach them the principles of jujitsu and self-management.
- **Ornithology with Mr. Jeff**
  - As a club, we will learn the anatomy of birds, the different types and their unique behaviors. Using our field notebook, we will learn to draw birds, highlighting the distinctive patterns and markings of individual species. Through campus field trips we will observe and learn more about unique bird behavior and calls. We will explore the campus for bird life, including nesting sites and participate in an informal bird count of the species found here on the CIS campus.
- **Funky Fonts and Fun Designs with Ms. Mary Ellen**
  - Students will enjoy learning how to draw and create fun lettering. We will take a look at what makes fancy lettering appealing, and how our font choices can influence the message we are trying to communicate. After developing and practicing our skills in creating funky fonts we may further our creativity by designing and making cards and/or inspirational posters.