

**Season 1:2nd September- 22nd November
3:00pm-4:00pm unless specified**

Students not involved in ASA's will be expected to leave the school campus at 3:00 pm on Monday, Tuesday, Thursday, Friday and 2:10 pm on Wednesday

Activity	Descriptor	Location/Other
MONDAY	Grades 6-8	
Chess Monday	Join this ASA to play a game made up of one king, two bishops, two rooks, two knights and eight pawns! Sounds like stepping back in History! We welcome beginners. We will have a friendly competition at the end of season 1.	E6
Sign Language Monday	Are you intrigued by Sign Language? Do you know someone who can only communicate this way? Then this ASA is for you. You will learn the sign language alphabet and also learn some of the commonly used gestures	TBA
UGMUN Monday	This is a Model United Nations Conference that is hosted by ISU in December. More than 250 students from around Kampala participate in this event. UGMUN will also run in Season Two	C2
Yoga Monday	To increase your flexibility, muscle tone and strength, join our yoga ASA.	Drama room
ISSAK U13 Boys Football Monday	Join the Football team and be ready to compete in the ISSAK League. A player must be under 13 as of 1st September 2019	Main pitch
ISSAK U13 Girls Football Monday	Join the Football team and be ready to compete in the ISSAK League. A player must under 13 as of 1st September 2019	Main pitch
ISSEA caters for Grade 8 and above ONLY Prices shown are estimates subject to change		
ISSEA Boys Basketball Monday	The 2019-20 ISSEA Basketball competition will take place at The International Community School of Addis Ababa (ICS) from 29th January- 2nd February. Grade 8 and above ONLY	Sportshall 500 USD
ISSEA Rugby Monday	The 2019-20 ISSEA Rugby competition will take place at The International School of Kenya (ISK) from 23rd-27th October. Grade 8 and above ONLY	Upper pitch 500 USD
ISSEA STEM Monday	The 2019-20 ISSEA STEM competition will take place at Harare International School in Zimbabwe (HIS) from 15th-19th April.	SS IT LAB 700 USD
ISSEA Swimming Monday	The 2019-20 ISSEA Swimming competition will take place at The American International School of Mozambique (AISM) from 29th January- 2nd February. Grade 8 and above ONLY	Pool 950 USD
TUESDAY		

Debate Club Tuesday	A club for students to meet and develop critical debate skills necessary for success in school and life. Each week students will learn the components to create a quality argument while avoiding logical fallacies and participate in mini-debates to expand and work on their skills.	F5
Fashion & Design Tuesday	Fashion and Design is a form of creative art which enables budding young designers to create original clothing, jewelry, and accessories. Students sketch designs, select fabric, and cut patterns, make clothes and accessories. It is a skill that builds competence and boosts self-esteem.	C2 Hut
Games Galore Tuesday	Enjoy the beautiful campus with your friends playing a variety of field games each Tuesday including tug of war, dodgeball, balancing act, etc)	Amphitheater
Golf Tuesday	This ASA is for those students who enjoy Golf and would like to make up an ISSEA team	
Green House Project Tuesday	Using the school greenhouse and adjacent area to plant, nurture and grow produce, (tomatoes, onions, carrots, chili, kale, and also native tree saplings). Students will prepare the soil and plant and monitor and nurture the growing plants. The produce will be sold at the Friday market and to teachers and parents or donated to the needy in our community. The idea is that any profit will be used to support service projects. Students should bring appropriate clothing for the activity.	ISU Green House
Tennis Tuesday	Develop many physical benefits such as increased reaction time, flexibility, muscle tone, etc. Tennis classes will be divided into 2 groups, beginner and intermediate.	Tennis Courts
ISSEA caters for Grade 8 and above ONLY Prices shown are estimates subject to change		
ISSEA Track & Field Tuesday	The 2019-20 ISSEA Track & Field competition will take place at home- The International School of Uganda (ISU) from 23rd-27th October	Track 200 USD
ISSEA Boys Volleyball Tuesday	The 2019-20 ISSEA Volleyball competition will take place at The International School of Kenya (ISK) from 23rd-27th October	Sportshall 200 USD
ISSEA Girls Volleyball Tuesday	The 2019-20 ISSEA Volleyball competition will take place at The International School of Kenya (ISK) from 23rd-27th October	Sportshall 200 USD
ISSEA Choir/ Band Tuesday	The 2019-20 ISSEA Choir/Band event will take place at The American International School of Lusaka (AISL) from 19th-23rd February	SS Music Room 700 USD
ISSEA Visual Arts Tuesday	The 2019-20 ISSEA Visual Arts event will take place at The American International School of Lusaka (AISL) from 19th-23rd February	SS Art Room 600 USD
ISSEA Drama Tuesday	The 2019-20 ISSEA Visual Arts event will take place at The American International School of Lusaka (AISL) from 19th-23rd February	SS Drama Room 600 USD
WEDNESDAY		

ISSEA caters for Grade 8 and above ONLY Prices shown are estimates subject to change		
ISSEA Swimming Wednesday	The 2019-20 ISSEA Swimming competition will take place at The American International School of Mozambique (AISM) from 29th January- 2nd February.	Pool 950 USD
ISSEA Boys Volleyball Wednesday	The 2019-20 ISSEA Volleyball competition will take place at The International School of Kenya (ISK) from 23rd-27th October	Sportshall- 2:10 pm-4:00pm 200 USD
ISSEA Girls Volleyball Wednesday	The 2019-20 ISSEA Volleyball competition will take place at The International School of Kenya (ISK) from 23rd-27th October	Sportshall- 2:10 pm-4:00pm 200 USD
ISSEA Track & Field Wednesday	The 2019-20 ISSEA Track & Field competition will take place at home- The International School of Uganda (ISU) from 23rd-27th October	Track- 2:10 pm-4:00pm 200 USD
THURSDAY		
Break Dance Thursday	Breakdance is one of the famous dances practiced globally among children and youth. It's popular because of its format of encouraging grooving, freezes, power-movements, etc	C4
Jewelry making Thursday	Make your own jewelry with fantastic African material. There will be an exhibition on the last day of season 1, a chance to show off the jewelry you will have made throughout the season.	C2 Hut
Volleyball skills Thursday	Develop and strengthen your Volleyball skills-passing, setting, serving, blocking etc	Main pitch Volleyball area
ISSAK U15 Boys Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be under 16 as of 1st September 2019	Upper pitch
ISSAK U15 Girls Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be under 16 as of 1st September 2019	Upper pitch
ISSAK Track & Field Thursday	Join this ASA and prepare for the ISSAK Track & Field competition that is scheduled for the 1st of October.	Track
ISSEA caters for Grade 8 and above ONLY Prices shown are estimates subject to change		
ISSEA Swimming Thursday	The 2019-20 ISSEA Swimming competition will take place at The American International School of Mozambique (AISM) from 29th January- 2nd February.	Pool 950 USD
ISSEA Choir/ Band Thursday	The 2019-20 ISSEA Choir/Band event will take place at The American International School of Lusaka (AISL) from 19th-23rd February	SS Music Room 700 USD
ISSEA Visual Arts	The 2019-20 ISSEA Visual Arts event will take place at The American	SS Art Room

Thursday	International School of Lusaka (AISL) from 19th-23rd February	600 USD
ISSEA Drama Thursday	The 2019-20 ISSEA Drama event will take place at The American International School of Lusaka (AISL) from 19th-23rd February	SS Drama Room 600 USD
FRIDAY		
Basketball skills Friday	Develop and strengthen your basketball skills- shooting, passing, dribbling, rebounding, etc.	E Block
Girl Code Friday	The ISU Girls Coding Club is designed to be an environment that takes girls' interest in technology and inspires them to be innovators by introducing female role models. It will be a fun way to learn about programming in a social, after-school setting. We will introduce the history of women who have played a key role in computer science and also equip our girls with current day computing skills	SS IT Lab
Orchestra Friday	The ISU Music Department is singling out Orchestra music and instruments. Our first start is the brass family. If you are intrigued by trumpets, trombones, tubas, etc. Join this ASA to learn from a Brass professional. All levels are welcome	SS Music Room
Swim Friday	Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body. Learn various strokes such as the breaststroke, backstroke, while building strength and endurance.	Pool
ISSEA caters for Grade 8 and above ONLY Prices shown are estimates subject to change		
ISSEA Track & Field Friday	The 2019-20 ISSEA Track & Field competition will take place at home- The International School of Uganda (ISU) from 23rd-27th October	Track 200 USD
ISSEA Girl's Basketball Friday	The 2019-20 ISSEA Basketball competition will take place at The International Community School of Addis Ababa (ICS) from 29th January- 2nd February.	Sportshall 500 USD