

**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  
All ASA's below will count toward CAS  
ISSEA prices shown are estimates subject to change**

<b>Activity</b>	<b>Descriptor</b>	<b>Location/Other</b>
<b>MONDAY</b>	<b>Grades 9-12</b>	
Orchestra Monday	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
Tennis Monday	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
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
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.	Pool 950 USD
ISSEA Rugby Monday	The 2019-20 ISSEA Rugby competition will take place at The International School of Kenya (ISK) from 23rd-27th October	Upper pitch 500 USD
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.	Sportshall 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
<b>TUESDAY</b>		
College Counselling Tuesday	For grades 11-12 ONLY. Join this ASA in order to be informed about the ins and outs of applying to universities around the world.	
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
Golf Tuesday	This ASA is for those students who enjoy Golf and would like to make up an ISSEA team	

Jewelry making Tuesday	Make your own jewelry with fantastic African materials. An ASA Exhibition will be held at the end of season 1 to show off your finished products plus present and express to the audience your fashion ideas and process. This ASA will be offered 3 days a week to allow for proper planning and enough time for execution	TBA
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
<b>WEDNESDAY</b>		
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
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
<b>THURSDAY</b>		
Book Club Thursday	The Book Club is a space where high school students can come and enjoy their passion for reading. Through this ASA, students will read magazines, newspaper articles, graphic novels, comics etc. There will also be activities to go along with the various reading projects	F2
Table Tennis Thursday	Newbie or expert, we welcome you to join us at Table Tennis to get started with rudimentary skills or to fine-tune your technique and dexterity with other interested players. We will learn how to serve and return, spin and smash, through fun practice games and friendly matches.	Dr. Gibbon's Hall

Yoga Thursday	To increase your flexibility, muscle tone and strength, join our yoga ASA.	
ISSAK U15 Boys Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be under 15 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 15 as of 1st September 2019	Upper pitch
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 Thursday	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 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
<b>FRIDAY</b>		
Boxing Friday	Students who join the boxing ASA will learn specific boxing techniques, do pad work and sparring. It's important you bring a gum shield to protect your teeth	C2 grass area
Fashion & Design Friday	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
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 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