

Sport/Activity	Grade/Age/Sex Levels	Fees	Season	Venue	Practices
Sports / Gymnastics	P1 and P2 B and G	No	September to November	ISH Sports Hall	Wednesdays 15.15 – 16.15
Sports / Gymnastics	P3 and Grade 1 B and G	No	September to November	ISH Sports Hall	Tuesdays 15.15 – 16.30
Sports / Gymnastics	Grades 2 to 4 B and G	No	September to November	ISH Sports Hall	Mondays 15.15 – 16.30
Soccer	Grades P3 and 1 B and G	No	September to November	ISH Multi- Purpose Court	Wednesdays 15.15-16.30
Soccer	Grades 2 and 3 B and G	No	September to November	ISH Multi- Purpose Court	Mondays 15.15-16.30
Soccer	Grades 4 and 5 B and G	No	September to November	ISH Multi- Purpose Court	Tuesdays 15.15-16.30
Climbing Club	Grades 4 to 12 B and G	No	September to November	ISH Sports Hall	Wednesdays 15.15 – 16.30
Swimming 14 th September to 7 th December (10 lessons) for Advanced/Intermediate Swimmers	Grades P1 to 5 B and G	€30 fee for pool rental	Times and dates to be confirmed in August	VAF Bad Bertrand- Russell Str. 4 22761 HH (Bahrenfeld)	Saturdays 08.00 – 10.00 Groups will be organized and the times allocated once a sign- up has taken place.
Basketball	Grades 4 to 8 B and G Grades 9 to 12 B and G	No	September to November	ISH Sports Hall	Thursdays 17.15-18.45
Badminton	Grades 8 to 12 B and G	No	September to November	ISH Sports Hall	Thursdays 15.15-16.30
Fitness Studio	Grades 8 to 12 B and G	No	September to November	ISH Fitness Studio	Mondays 15.00- 16.30 Wednesdays 15.00-16.30 Fridays 15.00-16.30

Sports / Gymnastics	P1 and P2 B and G	No	November to March	ISH Sports Hall	Wednesdays 15.15 – 16.15
Sports / Gymnastics	P3 and Grade 1 B and G	No	November to March	ISH Sports Hall	Tuesdays 15.15 – 16.30
Sports / Gymnastics	Grades 2 to 4 B and G	No	November to March	ISH Sports Hall	Mondays 15.15 – 16.30
Soccer	Grades 4 to 8 B and G	No	November to March. Weather permitting	ISH Artificial Grass Field	Tuesdays 15.15-16.30
Badminton	Grades 8 to 12 B and G	No	November to March	ISH Sports Hall	Thursdays 15.15-16.30
Volleyball	Grades 4 to 12 B and G	No	November to March	ISH Sports Hall	Fridays 15.15-16.30
Fitness Studio	Grades 8 to 12 B and G	No	November to March	ISH Fitness Studio	Mondays 15.00- 16.30 Wednesdays 15.00-16.30 Fridays 15.00-16.30
Sports / Gymnastics	P1 and P2 B and G	No	March to June	ISH Sports Hall	Wednesdays 15.15 – 16.15
Sports / Gymnastics	P3 and Grade 1 B and G	No	March to June	ISH Sports Hall	Tuesdays 15.15 – 16.30
Sports / Gymnastics	Grades 2 to 4 B and G	No	March to June	ISH Sports Hall	Mondays 15.15 – 16.30
Soccer	Grades P3 and 1 B and G	No	March to June	ISH Multi- Purpose Sports Area	Wednesdays 15.15-16.30
Soccer	Grades 2 and 3 B and G	No	March to June	ISH Multi- Purpose Sports Area	Mondays 15.15-16.30

Soccer	Grades 4 and 5 B and G	No	March to June	ISH Multi-Purpose Sports Area	Tuesdays 15.15-16.30
Soccer	Grades 6 to 8 B and G	No	March to June	ISH Multi-Purpose Sports Area	Thursdays 15.15 to 16.30
Climbing Club	Grades 4 to 12 B and G	No	March to June	ISH Sports Hall	Tuesdays or Wednesdays 15.15 – 16.30
Swimming 21 st March to 20 th June (10 lessons) for Beginners	Grades P1 to 5 B and G	€30 fee for pool rental	Times and dates to be confirmed in January	VAF Bad Bertrand-Russell Str. 4 22761 HH (Bahrenfeld)	Saturdays 08.00 – 10.00 Groups will be organized and the times allocated once a sign-up has taken place.
Tennis	Grades 5 to 12 B and G	No	April to June	Rot-Gelb	Thursdays 15.15 to 16.30 tbc
Canoeing	Grades 6 to 8 B and G	No	April to June	Canals in the Eimsbüttel area	Tuesdays 15.15 – 17.30
Basketball	Grades 4 to 8 B and G Grades 9 to 12 B and G	No	March to June	ISH Sports Hall	Thursdays 16.30-18.00
Volleyball	Grades 4 to 12 B and G	No	March to June	ISH Sports Hall	Fridays 15.15-16.30
Badminton	Grades 8 to 12 B and G	No	March to June	ISH Sports Hall	Thursdays 15.15-16.30
Fitness Studio	Grades 8 to 12 B and G	No	March to June	ISH Fitness Studio	Mondays 15.00- 16.30 Wednesdays 15.00-16.30 Fridays 15.00-16.30