

# LAS *summer*



LAS summer  
Afternoon Clubs 2020

## SPORTS

Do you love to keep active? Do you want to improve on your athletic skills? Then the Sports Club is for you! The Sports Club teaches experienced athletes and newcomers alike the rules and skills necessary to participate in a number of different athletic activities. You will practice different drills, enhance your teamwork skills, and have fun!

## HEALTH, FITNESS, AND WELL-BEING

What does it take to achieve your goals and dreams? Well, for starters, a healthy lifestyle! From yoga, to nutrition, to keeping active, learn what you can do to keep your body and mind in tip top shape. Members of this club will take a look at nutrition and sleep tips, learn how to develop a balanced lifestyle through work and play, participate in fitness activities, and practice meditation and mindfulness approaches.

## ART

Hey there, Picasso! Grab your paint brushes and pencils and head over to the Art Club! This club lets students build up their visual literacy and develop an artistic style that is unique to them. Students will learn about historical and contemporary art influencers and will learn techniques that cater to their skill level, whether they are a total beginner or have years of experience.

## MUSIC

Music is a part of everyday life—it is a great way to express yourself and an outlet for creativity. If you have a passion for music that you would like to explore, then Music Club is for you. Students in this club have the opportunity to choose from three different streams: guitar, piano, or music mixing. Students will build on their musical abilities, develop a deeper appreciation for music, and work in a team to prepare a song to perform.

## MAKE A MOVIE

Have you always wondered what goes on behind the scenes of a movie set? If so, you can find out in the Make a Movie Club! Students in this club will learn key techniques used in film production, dream up stories they'd like to tell, and work together as actors, set designers, and directors to create media they can be proud of. Ready... and action!

## HIP HOP DANCE

Dance it out! The Hip Hop Dance Club will teach you how to channel your emotions into fluid movements inspired by street dance. Don't worry if you've never danced before. You don't need any previous experience to participate—if you want to have fun, gain confidence, improve your coordination, and learn some new moves, this club is for you!

## COOKING AND BAKING

Do you want to be the world's next top baker or chef? Brush up on your culinary skills in the Cooking and Baking Club! Students will share their favourite recipes with their peers so that everyone gains a strong knowledge of cuisine from all around the world. Students will be able to experiment with different flavours and techniques and together they will create a new dish that is unique to LAS *summer*.

## ROBOTICS AND CODING

Imagine a world where you could bring an inanimate object to life. It sounds like science fiction, but in the Robotics and Coding Club, this can become a reality. Students in this club will learn how to program robots to perform desired tasks, as well as develop an understanding of the fundamentals of coding that make robotics possible. If you have an inquisitive mind and a passion for puzzles, then this is the club for you!

## HELPING HANDS

Do you want to learn what it takes to make a real difference in the world? Join the Helping Hands Club! Learn about volunteering movements that have shaped the world, and what it takes to start an impactful initiative. Students who join this club will also gain firsthand volunteer experience by developing community service ideas for the local environment around the themes of sustainability and conservation, and working with the local refugee center in Leysin.

## MARTIAL ARTS

Calling all karate kids! In the Martial Arts Club, students will learn techniques from kickboxing, taekwondo, boxing, and jiu jitsu. There will also be an option to try your hand at parkour— learn to jump over obstacles and barriers, and traverse across spaces or climb walls! Students of all ages and abilities may participate at a level within their own comfort zone. Be sure to bring your risk-taker spirit and a good pair of tennis shoes!