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After-School Activities 2021-2022



Registration and Transportation

Online Registration

Registration for Fall trimester activities will begin the first week of school, the 1st of September: Varsity Sports, Middle School Sports, Elementary Musical, Middle School play, Jr. Soccer G2-3, and Mr. T Basketball G2-3.

Registration for all other activities begins at 9:00 a.m. Wednesday, September 15th, and closes at 3:30 p.m. on Friday, September 24th. Registration is completed online by accessing the ASM Parent Portal and following the After-School Activities registration link. All activities must be paid for at the time of registration in order to reserve a space. Online payments can be made with a credit card or PayPal account.

Activities are offered in three different time durations, trimester, semester, and full year. Please be sure to check the activity description when enrolling and select the correct offering/s if the activity is offered multiple times or seasons. Unless indicated in the activity description, activities will begin the week of October 11th and end the week of May 23rd.

**All students enrolling in Active Sports will need to provide a certificate of good health.

Behavioral Expectations

The ASA programs are viewed as an extension of our regular program. Students in the ASA programs will need to adhere to ASM behavioral policies and procedures. Students who do not manage their behavior appropriately during sessions will be invited to "not attend" future sessions without a refund.

Transportation

Use of the late bus service is available, at no additional cost, to those students who are already subscribed to the full bus service (morning and afternoon) or the one-way afternoon service. Students not subscribed to the full service (morning and afternoon) or the one-way afternoon service may pay an additional fee (noted on the activity listing) to ride the late bus at the time of registration for the after-school activity.

The Late Bus service begins September 6th to accommodate the Elementary Musical, Middle School Play, Varsity Sports, Middle School Sports, Mr. T Basketball, and Jr. Soccer G2-3. Late bus service for other after-school programs will begin October 11th, 2021 and end May 26th, 2022. The Late bus service is different from the regular bus service. It is designed to get students to areas of the city where they can more easily take public transportation or be picked up by parents. The After-School stops are generally different from the regular day service stops. On the last page of the activities brochure you will find a list of the Late Bus stops determined by the school.

When registering online be sure to indicate the bus number and precise stop where your son or daughter will get off the bus. To ensure student safety, if there is not an adult at the designated bus stop, the bus monitors will not allow students younger than 12 years of age off the bus and they will be brought back to the school for subsequent collection by a parent. Students older than 12 years will be allowed to get off the bus and go home independently only if a written authorization is received from both of the parents at the beginning of the school year. Students older than 12 years who are already authorized by the parents to get off the bus and go home independently specifies if a waiver of responsibility is signed by both parents.

If you prefer to pick your child up at ASM, you can do so beginning at 5:20 p.m., and absolutely no later than 5:30 p.m. Meeting and pick up location is the gate at the main entrance of the school.

Refunds

A refund is only given when an activity is canceled due to insufficient numbers. Most activities require a minimum of 8 students and may be canceled if minimum enrollment is not reached. Refunds are not given when a student chooses to drop out of an activity at any time during the year.

If you have any questions or concerns, please contact Joseph Leonetti at jleonetti@asmilan.org.

For urgent matters concerning After-School Activities, please call +(39) 02 53000020.

Whole Year Overview

Grade Level	Monday	Tuesday	Wednesday	Thursday
2-3	Beginner Gym Karate Tennis Beg Elem Jr Musical (spring) Mr T Basketball (spring)	Swimming All Tennis Beg Hip Hop Dance Jr Soccer (fall/spring)	Artistic Gym Reading and Writing Club Paddle Mr T Basketball (fall)	Swimming Exp Tennis Exp Intermediate Literacy (3-5) Modern Dance Arts and Handicrafts Elem Jr Musical (spring)
4-5	Tennis Beg Karate Reading and Writing Club Volleyball (spring) Climbing 4-6 (spring)	Swimming All Tennis Beg Student Council Elem Musical (fall)	Jr. Soccer 4-5 Golf 4-12 Artistic Gym Grade 5 Italian Math Prep Paddle Kendo 5-8 (winter) Mr. T Basketball (winter/ spring)	Swimming Exp Tennis Exp Intermediate Literacy (3-5) Videodance/Commercial Pop Elem Musical (fall)
6-8	Chess MS Math Club G8 Italian Math MS MUN (2nd semester) MS Play (fall) Climbing 4-6 (spring) Upper School Musical (winter)	Swimming All MS Sports Yoga with Ms. Kleven GIN 7-12 G8 Italian Math Upper School Musical (winter)	Golf 4-12 Paddle Kendo 5-8 (winter)	Swimming Exp MS Sports MS Play (fall only) Upper School Musical (winter)
9-12	Superphysics Art Mural ASA Varsity Sports Aromatherapy Upper School Musical (winter)	Swimming All Yoga with Ms. Kleven Varsity Sports GIN 7-12 Upper School Musical (winter)	Golf 4-12 Varsity Sports MUN	Swimming Exp Duke of Edinburgh HS Math Club Varsity Sports Upper School Musical (winter)

Trimester 1: Fall Semester, Year-long activities

Grade Level	Monday	Tuesday	Wednesday	Thursday
2-3	Beginner Gym Karate Tennis Beg	Swimming All Tennis Beg Hip Hop Dance Jr Soccer (fall)	Artistic Gym Paddle Reading and Writing Club Mr T Basketball (fall)	Swimming Exp Tennis Exp Intermediate Literacy (3-5) Modern Dance Arts and Handicrafts
4-5	Tennis Beg Karate Reading and Writing Club	Swimming All Tennis Beg Student Council Elem Musical (fall)	Jr. Soccer 4-5 Golf 4-12 Artistic Gym Grade 5 Italian Math Prep Paddle Kendo 5-8 (winter)	Swimming Exp Tennis Exp Intermediate Literacy (3-5) Videodance/Commercial Pop Elem Musical (fall)
6-8	Chess MS Math Club G8 Italian Math MS Play (fall)	Swimming All MS Sports Yoga with Ms. Kleven GIN 7-12 G8 Italian Math	Golf 4-12 Paddle Kendo 5-8 (winter)	Swimming Exp MS Sports MS Play (fall)
9-12	Superphysics Art Mural ASA Upper School Varsity Sports Aromatherapy	Swimming All Yoga with Ms. Kleven Varsity Sports GIN 7-12	Golf 4-12 Varsity Sports MUN	Swimming Exp Duke of Edinburgh HS Math Club Varsity Sports

Trimester 2: Winter Season

Grade Level	Monday	Tuesday	Wednesday	Thursday
2-3				
4-5			Mr. T Basketball (winter) Kendo 5-8 (winter)	
6-8	Upper School Musical (winter)	MS Sports Upper School Musical (winter)	Kendo 5-8 (winter)	MS Sports Upper School Musical (winter)
9-12	Varsity Sports Musical (winter)	Varsity Sports Upper School Musical (winter)	Varsity Sports	Varsity Sports Upper School Musical (winter)

Trimester 3: Spring Season

Grade Level	Monday	Tuesday	Wednesday	Thursday
2-3	Beginner Gym Karate Elem Jr Musical (spring) Mr T Basketball (spring)	Jr Soccer (spring)	Reading and Writing Club Artistic Gym Paddle	Intermediate Literacy (3-5) Arts and Handicrafts Elem Jr Musical (spring)
4-5	Karate Reading and Writing Club Volleyball (spring) Climbing 4-6 (spring)	Student Council	Golf 4-12 Artistic Gym Paddle Mr. T Basketball (spring)	Intermediate Literacy (3-5)
6-8	Chess MS MUN (2nd semester) Climbing 4-6 (spring)	MS Sports Yoga with Ms. Kleven	Golf 4-12 Paddle	MS Sports
9-12	Art Mural ASA Varsity Sports	Yoga with Ms. Kleven Varsity Sports	Golf 4-12 Varsity Sports	Varsity Sports

Swimming

Swimmers meet two times a week depending on experience. Tuesday is open to all levels of swimmers (from Grade 2 to grade 12), including those with no swimming experience. Thursday is for experienced swimmers (from Grade 2 to grade 12).

ASM has Italian swimming instructors from the Noverasco Pool across the street, therefore, lessons will mainly be in Italian. ASM staff members will walk students to the pool and pick them up afterwards. Staff members will be present in the changing rooms to ensure safety, but students need to dry and change themselves. Free tokens for the hair dryers will be available. We ask that parents teach the necessary changing skills at home. Students will be chaperoned back to school by our staff to be picked up by parents or to take the bus home. Parents are not to pick up their children at the pool.

Tennis

This activity is year-long (October - May)

Tennis lessons are designed to accommodate skill growth related to playing ability and experience. Students will learn and practice the basic techniques of tennis or, in the case of experienced players, improve and further develop their game. Students will receive skill instruction and theory, skill practice, and practical application in match play. The lessons are noncompetitive and include the use of a variety of games and activities to enhance knowledge and skill development in a fun and enjoyable manner.

Lessons are offered through GFg Sports with a renewed staff of instructors, each of whom has been certified by the Italian Tennis Federation. Instructors will focus on increasing the technical quality within lessons while providing a safe, engaging, and fun activity. Lessons will be held at the covered Sporting Mirasole courts opposite the school. Students will work in groups, limited to 4 students per group, to learn and practice the basic techniques of tennis. The sessions are generally broken down into two sections. The first portion of the lessons will be theory and warm-up, while the second portion will be skill practice, practical application, and feedback and review. Breaks and rest periods will be given depending on the needs of the students. Students will be escorted to and from lessons by instructors.

Swimmers must have:

- Swimming suit
- Swimming cap
- Towel / Robe
- Flip-Flops

Tuesday (All levels 2–12)

Thursday (Experienced 2-12)

This activity is year-long (October - May)

€ 380 per year

€ 560 with late bus

Max. 30 students per day

**Certificate of good health is required and must be submitted the first day of class.

Grades 2-3

- Monday (Grades 2–3 Beginner)
- Tuesday (Grades 2–3 Beginner)
- Thursday (Grades 2–3 Experienced)

€470 per year €650 with late bus

Max. 8 students per day

*Students must supply their own rackets ** Certificate of good health is required

Grades 4-5

- Monday (Grades 4–5 Beginner)
- Tuesday (Grades 4–5 Beginner)
- Thursday (Grades 4–5 Experienced)

€570 per year €750 with late bus

Max. 8 students per day

*Students must supply their own rackets **Certificate of good health is required



Padel

Padel is a growing sport sensation for players of all ages. Courts are surrounded by transparent walls, combining elements of tennis and squash.

These semester long sessions are designed to accommodate skill growth, playing ability, and experience. Students will learn and practice the basic techniques of padelor, in the case of experienced players, improve and further develop their game. Students will receive skill instruction and theory, skill practice, and practical application in match play. The lessons are non-competitive and include the use of a variety of games and activities to enhance knowledge and skill development in a fun and enjoyable manner.

Lessons are offered through GFg Sports with a renewed staff of instructors, each of whom has been certified by the Italian Tennis Federation. Instructors will focus on increasing the technical quality within lessons while providing a safe, engaging, and fun activity. Lessons will be held at the covered Sporting Mirasole courts opposite the school.

Students will work in groups, limited to 4 students per group, to learn and practice the basic techniques of tennis. The sessions are generally broken down into two sections. The first portion of the lessons will be theory and warm-up, while the second portion will be skill practice, practical application, and feedback and review.

Breaks and rest periods will be given depending on the needs of the students. Students will be escorted to and from lessons by instructors.

This activity is a semester-long offering. Students can register for one or both sessions.

Semester 1: Oct. 11th - Feb. 10th Semester 2: Feb. 14th - May 26th

Wednesday (Grades 2-3) €275 per semester €365 with late bus

Wednesday (Grades 4-5) €275 per semester €365 with late bus

Wednesday (Grades 6-8) €325 per semester €415 with late bus

Min. 3 Max. 16 students ** Certificate of good health is required

Required:

Padel racket



Golf

Semester 1: Oct. 11th - Feb. 10th Semester 2: Feb. 14th - May 26th

Participants in this activity will work in groups of 4 to 5 students based on age and experience. Each group will be with an Italian federal certified golf coach who will train them at the golf range and on the greens.

Fall season focuses on technique at the driving range. Spring season students move to the golf course for practical application.

The package includes professional instruction, entrance to the golf course, and the use of golf balls and clubs. While the primary language of instruction is Italian, instructors do have a working knowledge of English.

This activity is a semester-long offering. Students can register for one or both sessions.

• Wednesday (Grades 4–12)

€325 per semester €415 with late bus

Min. 6, Max. 15 students

** Certificate of good health is required



Introduction to Kendo

January 12-March 23

Kendo is the modern Japanese martial art of fencing based on the two-handed sword (katana) techniques of the samurai warriors. This 10 week introductory course will introduce students to the basic style and techniques of Kendo.

The equipment that will be used by the children will be the bamboo swords, provided by the instructors. If students have their own equipment, they are welcome to use it during the activity. The activity will be dedicated to girls and boys in Grades 5 to Grade 8.

Instructors from the Ken Sei Dojo, Lombardia are CIK / CSEN qualified and certified.

The Rules of Paddle: <u>Click here.</u> What is Paddle? <u>Click here.</u> • Wednesday (Grades 5–8)

€180 per season €240 with late bus

Min. 8, Max. 15 students

** Certificate of good health is required



After School Yoga with Ms. Kleven

Semester 1: Oct. 11th - Feb. 10th Semester 2: Feb. 14th - May 26th This activity is a semester-long offering. Students can register for one or both semesters.

In this activity students will be exploring different styles of yoga such as hatha, vinyasa, power, and yin. Each class will focus on postures that will align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. Full-body relaxation and balance are the goals as we make a full circuit of the body's range of motion while releasing tension. No prior experience needed. Tuesday (Grades 6–12)

€250 per semester €370 with late bus

** Certificate of good health is required

Min. 8, Max. 14 students

Required: Yoga mat and comfortable clothing



Video Dance

Video Dance, also called Commercial Pop, was born in America in the 70's and it is now becoming really popular all over the world. This style combines street, pop and lyrical jazz moves to make a fantastic and inspiring new class. It's a fusion of different styles allowing dancers to explore a wide range of dance movements, where the main key is Pop Music.

Video Dance is the style of dance seen in pop music videos and on MTV, danced by dancers and pop stars from all parts of the world (MJ, Lady Gaga, JLo, Ciara, Justin Biber, Ariana Grande, Beyoncé, ect...).

Students will improve flexibility, strength, energy, technique and learn a variety of elements used in many dance styles.

These activities are year-long (October - May)

• Thursday (Grades 4–5)

Min. 8 Max. 14 students

€350 per year €530 with late bus

** Certificate of good health is required

<u>Required:</u> Comfortable stretchy clothes and non-slip socks



Hip Hop Dance

Hip Hop encompasses many different urban dance styles such as popping, locking, breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.Hip Hop helps with socialization and character building which helps children break through their fear and shyness. It is all about dynamism, rhythm, energy, coordination, agility and improvisation. The program is for boys and girls, with focus on body and spatial awareness, musicality, and social interaction.

This is an excellent class for high-energy kids who want to take a fast and fun dance class. Our Hip Hop dancers develop focus and strength while having fun and they will learn to interpret music with different levels of progression. Students will begin learning hip hop fundamentals, technique and choreography, and of course freestyle improvisation!

This activity is year-long (October - May)

• Tuesday (Grades 2–3)

€350 per year

€530 with late bus

** Certificate of good health is required

Min. 8, Max. 14 students

Required:

Comfortable stretchy clothes & tennis shoes



Modern Dance

Modern Dance is an amazing discipline for all ages; it combines improvisation, athletic training, flexibility, coordination, strength, and body awareness. In particular, the teacher will focus on rhythm, musicality, respect, space, free expression and an emphasis on cognitive and social skills development while creating a fun environment.

Children will learn to interpret music with different levels of progression all while discovering their artistic and creative potential. Our qualified Modern Dance teacher offers this activity to boys and girls on a once a week basis. Children will stay in familiar school surroundings, while having fun with diverse music and motor skills; all with a caring manner appropriate for the age group.

This activity is year-long (October - May)

Thursday (Grades 2–3)

Min. 8, Max. 14 students

€350 per year €530 with late bus

** Certificate of good health is required

<u>Required:</u> Comfortable stretchy clothes and non-slip socks



Karate Kyudokan

Karate Shorin Ryu Kyudokan style, hailing from Okinawa Island, is a traditional martial art known all over the world for its long history and experience, handed down from generation to generation. Karate Kyudokan is based on the ancient Shorin Art, better known as Shuritè (Shuri's hand). Experienced instructors will guide students in the development and use of Kyudokan techniques in this active and fun course.

Fee includes the final exam and certificate. Uniforms can be purchased from the instructor.

This activity is year-long (October - May)

• Monday (Grades 2–5)

€380 per year €560 with late bus

** Certificate of good health is required

Min. 6, Max. 10 students



Beginner Level Gymnastics

In this course, young children learn to better know their bodies, how to use them, to coordinate arms and legs, flexibility, balance and learn the basics of light acrobatic movements (somersaults, cartwheels, etc.). Lessons will include the use of various pieces of equipment, including floor mats, balance beam, and vaulting springboards.

Lessons are in English and open to boys and girls.

Artistic Gymnastics

This course teaches students of all levels basic floor gymnastics and how to use big equipment such as the springboard for vaulting and the balance beam. Through exercises, gymnasts will learn body control, reinforce muscle strength and develop coordination.

Lessons are in English and open to boys and girls.

This activity is year-long (October - May)

Monday (Grades 2–3)

Max. 10 students

€350 per year €530 with late bus

** Certificate of good health is required

Required: ASM P.E. t-shirt, blue leggings, slipper/gymnastics shoes

This activity is year-long (October - May)

• Wednesday (Grades 2–5)

Max. 10 students

€350 per year €530 with late bus

** Certificate of good health is required

Required:

ASM P.E. t-shirt, blue leggings, slipper/gymnastics shoes

Rock Climbing and Bouldering

Spring Trimester March to May

People have been climbing for... well, forever. Today, the difference is we can climb and be completely safe. Technology has changed this activity into an amazing sport, which harmonizes strength, agility, balance and problem-solving skills. It is one of the few sports that demands good control and strong communication between the body, the mind and emotions. The aim of this club is focused on having fun with mental and physical challenges while becoming experts in equipment and safety. You will learn all there is to know about knots, carabiners, quick-draws and ATCs.

ASM will provide the basic equipment (harness, rope, carabiners...) but if you plan on buying your own (advised), we will be more than happy to help you choose a harness, shoes or chalk bag that is right for you.

Volleyball Grades 4-5

In this activity students will learn the fundamental elements of volleyball and is designed to allow junior athletes to have fun and be passionate as they develop their skills. Training will include individual, paired, and team practice drills as well as fun games to help build skill, reaction time, and teamwork. Students will learn how to control ball speed, direction, and placement while developing control of their upper and lower body and coordination.

Coach Sara Braga

Junior Soccer Grades 2-3

Jr. Soccer will be a skill building activity using a multidimensional approach that combines the technical aspects of the game with the educational aspects. The dimensions considered are: mobility, listening, attention, cooperation, skill building, and health. Coach Travis Schafer will support our young athletes in this activity. This activity is open to girls and boys. The format of each lesson will be: welcome, warm-up, examination of a technical element, application and practice, review, and giving feedback. The activity is offered in a playful and recreational way to allow children to experiment with the technical elements of the sport while developing and improving skills and strategic thinking.

Students in this activity will learn about the fundamental values of sport: discipline, braveness, team, fair play, and passion. Active participation and contribution from each student is essential for the development of the program.

Trimester 3 (Spring) March 7 - May 26

Monday (Grades 4–6)

€180 per trimester €240 with late bus

** Certificate of good health is required

Min. 8, Max. 12 students

Come and learn how to:

- Climb on top rope using a harness and a rope
- Belay: insure safe ascent and descent
- Boulder: technical climbing up to 3 meters
- Spot: insure the boulderer's safety at all times

Trimester 3 (Spring) March 7 - May 26

Monday (Grades 4–5)

Min. 8, Max. 14 students

€180 per trimester €240 with late bus

** Certificate of good health is required

<u>Required:</u> PE kit and appropriate footwear with non marking soles

This activity is offered in the Fall and the Spring Trimesters Trimester 1 (Fall) Sept 13- Nov 18 Trimester 3 (Spring) March 7 - May 26

Tuesday (Grades 2–3)

Min. 8, Max. 14 students

€180 per trimester €240 with late bus

** Certificate of good health is required

Required:

ASM P.E. kit and appropriate footwear

Junior Soccer Grades 4-5

Jr. Soccer will be a skill building activity using a multidimensional approach that combines the technical aspects of the game with the educational aspects. The dimensions considered are: mobility, listening, attention, cooperation, skill building, and health. Coach Travis Schafer will support our young athletes in this activity. This activity is open to girls and boys. The format of each lesson will be: welcome, warm-up, examination of a technical element, application and practice, review, and giving feedback. The activity is offered in a playful and recreational way to allow children to experiment with the technical elements of the sport while developing and improving skills and strategic thinking. Students in this activity will learn about the fundamental values of sport: discipline, braveness, team, fair play, and passion.

Active participation and contribution from each student is essential for the development of the program.

Middle School Sports

This is an opportunity to play in a middle school sports competitive program, coached by ASM coaches, with the opportunity to compete in games and tournaments in the Northern International Schools Sports Association (NISSA). Students can sign up for one, two or all three of the seasonal middle school sports. Practices are held twice a week with a min. attendance requirement of one practice per week.

Fall Season: (September 6- November 13)

- Tennis or Cross Country
- Max. tennis enrollment is 14 students (court/facility capacity)

Winter Season: (November 22– March 12)

Girls and Boys Basketball

Spring Season: (March 14- May 26)

Volleyball, Soccer, Track & Field, Golf



This activity is year-long (October - May).

Wednesday (Grades 4–5)

Min. 8, Max. 14 students

€380 per year €560 with late bus

** Certificate of good health is required

Required: ASM P.E. kit and appropriate footwear

Tuesday & Thursday (Grades 6–8)

€220 per season

or €560 for all three seasons (*Discount applies only before the close of registration in September*)

- + €140 per season for late bus if students don't use the regular bus service
- ** Certificate of good health is required

MS jersey and shorts are included in price



Mr. T Basketball Grades 2-3

The Travis Watson Training program goal is to use the sport of basketball to teach life skills. During training sessions, we will target the physical and mental aspects of the game of basketball in order to enhance interest in sports and physical activity.

This activity is open to girls and boys.Incorporating physical activity into daily life at a young age can positively affect health into adulthood. The Travis Watson Training program teaches basketball skills such as shooting, passing, rebounding, and other fundamentals in a way that is educational and fun for elementary age children.

Instructor: Travis Watson (Mr. T), played collegiately at the University of Virginia in the United States, played professionally in 6 European countries over 13 years, with 2 years in Milan with The Armani Jeans.

This activity is offered in the Fall and the Spring Trimesters.

Wednesday - Trimester 1 (Fall) Sept 13- Nov 18 Monday - Trimester 3 (Spring) March 7 - May 26

Min. 6, Max. 16 students

€275 per season €335 with late bus

** Certificate of good health is required

Required:

Tennis or basketball shoes, comfortable clothes to participate.

Mr. T Basketball Grades 4-5

The Travis Watson Training program goal is to use the sport of basketball to teach life skills. During training sessions, we will target the physical and mental aspects of the game of basketball in order to enhance interest in sports and physical activity. This activity is open to girls and boys.

Incorporating physical activity into daily life at a young age can positively affect health into adulthood. The Travis Watson Training program teaches basketball skills such as shooting, passing, rebounding, and other fundamentals in a way that is educational and fun for elementary age children.

Instructor: Travis Watson (Mr. T), played collegiately at the University of Virginia in the United States, played professionally in 6 European countries over 13 years, with 2 years in Milan with The Armani Jeans.

Required: tennis or basketball shoes, comfortable clothes to participate.

This activity is offered in the Winter and the Spring Trimesters

Trimester 2(Winter) Nov 29 - March 3 Trimester 3 (Spring) March 7 - May 26

€275 per season €335 with late bus

Min. 6, Max. 16 students

** Certificate of good health is required

<u>Required:</u> Tennis or basketball shoes, comfortable clothes to participate.



Varsity Sports

The American School of Milan offers High School students (Grades 9 –12) the opportunity to participate in Varsity and Junior Varsity sports. Locally, ASM competes in the Northern International Schools Sports Association (NISSA) playing home and away games against other international schools in Italy. Internationally, ASM is part of the European Sports Conference (ESC) and participates in tournaments in Spain, France, Switzerland, Portugal, Germany and Italy.

Practices are held after school and in some cases, in the morning before school, 7:30–8:45. Practices are held three times a week with a minimum attendance requirement of two practices a week. ASM offers three seasons of sport: Fall, Winter and Spring. At the end of each season there is a weekend-long tournament held at one of the ESC member schools.

It is expected that the students who join these teams will have high academic standing and demonstrate good sportsmanship at all times.

Sign-ups for Varsity sports begin one week before the start of each season via the Online Booking Center found in the Parent Portal. Please note that each student who plans to join a Varsity sport must provide a medical certificate of good health to the school nurse.



- Monday, Tuesday & Thursday Afternoon
 Soccer, Volleyball, Cross Country, Tennis and Track &
 Field
- Monday & Tuesday Afternoon / Thursday Morning Girls Basketball
- Monday & Thursday Afternoon and Tuesday Morning
 Boys Basketball
- Tuesday & Thursday morning and Wednesday Afternoon
 Badminton
- Tuesday & Thursday Afternoon
 Golf

€220 per season (Golf varsity fee: €360 per season)

- + €180 per season for late bus
- if students don't use the regular service
- ** Certificate of good health is required

Varsity Kit Included (contents vary by sport):

- Home and away jerseys + shorts
- Tracksuit or hoody
- Warm-up or practice shirt

Fall Season: (September 6 – November 13)

- Varsity Girls Soccer and Varsity Boys Soccer
- Varsity Girls Volleyball and Varsity Boys Volleyball
- Cross Country (co-ed)

Winter Season: (November 22 – March 12)

- Varsity Girls Basketball and Varsity Boys Basketball
- Badminton (co-ed)

Spring Season: (March 14 – May 26)

- Golf (co-ed)
- Track and Field (co-ed)
- Tennis (co-ed)*

*Max. Tennis enrollment is 12 students (court/facility capacity)



Elementary Junior Musical

Spring trimester March 7 - May 26

Students in Grades 2 and 3 will sing, dance, direct, and create the story for the Junior Musical. This theater workshop meets twice a week to explore working together and sharing ideas as well as basic performing skills. Students help the directors develop the scenes, create choreography, design the logo and set as well as have a great time starring in the Jr. Musical. All language levels are welcome, celebrated and make our show extra special. The class is taught in English. Students practice public speaking, presentation skills, memorization, dance moves and how to tell jokes.

Performance: May 19, 2022

Monday and Thursday (Grades 2–3)

€275

€415 with late bus (if not already registered with bus service) Max. 20 students

Elementary Musical

This activity begins the 2nd week of September

The ASM Theater Company has brought to the stage productions such as "Peter Pan", "Pinocchio", "Aladdin", "The Music Man", "Annie", and many others. This activity runs from October to May.

The ASM elementary theater company is thrilled to be producing a Disney favorite "The Little Mermaid Jr." this fall! Come join us "Under the Sea" with Ariel, Flounder, and Sebastian as we bring the magical underwater world to life on the ASM stage!

This activity will be welcoming all actors, singers, dancers, and anyone who enjoys being part of a musical theater group. The activity meets twice a week in the fall trimester to bring to the school community a full Broadway style musical production. Interested students from 4th and 5th grade participate in weekly rehearsals where teachers guide the students in learning the musical score, choreographed dances, and acting techniques as they rehearse for performances in November.

Directors: Annaleigh Kress, Elise Thiltgen, Dawn Yarbrough

(Students may be asked to purchase parts of their costumes)



Director - Leah Dawson - Miss D. arrived at ASM in 2007 and has directed all of ASM's Jr Musicals. She has a long history of improvisational theater, scripted theater, as well as monologue performances as well as directing summer programs for children and adults.

Co-Director - Sofia Pileggi- Ms. Pileggi arrived at ASM in 2019. A theatre kid herself, she has performed in plays and musicals since she was in the fourth grade when she attended a school for the arts from 4th-8th grade. She became a member of the International Thespian Society in high school, and even majored in Theatre at university before pursuing Education. She has also been dancing since she was three years old, studying various disciplines of dance.

This is a trimester offering (September 6 - November 19)

Tuesday and Thursday (Fall Trimester)

€300

€440 with late bus (if not already registered with bus service)

Performance dates Nov. 18th and 19th



Middle School Play

This activity begins the 2nd week of September

We are thrilled to announce that ASM's first ever Middle School Play will be the hilarious farce-meets-murder mystery "Clue". Based on the iconic 1985 movie that was inspired by the classic board game, the tale begins at a remote mansion where six mysterious guests assemble for an unusual dinner part where murder and blackmail are on the menu. This activity will welcome all actors, entertainers, and comedians alike. We will be meeting two times a week to bring this play into production. Students from 6th, 7th, and 8th grade will participate in weekly rehearsals where teachers will guide students in voice coaching, character work, and a variety of other acting techniques as they prepare for their performances in November. It should be noted that in order to prepare for a stage performance, rehearsals must occur on some Saturdays. Participants should mark their calendars and plan accordingly. Students may be asked to purchase or help prepare parts of their costumes.

Directors: Meghan Connor and Heath Capello.

Upper School Musical

This year's upper school production will be the upbeat, hipswivelling, musical comedy "All Shook Up." This American jukebox musical features songs by Elvis Presley including "Can't Help Falling in Love" and "Burnin' Love." Any Upper School student may participate in the annual Upper School Musical. The activity meets three times a week in the winter trimester to bring to the school community a full Broadway style musical production. Auditions are held in November and rehearsals occur on Mondays, Tuesdays, and Thursdays after school. Performances are at the end of March. A critical part of the rehearsal process occurs on some Saturdays. Planned Saturday rehearsal dates are listed below, participants should mark their calendars and plan accordingly. Auditions begin in November.

Directors: Max Bayston, Cara Gallagher, Annaleigh Kress, Deborah Lee

September 6 - November 19

Mondays and Thursdays (Fall Trimester) Saturday Rehearsals: Oct 9, Oct 23, and Nov 6 Performance Dates: Nov 10 and 11

Mondays & Thursdays (Grades 6–8)

€325 €465 with late bus (if not already registered with the bus service)

Max. 20 students

Nov.22 - March 11

Monday, Tuesday & Thursday (Winter Trimester)

Saturday rehearsals: Jan 15, Jan 22, Feb 5, Feb 12, Mar 5 Performance dates March 10th and 11th

(students may be expected to purchase parts of their costumes or may incur other incidental charges depending on the show)

Late bus fee: €140



Junior Handicraft

This activity is for anyone with an interest in art, regardless of skill level. Students will focus on drawing, painting and making simple arts and crafts. Students will have the opportunity to experiment with different media including: watercolor, paint, crayons, different sizes of paint brushes, construction paper and glitter, clay handcraft. It is a fun class where students are free to run with their imagination. Basic materials and supplies are included in the activity fee.

• Thursday (Grades 2–3)

€250

€370 with late bus (if not already registered with bus service)

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

Min. 8, Max. 12 students



The Art of Aromatherapy

This activity is a first semester offering.

Mrs. Briner has been working with essential oils for over 20 years and is excited to introduce you to the world of aromatherapy. Aromatherapy is a broad subject, bringing together many disciplines: art, creativity, biology, chemistry and sustainability. Learn to make products for yourself and for your family and friends: from natural remedies you can apply in your everyday life to your own personalized perfume blends and skin care products. We'll cover safety, sourcing, distillation, scent compositions, as well as the physical and emotional benefits of using essential oils.

This is a fall semester activity only. Activity fee includes basic materials and supplies fee. Semester 1 Oct. 11th - Feb 10th

• Monday (Grades 9–12)

Min. 8 Max. 12 students

€250

€370 with late bus (if not already registered with bus service)



Art Mural

The Art Mural ASA will identify areas of the high school that need colour and detailing. Ideas for the murals can stem from subject areas, depending on location, team spirit slogans, wellness sayings etc. this can be decided on by the group of students and designed as a team.

Students should have a strong interest in Art and be willing to show commitment by coming weekly to develop the Murals as a team.

Activity fee includes basic materials and supplies fee.

This activity is a semester-long offering. Students can register for one or both semesters.

Monday (Grades 9–10)

€250

€370 with late bus (if not already registered with bus service)

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

Min. 8, Max. 12 students



Big Band

Big Band is a jazz ensemble that plays an exciting mix of swing, funk, and latin jazz music. Students in the Big Band would perform together at various concerts throughout the year.

This activity is open to high school musicians who play saxophone, trumpet, trombone, bass, drums, guitar and piano at a medium to advanced level.

In order to apply, or for further information, please contact: Mr. White at bwhite@asmilan.org

October to May

(Grades 9-12)

€350 per year €530 with late bus (if not already registered with bus service)



Reading & Writing Club 2-3

Students will participate in reading different genres of books (Picture books, Fiction, Nonfiction, Biography, ...) then talking and sharing ideas about the concept. Activities will include retelling stories, writing, and book making.

This activity is a semester-long offering. Students can register for one or both semesters.

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

• Wednesday (Grades 2-3)

€250 €370 with late bus (if not already registered with bus service)

Min. 8, Max, 12

Reading & Writing Club 4-5

Students will participate in reading different genres of books (Picture books, Fiction, Nonfiction, Biography, ...) then talking and sharing ideas about the concept. Activities will include retelling stories, writing, and book making.

This activity is a semester-long offering. Students can register for one or both semesters.

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

Monday (Grades 4-5)

€250 €370 with late bus (if not already registered with bus service)

Min. 8, Max, 12

Elementary Student Council

Student Council will be open to 4th and 5th grade students as a semester long ASA, and offered in both the fall and spring semesters. Students will need to pay the fee for the late bus only. The Student Council will do community building activities, beautification projects, and be involved with promoting our themes of the months and participating in assemblies. Students participating in Student Council will operate as the representative voice of the students.

This is a semester-long activity.

This activity is a semester-long offering. Students can register for one or both semesters.

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

• Tuesday (Grades 4-5)

€120 late bus fee

Max, 16

Intermediate Literacy for 3-5

This activity is geared toward students who score 3-4.5 on the WIDA assessment, but could include native English speakers, upon teacher recommendation. It will focus on fun with reading and writing, and even some math, engaging all areas of language, reading, writing, speaking and listening.

Each week will include a read aloud and a number of follow-up activities like acting out the story or information, making posters or other types of art, writing to continue the story or writing a companion story. Along the way, the classroom standards will be reinforced.

This is a semester-long activity.

This activity is a semester-long offering. Students can register for one or both semesters.

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

• Thursday (Grades 3-5)

€250 €370 with late bus (if not already registered with bus service)

Min. 8, Max, 10

Chess Club

A great game to develop logical and strategic thinking skills, students of any level are welcome to come learn and play a game that's remained popular and challenging for over a millennium.

This is a semester-long activity.



This activity is a semester-long offering. Students can register for one or both semesters.

Semester 1 Oct. 11th - Feb 10th Semester 2 Feb. 14th - May 26th

• Tuesday (Grades 6-8)

€250 €370 with late bus (if not already registered with bus service)

Min. 8, Max, 12

Middle School Math Club

If you are interested in challenging and competitive problem solving, join Math Club.

Students meet once a week to train together for mathematics competitions using material from past competitions.

Students will compete in the International Schools Mathematics Teachers Foundation competitions and the American Scholastic Mathematics Association Annual Mathematics Competition.

This is not tutoring or homework time. Tryouts will be held for students to qualify for a spot on the traveling team. Students on the traveling team will travel to the ISMTF competitions. This club is available to all Middle School students. This activity is year-long (October - May)

Monday (Grades 6-8)

€200 per year €380 with late bus



High School Math Club

If you are interested in challenging and competitive problem solving, join Math Club.

Students meet once a week to train together for mathematics competitions using material from past competitions.

Students will compete in the International Schools Mathematics Teachers Foundation competitions and the American Scholastic Mathematics Association Annual Mathematics Competition.

This is not tutoring or homework time. Tryouts will be held for students to qualify for a spot on the traveling team. Students on the traveling team will travel to the ISMTF competitions. This club is available to all High School students.

This activity is year-long (October - May)

Thursday (Grades 9-12)

€200 per year €380 with late bus



Global Issues Network (GIN)

Are you interested in taking action to make our world a better place?

Join GIN, the Global Issues Network. GIN was inspired by Jean-François Rischard's book, High Noon: Twenty Global Problems, Twenty Years to Solve Them (2002). Although Rischard's book was intended for governmental leaders, the movement and call to action was embraced by high school and university students around the globe.

This after school club is for passionate upper school students that want to become part of the GIN international network aiming to raise awareness for social responsibility, global citizenship, along with developing solutions for local and global issues.

Students may take part in annual conferences where you teach about how you have tackled issues and challenges in your project, learn from others, and discuss high quality solutions and interventions to help solve world problems.

This activity is year-long (October - May)

Tuesday (Grades 7-12)

€350 per year

€530 with late bus (if not already registered with the bus service)

Min. 8, Max. 20



Middle School Model United Nations

This activity is meant to introduce middle school students to international affairs and cultural diplomacy, while emphasizing developing students' research, writing, cultural competency, and communication skills. Students can examine global conflicts and trends while working together to create promising solutions to some of the world's greatest challenges.

Additionally, it is designed with an emphasis on building cultural competency and diplomatic skills; expanding knowledge of world geography, cultures, and political structures; increasing understanding of how national and international institutions tackle key global issues.

Students in Model UN can gain a wide range of skills and information critical to their success in middle school, high school, college, and beyond.

This activity is a second semester offering.

Semester 2: Feb. 14th - May 26th

• Monday (Grades 6-8)

€100

€220 with late bus (if not already registered with the bus service)

Min. 10, Max. 20



Model United Nations

Model United Nations (MUN) is an opportunity for students to debate pressing world issues from different national viewpoints. ASM's award-winning club empowers our members to develop a deeper understanding of global issues while also practicing high-level public speaking and leadership skills. Students learn about different countries and take part in weekly debates and a yearly conference, but the program does require some commitment.

MUN meets Wednesday afternoons. Students dress in formal business attire for the entire day, fitting the dress code of the United Nations. Throughout the year, students will have several opportunities to take part in conferences. Depending on travel restrictions, these may take place online or involve international travel. Our club conference, ASMMUN, will happen December 10 - 12, 2021.

Our students are among the most successful in the world, helping to lead some foreign conferences and receiving awards at others. Involvement in MUN is very attractive to universities, as it shows leadership, problem solving, academic curiosity, and language skills. To maintain a strong program, attendance and participation at weekly meetings is mandatory except for the week before midterms and finals.

This activity is year-long (October - May)

• Wednesday (Grades 9-12)

€250 per year €430 with late bus





Grade 5 Math

The After School Math course will be run in Italian. It is designed for the Italian Language A students who want to take the Esame di Idoneità in June 2022, according to the new requirements. The preparation will cover the "Programma Ministeriale". Students will not have homework.

Grade 8 Math

The After School Math course will be run in Italian. It is designed for the Italian Language A students who want to take the Terza Media Exam in June 2022.

The preparation will adhere to the Programma Ministeriale and it will follow the new requirements according to the latest protocols of the Ministry of Instruction in terms of Covid precautions.

Superphysics - Calculus based Physics for University Preparation

This activity will guide the students into exploring new techniques and new problem solving scenarios in physics/math at a University level. Calculus will be an essential component. IB students learn calculus at the end of their junior year or at the beginning of their senior year. For this reason the first sessions will be devoted to reinforcing / introducing the necessary calculus tools; this will also happen with the support of numerical modeling using MATLAB. As students become more and more competent in calculus the activity will become more and more analytical and math based.

Explored topics will vary and will adapt to meet the interests of the students. Examples might include: Classical Mechanics and its Lagrangian formulation, electric circuits theory, Fields Theory and Maxwell's equations, Fourier analysis, Quantum Mechanics

The scope of this activity is 3-fold:

 Inspiring, stimulating the passion for the above subjects and preparing all students by gradually exposing them to University level material
 Support students who wish to apply to high level, competitive schools where admission exams often include calculus based physics questions and/ or advanced topics beyond the IB syllabus

(3) As a year-long activity, it can also provide tools and extra knowledge that students can potentially spend in their IB Internal Assessment work

Wednesday (October-May)

€200 per year €380 with late bus

- Monday (Group 1)
- Tuesday (Group 2)

October – May, once a week - students may choose what day to enroll - Groups will be balanced to the greatest ability possible)

€250 per year €430 with late bus

This activity is year-long (October - May)

• Monday (Grade 12) Senior students who attend the IB Physics class or IB HL Math

€350 per year €530 with late bus

Student Profile

(1) Having a strong interest in one or more of these areas:

- Physics
- Mathematics
- Engineering
- Computer Science
- Mathematically based Science

(2) Applying for a University Degree in one of the above areas

(3) Enjoying learning and being challenged with new, high level, material

Duke of Edinburgh's International Award

Are you ready to become more independent? Do you want to level-up your life? Make the world around you a better place? Do you want to learn outdoor survival skills? Form a rag-tag group of loyal renegades to go on an adventure with? Become stronger together? And even achieve an internationally recognized award? The Duke of Edinburgh's International Award is a program where you develop your character, leadership skills and learn how to survive in the outdoors. You shape your own choice of service activities, develop skills in areas you are interested in and learn how to plan and navigate hikes, pitch tents, give emergency first aid and even organize and cook meals when you are out on a trail or sleeping under the stars. As part of this club, we will go on multiple expeditions to mountains and other areas of natural beauty in Italy, and you will finish the year by completing an overnight expedition with a group of your choosing on a route of your choosing.

What will the fee include?

· Access to The Duke of Edinburgh International Award's web portal and resources

- · Weekly meetings
- · Team building exercises and leadership training
- · Wilderness first aid training
- · Basic outdoor cooking lessons
- · Training in essential camp craft (skills and knowledge necessary for camping)
- · Sessions on planning and navigating hikes
- · Access to tents, stoves and pans, maps, compasses
- Adult supervision on multiple trips to areas of natural beauty (participants will go on at least 2 day trips and 2 overnight camping trips)

Application process:

In selecting candidates to join this program we are looking for students who are:

- Independent
- Organized
- Dependable
- Motivated
- Resilient

Applicants will be expected to write a short essay followed by an interview. We will also ask candidates' teachers for recommendations. This program is not linked to academic achievement, so GPA is not a deciding factor in the application process. What matters more is your strength of character and willingness to commit to something.

This activity is year-long (October - May)

• Thursday (Grades 9-12)

€350 per year €530 with late bus

(Students over the age of 14 at registration)

Required equipment:

Hiking boots and a good all-weather rain jacket required from the outset. Club members will also be expected to have a hiking backpack (30-50 Liters) and their own sleeping bag, ready for our overnight trips.

**Certificate of good health is required

Additional student fee based on years with the program: **First year fee for registration is 30 euros per student**. Fee includes access to tents, stoves, maps, compasses and registration with the Duke of Edinburgh organization.

This fee is heavily discounted for the first year of the program and will increase to the regular price in the following years.



In order to apply, please contact: Mr. Harris: gharris@asmilan.org

To learn more go to: <u>https://intaward.org/</u> Watch this brief video: <u>https://youtu.be/kfAS2rLdJKg</u>

For more information:

- Mr. Harris: gharris@asmilan.org
- Ms. Westmoreland: vwestmoreland@asmilan.org



ASM Late Bus Service

CENTER - MILAN EAST - BUS 1

17.40 Milano - Via Ripamonti / Via Chopin
17.40 Milano - Via Ripamonti / Val di Sole
17.45 Milano - Via Ripamonti 159 / Via Quaranta
17.45 Milano - Via Ripamonti / Via Isonzo
17.45 Milano - Via Ripamonti 23
17.50 Milano - Via Ripamonti 7 / Via Sabotino
17.55 Milano - Corso di Porta Vigentina 46 (Hotel Crivis)
17.55 Milano - Largo Crocetta (MM3 Crocetta)
17.55 Milano - Corsi di Porta Romana 65
17.55 Milano - Corso di Porta Romana 49
18.00 Milano - Via Francesco Sforza / Laghetto
18.00 Milano - Via F. Sforza / Cso Pta Vittoria (Sormani)
18.00 Milano - Via Francesco Sforza 5 (ATM 94)
18.00 Milano - Via Visconti di Modrone / Via Mascagni
18.05 Milano - Via San Damiano 6
18.05 Milano - Via Senato / Via S. Andrea
18.05 Milano - Via Senato 36
18.10 Milano - Corso Venezia 44 (MM1 Palestro)
18.10 Milano - Corso Buenos Aires 2
18.10 Milano - Corso Buenos Aires 10 (MM1 Porta Venezia)
18.15 Milano - Piazzale Bacone 10
18.30 Milano - Largo de Benedetti / Via Sassetti

OPERA - BASIGLIO - MILANO 3 - BUS 3

17.35 Opera - Via Diaz (Crocione)
17.35 Opera - Via Diaz (ATM Golf Hotel)
17.40 Milano 3 - Via Longobardi / Idra
17.45 Milano 3 - Via Longobardi / Giotto
17.45 Milano 3 - Via Longobardi / Solco
17.50 Basiglio - Cascina Vione
17:50 Basiglio - Via Don Coira (Bus stop - Cimitero)
18.00 Milano 3 - Via Romano Visconti (primo ponte)
18.00 Milano 3 - Via Romano Visconti (secondo ponte)
18.05 Milano 3 - Via Vivaldi 51 (Bus stop)
18.05 Milano 3 - Via Vivaldi 30
18.05 Milano 3 - Via Vivaldi 19
18.10 Milano 3 - Via Vivaldi 3
18.15 Tolcinasco - Castello (ingresso laterale)

CENTER - MILAN WEST - BUS 2

17.40 Milano - Via Bazzi / Viale Toscana
17.50 Milano - Via Calatafimi 1
17.50 Milano - Via Molino delle Armi 27
17.55 Milano - Corso Genova 4
18.00 Milano - Via Olona 21
18.00 Milano - Via Carducci 37 (MM2 S.Ambrogio)
18:00 Milano - Via Carducci 13 (MM1/MM2 Cadorna)
18.05 Milano - Via Vincenzo Monti 12
18.05 Milano - P.za Conciliazione (MM1 Conciliazione)
18.10 Milano - Via Burchiello (MM1 Pagano)
18.10 Milano - Piazza Buonarroti (MM1 Buonarroti)
18.10 Milano - Via Monte Rosa 12
18.15 Milano - Piazza Amendola (MM1 Amendola Fiera)
18.15 Milano - Via Monte Rosa / Via Tempesta (MM1 Lotto)
18.20 Milano - Via Stratico / Via Palatino
18.20 Milano - Via Palatino / Via Ottoboni
18.25 Milano - Via Achille / Via Tesio
18.45 Arese - Via Vittorio / Via Vismara
18.45 Arese - Via Campogallo
18.50 Arese - Via Matteotti
18.50 Arese - Via Nuvolari / Don Minzoni
18.55 Arese - Viale Sempione (Bus Stop)
18.55 Arese - Degli Orti / S. Anna
18.55 Arese - Via Leopardi (Bus Stop)

POASCO - SAN GIULIANO - SAN DONATO -PESCHIERA - MILANO 2 - BUS 4

17.45 San Giuliano - Via Giotto / Via Civesio
17.45 San Donato - Via Emilia / Via Parigi (ATM)
17.45 San Donato - Via Emilia / Via Strasburgo (ATM)
17.50 San Donato - Via Martiri di Cefalonia / Via Europa bis
17.50 San Donato - Via Europa 7
17.50 San Donato - Via Martiri di Cefalonia / Cimiterio
18:00 San Donato - Via De Gasperi / Via Agadir
18:00 San Donato - Via De Gasperi / Spilamberto
18:00 San Donato - Via De Gasperi / Angelo Moro
18:00 San Donato - Via Triulziana 36
18:05 San Donato - Via Kennedy 16
18.05 San Donato - Via Kennedy / Via Rodari
18:05 San Donato - Via Rodari / Moro
18.15 Peschiera - Via 1 Maggio 3
18.20 Peschiera - Via Matteotti 55
18.20 Peschiera - Via Quasimodo 2
18.30 Milano - Via del Futurismo (Primo pedonale)
18.40 Milano 2 - Strada di Spina (Primo Bus Stop)
18:40 Milano 2 - Strada di Spina (Primo Ponte)
18:40 Milano 2 - Strada di Spina (Secondo Ponte)
18:40 Milano 2 - Strada di Spina (Terzo Ponte)
18:40 Milano 2 - Strada di Spina (NH Hotel)
18:40 Milano 2 - Strada di Spina (ufficio postale)