



SESSION 2

AFTER

SCHOOL ACTIVITIES
2022-2023



THE INTERNATIONAL SCHOOL
OF PORT OF SPAIN





THE INTERNATIONAL SCHOOL OF PORT OF SPAIN

AFTER SCHOOL ACTIVITIES

Our after-school activity program offers a good variety of options for students to continue learning and growing after school time, beyond the academic curriculum. This is a broad-based activity program that strives to provide a wide variety of enjoyable, valuable learning experiences conducted by instructors and coaches who are all specialists in their areas.

The after-school program is organized into three sessions held throughout the school year. After-school activities allow pupils to interact with children from other grade levels, building new relationships and strengthening existing ones.

Registration & Contact Information

Registrations are managed through our registration form only:

[Elementary School After School Activities](#) [Middle/High School After School Activities](#)

For more information and queries, please send us an email at mapennie@isps.edu.tt

IMPORTANT GENERAL INFORMATION

1. Registration Payment Period is Thursday 5th January 2023 - Friday 13th January 2023.
Classes with limited space are on a first-come, first-served basis.
2. Complete the Registration Form (Google Form). One form per child.
3. Payment by Cash/ Linx/ Cheque must be made at the Reception Desk. Make cheques payable to "ISPS"
Receipts for cash payments will be provided only on request.
4. Bank Transfer to be made at Republic Bank, Chequing A/C # 110800778601.
Name of student and activity to be included in the description. Eg: Timsdale ISPS- Soccer, Track and Field
If using this method, the online remittance advice is your receipt.
5. Refunds will not be made after the second week of activities.
6. Each activity must have a minimum amount of participants. The number varies among classes. Any student who registers for a class that does not reach the minimum may select another class or receive a refund.
7. Every effort will be made to contact parents as early as possible if an activity must be cancelled on a particular day.
Please ensure that the contact numbers given are accurate.
8. Parents are asked to pick up students immediately after classes.
9. Masks and/or face shields are optional during activities.
10. Students who are ill or exhibit any COVID-19 symptoms would not be allowed to participate in After School Activities.
11. Students should have individual water bottles, equipment, towels, etc.

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After School Activities Offered

Sports Clubs

Basketball
Chess
Field Hockey
Gymnastics
Karate
Soccer
Track & Field
Volleyball

Creative Clubs

Hip Hop
Performing Arts



Sports Clubs (Elementary)



Basketball

Elementary school boys and girls will learn all fundamental and basic basketball-specific skills, establish building blocks for overall basketball skills.

Grades K-5
Grades K-5

Wednesday 2:45 - 3:45
Friday 2:45 - 3:45

Gym
Green Court

\$700



Chess

Students learn skills and play matches with each other and in local competitions.

Grades K-5

Tuesday 2:45 - 3:45

Grade 5
Classroom
(next to Ms. Wiltshire)

\$450



Field Hockey

Players will learn the fundamental, age-appropriate skills needed to have a successful team experience. The program is designed to provide a fun, active and athlete-centered approach for all participants.

Grades K-5

Monday 2:45 - 3:45
Friday 2:45 - 3:45

Gym
Gym

\$700



Gymnastics

Students learn the basics of tumbling and non-apparatus gymnastics .

Grades K-6

Tuesday 2:45 - 3:45

Gym

\$450

Sports Clubs (Elementary)



Karate

Students learn the basics of Shotokan and have the opportunity to grade (move up in rank) and participate in community tournaments.

Grades K-5	Monday	2:45 - 3:45	Green Court Green Court	\$600
	Wednesday	2:45 - 3:45		



Soccer

Learn the basic skill of the world's favourite sport in an environment that is geared for the students' enjoyment. **Minimum participants: 11**

Grades K-5	Tuesday	2:45 - 3:45	North Field North Field	\$700
	Thursday	2:45 - 3:45		



Track & Field

This program combines technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program.

Grades 1-5	Monday	2:45 - 3:45	Spanish Court Grounds	\$450
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Volleyball

This course provides students with the opportunity to learn and develop the basic rules, fundamental skills, and strategies of volleyball. The course will enable students to develop skills in passing, setting, serving, spiking and blocking. **Minimum participants: 12**

Grades 1-5	Tuesday Thursday	2:45 - 3:45	Gym	\$700
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Sports Clubs (Middle/ High)



Basketball

Middle and High School Students will learn and practice skills and rules of the game. Students will learn to master the fundamentals (high pressure team defense, executing defensive commandments, dominant rebounding, up-tempo & hard to guard team offense, attack, draw fouls & maximise free-throw opportunities, etc)

Grades 6-12

Wednesday 3:45 - 5:15
Friday 4:00 - 5:30

Gym

\$800



Chess

Students learn skills and play matches with each other and in local competitions.

Grades 6-8

Tuesday 2:45-3:45

Grade 5
Classroom
(next to Ms. Wiltshire)

\$450



Field Hockey

Players will learn the fundamental, age-appropriate skills needed to have a successful team experience. The program is designed to provide a fun, active and athlete-centered approach for all participants.

Grades 6-8

Monday 3:45 - 5:15
Friday 4:00 - 5:30

Gym
Green Court

\$800

Sports Clubs (Middle/ High)



Soccer

Students will be challenged regardless of their skill level or position. We will ensure each student will gain technical skills and sport knowledge required for soccer. The students will learn how to dribble, pass, shoot, defend, dive, maintain ball control and direct the ball back into play, in addition to other fundamental rules of the sport.

Minimum participants: 11

Grades 6-12	Tuesday Thursday	2:45 - 3:45	Spanish Court	\$700
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Track & Field

Learn the basics of track and field, from warmups to cool downs and everything in between, including using the blocks, sprint mechanics, long jump, shot put, middle distance pacing and more!

Grades 6-12	Wednesday	2:45 - 3:45	Spanish Court Grounds	\$450
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Volleyball

This course provides students with the opportunity to learn and develop the basic rules, fundamental skills, and strategies of volleyball. The course will enable students to develop skills in passing, setting, serving, spiking and blocking. **Minimum participants:** 12

Grades 6-12	Tuesday Thursday	3:45 - 5:15	Gym	\$800
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Creative Clubs



Hip Hop

The performing arts provide another outlet for children to interact with others. When combined with dance, music and drama, children can use language to understand and express more complex ideas.

Grades 5-12	Monday	3:45 - 4:45	Dance Room	\$450
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Performing Arts

The performing arts provide another outlet for children to interact with others. When combined with dance, music and drama, children can use language to understand and express more complex ideas.

Grades 3-5	Thursday	2:45 - 3:45	Theatre & Music Room	\$450
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