



ASM | AMERICAN  
SCHOOL  
OF MILAN

## After-School Activities 2022-2023



# Registration and Transportation

## Online Registration

Registration for Full Year and Fall trimester activities will begin on **September 5th at 9:00 AM.** and will close at 3:30 PM. on September 12th ([registration for Varsity, MS Sports, Elementary Musical and Middle School play will open August 29th at 9 AM](#)). Registration for Winter and Spring Trimesters will also be available on September 5th, however you will receive a new registration communication before the beginning of the new trimester. 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.

**Unless indicated in the activity description, Full Year and Trimester activities will begin the week of September 19th and end the week of May 22nd with one week break between each of the trimesters** (for example between Fall and Winter there will be no activities on the week of Nov 21st) .

**All activities will run from 3:45 until 5:20 Monday through Thursday. STUDENTS WILL BE ABLE TO ATTEND ONLY ONE ACTIVITY PER DAY.**

Activities are offered in two different time durations: Full Year and Trimester (Fall-Winter-Spring).

**FULL YEAR: September 19th - May 27th (with breaks between the Trimesters)**

**FALL TRIMESTER: September 19th - November 19th**

**WINTER TRIMESTER: November 28th - March 11th**

**SPRING TRIMESTER: March 20th - May 27th**

Please be sure to check the activity description when enrolling and select the correct offering/s.

**\*\*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 the curricular day. Students in the ASA programs will need to adhere to ASM behavioral policies and procedures. Students who do not manage their behavior appropriately during ASA 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 and Middle School Sports activities. Late bus service for other after-school programs will begin September 19th, 2022 and end May 25th, 2023. 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 will also be allowed to accompany their younger siblings 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 Sara Braga at [sbraga@asmilan.org](mailto:sbraga@asmilan.org).**

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

### [2022-2023 ACTIVITIES](#)

### [RATES](#)

### [LATE BUS STOPS](#)

# Activities At a Glance

Select the grade you are interested in:

[KG - 1](#)

[Grade 2nd - 3rd](#)

[Grade 4th - 5th](#)

[MIDDLE SCHOOL](#)

[HIGH SCHOOL](#)

**[KG - 1](#)**

*Click on the activity to see a full description*

ACTIVITY	DAY of WEEK	GRADE	SEASON
<a href="#"><u>Beginner Gymnastics</u></a>	Wed	KG-1	FULL YEAR
<a href="#"><u>Creative Dance</u></a>	Tues	KG-1	FULL YEAR
<a href="#"><u>Paddle</u></a>	T or Th	KG-1	FALL-WINTER-SPRING
<a href="#"><u>Tennis</u></a>	Wed	KG-1	FALL-WINTER-SPRING
<a href="#"><u>Swimming</u></a>	T or Th	KG-1	FULL YEAR
<a href="#"><u>Piano</u></a>	Wed or Th	1 ONLY	FULL YEAR
<a href="#"><u>Compiti Italiano 1-5</u></a>	Mon	1 ONLY	FULL YEAR
<a href="#"><u>Theater Fun</u></a>	Th	KG-1	FALL
<a href="#"><u>Young Chefs</u></a>	Mon	KG-1	FALL



<a href="#">French Club</a>	Mon	KG-1	FALL
<a href="#">Young Readers</a>	Mon	KG-1	WINTER
<a href="#">Soccer Mr Alfio</a>	Mon	KG-1	SPRING
<a href="#">Creative Crafts</a>	Tues	KG-1	SPRING
<a href="#">Glee Club K-2</a>	Th	KG-1	SPRING

## Grade 2nd - 3rd

*Click on the activity to see a full description*

ACTIVITY	DAY of WEEK	GRADE	SEASON
<a href="#">Piano</a>	Wed or Th	2-3	FULL YEAR
<a href="#">Karate</a>	Mon	2-3	FULL YEAR
<a href="#">Cello</a>	Th	3 ONLY	FULL YEAR
<a href="#">Artistic Gymnastics</a>	Mon	2-3	FULL YEAR
<a href="#">Modern Dance / Hip Hop</a>	Th	2-3	FULL YEAR
<a href="#">Paddle K-3</a>	T or Th	2-3	FALL-WINTER-SPRING
<a href="#">Tennis</a>	Wed	2-3	FALL-WINTER-SPRING
<a href="#">Swimming</a>	T or Th	2-3	FULL YEAR
<a href="#">Compiti Italiano 1-5</a>	Mon	2-3	FULL YEAR
<a href="#">Knitting / Crocheting</a>	Th	2-3	FALL
<a href="#">Jr Soccer 2-3</a>	Tues	2-3	FALL
<a href="#">Mr T Basketball G2-3</a>	Wed	2-3	FALL
<a href="#">Young Chefs</a>	Mon	2 ONLY	FALL
<a href="#">French Club</a>	Mon	2-3	FALL
<a href="#">Golf</a>	Wed	2-3	FALL / SPRING
<a href="#">Glee Club 3-5</a>	Wed	3 ONLY	WINTER
<a href="#">Young Readers</a>	Mon	2 ONLY	WINTER
<a href="#">Science Projects / Experiments</a>	Tues	2-3	WINTER
<a href="#">GGG Greenhouse Gardening Stay Green</a>	Th	2-3	SPRING
<a href="#">Glee Club K-2</a>	Th	2 ONLY	SPRING
<a href="#">Jr Musical</a>	M and Th	2-3	SPRING

## Grade 4th - 5th

*Click on the activity to see a full description*

ACTIVITY	DAY of WEEK	GRADE	SEASON
<a href="#">Karate</a>	Mon	4-5	FULL YEAR
<a href="#">Violin</a>	Mon	4-5	FULL YEAR
<a href="#">Artistic Gymnastics</a>	Mon	4-5	FULL YEAR
<a href="#">Swimming</a>	T or Th	4-5	FULL YEAR
<a href="#">Cello</a>	Th	4-5	FULL YEAR
<a href="#">Modern Dance / Hip Hop</a>	Th	4-5	FULL YEAR
<a href="#">Elementary Student Council</a>	Tues	4-5	FULL YEAR
<a href="#">Tennis 4-5</a>	Wed	4-5	FULL YEAR
<a href="#">Jr. Soccer 4-5</a>	Wed	4-5	FULL YEAR
<a href="#">Grade 5 Italian Math Prep</a>	Wed	5 ONLY	FULL YEAR
<a href="#">Piano</a>	W or Th	4 ONLY	FULL YEAR
<a href="#">Paddle 4-5</a>	T or Th	4-5	FALL-WINTER-SPRING
<a href="#">Compiti Italiano 1-5</a>	Mon	4-5	FALL-WINTER-SPRING
<a href="#">Knitting / Crocheting</a>	Th	4-5	FALL
<a href="#">Guitar (string instruments)</a>	Tues	5 ONLY	FALL
<a href="#">Elementary Musical</a>	T and Th	4-5	FALL
<a href="#">French Club</a>	Mon	4-5	FALL
<a href="#">Golf</a>	Wed	4-5	FALL / SPRING
<a href="#">Theater Arts</a>	Thu	4-5	WINTER
<a href="#">Glee Club 3-5</a>	Wed	4-5	WINTER
<a href="#">Mr T Basketball G4-5 Winter</a>	Wed	4-5	WINTER
<a href="#">Science Projects / Experiments</a>	Tues	4-5	WINTER
<a href="#">Volleyball G4-5 Spring</a>	Mon	4-5	SPRING
<a href="#">Advanced Art Activities</a>	Th	4-5	SPRING
<a href="#">GGG Greenhouse Gardening Stay Green</a>	Th	4-5	SPRING
<a href="#">Mr T Basketball G4-5 Spring</a>	Wed	4-5	SPRING

# MIDDLE SCHOOL

*Click on the activity to see a full description*

ACTIVITY	DAY of WEEK	GRADE	SEASON
<a href="#">Paddle</a>	T or Th	6-8	FALL-WINTER-SPRING
<a href="#">Tennis</a>	Wed	6-8	FALL-WINTER-SPRING
<a href="#">Swimming</a>	T or Th	6-7 ONLY	FULL YEAR
<a href="#">Free Swimming</a>	T or Th	8 ONLY	FULL YEAR
<a href="#">Learn CODING by making computer games</a>	Th	6-8	FULL YEAR
<a href="#">MS Potenziamento Lingua Italiana</a>	Mon	6-8	FULL YEAR
<a href="#">Grade 8 Italian Math Prep</a>	Mon or Tues	8 ONLY	FULL YEAR
<a href="#">After School Achievement Program</a>	Mon	6-8	FULL YEAR
<a href="#">Guitar (string instruments)</a>	Tues	6-8	FALL
<a href="#">MS Dungeons &amp; Dragons Adventures</a>	Tues	6-8	FALL
<a href="#">MS Competitive Tennis</a>	T and Th	6-8	FALL
<a href="#">MS Competitive Cross Country</a>	T and Th	6-8	FALL
<a href="#">Middle School Play</a>	M and Th	6-8	FALL
<a href="#">Set Design</a>	Th	7-8 ONLY	FALL
<a href="#">Golf</a>	Wed	6-8	FALL / SPRING
<a href="#">MS Competitive Basket</a>	T and Th	6-8	WINTER
<a href="#">Art Mural</a>	Tues	7-8 ONLY	WINTER
<a href="#">Set Design</a>	Th	7-8 ONLY	WINTER
<a href="#">US Musical</a>	M-T and Th	6-8	WINTER
<a href="#">Advanced Art Activities</a>	Th	6 ONLY	SPRING
<a href="#">MS Yoga</a>	Mon	6-8	SPRING
<a href="#">MS Competitive Soccer</a>	T and Th	6-8	SPRING
<a href="#">MS Competitive Volleyball</a>	T and Th	6-8	SPRING
<a href="#">MS Competitive Track and Field</a>	T and Th	6-8	SPRING
<a href="#">MS Competitive Golf</a>	T and Th	6-8	SPRING

# HIGH SCHOOL

Click on the activity to see a full description

ACTIVITY	DAY of WEEK	GRADE	SEASON
<a href="#">Paddle</a>	T or Th	9-12	FALL-WINTER-SPRING
<a href="#">Tennis</a>	Wed	9-12	FALL-WINTER-SPRING
<a href="#">Free Swimming</a>	T or Th	9-12	FULL YEAR
<a href="#">HS Dungeons &amp; Dragons Adventures</a>	Th	9-12	FULL YEAR
<a href="#">National Art Honor Society</a>	Thu	9-12	FULL YEAR
<a href="#">HS Potenziamento Lingua Italiana</a>	Tues	9-12	FULL YEAR
<a href="#">HS Math Club</a>	Thu	9-12	FULL YEAR
<a href="#">MUN</a>	Wed	9-12	FULL YEAR
<a href="#">Duke of Edinburgh's Award</a>	Tues	9-12 (must be 14 year OLD)	FULL YEAR
<a href="#">Superphysics - Calculus based Physics for University Preparation</a>	Mon	only 12 grade Physics students or 12 grade math HL	FULL YEAR
<a href="#">Art Portfolio Development and Observational Drawing</a>	Mon	9-12	FALL
<a href="#">Varsity Soccer</a>	M,T and Th	9-12	FALL
<a href="#">Varsity Volleyball</a>	M,T and Th	9-12	FALL
<a href="#">Varsity Cross Country</a>	M,T and Th	9-12	FALL
<a href="#">HS Yoga and Meditation Fall</a>	Th	9-12	FALL
<a href="#">Set Design</a>	Th	9-12	FALL
<a href="#">Golf</a>	Wed	9-12	FALL / SPRING
<a href="#">HS Yoga Winter</a>	Mon	9-12	WINTER
<a href="#">Salsa</a>	Mon	9-12	WINTER
<a href="#">Varsity Basketball</a>	M/T/Th (girls Th morning - Boys Tues morning)	9-12	WINTER
<a href="#">Varsity Badminton</a>	M/T/Th (T-Th morning)	9-12	WINTER
<a href="#">Art Mural</a>	Tues	9-12	WINTER
<a href="#">Set Design</a>	Th	9-12	WINTER
<a href="#">US Musical</a>	M,T and Th	9-12	WINTER
<a href="#">Varsity Tennis</a>	M,T and Th	9-12	SPRING
<a href="#">Varsity Golf</a>	M,T and Th	9-12	SPRING
<a href="#">Varsity Track and Field</a>	M,T and Th	9-12	SPRING



# 2022-2023 ACTIVITIES

## Swimming

Swimmers of all levels meet Tuesday or Thursday (from KG to grade 7), including those with no swimming experience. Young swimmers (4 and 5 year-old) will engage in fun activities to get comfortable in the water. Older children will be divided by level of swimming ability.

**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.

### Swimmers must have:

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

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



## Free Swimming

Confident Swimmers (Grade 8 - 12) will be able to swim on their own (no playing around) on Tuesday or Thursday under the supervision of an instructor. This activity is designed for older students who are skilled swimmers and wish to swim at their own pace.

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.

### Swimmers must have:

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

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

# Tennis Lessons

Students will learn and practice the basic techniques of tennis and improve and further develop their game. 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.

WEDNESDAY - FALL-WINTER OR SPRING (choose the trimester)

**Required:** Students must supply their own rackets

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



# Paddle

Paddle is a growing sport sensation for players of all ages. Courts are surrounded by transparent walls, combining elements of tennis and squash. These trimester long sessions (on Tuesday or Thursday) are designed to accommodate skill growth, playing ability, and experience. Students (KG to Grade 12) will learn and practice the basic techniques of Paddle or, in the case of experienced players, improve and further develop their game. 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 Paddle. Breaks and rest periods will be given depending on the needs of the students. Students will be escorted to and from lessons by instructors.

TUESDAY OR THURSDAY - FALL-WINTER OR SPRING (choose the trimester)

**Required:** students must supply their own rackets

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



## Golf

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 of the Rovedine Golf Club (next door to ASM). This activity (grade 2nd-12th) will run during the Fall and the Spring trimester (no Winter). 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. Students will be escorted to and from lessons by instructors.

Wednesday - Fall and Spring Trimester

Location: Golf Club Le Rovedine



**Required:** Golf clubs and balls will be provided by the Golf Club

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

## ELEMENTARY SCHOOL

## 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 2nd to 5th Grade in the development and use of Kyudokan techniques in this active and fun course.

Exam Fee includes Budopass certificate and new belt.

Monday - Full Year

Location: MPR



**Required:** Karate uniform (can be purchased from the instructor)

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

## 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.

Wednesday - FALL Semester

Location: ASM New Gym

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

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

## 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.

Wednesday - Winter and Spring Trimesters

Location: ASM New Gym

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

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





# Soccer with Mr Alfio

Coach Alfio will support our youngest athletes (KG-1st Grade) in this activity. Soccer with Mr Alfio is open to girls and boys. 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. Monday - Spring Trimester

Location: ASM soccer field

**Required:** comfy sportswear. No change of clothes before the activity.

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



**Instructor: Mr Alfio Chiarenza**

## 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. 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.

Tuesday - Fall Trimester

Location: ASM soccer field

**Required:** comfy sportswear. No change of clothes before the activity.

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

**Instructor Name: Ms Maria Grazia Vasta**

## 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. 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.

Wednesday - Full Year

Location: ASM soccer field

**Required:** comfy sportswear. No change of clothes before the activity.

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

**Instructor Name: Emiliano Sorba**

## 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.

Monday - Spring Trimester

Location: ASM old gym

**Instructor Name: Ms Gemma Grugini**



## Beginner Level Gymnastics will start September 26th

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 be held (on Wednesday) by a very experienced Gymnastic teacher and 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 KG and 1st Grade.

Wednesday - Full Year

Location: Dance Room

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

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

## Artistic Gymnastics will start September 26th

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 will be held on Monday by a very experienced Gymnastic teacher. Lessons are in English and open to boys and girls from 2nd to 5th Grade.

Monday - Full Year

Location: Dance Room

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

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

**Instructor: Ms Elena Lasta**

## Creative Dance

This year-long activity will be offered by DanceAttitude. DanceAttitude is a sports association driven by the love and passion for creative movement and dance expression. Their mission is to teach the younger children, through harmonic movement, rhythm concepts, musical interpretation, the basics of dance, and much more. Structured play will facilitate the introduction of movement. Teachers will focus on space awareness, free expression, respect and interaction between the children while creating a fun environment. DanceAttitude offers a Creative Movement program in English for boys and girls (KG-1) at ASM . Lessons will take place in the Dance room and will encourage children to fully express themselves in familiar school surroundings; all with a caring manner appropriate for the age group. To achieve these goals and to promote the interaction between the kids, dance teachers will be using common and pedagogic equipment which will be combined with the free movement and body expression.

Tuesday - Full Year

Location: Dance Room

**Required:** comfortable clothes, slipper/gymnastics shoes

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

## Modern Dance / Hip Hop

This year-long activity will be offered by DanceAttitude for 2nd to 5th Grade students. DanceAttitude is a sports association driven by the love and passion for creative movement and dance expression. Dance is an amazing discipline for all ages; it combines improvisation, athletic training, flexibility, coordination, strength, and body awareness. This year-long activity will begin with 2 trimesters of Modern Dance and a last one more specific on Hip Hop. Children will learn to interpret music with different levels of progression all while discovering their artistic and creative potential. DanceAttitude's qualified Modern Dance teachers will offer this activity in English to both boys and girls (2nd - 5th Grade).

Thursday - Full Year

Location: Dance Room

**Required:** comfortable clothes, slipper/gymnastics shoes

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



## Theater Fun

This group of young actors (KG - 1st grade) will use imagination to create skits, scenes and stories. It's a wonderful way to practice English, focus extra energy, practice self expression, and thrive in a safe space for silliness. No scripts, no costumes, no props, no performance stress, just the ability to create! Actors will also learn basic stage skills: projecting voice, facing the audience, gestures and patience, as well as the Art of Making Things Up! We will: play theater games, use movement and miming, create stories and characters, create voices and movements for characters. We will work together, we will have fun!

Thursday - Fall Trimester

**Required:** comfortable clothing, snack and water bottle

**Instructor:** Ms Leah Dawson



## Young Chefs

This entry level cooking class, for KG and 1st Grade, has been designed with creativity and discovery for the learner in mind. Students will be introduced to our kid-friendly kitchen, to learn about kitchen etiquette and kitchen safety. The ingredients will be provided and each child will get a chance to follow the recipes and make something yummy.

Monday - FALL Semester

Location: Elementary kitchen

**Instructor: Ms Mariela Rojido**



## Young Readers

During this activity, KG to 2nd Grade students will participate in reading different genres of books (Picture books, Fiction, Nonfiction, Biography, etc... ) then talking and sharing ideas about the concept. Activities will include retelling stories, writing, and book making.

Monday - Winter Trimester



**Instructor: Ms Mahnaz Souzankar**

## Glee Club

This activity will be taught by Ms Dawn Yarbrough, the Musical Director for this year's elementary Musical. A glee club is traditionally a group of singers who performs short songs, usually with harmony and often a cappella. This will be a more modern version, imagine a super simplified version of the songs performed on the TV Series Glee. The activity will be a fun time in which the students will participate in every area from choosing the songs the group will sing to participating in the choreography, set design and costumes. We will sing modern songs with clean lyrics and appropriate songs and choreography. We will also work on stage/screen presence, simple dance moves, and simple harmonies if possible. All students are welcome with whatever skill level they have.



**KG-1st Grade:** Thursday - Spring Trimester

**3rd - 5th Grade:** Wednesday - Winter Trimester

**Instructor: Ms Dawn Yarbrough**



# Compiti Italiano

During this activity, Elementary Italian A students (Grades 1-5) will be able to work on their Italian Homework with the help of an Italian teacher. They will get support with further explanations of the content as well as with reviews of the program.

Monday - Full year

**Instructor: Ms Laura Masson**

## Creative crafts

This class gives Kg and 1st Grade children the opportunity to explore their creative side and run free with their imagination. We will focus on drawing, painting and making simple arts and crafts. Children will have the opportunity to experiment with different media including: watercolor, paint, crayons, different sizes of paint brushes, construction paper, glitter and clay. Any student with an interest in art and crafts is welcome to join the fun.

Tuesday - Spring

Location: art room

**Required:** 1 apron for painting

**Instructor name : Ms Sara Calegari**



## French Club

The French Club aims to provide a safe space for children (KG to 5th Grade) to interact with each other in French while having fun. The club promotes the use of French through varied cultural activities such as playing board games, reading, cooking, singing, creating puppet shows and much more! The club is open to native French speakers or students with a good foundation of the language. Allez, venez!

Monday - Fall Trimester

Location: L3

**Instructor name: Ms Julie Rugnetta**



# Knitting / Crocheting for Everyone!

A new skill... relaxing times... and an all around fun time together. This activity has it all. Students (2-5 Grade) will learn how to knit (or crochet if students wish to use that method). We will aim to make a cool scarf that could possibly be worn this Winter or perhaps a future year. Students interested in knitting do not need to have any experience. Come join us as we gather around and practice the art of knitting (or crochet), a relaxing peaceful experience that will help build hand-eye coordination and engage in stress-relief.

Required: yarn and knitting (or crochet) needles. Thicker yarn is easier for beginners and thicker wooden / bamboo knitting needles will also be simpler. If students have experience with crochet, they are welcome to participate with their materials they bring as well.

Thursday - Fall Trimester

location: Science Lab (Room 202)



**Instructor name: Mr. Damroth (Mr. D) - Science Teacher**

# Super Cool "Science Fair" Projects & Experiments!

Want more science? Then this is the activity for you! In the elementary science department, we are brainstorming how best to have a "Science Fair" or a showcase / display of all the awesome things we are doing in science. What better way to prepare for this tentative event than experimenting with some classic "Science Fair" experiments and projects together. Each week, we will complete a different experiment in small groups or individually. Students (grade 2-5) will learn the basics of the scientific inquiry process as they stay engaged each week with a new project. At the end of our time together, students will choose their own experiment / project to do on their own or with a small group. This will certainly help prepare these students not only for science concepts taught at school but also for any and every "Science Fair" showcase now and in the future. This is going to be a blast!

TUESDAY - Winter Trimester

Location: Science Lab (Room 202)



**Instructor name: Mr. Damroth (Mr. D) - Grades 3-5 Science Teacher**

# GGG - Greenhouse, Gardening, and Staying Green!

As the weather changes, let's use our wonderful ASM greenhouse and grow some remarkable plants together! We will learn about different types of plants (fruits, herbs, flowers, tropical plants, carnivorous plants, etc.) and grow these plants over the course of several weeks. As we do so, we will design, implement, and create a community garden for future years to continue adding to. We will continue to learn about how we can be sustainable at school and at home, composting - what it is and how we can start doing it both at school and at home?, and lastly help with beautifying our lovely ASM campus and keeping it green. If you've seen the plants currently in the greenhouse and want to be a part of it, you'll want to join this activity. Get ready for a great time and let's get growing together!

Thursday - SPRING Trimester

Location: Science Lab (Room 202) & Greenhouse

**Required:** students should wear clothing they aren't afraid to get dirt on

**Instructor name:** Mr. Damroth (Mr. D) - Grades 3-5 Science Teacher



## Jr. Musical

The Jr. Musical is a theater experience for 2nd and 3rd graders. We start with books, stories, movement and sound. The children create ideas, characters and themes for a 30 minute musical show. Students learn their lines, blocking and choreography as well as breathing techniques, voice control, teamwork, generosity, focus ways to use creativity and basic performance skills. Previous show titles include: Aesop's Fables, Friendly Neighborhood Helpers, Good Manners and Grammarsaurus.

Monday / Thursday - SPRING trimester

Auditorium and MPR

**Required:** students will need to provide a USB and a specific color of t-shirt, once the story is written and characters created. Students must wear comfortable clothing and bring a snack and water bottle to each rehearsal.



**Instructor name:** Leah Dawson - Director & Sofia Pileggi choreographer



## Elementary Musical

The ASM elementary theater company is thrilled to be producing "Oliver Jr." this year. Based on the Charles Dickens novel, Oliver Twist, this musical will have audiences tapping along to classic songs like "Consider Yourself" and "Food Glorious Food." This activity welcomes all actors, singers, dancers, and anyone who enjoys being part of a musical theater group. It 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. There are three mandatory Saturday rehearsals: October 15, November 5, and November 12.

Tuesday and Thursday (and some Saturdays) - FALL trimester (**Starts September 6**)

Performance 17-18 November

Location: Auditorium

**Required:** Students may be asked to purchase items for their costumes.

**Instructor name:** Ms Annaleigh Kress, Ms Elise Thiltgen, Ms Dawn Yarbrough



## Theater Arts

This group of actors (4th-5th Grade) will use imagination to create skits, scenes and stories. It's a wonderful way to practice English, focus extra energy, practice self expression, and thrive in a safe space for silliness. No scripts, no costumes, no props, no performance stress, just the ability to create! Actors will also learn basic stage skills: projecting voice, facing the audience, gestures and patience, as well as the Art of Making Things Up! We will: play theater games, use movement and miming, create stories and characters, create voices and movements for characters. We will work together, we will have fun!

Thursday - Winter trimester

Location: MPR / Carpeted area / Classroom

**Required:** comfortable clothing, snack and water bottle

**Instructor:** Ms Leah Dawson



**Theater Arts**  
**4-5**



## Advanced Art Activities

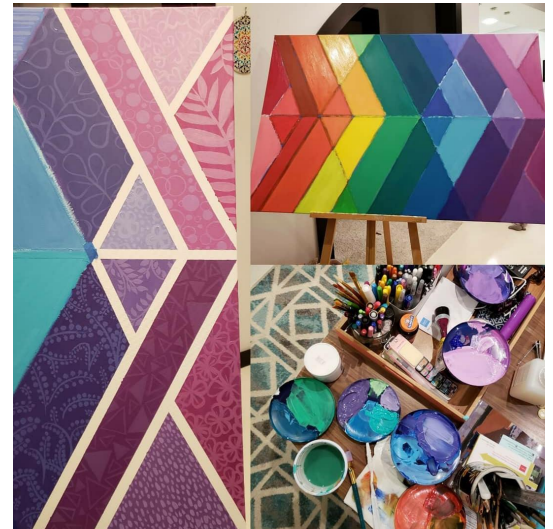
Do you love art? Do you wish to learn some more complex art techniques and skills? This ASA is for you! We will be learning and practicing advanced 3D and 2D art skills while creating awesome projects. This activity is held by our Elementary art teacher and will be for 4th, 5th and 6th graders.

Thursday - Spring Trimester

Location: Elementary Art Room

**Required:** Art apron or clothes that can get messy.

**Instructor name:** Ms Nicole Cerro



## Violin Lessons with Ms Mary

The goal of this class is to learn how to play violin alone and in an ensemble. Students (4-5th Grade) will learn to analyze music and develop study skills to master the art of violin playing. They will play a variety of period music and explore the music world through different genres. Students will be taking a music test at the end of the year: ABRSM certification, the prestigious worldwide accredited music test/ certification. Students will perform during school concerts. Two groups of 3 or 4 students will alternate playing for 45 minutes and practicing violin / doing homework for the other 45 minutes.

Monday - Full Year

Location: music room

**Required:** rent or buy a violin

**Instructor Name:** Ms Mary (Rosamaria Radic)

## Cello Lessons

The goal of this class is to learn how to play cello alone and in an ensemble. Students (3-4-5th Grade) will learn to analyze music and develop study skills to master the art of cello playing. They will play a variety of period music and explore the music world through different genres. Students will be taking a music test at the end of the year: ABRSM certification, the prestigious worldwide accredited music test/ certification. Students will perform during school concerts. Two groups of 3 or 4 students will alternate playing for 45 minutes and practicing cello / doing homework for the other 45 minutes.

Thursday - Full Year

Location: music room

**Required:** rent or buy a cello

**Instructor Name:** Mr Mario Torresetti

## Piano Lessons

- Tandem lesson - two students with similar age and abilities on piano (beginners and students with some music experience) dedicated for 1-4<sup>th</sup> grade
- Ensemble lesson (4 students from 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> elementary grade)

The goal of these classes is to improve playing piano, reading music and to acquire the ability to play together. During the Tandem lessons pupils will have moments of singular time of practice with the teacher and at the end of classes they will play together 4 hands or 2 pianos pieces.

During Ensemble lessons students will play together for most of the time, first improving the same parts/melodies (with one and both hands) so in the end they will achieve to play different parts and create a kind of piano orchestra. Pupils will play different genres from classical to modern music to develop study skills to master the art of piano playing. At the end pupils will have possibilities to perform during the school concerts.

The class will be divided into 2 sections of 45 min where one of the sections (which is not involved in the lesson) can practice on other keyboards with headphones or just doing the school homework.

Wednesday or Thursday - Full year

**Instructor Name: Ms Katarzyna Preisner**

## Elementary Student Council 4-5

Student Council will be open to 4<sup>th</sup> and 5<sup>th</sup> grade students. 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.

TUESDAY - Full year

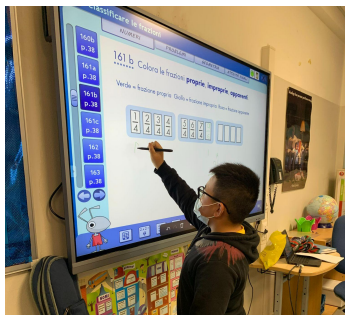
**Instructor Name: Mr Jesse Sweeney**

## Grade 5th Italian Math Prep

This 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 2023, according to the new requirements. The preparation will cover the "Programma Ministeriale". Students will be assigned some homework.

Wednesday - Full Year  
ROOM: TBA

**Instructor Name: Ms Barbara Dimasi**



# MIDDLE SCHOOL

## Set Design

Calling all designers and artists! Students (7 to 12 grade) will go through the entire design process from planning to painting, as they help prepare sets and scenery for the Elementary musical (Fall) and the Upper School Musical (Winter). This is a great opportunity for young artists who want to contribute to a major school event.

Thursday - Fall and Winter trimester

Location: Art room

**Required:** a painting apron or a change of clothes that can get messy.

**Instructor name:** Ms Nicole Cerro



## Middle School Play

We're thrilled to announce that ASM's Middle School Play this year will be the timeless and incredibly fun *Alice in Wonderland*. It will be an experience that will allow everyone to shine, both onstage and behind the scenes, as well as build confidence and foster new friendships.

This activity will welcome all interested theater makers: actors, entertainers, designers, and backstage helpers. We will meet two times a week (Mondays and Thursdays) to bring this play into production. The final performance will be on Friday, November 11 at 6pm. Students from 6th, 7th, and 8th grade will participate in biweekly rehearsals where teachers will guide students in ensemble work, voice coaching, characterization, and a variety of other acting techniques and production elements. Additional Saturdays: Sept 17 - Oct 1 - Oct 22 and Nov 5.

Monday and Thursday (and some Saturdays) - FALL trimester  
**(Starts September 8th)**

Performance: 6pm on Friday November 11th

Location: Auditorium

**Required:** Students may be asked to purchase items for their costumes.

**Instructor name:** Ms Meghan Connor / Ms Clara Odell



## GUITAR - String instruments (5th-8th grade)

This class will be a musical laboratory open to any string instrument players (guitar, ukulele, bass, mandolin, banjo). We will collaborate with each other in a low-pressure environment to explore songwriting and jamming skills. Very little experience is required, but not suitable for absolute beginners. Participants must bring their own instruments.

Tuesday - Fall

Location: music room

**Required: a guitar (classic / electric) / ukulele / bass / mandolin  
OR banjo**



**Instructor Name: Mr Jeff Wilson**

## Corso di potenziamento della lingua italiana Grade 6th-8th

The course is intended for Italian A students (6-8) with little or no previous study of the Italian language and for students who need to improve in areas such as orthography, vocabulary, syntax, reading and writing skills.

MONDAY - Full Year

ROOM: Italian Department rooms

**Instructor Name: Ms Silvia Pocorobba**

## Grade 8th Italian Math Prep

will start September 26th

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 2023. A previous Esame di Idoneita' is a mandatory requirement. The preparation will adhere to the Programma Ministeriale and to the new requirements. Groups will be balanced to the greatest ability possible.

Full Year - **once** a week (students may choose what day to enroll)

- MONDAY (Group 1)
- TUESDAY (Group 2)

ROOM: TBA

**Instructor Name: Mr. Danise Consolato**



# Learn coding by making computer games

Middle School students will learn the fundamental principles of computer programming whilst having fun developing classic games such as Pong, before culminating the year with your very own design, produced and coded game.

Thursday - Full Year

Location: Room 410

**Required:** students must bring their laptop

**Instructor name:** Mr Lee Goss



## Art Mural

During this activity, 7-12 grade students will identify areas of the school that need brightening up. Working together as a team we will design and paint large scale murals to be put up as permanent fixtures around the High School.

Tuesday - Winter Trimester

Location: 423

**Instructor name:** Ms Kate Acheson





# MS Yoga

Middle School students will explore 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. Benefits of yoga for teens and preteens include development of a positive sense of self, better connection to self and others, anxiety relief, mood stabilization and emotional regulation, and stronger coping skills for stress and for life in general. Any gender is welcome. No prior experience needed.

Monday - Spring Trimester

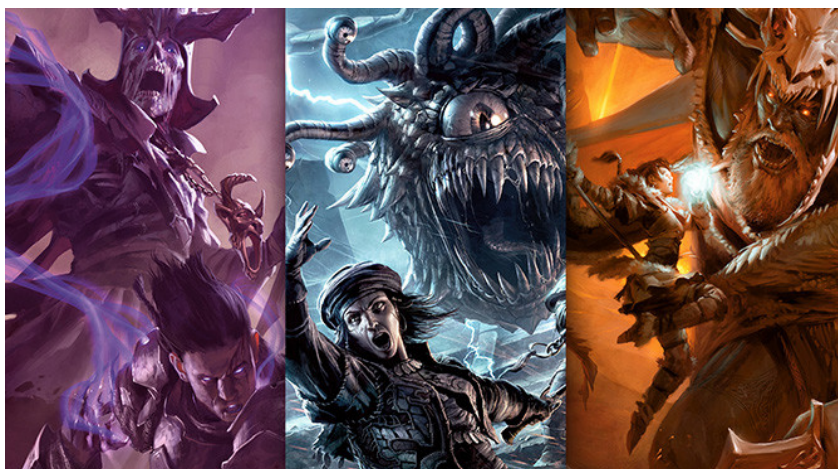
Location: TBA

**Required: yoga mat; comfortable clothing.**

**Instructor name: Ms Clara Odell**

# MS - Table Top Gaming / Dungeons & Dragons Adventures

"As you slowly enter through the forbidden castle door, you hear a creak... and then a loud crash right behind you! As you spin around you notice you are trapped by falling rubble; rocks, cement, dirt and dust cave you in. As the last light fades behind the trap door, you feel an eerie breath on your neck.... What do you do?" Immerse yourself into the magical world of Dungeons and Dragons. This club is based on the world's most popular fantasy tabletop game where players are tasked with using imagination, cooperation, storytelling and math to explore worlds, meet fantastical beasts, travel through realms and fight evil monsters. This club will allow students to improve their English skill through role play and fantasy while building their math and interpersonal skills. This club is TECHNOLOGY FREE! A great moment to turn off the device and get back to using your imagination! No previous skill necessary - just a love of imagination and fantasy! So, what role will you take as we explore our fantasy world? What will you do to overcome challenges and puzzles? Join us in Room 409 and let your imagination run wild.



This club is TECHNOLOGY FREE! A great moment to turn off the device and get back to using your imagination! No previous skill necessary - just a love of imagination and fantasy! So, what role will you take as we explore our fantasy world? What will you do to overcome challenges and puzzles? Join us in Room 409 and let your imagination run wild.

Tuesday - Fall trimester

Preferred location: Room 409

DnD Dice, included in price.

**Instructor name: Dungeon Master Bradley Evans**

# 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 19)

- Tennis or Cross Country

Max. tennis enrollment is 14 students (court/facility capacity)

**Winter Season:** (November 28 - March 11)

- Girls and Boys Basketball

**Spring Season:** (March 20 - May 27)

- Volleyball, Soccer, Track & Field, Golf

MS jersey and shorts are included in price

**\*\*Certificate of good health is required**



# After School Achievement Program

ASAP creates a structured and focused environment where Middle School students receive help on their assignments, plan out projects, and practice basic academic skills like time management, writing, organization and testing-taking strategies with the assistance of dedicated High School tutors. During ASAP meetings, Middle School students are partnered with high achieving high school tutors who are vetted and trained to work with middle school students.

MONDAY - Full Year

ROOM: Library

**Instructor Name: Mr Yurgil**

# UPPER SCHOOL

## Corso di potenziamento della lingua italiana Grade 9th-12th

The course is intended for Italian A students (9-12) with little or no previous study of the Italian language and for students who need to improve in areas such as orthography, vocabulary, syntax, reading and writing skills.

TUESDAY - Full Year

ROOM: Italian Department rooms

**Instructor Name: Ms Manuela Zangaro**

## Salsa with Ms Malik

Learn how to dance salsa in a fun and friendly environment. In this class High School students will learn the basic steps of Salsa and some routines. Salsa is a partner dance, which means that the style of dance is gendered; each gender has a role -- the boys lead, the girls follow. You will learn the steps and rotate partners throughout the lesson. The prerequisite for joining this after school activity is an openness to learning and a love of dance! If you like salsa music and you have a good attitude, you'll love this class!

Monday - WINTER Trimester

Location: TBA

**Required:** comfortable clothing and shoes to dance in. If you have a pair of salsa heels, that'd be ideal but it is not necessary.

**Instructor: Ms Sara Malik**



# **SUPERPHYSICS**

## Calculus based Physics for University Preparation

This activity is designed for Senior students who attend the IB Physics class or IB HL Math and that: have a strong interest in one or more of these areas: • Physics • Mathematics • Engineering • Computer Science • Mathematically based Science, are applying for a University Degree in one of the above areas, and that enjoy learning and being challenged with new, high level, material. 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 or Python. 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: (1) Inspiring, stimulating the passion for the above subjects and preparing all students by gradually exposing them to University level material (2) 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.

Monday - Full Year

Location: Mr Bonifacio's classroom

**Instructor: Mr Paolo Bonifacio**

## 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.

Thursday - Full Year

Location: room 304

**Instructor: Mr Jack Cawelti**

# Art Portfolio Development and Observational Drawing

This ASA will work alongside High School students to prepare them for portfolio development within Art, with a focus on observational drawing and skill development in line with university requirements. This ASA should be taken for those students looking to develop their work outside of the Art curriculum.

Monday - Fall trimester

Location: room 423

**Instructor name: Ms Kate Acheson**



# National Art Honor Society

This Art Club, designed for High School students passionate about the arts, gives members an opportunity to familiarize themselves with a variety of careers and industry fields in the arts that differ from the traditional ones taught at school. This is done through workshops, and guest speakers, exploring fields such as packaging design, fashion, curation, and architecture. Furthermore, our Art Club comes along with a membership to the National Arts Honor Society, a prestigious recognized honors program based in the U.S. that opens up a variety of doors for students to engage in the art community, both in ASM and out. The club is composed of members that are mostly between the ages of 16 to 18. The students are all very art-driven and hold a high degree of creativity and ability that they are eager to grow. Any opportunity to learn from your experiences would be very much appreciated and esteemed.

Thursday - Full Year

Location: room 423

**Instructor name: Ms Kate Acheson**





- 
 Learn from speakers who successfully work within the Arts industry.
- 
 Complete workshops in relation to these talks, using specialised materials.
- 
 Explore Art outside of the curriculum further enriching your knowledge.

\*Minimum B grade within an art elective/class must be maintained\*



## Upper School Musical

This year's upper school production will be the classic 70's pop-rock musical "Godspell." Featuring hits by composer Stephen Schwartz such as "Day by Day" and "You Are The Light of the World," this improv-based show sends a powerful message of love and hope. The activity meets three times a week in the winter trimester to bring to the school community a full Broadway style musical production. Any Upper School student may audition for the musical, however, only 40 students will be cast in the show. 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. Mandatory Saturday rehearsal dates are listed below, and participants should mark their calendars and plan accordingly.

Saturday rehearsals: Jan. 14, Feb. 4, Feb. 11, March 4, March 11  
Monday/Tuesday/Thursday (some Saturdays) - WINTER trimester  
(Starts Nov. 21)

Performance: March 17, 18, 19

Location: Auditorium



**Required:** Students may be asked to purchase items for their costumes.

**Instructors name:** Mr Max Bayston, Ms Cara Gallagher, Ms Annaleigh Kress, Ms Deborah Lee.

## MUN - Model United Nations

Model United Nations (MUN) is an opportunity for High School 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 and at extra cost, students will have several opportunities to take part in conferences, including planned events in Milan, Berlin, and Porto. Students are also expected to take part in our club conference, ASMMUN, during October 29-31, 2022 ([www.asmmun.org](http://www.asmmun.org)). 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 weeks before midterms and finals.

Wednesday - Full Year

Location: 427 / Auditorium

**Required: formal clothes**

**Instructors name: Mr Christopher Briner and Mr Todd Reichlmayr**



## HS Yoga & Meditation - Fall

This is a mind and body practice that allows High School students to reconnect with themselves, de-stress, and create a peaceful moment during the day. Yoga sessions will emphasize strength, endurance, and flexibility alongside mindfulness exercises to foster both physical and spiritual growth. Bring a sense of humor and an open mind.

Thursday - FALL trimester

Location: Room 321

**Required: a mat and comfortable athletic clothes in which you are able to move.**

**Instructor name: Ms Cara Gallagher**

## HS Yoga - Winter

High School students will explore 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. Benefits of yoga for teens and preteens include development of a positive sense of self, better connection to self and others, anxiety relief, mood stabilization and emotional regulation, and stronger coping skills for stress and for life in general. Any gender is welcome. No prior experience needed.

Monday - Winter Trimester

Location: TBA

**Required: yoga mat; comfortable clothing.**

**Instructor name: Ms Sarah Kleven**

# HS - D&D (Dungeons & Dragons) Adventures

This club will consist of weekly sessions of collaborative storytelling, during which students will engage their imaginations (while using math) to create a shared group adventure and complete challenges. In a combination of improvisational theater and board game, students will spend an hour each week playing Dungeons & Dragons. This develops team-working skills, critical thinking through problem solving, and understanding of narrative structure, while necessitating a consistent use of math. D&D is the world's most popular role-playing game, played by over 50 million people and cited by authors (Pulitzer Prize-winner Junot Díaz), directors (Disney's Jon Favreau), athletes (professional basketball player Tim Duncan), and performers (comedian Stephen Colbert) as a key source of inspiration and fun. Over the course of the year, students will first reflect on character motivation and interaction before learning how to play D&D with the goal of eventually developing the skills to run their own games. As our sessions will be run without the use of technology, this will also serve as a time to disconnect from cell-phones and enjoy the fun and companionship of solving puzzles and writing a story together. Come join the adventure!



Thursday - Full Year  
Location: Room 323 / 327

**Required:** dice set and dice tray (included in price)

**Instructor name:** Christopher Briner

## The Duke of Edinburgh - 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.



Tuesday - Full Year  
Location: Room 431

**Students must be 14 years or older when they join**

**Required:** hiking boots and a good all-weather rain jacket. A hiking backpack (50-60 Liters) and sleeping bag. These can be bought after joining as the club leaders will advise students on what to buy. This equipment will be used on multiple overnight hikes throughout the year.

**Instructors name:** Mr Glyn Harris and Ms Meghan Connor

# 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*

## **\*\*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 19)

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

### **Winter Season:** (November 28 – March 11)

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

### **Spring Season:** (March 20 – May 27)

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

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





# RATES

**New** activities added to the program are highlighted in green

Activities	Min-Max Participants	Price	Price with bus	Duration
Advanced Art Activities	8-12	200	280	Trimester
After School Achievement Program	20	220	440	Annual
Art Mural ASA	8-15	200	280	Trimester
Art Portfolio Development and Observational Drawing	8-15	200	280	Trimester
Artistic & Beginner Gym	8-10	400	620	Annual
Cello	6-8	530	750	Annual
Compiti di italiano	8-15	150	230	Trimester
Creative Crafts	8-10	200	280	Trimester
Creative Dance	8-15	400	620	Annual
Duke of Edinburgh	max 22	400	620	Annual
Elementary students Council	8-16	350	570	Annual
French Club	8-12	200	280	Trimester
GGG Greenhouse Gardening Stay Green	8-10	200	280	Trimester
Glee Club 3-5	8-16	200	280	Trimester
Glee Club K-2	8-12	200	280	Trimester
Golf	7-10	350	430	Trimester
Grade 5th Math	max 20	220	440	Annual
Grade 8 Italian Math Prep	8-15	270	490	Annual
Guitar	6-12	200	280	Trimester
HS Dungeons & Dragons Adventures	8-15	500	720	Annual
HS Yoga	8-16	200	280	Trimester
Jr Soccer 2-3	8-14	200	280	Trimester
Jr, Soccer 4-5	8-14	400	620	Annual
Karate	6-10	400	620	Annual
Knitting/Crocheting	8-20	200	280	Trimester
Learn CODING by making computer games	8-10	400	620	Annual
Math Club High School	8-15	220	440	Annual



Middle School Play	max 20	<b>350</b>	<b>520</b>	Trimester
Middle School Sports	-	<b>230</b>	<b>400</b>	Trimester
Modern Dance/Hip Hop	8-15	<b>400</b>	<b>620</b>	Annual
Mr T Basketball G2-3	8-12	<b>300</b>	<b>380</b>	Trimester
Mr T Basketball G4-5	8-15	<b>300</b>	<b>380</b>	Trimester
MS Dungeons & Dragons Adventures	8-10	<b>200</b>	<b>280</b>	Trimester
MS Yoga	8-16	<b>200</b>	<b>280</b>	Trimester
MUN	max 60	<b>280</b>	<b>500</b>	Annual
Musical 2-3	max 20	<b>300</b>	<b>470</b>	Trimester
Musical 4-5	max 30	<b>325</b>	<b>495</b>	Trimester
Musical 6-12	max 40	-	<b>220</b>	Trimester
National Art Honor Society	8-10	<b>400</b>	<b>620</b>	Annual
Paddle 4-12	3-6	<b>280</b>	<b>360</b>	Trimester
Paddle K-3	4-8	<b>230</b>	<b>310</b>	Trimester
Piano Group	max 4	<b>400</b>	<b>620</b>	Annual
Piano Tandem	max 2	<b>650</b>	<b>870</b>	Annual
Potenziamento Italiano HS	8-16	<b>400</b>	<b>620</b>	Annual
Potenziamento Italiano MS	8-16	<b>400</b>	<b>620</b>	Annual
Salsa	8-10	<b>200</b>	<b>280</b>	Trimester
Science/Projects	8-20	<b>200</b>	<b>280</b>	Trimester
Set Design	8-10	<b>200</b>	<b>280</b>	Trimester
Soccer with alfio	8-12	<b>200</b>	<b>280</b>	Trimester
Superphysics	6-12	<b>500</b>	<b>720</b>	Annual
Swimming	max 30	<b>450</b>	<b>670</b>	Annual
Swimming Free	max 10	<b>200</b>	<b>280</b>	Annual
Tennis 4-12	3-6	<b>280</b>	<b>360</b>	Trimester
Tennis K-3	4-8	<b>230</b>	<b>310</b>	Trimester
Theater Arts	8-10	<b>200</b>	<b>280</b>	Trimester
Theater Fun	8-10	<b>200</b>	<b>280</b>	Trimester
Varsity Sports	-	<b>250</b>	<b>470</b>	Trimester
Violin	6-8	<b>530</b>	<b>750</b>	Annual
Volleyball G4-5 Spring	8-16	<b>200</b>	<b>280</b>	Trimester
Young Chef	6-10	<b>200</b>	<b>280</b>	Trimester
Young Readers	8-10	<b>200</b>	<b>280</b>	Trimester

# ASM LATE BUS SERVICE

## === LATE 1 ===

17:40 - Via Ripamonti/Via Chopin, Milano  
17:40 - Via Ripamonti/Val di Sole, Milano  
17:45 - Via Ripamonti 159/Via Quaranta, Milano  
17:45 - Via Ripamonti/Isonzo, Milano  
17:45 - Via Ripamonti 23, Milano  
17:50 - Via Ripamonti 7/Via Sabotino, Milano  
17:55 - Corso di Porta Vigentina 46 (Hotel Crivis), Milano  
17:55 - Largo Crocetta (MM3 Crocetta), Milano  
17:55 - Corso di Porta Romana 49, Milano  
18:00 - Via Francesco Sforza/Laghetto, Milano  
18:00 - Via Francesco Sforza/Cso Pta Vittoria (Sormani), Milano  
18:00 - Via Francesco Sforza 5 (ATM 94), Milano  
18:00 - Via Visconti di Modrone/Via Mascagni (ATM bus stop), Milano  
18:05 - Via San Damiano 6, Milano  
18:05 - Via Senato 8, Milano  
18:05 - Via Senato 36 (P.zza Cavour), Milano  
18:10 - Corso Venezia 44 (MM1 Palestro), Milano  
18:10 - Corso Venezia 54, Milano  
18:10 - Via Omboni/C.so Buenos Aires, Milano  
18:15 - Via Eustachi 20 (ATM), Milano  
18:30 - Largo de Benedetti/Sassetti, Milano

## === LATE 2 ===

17:40 - Via Castelbarco/V.le Toscana (ATM bus stop), Milano  
17:50 - Via Calatafimi 1, Milano  
17:50 - Via Molino delle Armi 27, Milano  
17:55 - Corso Genova 4, Milano  
18:00 - Via Olona 21, Milano  
18:00 - Via Carducci 37 (MM2 S.Ambrogio), Milano  
18:00 - Via Carducci 13 (MM1/MM2 Cadorna), Milano  
18:05 - Via Vincenzo Monti 12, Milano  
18:05 - P.zza Conciliazione (MM1 Conciliazione), Milano  
18:10 - Via Burchiello (MM1 Pagano), Milano  
18:10 - Piazza Buonarroti (MM1 Buonarroti), Milano  
18:10 - Via Monte Rosa 12, Milano  
18:15 - Piazza Amendola (MM1 Amendola Fiera), Milano  
18:15 - Via Monte Rosa/Via Tempesta (MM1 Lotto), Milano  
18:20 - Via Stratico MM5 Segesta (Gas Station), Milano  
18:20 - Via Stratico/Via Palatino, Milano  
18:25 - Via Achille/Tesio, Milano  
18:45 - Via Campogallo 49, Arese  
18:55 - Viale Sempione 24 (Bus stop), Arese  
18:55 - Via Dei Platani, 9, Arese

### **=== LATE 3 ===**

17:35 - Via Diaz (Crocione), Opera  
17:35 - Via Diaz (ATM Golf Hotel), Opera  
17:35 - Posteggio angolo Via Roma, Pieve Emanuele  
17:40 - Longobardi - Idra, Milano 3  
17:45 - Longobardi - Giotto, Milano 3  
17:45 - Longobardi - Solco, Milano 3  
17:45 - Bus Stop Strada Provinciale SP 122, Basiglio  
17:50 - Cascina Vione, Basiglio  
17:50 - Via don Coira (Bus Stop - Cimitero), Basiglio  
18:00 - Via Romano Visconti (Primo Ponte), Milano 3  
18:00 - Via Romano Visconti (Secondo Ponte), Milano 3  
18:05 - Via Vivaldi 51 (Bus Stop), Milano 3  
18:05 - Via Vivaldi 30, Milano 3  
18:05 - Via Vivaldi 19, Milano 3  
18:10 - Via Vivaldi 3, Milano 3

### **=== LATE 4 ===**

17:45 - Via Emilia/Via Parigi (ATM), San Donato Milanese  
17:45 - Via Emilia/Strasburgo (ATM), San Donato Milanese  
17:50 - Via Martiri di Cefalonia/Europa bis , San Donato Milanese  
17:50 - Via Europa 30, San Donato Milanese  
17:50 - Via Maritano/Via Europa (Bus Stop), San Donato Milanese  
18:00 - Via De Gasperi/Via Agadir, San Donato Milanese  
18:00 - Via De Gasperi/Spilamberto, San Donato Milanese  
18:00 - Via De Gasperi/Angelo Moro, San Donato Milanese  
18:00 - Via Triulziana 36, San Donato Milanese  
18:05 - Via Kennedy 16, San Donato Milanese  
18:05 - Via Kennedy/Via Rodari, San Donato Milanese  
18:25 - Strada di spina (Primo bus stop), Milano 2  
18:25 - Strada di spina (Primo ponte), Milano 2  
18:25 - Strada di spina (Secondo ponte), Milano 2  
18:30 - Strada di spina (Terzo ponte), Milano 2  
18:30 - Strada di spina (NH Hotel), Milano 2  
18:30 - Strada di spina (Ufficio postale), Milano 2