



SECONDARY BEFORE SCHOOL ACTIVITY SCHEDULE SEASON 2 (NOVEMBER 18 - FEBRUARY 13)



Day	Time	Coursename	Instructor	Grades	Room	Fee per lesson	COST	Total Cost	Description
Monday									
Monday	8:15 AM - 9:15 AM	Eco Committee	Ms. Natalia	6-9	A320	FREE	0	0	Join the Eco-Committee to engage in sustainability initiatives and develop leadership skills while promoting environmental awareness within the school community.
Monday	7:00 AM - 8:00 AM	Varsity Girls (U19) Basketball	Mr. OB	9-12	SportsHall	FREE	0	0	The Varsity Girls Basketball team embodies the strength, spirit, and determination of the KIS Wolves athletic program. Players will compete in our local COASH league to earn a spot in the CAFA tournament.
Monday	8:00 AM - 9:15 AM	JV Girls (U15) Basketball	Ms. Meghan	8-10	SportsHall	FREE	0	0	The Junior Varsity Girls Basketball team embodies the strength, spirit, and determination of the KIS Wolves athletic program. Players will compete in our local COASH league to earn a spot in the CAFA tournament.
Monday	8:15 AM - 9:15 AM	Go Game of Strategy	Mr. Bakhytzhon	6-9	A322/1	8750 KZT	8,750	78,750	Go Game is the world's oldest strategy game, created in ancient China. Played by emperors, generals, and even today's business leaders, it teaches players to think ahead, analyze situations, and make smart decisions. The goal is simple: use black and white stones to control the most territory on the board. Learning Go helps students develop focus, patience, problem-solving, and self-control. Around the world, top universities like Cambridge, Oxford, and Princeton run Go clubs, showing how this game connects education, strategy, and leadership.
Monday	8:15 AM - 9:15 AM	Fitness Room	Mr. David B.	6-12	Fitness Gym	FREE	0	0	The KIS gym is a place where students can come and work on their general strength and fitness. We have a number of machines dedicated to cardio training, as well as an equipped weight room. Students may choose to get direct instruction from one of the gym supervisors on what kind of training they should be engaged in, or they may wish to focus on their own training programs. Either way, the KIS gym boasts a great community of student athletes that encourage each other, and strive for excellence.
Monday	8:00 AM - 9:15 AM	BSA Theater	Simon Banderob	8	Auditorium	FREE	0	0	KIS Theatre is looking for students to act, props and be our stage crew for "The Little Prince", directed by Mr. Simon! Watch for audition announcements coming soon--we need students to support the production onstage and offstage. Auditions for "Little Prince" will open to students in grade 8 and up. Students in grades 6-7 will be able to audition for another production in the second semester.
Monday	8:15 AM - 9:15 AM	BSA Theater	Simon Banderob	9-12	Auditorium	FREE	0	0	KIS Theatre is looking for students to act, props and be our stage crew for "The Little Prince", directed by Mr. Simon! Watch for audition announcements coming soon--we need students to support the production onstage and offstage. Auditions for "Little Prince" will open to students in grade 8 and up. Students in grades 6-7 will be able to audition for another production in the second semester.
Monday	8:15 AM- 9:15 AM	Eco Committee	Ms. Natalia	10-12	A320	FREE	0	0	Join the Eco-Committee to engage in sustainability initiatives and develop leadership skills while promoting environmental awareness within the school community.
Monday	8:15 AM- 9:15 AM	Chess	Mr. Daniel Boyles	6-12	B311	FREE	0		Calling all curious and strategic thinkers! Start your morning with an engaging and challenging chess match. Whether you're an experienced player or just beginning to explore the game, the Chess Club offers a welcoming space to practice, learn new tactics, and sharpen your mind through friendly competition. Приглашаем всех любознательных и стратегически мыслящих учеников! Начните своё утро с увлекательной и захватывающей шахматной партии. Независимо от того, являетесь ли вы опытным игроком или только начинаете осваивать игру, Шахматный клуб предлагает дружелюбную атмосферу, где можно тренироваться, изучать новые тактики и развивать мышление через дружеские поединки.
Monday	8:15 AM- 9:15 AM	Good Vibes Club	Ms. Kaylin Fullerton	9-12	G303	FREE	0		This club is for grade 9-12 students looking to find ways to bring more balance into their lives. In the GVC, we are going to explore a variety of hands-on strategies to help us develop positive mental, emotional, social, and physical wellbeing. Through mindfulness, creative activities, movement, music, and real talk, we'll find what helps each of us stay balanced, calm, connected and confident - no matter what the week brings. We want to make sure that this group supports your needs, so be ready to bring questions or suggestions about what we can explore together. If you have any questions or if you really want to join but the meeting day does not work for you, please reach out to Kailyn (kfullerton@kisnet.org)



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Day	Time	Coursename	Instructor	Grades	Room	Fee per lesson	COST	Total Cost	Description
Monday	8:15 AM - 9:15 AM	Strength & Conditioning	Mr. Paolo Anghileri	6-12	Fitness Gym	8000 KZT	8000	72,000	Taught by professional fitness coach Paologo Anghileri, this course focuses on building a solid athletic foundation and improving overall strength, endurance, and movement efficiency. We strongly encourage students to participate at least twice a week to achieve consistent results. Season 2 Focus: Foundational Mastery Phase 1 (Weeks 1–4): Movement Assessment and High-Repetition Technique Training Phase 2 (Weeks 5–8): General Strength Block and Muscular Endurance Phase 3 (Weeks 9–12): Introduction to Power Training and Deload This course provides a structured and supportive environment where students can safely develop lifelong fitness habits and athletic skills.
Tuesday									
Tuesday	8:15 AM - 9:15 AM	Debate & MUN	Mr. Rob, Ms. Aksana, Ms. Ilona, Katie H.	6-9	A320	FREE	0	0	The Speech, Debate, and Model United Nations (SDMUN) Club is a dynamic community for students who are passionate about public speaking, critical thinking, and global issues. Whether you're a seasoned speaker or just getting started, the club offers a supportive environment to enhance your communication skills. In speech and debate, members engage in structured arguments, tackle challenging topics, and learn to think on their feet. MUN focuses on simulating real United Nations sessions, where participants represent countries to discuss and solve global challenges. Through competitive events, workshops, and discussions, members develop confidence, leadership, and the ability to articulate ideas persuasively. Join us to hone your voice, expand your worldviews, and make an impact!
Tuesday	7:00 AM - 8:00 AM	JV Boys (U15) Basketball	Mr. Patrick O'Connor	8-10	Sports Hall	FREE	0	0	The Junior Varsity Boys Basketball team embodies the strength, spirit, and determination of the KIS Wolves athletic program. Players will compete in our local COASH league to earn a spot in the CAFA tournament. Please sign up for both sessions on Tuesday (7:00-8:00am) and Friday (7:00-8:15 am at the External Venue - Tamos Basketball court). Юношеская баскетбольная команда воплощает силу, дух и решимость спортивной программы KIS Wolves. Игроки будут соревноваться в нашей местной лиге COASH, чтобы завоевать место в турнире CAFA. Пожалуйста, запишитесь на обе сессии: во вторник (7:00-8:00) и пятницу (7:00-8:15 тренировка в спортзале в TAMOCe).
Tuesday	8:00 AM - 9:15 AM	U13 Girls Basketball	Ms. Zhadyra	6-9	Sports Hall	FREE	0	0	The U13 Girls Basketball program focuses on building strong fundamentals, teamwork, and a love for the game. Players develop essential skills in dribbling, passing, shooting, and defense while learning to work together and compete with sportsmanship. Our young Wolves compete in COASH league play and grow in confidence through practice, effort, and respect, forming the foundation for future success on and off the court. Please sign up for both sessions on Tuesday (8:00-9:15am) and Thursday (7:00-8:00am)
Tuesday	Flex time (after lunch)	Duke of Edinburgh	Ms. Mary, Ms. Loes, Mr. Daniel	6-9	A311	TBC		0	The Duke of Edinburgh's Award (DofE) is a program for young people aged 14 to 24. It challenges you to try new things, help your community, get active, and go on an outdoor adventure. There are three levels: Bronze, Silver, and Gold, and each one gets a bit harder and more exciting. By doing the DofE, you build confidence, teamwork, and life skills that can help you in the future! The cost is up to 45,000 KZT depending on how the children progress.
Tuesday	8:15 AM - 9:15 AM	Strength & Conditioning	Mr. Paolo Anghileri	6-12	Fitness Gym	8000 KZT	8000	80,000	Taught by professional fitness coach Paologo Anghileri, this course focuses on building a solid athletic foundation and improving overall strength, endurance, and movement efficiency. We strongly encourage students to participate at least twice a week to achieve consistent results. Season 2 Focus: Foundational Mastery Phase 1 (Weeks 1–4): Movement Assessment and High-Repetition Technique Training Phase 2 (Weeks 5–8): General Strength Block and Muscular Endurance Phase 3 (Weeks 9–12): Introduction to Power Training and Deload This course provides a structured and supportive environment where students can safely develop lifelong fitness habits and athletic skills.
Tuesday	8:15 AM - 9:15 AM	Piano	Cante Music	6-9	Secondary Music room	8000 KZT	8000	80,000	The Piano Program introduces students to the joy of music through learning keyboard skills and exploring a variety of styles. Lessons focus on developing technique, rhythm, and musical expression in a supportive environment. Students build confidence as they progress, gaining skills they can enjoy for a lifetime.



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Tuesday	8:15 AM - 9:15 AM	Basic Spanish	Ms. Arantza Lopez	6-12	A316	4,700	4700	47,000	Spanish course with a native teacher. We will start with the basics, so no previous knowledge is required. Students will learn the foundations of the language in a practical and fun way while discovering aspects of Spanish and Latin American culture. We will focus mainly on oral expression in a dynamic, engaging, and enjoyable environment. At the end of the school year, students will have the opportunity to take the official DELE A1 exam for schools.
Tuesday	8:15 AM - 9:15 AM	Debate & MUN	Mr. Rob, Ms. Aksana, Ms. Ilona, Katie H.	10-12	A320	FREE	0	0	The Speech, Debate, and Model United Nations (SDMUN) Club is a dynamic community for students who are passionate about public speaking, critical thinking, and global issues. Whether you're a seasoned speaker or just getting started, the club offers a supportive environment to enhance your communication skills. In speech and debate, members engage in structured arguments, tackle challenging topics, and learn to think on their feet. MUN focuses on simulating real United Nations sessions, where participants represent countries to discuss and solve global challenges. Through competitive events, workshops, and discussions, members develop confidence, leadership, and the ability to articulate ideas persuasively. Join us to hone your voice, expand your worldviews, and make an impact!
Tuesday	8:15 AM - 9:15 AM	Piano	Ms. Dana	10-12	Secondary Music room	8000 KZT	8000	80,000	The Piano Program introduces students to the joy of music through learning keyboard skills and exploring a variety of styles. Lessons focus on developing technique, rhythm, and musical expression in a supportive environment. Students build confidence as they progress, gaining skills they can enjoy for a lifetime.
Tuesday	8:15 AM - 9:15 AM	Choir	Ms. Sara Mampel	6-12	Secondary Music room	FREE	0	0	Join our Choir Club and explore the joy of singing in a fun and supportive environment! Students will learn basic vocal techniques based on the Estill Voice Training method and work together to sing in groups and simple harmonies. We will build a repertoire of modern, well-loved songs that students enjoy performing. This activity will help develop confidence, teamwork, and musical expression while having a great time making music together!
Wednesday									
Wednesday	8:15 AM - 9:15 AM	Art Club	Danielle Schnell	6-9	Art Room B314	Free	0	0	The Art Club provides students with a creative space to explore different forms of visual expression, from drawing and painting to mixed media and design. Members are encouraged to experiment with new techniques, share ideas, and develop their artistic voice. The club fosters creativity, collaboration, and appreciation for the arts while offering opportunities to showcase student work within the school community.
Wednesday	7:00 AM - 8:00 AM	U13 Boys Basketball	Mr. Ravil Yussupov	6-9	Sports Hall	FREE	0	0	The U13 Boys Basketball program focuses on building strong fundamentals, teamwork, and a love for the game. Players develop essential skills in dribbling, passing, shooting, and defense while learning to work together and compete with sportsmanship. Our young Wolves compete in COASH league play and grow in confidence through practice, effort, and respect, forming the foundation for future success on and off the court. Please sign up for both sessions on Wednesday (7:00-8:00am) and Fridays (8:00-9:15am).
Wednesday	8:00 AM - 9:15 AM	Varsity (U19) Boys Basketball	Mr. John	10-12	Sports Hall	FREE	0	0	The Varsity Boys Basketball team embodies the strength, spirit, and determination of the KIS Wolves athletic program. Players will compete in our local COASH league to earn a spot in the CAFA tournament.
Wednesday	8:15 AM - 9:15 AM	Guitar (classic instrument, electric, bass)	Mr. Dauren	6-9	Secondary Music room	8000 KZT	8,000	72,000	The Guitar Program offers students the chance to explore different styles and instruments, including classical, electric, and bass guitar. Participants learn fundamental techniques, chords, and songs while also developing rhythm, creativity, and music appreciation. Whether playing solo or in groups, students build confidence and self-expression through one of the most dynamic instruments in modern and classical music.
Wednesday	8:15 AM - 9:15 AM	BSA Theater	Simon Banderob	6-9	Auditorium	FREE	0	0	KIS Theatre is looking for students to act, props and be our stage crew for "The Little Prince", directed by Mr. Simon! Watch for audition announcements coming soon—we need students to support the production onstage and offstage. Auditions for "Little Prince" will open to students in grade 8 and up. Students in grades 6-7 will be able to audition for another production in the second semester.



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Wednesday	8:15 AM - 9:15 AM	Fitness Room	Ms. Zhadyra	6-9	Fitness Gym	FREE	0	0	The KIS gym is a place where students can come and work on their general strength and fitness. We have a number of machines dedicated to cardio training, as well as an equipped weight room. Students may choose to get direct instruction from one of the gym supervisors on what kind of training they should be engaged in, or they may wish to focus on their own training programs. Either way, the KIS gym boasts a great community of student athletes that encourage each other, and strive for excellence.
Wednesday	8:15 AM - 9:15 AM	K-POP	Ms. Yuliana	6-9	Small fitness room	5,000 KZT	5,000	45,000	The K-Pop Program introduces students to the energy and creativity of Korean pop music and dance. Participants learn choreography, stage presence, and teamwork while practicing routines inspired by popular K-Pop groups. The activity encourages self-expression, confidence, and performance skills in a fun and supportive environment.
Wednesday	8:15 AM - 9:15 AM	Fitness Room	Ms. Zhadyra	10 - 12	Fitness Gym	FREE	0	0	The KIS gym is a place where students can come and work on their general strength and fitness. We have a number of machines dedicated to cardio training, as well as an equipped weight room. Students may choose to get direct instruction from one of the gym supervisors on what kind of training they should be engaged in, or they may wish to focus on their own training programs. Either way, the KIS gym boasts a great community of student athletes that encourage each other, and strive for excellence.
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Wednesday	8:15 AM - 9:15 AM	Russian Reading Club	Ms. Altyner	6-12	A322/1	FREE	0	0	This club is for Advanced Russian speakers: Цель: развитие навыков чтения, анализа и критического мышления, а также умения выражать собственное мнение в устной и письменной форме.
Thursday									
Thursday	8:15 AM - 9:15 AM	Fencing	Mr. Tamirlan	6-9	Karate Basement	5625 KZT	5,625	56,250	The Fencing Program introduces students to the exciting sport of swordplay, combining physical fitness with strategy and discipline. Participants learn proper footwork, attack and defense techniques, and the values of respect and sportsmanship that are central to fencing. The activity builds coordination, focus, and confidence while giving students the chance to experience a unique and challenging sport.
Thursday	8:15 AM - 9:15 AM	Athletics Council	Mr. Dirko	6-9	B 318	FREE	0	0	The Athletics Council is a student leadership group that promotes school spirit, teamwork, and pride through sports. Members help organize events, support teams, and encourage student participation in athletics across all grade levels. By working together, council members develop leadership, communication, and organizational skills while making a positive impact on the school's athletic community. Спортивный студенческий совет — это студенческая группа лидеров, которая продвигает школьный дух, командную работу и гордость за школу через спорт. Члены совета помогают организовывать мероприятия, поддерживают команды и поощряют участие студентов всех классов в легкой атлетике. Работая вместе, члены совета развивают лидерские, коммуникативные и организаторские навыки, одновременно оказывая положительное влияние на спортивное сообщество школы.
Thursday	7:00 AM - 8:00 AM	U13 Girls Basketball	Ms. Zhadyra	6-9	Sports Hall	FREE	0	0	The U13 Girls Basketball program focuses on building strong fundamentals, teamwork, and a love for the game. Players develop essential skills in dribbling, passing, shooting, and defense while learning to work together and compete with sportsmanship. Our young Wolves compete in COASH league play and grow in confidence through practice, effort, and respect, forming the foundation for future success on and off the court.



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Thursday	8:15 AM - 9:15 AM	K-Pop	Ms. Yuliana	6-9	Small Fitness Room	5,000 KZT	5,000	50,000	The K-Pop Program introduces students to the energy and creativity of Korean pop music and dance. Participants learn choreography, stage presence, and teamwork while practicing routines inspired by popular K-Pop groups. The activity encourages self-expression, confidence, and performance skills in a fun and supportive environment.
Thursday	8:15 AM - 9:15 AM	Piano	Cante Music School	6-9		8,000 KZT	8,000	80,000	The Piano Program introduces students to the joy of music through learning keyboard skills and exploring a variety of styles. Lessons focus on developing technique, rhythm, and musical expression in a supportive environment. Students build confidence as they progress, gaining skills they can enjoy for a lifetime.
Thursday	8:15 AM - 9:15 AM	Fencing	Mr. Tamirlan	10-12	Karate Room Basement	4,500 KZT	4,500	45,000	The Fencing Program introduces students to the exciting sport of swordplay, combining physical fitness with strategy and discipline. Participants learn proper footwork, attack and defense techniques, and the values of respect and sportsmanship that are central to fencing. The activity builds coordination, focus, and confidence while giving students the chance to experience a unique and challenging sport.
Thursday	8:15 AM - 9:15 AM	Athletics Council	Mr. Dirko	10-12	B 318	FREE	0	0	The Athletics Council is a student leadership group that promotes school spirit, teamwork, and pride through sports. Members help organize events, support teams, and encourage student participation in athletics across all grade levels. By working together, council members develop leadership, communication, and organizational skills while making a positive impact on the school's athletic community. Спортивный студенческий совет — это студенческая группа лидеров, которая продвигает школьный дух, командную работу и гордость за школу через спорт. Члены совета помогают организовывать мероприятия, поддерживают команды и поощряют участие студентов всех классов в легкой атлетике. Работая вместе, члены совета развивают лидерские, коммуникативные и организаторские навыки, одновременно оказывая положительное влияние на спортивное сообщество школы.
Thursday	8:15 AM - 9:15 AM	Strength & Conditioning	Mr. Paolo Anghileri	6-12	Fitness Gym	8000 KZT	8000	80,000	Taught by professional fitness coach Paologo Anghileri, this course focuses on building a solid athletic foundation and improving overall strength, endurance, and movement efficiency. We strongly encourage students to participate at least twice a week to achieve consistent results. Season 2 Focus: Foundational Mastery Phase 1 (Weeks 1–4): Movement Assessment and High-Repetition Technique Training Phase 2 (Weeks 5–8): General Strength Block and Muscular Endurance Phase 3 (Weeks 9–12): Introduction to Power Training and Deload This course provides a structured and supportive environment where students can safely develop lifelong fitness habits and athletic skills.
Thursday	8:15 AM - 9:15 AM	Piano	Cante Music School	10-12	Secondary Music Room	8,000 KZT	8,000	80,000	The Piano Program introduces students to the joy of music through learning keyboard skills and exploring a variety of styles. Lessons focus on developing technique, rhythm, and musical expression in a supportive environment. Students build confidence as they progress, gaining skills they can enjoy for a lifetime.
Friday									
Friday	8:15 AM - 9:15 AM	Think & Thrive Society	Ms. Anatoly Ivanov	6-10	B303	FREE	0	0	To create a reflective and inspiring space before the school day where MYP and DP students: explore meaningful ideas and questions about life, learning and identity; - build confidence in speaking and expressing themselves in English; - develop intellectual curiosity, empathy and emotional balance; - start their day with a positive, thoughtful mindset. Создать пространство для размышлений и вдохновения перед началом учебного дня, где учащиеся MYP и DP: исследуют значимые идеи и вопросы о жизни, обучении и идентичности; - укрепляют уверенность в себе при разговоре и самовыражении на английском языке; - развивают интеллектуальное любопытство, эмпатию и эмоциональное равновесие; - начинают свой день с позитивным, вдумчивым настроением.



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Friday	8:00 AM - 9:15 AM	U13 Boys	Mr. Ravil Yussupov	6-9	Sports Hall	FREE	0	0	The U13 Boys Basketball program focuses on building strong fundamentals, teamwork, and a love for the game. Players develop essential skills in dribbling, passing, shooting, and defense while learning to work together and compete with sportsmanship. Our young Wolves compete in COASH league play and grow in confidence through practice, effort, and respect, forming the foundation for future success on and off the court. Please sign up for both sessions on Monday (7:00-8:00am) and Fridays (8:00-9:15am).
Friday	7:00 AM - 8:15 AM	JV Boys	Mr. Patrick O'Connor	8-10	TAMOS (EXTERNAL VENUE)	FREE	0	0	The Junior Varsity Boys Basketball team embodies the strength, spirit, and determination of the KIS Wolves athletic program. Players will compete in our local COASH league to earn a spot in the CAFA tournament.
Friday	16:30-17:30	Varsity Boys	Mr. John Liebhardt	10-12	Sports Hall	FREE	0	0	The Varsity Boys Basketball team embodies the strength, spirit, and determination of the KIS Wolves athletic program. Players will compete in our local COASH league to earn a spot in the CAFA tournament.
Friday	8:15 AM - 9:15 AM	Fitness Room	Mr. David B.	6-12	Fitness Gym	FREE	0	0	The KIS gym is a place where students can come and work on their general strength and fitness. We have a number of machines dedicated to cardio training, as well as an equipped weight room. Students may choose to get direct instruction from one of the gym supervisors on what kind of training they should be engaged in, or they may wish to focus on their own training programs. Either way, the KIS gym boasts a great community of student athletes that encourage each other, and strive for excellence.
Friday	8:15 AM - 9:15 AM	Guitar	Mr. Dauren	6-9	Secondary Music room	8,000 KZT	8,000	72,000	The Guitar Program offers students the chance to explore different styles and instruments, including classical, electric, and bass guitar. Participants learn fundamental techniques, chords, and songs while also developing rhythm, creativity, and music appreciation. Whether playing solo or in groups, students build confidence and self-expression through one of the most dynamic instruments in modern and classical music.
Friday	8:15 AM - 9:15 AM	K-POP	Ms. Yuliana	6-12	Small fitness room	5,000 KZT	5,000	45,000	The K-Pop Program introduces students to the energy and creativity of Korean pop music and dance. Participants learn choreography, stage presence, and teamwork while practicing routines inspired by popular K-Pop groups. The activity encourages self-expression, confidence, and performance skills in a fun and supportive environment.