



**Extracurricular
Activities
Brochure
Grade 1-5
Session I
2018-19**




**YOUR
BEST
SELF**

Extracurricular Activities Detailed Information - Monday through Thursday (Session I) Grade 1-5

Students are allowed to choose 2 activities during each session except for Session II where students can choose 1 extra activity that is related to the International Festival dance choreographies. Some activities change from session to session with new offerings to choose from.

ALL YEAR ACTIVITIES - The Extracurricular Activities which are offered all year are marked in yellow. You will not need to re-register your child for Session II & III. Some of these activities have very limited space and we do keep a waiting list for students interested in entering them. Please notify the Activities Coordinator if your child will not continue any of the mentioned activities.

 All year activity

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
1-2	Chocolate & Candy Making	Students will learn basic techniques for making chocolate. We will work with white and dark chocolate and do various decorations with candy. Students will also learn how to make popsicles, rock candy and more! By the end of the session, they will be able to prepare chocolate and candy for parties. This sweet activity will motivate our students to be the creators of their own inventions.	\$20.00 This payment must be made at the cashier during the week of registration.	Diana Penafiel	12 students	x			
1-2	Swim Team	Academia Cotopaxi MS and HS swim teams; have demonstrated outstanding performances in both local and international competitions. Our swim team is a successful program with positive results of all. Therefore, we are now offering the same program to our Elementary students. The Elementary Swim Team welcomes swimmers of all levels. Instructors will differentiate levels within the class. The requirement to participate in the Elementary Swim Team is for students to practice twice a week. Our team will participate in swimming competitions, festivals and a variety of swimming events; thus, the members of the team will be expected to participate in any occasion required by the school. Training includes: stroke development, improving technique, improving fitness, improving times. Practice competing.		Fernando Villacis & Paola Braganza	20 students	x		x	

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
1-2	Introduction To Gymnastics	As the name says this activity is for beginners students who want to learn the basic exercises. Together we will built each student's self-confidence, strengths, flexibility and improve coordination. There is going to be lots of fun and music as we learn each of the movements step by step, an example: we will learn how to do a basic handstand, a bridge and much more..		Natalia Pena	12 students	x			
1-2-3	Flamenco Beginners (A)	In Session I students will learn basic techniques of arms and feet and will work on coordination and situation of the space for the development of the dance choreography. Students will have some extras rehearsals and learn a special Rumba Flamenca that will be performed for the celebration of "Fiestas de Quito" on December 5. In Session II students will learn tap techniques with the technique of musical ear that will be utilized for the (Tangos) dance choreography that they will perform at the International Festival on April 27. In Session III they will review the dance techniques and will learn more about the Flamenco different types of dances.	\$85.00 includes the long dress and the flower. Check has to be payable to: Mayra Simbaña – send payment to Activity Office Flamenco shoes fee: \$ 60.00 - make check payable to Papsuse. Send payment to Activity Office.	Mariana Solorzano Ballet & Flamenco Dance school	12 students	x			
2-3	Piano Intermediate I	Requirements: ONLY students who have played piano 1 year can register for this music activity. We recommend you speak with the Piano teacher before you register your child if you are not sure of the the piano level. The teacher will revise if necessary in order to create optimum learning environment according to the student's level of experience. A keyboard is required at home to practice during the school year.		Aliona Ivanenko	15 students	X			
2-3	Comics Strips	The comic strip activity is a class where children will be able to explore the world of comic (cartoon) drawing. Students will be able to create their own characters and be able to incorporate it in a story map and then into a comic book. The student will learn to free draw characters as well as techniques of inking and coloring. The final product is to have a comic book done to be able to share with parents.	\$10.00 - this fee has to be paid at the cashier's office by the first week of extracurricular activities	Edwin Poveda	12 students	x			

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
3-4-5	Introduction To Fencing	<p>Students will learn the following advantages with this sport: Physical performance; Fencing increases the whole-body power quality. Strength, endurance, flexibility and balance. Psychological: leadership, decision making, social and emotional intelligence, honesty, empathy. Psychomotor: Coordination, stability, body dissociation of upper and lower area. GOAL: Fencing theory, safety, warming up, stretching, using of uniform, basic posture, movements, attacks with the weapon, basic strategy and rules.</p> <p>MATERIAL USED: Plastic sword (florete), masks, protection jackets, gloves, connection wiring, electrical markers and teaching materials.</p>	\$15.00 for each session – this fee payment has to be made at the Cashier’s office by the first week of Extracurricular Activities	Andreas Bliemes	12 students	x			
3-4-5	Candle Making & Homemade Candles	This Activity will provide an interpretive, interactive and dynamic experience to help the student understand the basic life or way to de-stress their minds and to try to work with different process. It will illustrate the fun and laborious nature of many types of candles and soaps. Students will recognize how the candles and soaps make and use in our environment.	\$20.00 - this fee payment has to be made at the Cashier’s office by the first week of Extracurricular Activities	Michelle Baquero	12 students	x			
3-4-5	Photography With Ipad	<p>Requirement: Student NEED to bring the Ipad to the photography class. The world of photography is more than just a selfie! It’s an art form and everybody can learn how to take beautiful pictures.</p> <p>How pictures are made? Magic? No! It’s a science and together we are going to learn how our cameras work by making pinhole cameras and trying it ourselves. We will learn about light, composition and what makes a photo interesting and beautiful. We are going to take photos of our friends, nature, document our lives and everything that seems interesting to us. We will learn to edit photos and experiment with different editing programs on our iPads.</p>	\$15.00 - this fee payment has to be made at the Cashier’s office by the first week of Extracurricular Activities	Justina Skisnelyte	12 students	x			

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
3-4-5	Co-Ed Soccer With Soccer School "Estudiantes De La Plata"	Academia Cotopaxi works with "Estudiantes de la Plata" to offer this sport. Students will receive a training program to develop physical, fine and gross motor skills. Students will learn the concepts of basic soccer. They will be able to practice with no additional fee at the soccer school located in Tumbaco on Saturday mornings from 9:30 am to 11: am and during the week on Tuesday & Thursday from 4:30 pm to 6:15 pm. Soccer games will be also in Tumbaco on Sunday and students will be notified 3 days before the games. Estudiante de la Plata web page is www.estudiantesdelaplataecuador.com	FEE \$75.00 each session + \$16.00 soccer uniform. This fee has to be paid at the cashier's office by the first week of Extracurricular Activities. Students needs to check the uniform size with Ms. Damiana after payment is made	Alfonso Espinosa	20 students	x		x	
4-5	Science Experiments	During these sessions we will explore scientific facts through hands on activities that demonstrate the different reactions some materials have when exposed to other elements. Fun experimenting will spark children's imagination and foster exploration. Guided observation and reflection will also be key to reach the group conclusion during every session.	\$ 15.00 - this fee payment has to be made at the Cashier's office by the first week of Extracurricular Activities	Estefania Bohorquez	12 students	x			
1-2	Piano Beginners	This activity is for students with no previous piano experience. Students must have a keyboard at home for the purpose of practicing.		Aliona Ivanenko	12 students		x		
1-2	Arts & Crafts	Student will explore their creativity skills through art activities. They will able to develop fine motor skills and also develop problem solving skills. They will use all types of materials that will let them play with their hands and fingers, so they will be free to experience all their sense while they are constructing. As a result, they will be using different cognitive brain areas in order to create new products. Arts and crafts would be also a free space of self discovery, because the children will be free to express themselves through art.	\$20.00 - this fee payment has to be made at the Cashier's office by the first week of Extracurricular Activities	Vianca Samaniengo	12 students		x		

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1-2	Cupcakes Decorations	During this session, students will learn how to make different types of cupcakes decoration with frosting, from a simple vanilla icing to a delicious chocolate buttercream. Students will learn how to decorate with creams and frostings as well as using different themes. Also, they will explore the basic steps to decorate with fondant. Students will learn how to create animal, flowers, birthday and different holiday with theme decoration.	\$ 25.00 - this fee payment has to be made at the Cashier's office by the first week of Extracurricular Activities	Maria Gabriela Estupinan	12 students		x		
1-2	Co-Ed Soccer With Little Kickers Soccer School	Little Kickers soccer coaches work with Academia Cotopaxi for this sport activity. They focus on teaching soccer in a "pressure free environment". Students work on building confidence, respect, coordination control, companionship and teamwork. At the end of each session they have a friendly game and at the end of the school year they will have a special fun tournament. Everyone will receive a diploma and a medal.	\$ 75.00 each session + \$16.00 for the uniform. Payment has to be made at the Cashier's office during registration week. After the payment is made, please check with Ms. Damiana for the uniform size.	Irene Samaniego & Jose Javier Larrea	20 students		x		x
2-3	Board Games	Do you love playing board games? Monopoly, Yahtzee, The Game of Life, Clue, Sorry, or Battleship? Then this is the activity for you! Bring your own board games to share. We'll have a few for us to start with, but it would be much more fun if we had more to choose from!	\$10.00 material fee. This payment must be made at the cashier's office during the week of registration.	Cristina Jimenez	12 students		x		

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
2-3-4-5	Flamenco Intermediate Advanced	<p>REQUIREMENT: Only students who have 3 years of practice can join this dance activity.</p> <p>This is an all year activity and dancers will the following: In Session I - students will learn: Sevilliana compass, Sevilliana step, Sevilliana preparation, Sevilliana dancing as a couple and roll. The goal of this "Sevillana en Pareja "choreography is that the students can learn to use their space and distance. In addition, they will learn to dance as a couple such a basic and traditional dance within flamenco. Students will perform at Fiestas de Quito on December 5. Session II - students will learn basic making of tangos, entrance for tangos, basic taping, call of basic tango, finale by tango, going out by tango. The dance is simple by with technique that requires a lot of effort from the students. Dancers will perform a Tango Flamenco at the International Festival on April 27. Session III - students will practice everything learned during the school year.</p>	<p>CLOTHES FEE: Long dress \$ 95.00 and flower, make check payable to: Mayra Simbaña- send the payment to the Activity Office by september 6. Flamenco shoes fee: \$ 60.00 make check payable to Papusse and send the payment to the Activity Office by september 6.</p>	Camila Burneo of Ballet & Flamenco dance school	12 students		x		
3-4-5	Passport Around The World	Learn different activities from countries around the world in a fun way. We will "travel" to a different country each class and will do crafts or prepare a typical dish from the place we are "traveling" to. Some examples of the activities kids will do are: making our own pizza (Italy), origami bookmarks (Japan), playing traditional games (Ecuador), Lassi drink (India), etc. By the end of the session, students will be able to know different cultures around the world and prepare something related to that place.	<p>\$25.00 - this fee payment has to be made at the Cashier's office by the first week of Extracurricular Activities</p>	Diana Penafiel	12 students		x		
3-4-5	Arab Dancing	Students will practice the belly dancing technique and learn a Shaabi choreography.		Jahel Andrade	12 students		x		

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3-4-5	Swim Team	<p>Academia Cotopaxi MS and HS swim teams; have demonstrated outstanding performances in both local and international competitions. Our swim team is a successful program with positive results of all. Therefore, we are now offering the same program to our Elementary students in grades 1 to 5.</p> <p>The Elementary Swim Team welcomes swimmers of all levels. Instructors will differentiate levels within the class. The requirement to participate in the Elementary Swim Team is for students to practice twice a week.</p> <p>Our team will participate in swimming competitions, festivals and a variety of swimming events; thus, the members of the team will be expected to participate in any occasion required by the school. Training includes: stroke development, improving technique, improving fitness, improving times. Practice competing.</p>		Paola Braganza	12 students		x		x
3-4-5	Broadway Musical "Dancing Away"	<p>Come and join our extracurricular activity of dancing with "Broadway Musical Songs". You will be part of various dance choreography such as: Mamma Mia, Dancing Queen, Grease, the Lion King and others. You will also learn famous songs from the Broadway musical. Come and join us with this fun activity.</p>		Daniela Proaño	12 students		x		

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
3-4-5	Karate Intermediate	<p>Requirements: Only yellow dots and white, yellow, orange and green belt students will be able to sign up for this karate class. During the 3 sessions of the school year Karate students will work with the following: attention to the form and the speed, position and distribution of the weight. Coordinate tsukie and hikite, focus technique. Katas: verticality of head and trunk. Improvement of coordination and balance. Control of distance, attack and defense, physical and tactics preparation. The goal is that at the end of the year students can rise to the next level with the change of the following color belts: orange, green and blue. Parents will be invited to the presentation.</p> <p>IMPORTANT INFORMATION – Karate students can complete the additional training with no additional payment at the Karate IKA School located at Centro Comercial LA Y Local #30 on the following days: Tuesday & Thursday from 5-6 p.m. or Friday from 4:40 pm to 5:30 p.m. Mr. Romel Armijo romel-armijos@yahoo.es tel. 0997-089-077 and Mr. Julio Garzón 099-419-7201 julio_garzon@hotmail.com</p> <p>You can purchase the Karate uniform at Artes Marciales y Más located at the el Centro Comercial La "Y" address: Ave 10 de Agosto y América, local 30 N 39-603, tel. 225-4455.</p> <p>Uniform fee: from \$46.00 to \$55.00 depending on the size.</p>		Julio César Garzón from IKA Karate School	12 students		x		
1-2	Flamenco Beginners (New Students)	<p>This is an all year activity. In Session I students will develop the basic techniques of arms, wrist and posture. Students will learn a special Flamenco dance that they will perform at Fiestas de Quito on December 5. Session II - Students will learn the tap technique with the sound of the music and will perform Tangos at the International Festival on April 27. Session III - Students will review all the dance techniques that they have learned during the school year.</p>	<p>CLOTHES & SHOES FEE \$ 90.00 - includes the long dress and the flower. Check has to be payable to: Mayra Simbaña – send payment to Activity Office - Flamenco shoes fee: \$ 60.00- make check payable to Papusse. Send payment to Activity Office.</p>	Mariana Solorzano	12 students			x	

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1-2	Swim Team	<p>Academia Cotopaxi MS and HS swim teams; have demonstrated outstanding performances in both local and international competitions. Our swim team is a successful program with positive results of all. Therefore, we are now offering the same program to our Elementary students.</p> <p>The Elementary Swim Team welcomes swimmers of all levels. Instructors will differentiate levels within the class. The requirement to participate in the Elementary Swim Team is for students to practice twice a week.</p> <p>Our team will participate in swimming competitions, festivals and a variety of swimming events; thus, the members of the team will be expected to participate in any occasion required by the school. Training includes: stroke development, improving technique, improving fitness, improving times. Practice competing vity, they need to bring a mat for the exercise.</p>		Fernando Villacis & Paola Braganza	20 students	x		x	
1-2-3	Introduction to Karate	<p>Students will learn: techniques of arms, basic techniques of legs (front and circular kick), simple movements, attack movements with pairs, defense against one opponent, defense against two opponents, combat foundations and basic Kata Taikyoku Shodan. At the end of the school year students will have a special presentation and will ascend from the white belt to white-yellow belt.</p> <p>IMPORTANT INFORMATION - Karate Beginners students can complete the additional training with no additional payment at the Karate IKA School located at Centro Comercial LA Y Local #30 on the following days: Tuesday & Thursday from 5-6 p.m. or Friday from 4:40 pm to 5:30 pm Mr. Romel Armijo romel-armijos@yahoo.es tel. 0997- 089-077 and Mr. Julio Garzón 099-419-7201 julio_garzon@hotmail.com</p> <p>UNIFORM The Karate uniform can be purchased at Artes Marciales y Más located at the el Centro Comercial La "Y" address: Ave 10 de Agosto y América, local 30 N 39-603, tel.225- 4455.</p> <p>Uniform fee: de \$46.00 a \$55.00 depending on the size.</p>		Julio César Garzón de IKA Karate School	12 students			x	

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3-4-5	Co-Ed Soccer with soccer school "Estudiantes de la Plata"	Academia Cotopaxi works with "Estudiantes de la Plata" to offer this sport. Students will receive a training program to develop physical, fine and gross motor skills. Students will learn the concepts of basic soccer. They will be able to practice with no additional fee at the soccer school located in Tumbaco on Saturday mornings from 9:30 am to 11: am and during the week on Tuesday & Thursday from 4:30 pm to 6:15 pm. Soccer games will be also in Tumbaco on Sunday and students will be notified 4 days before the games.	\$75.00 each session + \$16.00 soccer uniform. This fee has to be paid at the cashier's office by the first week of Extracurricular Activities. Students needs to check the uniform size with Ms. Damiana after payment is made.	Alfonso Espinosa	20 students	x		x	
4-5	Intermediate Fencing II	Requirement: Students with 1-year experience can join this activity. The goal for this sport during this new school year is to understand the art of Fencing. Students will utilize the techniques with tactics, accuracy, deepen the rules, work with strengthening the lower limbs. They will work with the coordination, static balance and dynamic. Theory of Fencing: will improve the techniques and reinforce what students have learned in the beginner class during last school year. Material to be used: plastic sword, mask, connecting cables, electronic marker, pants, jacket, gloves and teaching material.	\$15.00 must be paid at the cashier's office during the week of registration.	Andrea Granda	12 students			x	
1-2	Arab Dancing	Arabic dance is a way of expressing art through the body! Students will learn: posture, basic steps for Arab dance class, and rhythms. We will learn a special modern Arab style routine. Come and join us!		Jahel Andrade	12 students				x
1-2	Co-Ed Soccer with Little Kickers Soccer School	Little Kickers soccer school and coaches work with Academia Cotopaxi for this sport. They focus on teaching soccer in a "pressure free environment". Students work on building confidence, respect, coordination control, companionship and teamwork. At the end of each session they have a friendly game.	\$ 75.00 each session + \$16.00 for the uniform. Payment has to made at the Cashier's office during registration week. After the payment is make, please check with Ms. Damiana for the uniform size.	Irene Samaniego & Jose Javier Larrea	20 students		x		x

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1-2	Lego Quest Challenge	This is a creative building challenge activity using LEGOs. Students will have the opportunity to play, share and problem solve. There are 51 unique LEGO building challenges for students.		Maria Elena Pazmiño	12 students				x
2-3	Co-Ed Basketball	Come play with us to improve your basketball skills by learning different drills, movements and games, from a basketball game to a one-to-one activity.		Diana Cruz	12 students				x
3-4	Piano Intermedio II	Requirement – ONLY students who have played piano 2-3 years can register for this all year music activity. We recommend you speak with the Piano teacher before you register your child if you are not sure the piano level. The teacher will revise the list if necessary in order to create optimum learning environment according to the student's level of experience. A keyboard is required at home to practice during the school year.		Aliona Ivanenko	14 students				x
3-4-5	Vegetarian Cooking Club	Students will learn delicious and easy vegetarian recipes like hummus with pita bread, veggie pizza, macaroni and cheese fajita with black bean and many more delicious food.	\$30.00 - must be paid at the cashier's office during the week of registration.	Vianca Samaniego	12 students				x
3-4-5	Scholar's Bowl	Scholar's Bowl is a game in which two teams compete head-to-head to answer questions from all areas of knowledge, including history, literature, science, fine arts, current events, popular culture, sports, and more.		Paola Ortiz	12 students				x
3-4-5	Hip Hop Dance Mix	If you like to dance hip hop, then this activity is for you. Come and join us, you will love it!		Michelle Baquero	12 students				x
3-4-5	Mandalas & Painting	Come and learn about mandalas! You will color different mandalas and also make your own. We will be working with paper and pencil, but also experiment with mandalas in other ways.	\$10.00 - must be paid at the cashier's office during the week of registration.	Daniela Proaño	12 students				x

Grades	Activity	Description	Fee	Teacher	Space Limit	Monday	Tuesday	Wednesday	Thursday
5-6-7	Advanced Flamenco This is a yearlong activity (All three sessions).	<p>Requirement: Only students with 4 years' experience can join this Spanish. In Session I students will learn the following Alegria spanish dance techniques: joyful compass, joyful auction, joyful marcaje, escobilla, joyful rise, joyful intermediate finish. Students will perform the Alegria dance at the Fiestas de Quito presentation on December 5. In Session II - Dancers will work on a dance choreography called Garrotin that they will perform at the International Festival on April 27. They will learn advanced tap, management of space, body movements, wrist and posture. Session III - by this time students will have all the basic knowledge of Alegria "joyful" and Garrotin.</p>	<p>CLOTHES & SHOES FEE Long dress \$100.00 - and the flower make check payable to: Myra Simbaña - send the payment to the Activity Office by september 6. Flamenco shoes fee: \$60.00; make check payable to Papsusse and send the payment to the Activity Office by september 6.</p>	Camila Burneo of Ballet & Flamenco Dance School	12 students				x