

AFTER SCHOOL ACTIVITIES

Session 1 • 2022 - 2023



**SIGN UP ONLINE
TODAY!**



cdnis.edu.hk

REGISTRATION

- Registration is open from August 19-31 for CDNIS students from EY1+
- Registration is open for fully vaccinated students (and 14 days out) from EY1+ (3yrs and up)
**Timba Swim Only*
- Registrations are paid via credit card (AMEX not accepted) using the [Online ASA Registration System](#)
- Log in using your Veracross username and password; if you require assistance with your password, please click on the '[forgot your password](#)' link on the programme registration page
- Payment must be received at the time of registration in order to secure your child's enrolment; CDNIS students receive a 10% discount off listed prices with the exception of flat rate courses
- An electronic receipt may be printed out via the portal after online payment has been made
- For additional information or questions please contact us at activities@cdnis.edu.hk or 2518 5859

TERMS AND CONDITIONS

- Refunds will be offered if providers, CDNIS, the EDB or the HK Govt. cancel programmes due to safety reasons with the exception of courses indicated as hybrid (H) and cancellations due to inclement weather
- All courses require a minimum number of enrolments to run; parents will be notified of any cancellations before courses commence, a refund will be issued in such cases
- No refunds, credits or make up lessons will be made for student absence for any reason
- CDNIS reserves the right to change course times, venues and dates at our discretion; parents will be notified of any changes in advance whenever possible
- CDNIS has the right to reject and prohibit any programme participants from entering into its premises or participate in online classes if it is, in its sole discretion, of a view that the participant's presence is not appropriate
- Images captured during the programme may be used for promotional purposes. If you do not wish images of your child to be used, please email activities@cdnis.edu.hk to place your child on the 'do not photograph' list
- In enrolling my child in the CDNIS ASA Programme, I agree that my child will abide by the rules and regulations set out by the school

DATA PRIVACY

Your privacy is important to us. By enrolling your child(ren) in CDNIS After School Activities, and thereby providing personal data to us, you are consenting to the applications of the school's [Privacy Policy](#) and the collection, use, access, transfer, disclosure, storage and processing of you and your child(ren)'s personal information to the extent necessary to deliver educational programmes and adjunct services, such as health and safety, to the student as described in the Policy. All enquiries regarding the personal data should be in writing to the Data Protection Office.

MEDICAL

- In the case of a medical emergency your child will be transported to the nearest public hospital (Ruttonjee) by ambulance; in such cases parents will be notified.
- Please notify nurse@cdnis.edu.hk of any known health issues of concern.

HEALTH AND SAFETY

- All Service Providers are required to be fully vaccinated for COVID-19
- Parents must record their child's daily temperature in the Parent Portal
- All students, staff and service providers will have their temperature checked upon entering CDNIS and must wear a face mask for the duration of the course (please pack extra masks for your child)
- All students, staff and service providers will be required to sanitize their hands upon entry to CDNIS
- Equipment and classrooms will be sanitized on a daily basis
- A nurse is on duty from Monday to Saturday
- Students should bring a labelled water bottle each day

SUPERVISION

- Students in EY - G4 will be escorted to the LLAC by EA/homeroom teachers to meet ASA staff and service providers
- Starting week 2, students in Grades 3 and above may go directly to/from their activity
- Supervision by CDNIS staff is available in the 6/F cafeteria for students from EY to G5 enrolled in after school activities from Monday to Friday
- If your child's activity commences after 2:30pm they will remain in the 6/F cafeteria until their activity commences; students from Prep to Grade 2 will be escorted to their activity by service providers and ASA staff
- All students in Grade 5 and below must go to the 6/F cafeteria after their ASA ends to wait to be escorted to buses by the designated bus mother
- Children registered in sports ASA may bring a change of clothes; ASA instructors will escort students to the nearest student restroom to change for the activity
- Students may bring a snack (no nuts) while waiting for their ASA or for bus departure
- Students must sanitize their hands before and after
- Students must stay seated and must not talk while eating and must immediately put their mask on after eating
- Students may bring a book or quiet activity to occupy their time until buses depart; **no electronics**

CALENDAR

September							October							November						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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December						
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25	26	27	28	29	30	31

■ No ASA Days ■ ASA Days

WEATHER POLICY

- Outdoor After School Activities will continue at the discretion of CDNIS if a lightning, thunderstorm, amber rainstorm warning, Typhoon #1 - #3 is in force. When possible, activities may continue safely with potential modifications to the programme. Activities for EY2 students are cancelled when T3 is in force.
- After School Activities are cancelled if the red or black rainstorm warning in force before 6am
- All After School Activities will be cancelled and students will be supervised at school until it is safe to leave on the school buses/private transport if the red/black rain storm or Typhoon 8 signal is in force
- All announcements and decisions will be immediately communicated via the CDNIS Website



ASA - Continues

T1

ASA - Continues



ASA - Cancelled



ASA - Continues

T3

ASA - Continues

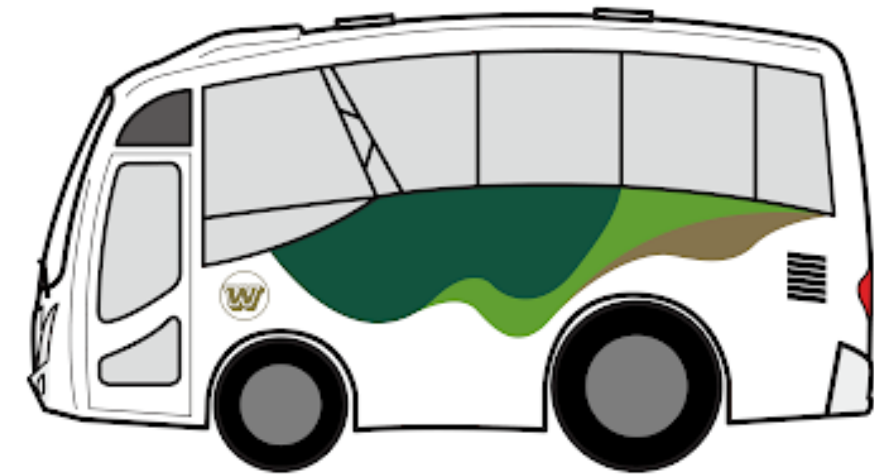


ASA - Cancelled

T8

ASA - Cancelled

BUS SERVICE



- Contact Kwoon Chung Motors at 2979 8798 to find the appropriate after school bus for your child and amend your child's to enrol in the late buses via the [KCM website](https://school.kcm.com.hk/cdnis/)
- For more information on bus routes, please visit <https://school.kcm.com.hk/cdnis/>

ARRIVAL AND DISMISSAL

- Parents and caregivers are not permitted to wait or enter the premises
- ASA pick up on foot is available after the 4:10pm buses have loaded; we encourage parents whose children are not registered with Kwoon Chung Motors to enrol EY - G5 students on the **free shuttle bus to WCH, KCM will staff the shuttle bus with a bus mother**
- Students from Prep to G5 and below can take the 3:45pm or 4:10pm buses; students will board the buses via the 7/F & 9/F; Parents may register their Grade 4 & 5 children as independent walkers via the ASA Dept; please email activities@cdnis.edu.hk
- Independent Walkers and US students may exit via the 2/F and the 9/F main lobby at 3:45pm and 5pm; you may register your Grade 4 & 5 child as an independent walker, please click here to enrol your child
- Cars are permitted to pick up students at 5:20pm via the 9/F main lobby (only for activities that finish between 5:00pm-5:30pm)
- Pick up and drop off for Saturday activities will be the 9/F main lobby



Academics

Chess | Coding | Digital Tech - Multi Skills
Creative Writing | French | Science | STEAM x Career

September							October							November						
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No ASA Days

ASA Days



Monday (Sep 19 - Dec 12)

11 sessions

Digital Tech - Multi Skills | Science



Tuesday (Sep 13 - Dec 13)

13 sessions

Coding with Robotics | French | Python Game Development



Wednesday (Sep 14 - Dec 14)

13 sessions

Chess | Creative Writing | Science



Thursday (Sep 15 - Dec 8)

11 sessions

Chess | Coding with Robotics | Digital Tech - Multi Skills
STEAM x Career | Python Game Development



Friday (Sep 16 - Dec 9)

11 sessions

Chess | Digital Tech - Multi Skills | STEAM x Career

Chess



Courses

W	Junior Chess Academy (30102) No class on Nov. 16	G6-8	4:00-5:00pm	\$3940
Th	Junior Chess Academy (30101)	G1-3	2:30-3:30pm	\$3610
F	Junior Chess Academy (30103)	G4-5	2:30-3:30pm	\$3610

The Chess Academy #1 Chess Program in HK! Led by TWO Grand Masters together with a team of Expert FIDE coaches, children will learn from the BEST at The Chess Academy. The program was founded with the goals of teaching international chess to children and most importantly building children's character through chess. Chess requires a good understanding of rules, fair competition, learning from mistakes and challenging oneself. Through this process, children will undoubtedly acquire invaluable skills sets such as developing stronger spatial reasoning, attention span, sportsmanship and confidence.

Our Mission is to:

- Nurture confidence and sportsmanship
- Develop planning, patience and logical decision-making
- Guide students in a positive manner
- Encourage students to learn from mistakes



Coding



UCode - PYTHON IS THE LANGUAGE

Introduction to IoT Workshop

This course is to introduce the components of a car and teach our students to build a scooter. The course is divided into 3 parts. The first part is to introduce the components of a car and how to build a standard kart. During the second part of the course, we will ask our students to give us their ideas to personalise the scooter. At the end of the course, we shall add the development board and sensor to illustrate the concept of speed and how to check the speed with the students together. We shall also introduce the core coding and computing concepts in an age appropriate and fun way using animated videos developed by UCode. The concepts serve as the foundation for learning how to write good code. A great starting point for early age learners.

Introduction to Electric Vehicle Workshop with Python Coding using Blockly

This course is to provide our students with a preliminary understanding of the vehicle structure. We shall be teaching our students to use the building blocks, development board and in conjunction with python coding, to program the movement of the robot. Computational Thinking Skills are taught during the course. The challenges increase in difficulty and complexity requiring increasing levels of logic, problem decomposition and problem solving to answer the challenge. Each lesson includes exercises and quizzes to support learning retention. Lesson plans are also available for teachers and parents. This course was developed in partnership with Cornell University faculty.



Courses

Tu	Intro to IoT Workshop (30903)	G1-G3	2:30-3:15pm	\$4420
Th	Electric Vehicle Workshop (30904)	G3-G5	2:30-3:15pm	\$3740



Coding



UCode - PYTHON IS THE LANGUAGE

Introduction to Robotic Arm

In this course, we shall be teaching the student to use the development board, servo motors to make modifications to the electric vehicle to create a remote-controlled Robotic Arm. Students also learn how to program the steering, drive and movement of the robotic arm. We shall be teaching students to use the Python language to code the instructions. Each lesson, a core programming concept is introduced using worksheets and quizzes. At the end of the course, the concept and theory of AI will be introduced to our students.



Courses

Tu	Intro to Robotic Arm (30906)	G6-G9	3:45-4:45pm	\$5300
Th	Python Game Development (30907) No class on Nov 17	G6-G9	3:45-4:45pm	\$4080

Python Game Development (Part 1)

You have an understanding of programming using Blocks and are familiar with the basic programming concepts. You are now ready to apply this knowledge using screen base programming in native Python. In Part 1 of this course, it will be an 8 weeks course of 1 hour each week that will see you building video games using Repl.it, an integrated development environment for Python. Each week we will introduce a core programming technique using worksheets and simple exercises. You will then apply these Python concepts to develop your fully featured video game. No templates. At the end of the course, the student will have designed and developed a game with sound and action as the deliverable, our student will apply the concept of computational thinking to design the game.

Digital Tech- Multi-Skills



DIGITAL TECHNOLOGY MULTI -SKILL featuring: MINECRAFT EDUCATION EDITION

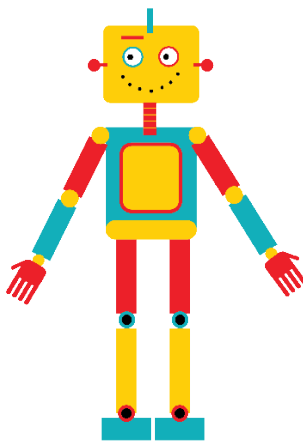
This computer skills program provides our pupils with a solid foundation alongside the extra skills and confidence to fully utilise ICT at school and at home. Each class will be a new and exciting adventure, with topical activities designed to engage their creativity and keep them up-to-date with current trends in our rapidly changing digital world.

Drawing upon the best teaching methods and latest international curriculum resources and technology. The program incorporates Digital Game Based Learning programs such as MinecraftEdu with topics such as:

-  Image Editing
-  3D Modelling
-  Animation
-  Music Creation
-  Programming
-  Simulations
-  Digital Game Based Learning
-  And much more!

Safely guided and motivated, our pupils will happily explore, create and collaborate to enhance real-world problem solving, social and academic skills.

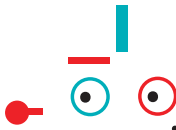
Students are given the accounts for all software used so they can continue to practice their skills outside of class!



COMPUTER &
PROGRAMMING



Follow @tlckidshk on Instagram
for a sneak-peek into our classes!



Creative Writing



Courses

W	Creative Writing (30560)	G3-5	2:30-3:30pm	\$3680
W	Creative Writing (30561)	G6-8	3:45-5:00pm	\$4080
No class on Nov 16				

The Depths Below Orrinshire: Primary Years Creative Writing (Part I)

Something stirs beneath the mountains of Orrinshire, and the Lord of Orrinshire is calling for adventurers! In this immersive 12-week program, you will develop and practice descriptive writing techniques such as personification, similes, hyperboles, onomatopoeia and metaphors through writing exercises, while you embark on an exciting adventure with your peers to complete an epic quest set in Press Start Academy’s expansive narrative multiverse!

The Icosa Saga: Middle Years Creative Writing (Part I)

The power of the Crystal Temple turns against its own protectors! Are you prepared to save the city of Mirth and defeat the mastermind behind this nefarious plot? This narrative-driven 12-week program enhances understanding and application of creative writing techniques such as character development, plot development and dialogue writing. This epic adventure is set in Press Start Academy’s expansive narrative multiverse and is built on a unique gameplay system, supported by digital Quest Journals and led by an experienced instructor and Game Master!



French



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一切
HK•ALL



Courses

Tu	French (30703)	G1-2	2:30-3:15pm	\$4270
Tu	French (30704)	G3-5	3:15-4:00pm	\$4270

We introduce French in a fun, creative way, so students become self-motivated and ultimately retain the language. This class is active French learning in a dynamic group environment through games, role play, and artistic activities. Using an immersion model, the instructor will speak almost entirely in French. Students enjoy exploring themselves, their environment, and faraway places as they learn about an exciting culture, and begin to acquire the French language.

- Greeting and responding with understanding
- Introducing oneself and others
- Describing people, places and things, speaking about themselves
- Expressing preferences, hobbies and routines
- Giving and receiving simple directions
- Integrating sensory and spatial vocabulary



Science



Science Adventures is an internationally accredited science education program with over 35 years of experience. Children will be introduced to the wonders of science in a fun and highly imaginative environment. Our philosophy of “learn-by-doing” and fun innovation approach has inspired children of all ages to learn with an open mind. Children will discover the joys of science and learn different concepts through hands-on experiments, fun activities and take-home project. ***All materials included.**

Our Mission is to:

- Get children truly excited about science
- Develop and raise science literacy among school children
- Provide a creative, fun, hands-on way to learn science

Brand New Topic each Term!

Wright Flight

Celebrate a century of flight in this soaring science spectacular. Following in the footsteps of the Wright Brothers while mastering motion through air with flying machines of all shapes and sizes. Constructing a kite. Lift off with a rocket, and embark on a flight of fancy with propeller power. At Science Adventures, the sky’s the limit!

Secret Formulas

Psst! Interested in learning the best-kept secrets of chemistry? Prepare to be amazed as we explore touchable bubbles and use a chemical polymer to make instant snow. Mix up your own batch of racing slime and pit it against ketchup in a sticky race to the finish. The next big creation could be locked inside your brain! Let it out!



Courses

M	Science Adventures (30802)	Prep-G2	2:30-3:30pm	\$3610
W	Science Adventures (30801)	G3-5	2:30-3:30pm	\$4270

STEAM Careers



STEAM is everywhere in our daily lives and many occupations require scientific knowledge and mindset to succeed. Big Bang Academy is proud to introduce the one-of-a-kind STEAM x Career Experiential Course, letting students have a taste of how real life experts in different industries apply science and engineering skills in their job. With award-winning curriculum designed by Cambridge educators and scientists, students will get to explore the careers from different pillars of science. With our hands-on approach, there will be experiments and projects to be completed in each lesson.

Little Astronaut + Little Paleontologist (Prep - G2)

In this term, we will experience careers in Astronomy and Environmental Science. In the first hal of the course, students will be trained as little astronauts, equipping themselves with the basic knowledge about the Earth, Moon and the Sun. We will answer all their questions about the mysterious outer space. In the second half of the course, students will get to become Little Paleontologists, studying dinosaurs and understanding how they became extinct. Expect exciting experiments including build a volcano and digging dinosaur fossils.

Space traveler + Amazon Forest Explorer (G3 - G5)

In this term, we will experience careers in Astronomy and Environmental Science. In the first hal of the course, students will be traveling in space to study planets, solar systems, black holes and even white holes! In the second half of the course, students will get to become Amazon Explorers – studying the ecosystem in the Amazon Forests. They will learn about rare animals and plants, and everything about their habitat. Expect experiences like build a forest in a jar and making a spinach rainbow by chromatography.



Courses

Th	STEAM x Career (30608)	Prep-G2	2:30-3:30pm	\$3740
F	STEAM x Career (30609)	G3-5	2:30-3:30pm	\$3740



Arts

Acting | Arts and Crafts | Cooking | Culinary Arts
Filmmaking | Hip Hop | Illustration
Public Speaking | Textiles | Ukulele

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■ No ASA Days ■ ASA Days



Monday (Sep 19 - Dec 12)

11 sessions Arts Explorers | Culinary Arts | Stormy Chefs | Ukulele



Tuesday (Sep 13 - Dec 13)

13 sessions Acting | Illustration | Stormy Chefs



Wednesday (Sep 14 - Dec 14)

13 sessions Filmmaking | Short Film Production | Stormy Chefs | Textiles



Thursday (Sep 15 - Dec 8)

11 sessions Junior Art Club | Hip Hop



Friday (Sep 16 - Dec 9)

11 sessions Public Speaking

Arts and Crafts



Art Explorers

Does your child love Art? Art Explorers teaches techniques and art skills in a fun and interesting way. Different media such as watercolours, pastels, markers, printing, clay and sculpture are introduced through themes and projects that allow children to build skills and confidence and at the same time create quality artwork which they can keep and treasure.

Junior Art Club

Junior Art Club introduces younger children to the arts through a series of fun and creative projects. Each project explores themes and introduces different media to create 2D or 3D artwork. We will be using drawing, paint, clay, craft and collage to produce under the sea scenes, rockets, animals, puppets and much more!

Materials: Each student must bring a painting apron



Courses

M	Art Explorers (20103)	G2-3	2:30-3:30pm	\$3370
Th	Junior Art Club (20101)	Prep-G1	2:30-3:30pm	\$3830

Cooking



Stormy Chefs

This year, our Stormy Chefs will take you around the world! Come and travel with us to explore the globe’s most iconic recipes and earn your World Chef Certificate. Meeting once a week, kids will have fun cooking something delicious and native to each country and learn about geography and festivities. They will have fun making a mess, understanding food and experiencing diverse cultures.

Culinary Arts

Students will have a tasty time with our tailored made culinary arts classes that include advanced cooking techniques, elevated recipes from around the world, kitchen safety and hygiene. Students will have tons of fun cooking and bringing home some delicious dishes.

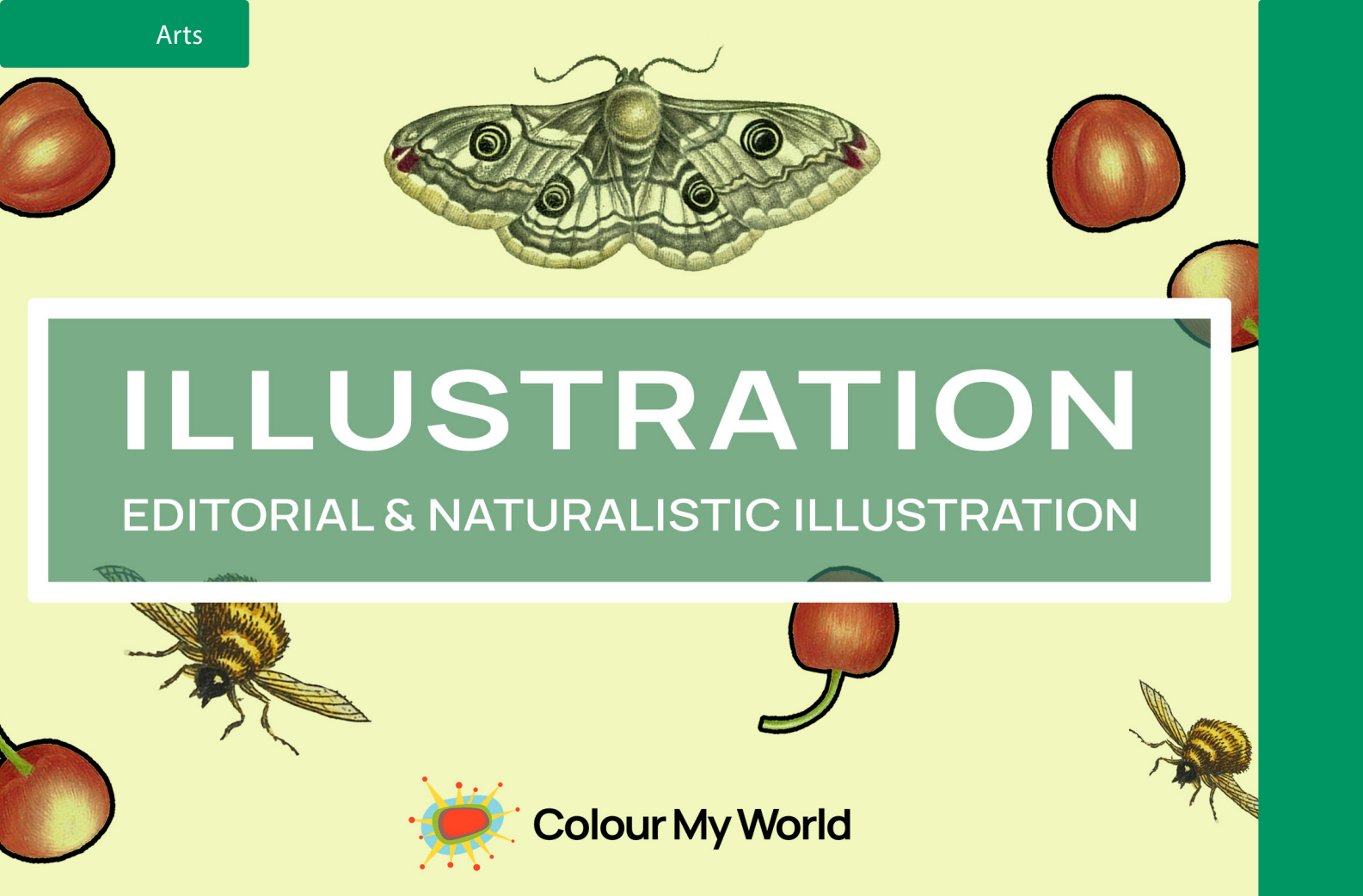
Our Mission is to:

- Get students truly excited about food
- Equip students with the very basic survival skill of cooking
- Provide a fresh, fun, hands-on way to learn about food and culture



Courses

M	Stormy Chefs (20203)	G4-5	2:30-3:30pm	\$3610
M	Culinary Arts (20205)	G6-8	4:00-5:00pm	\$3610
Tu	Stormy Chefs (20202)	G2-3	2:30-3:30pm	\$4270
W	Stormy Chefs (20204)	Prep-G1	2:30-3:30pm	\$4270



Courses

Tu	illustration (20105)	G3-5	2:30-3:30pm	\$5450
Tu	illustration (20106)	G6-8	4:00-5:00pm	\$5450

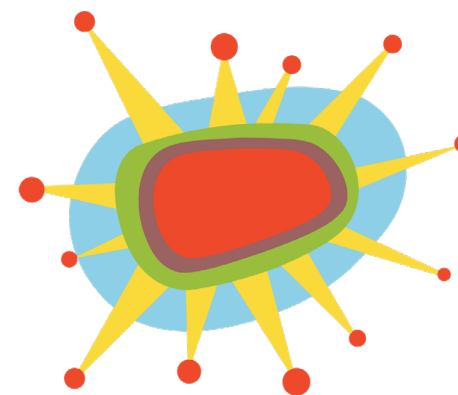


ILLUSTRATION - The art of visual interpretation & decoration of a concept or a text.

Participants will cover two popular but contrasting illustration purposes. The first magazine editorial illustration, helps immerse the reader in the article they accompany. The second, naturalistic scientific illustration, was done by artist-biologists to document nature and even discover new species. First term offers two thematic foci for both age groups with varying learning objectives.

Project 1: Editorial Figuration

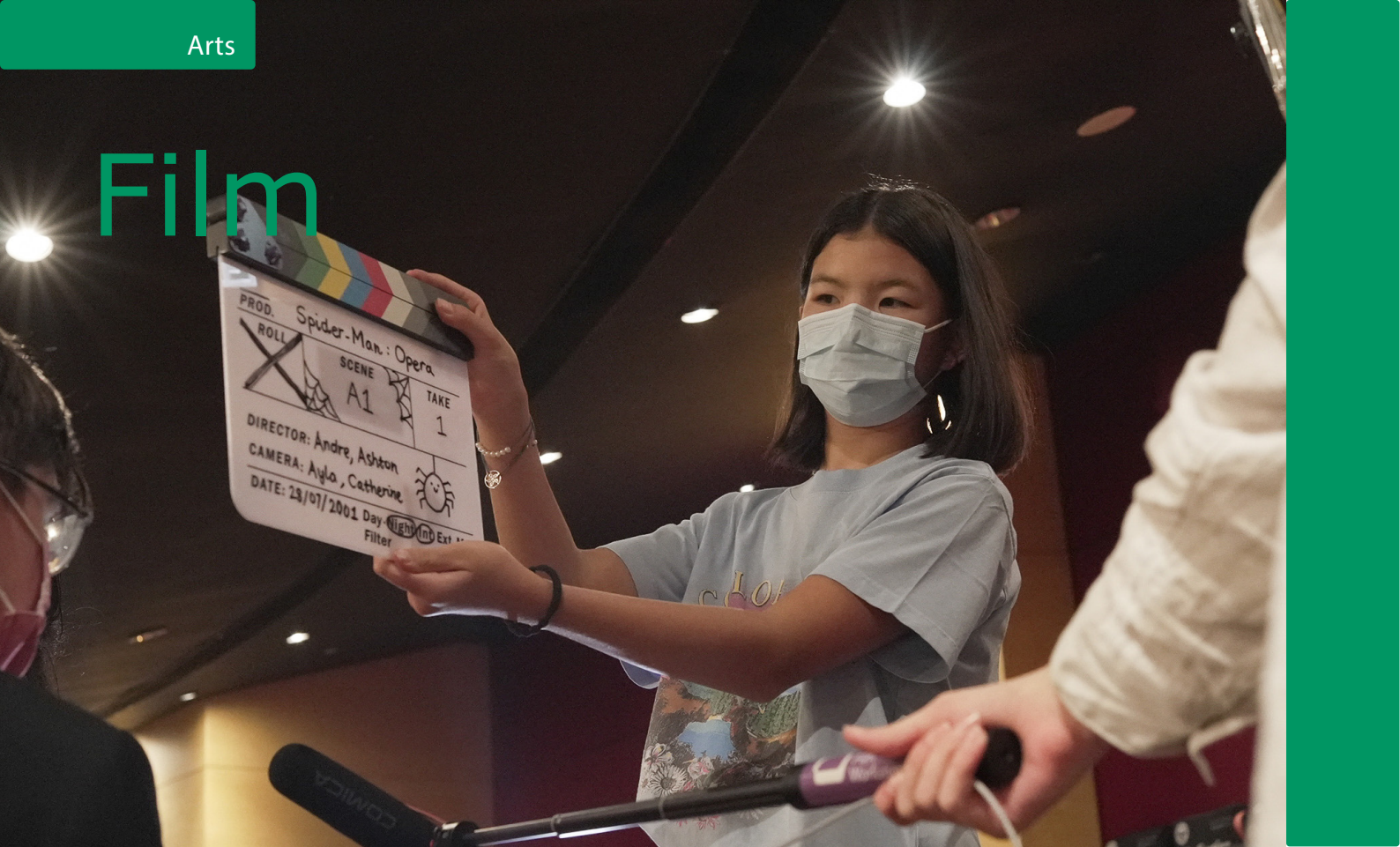
Create an impactful editorial illustration with collage elements to accompany an article of your choice. Whether you choose a piece on global deforestation or on Hong Kong's oldest tea shop, you will learn about popular editorial illustrators, experiment with drawing human figures, and embark on a journey to discover your own illustration style.

Project 2: Rendering Nature

Take cue from the 19th Century naturalist illustrator Maria Sibylla Merian and contemporary painter Jonas Wood. Looking at flora and fauna, from orchid to honeybee to baobab tree - capture nature in detail using watercolour, gouache, and diverse liner pen techniques. Use physical and photographic references to create a refined composition of your final study with fine lines and a touch of brilliant colour.



Film





Babel Film Workshop

Filmmaking

Curious about how movies are made? Young students today are exposed to more films and media than ever before, but rarely get the chance to participate in their creation. In Babel Film Workshop’s primary after-school activity, students will gain a foundational knowledge of filmmaking through fun activities and an original film project. This term, students will write mini film script; storyboard their films; and practice camera techniques used by filmmakers to bring stories to life. Join us and embark on a filmmaking adventure this term!

Courses

	Filmmaking (20907)	G4-5 2:30-3:30pm	\$4420
	Short Film Production (20906) No class on Nov 16	G6-12 4:00-5:00pm	\$4080

Short Film Production

Wondering how story ideas are turned into short films? Students often have many creative ideas, but aren’t sure how to turn them into professional movies. In Babel Film Workshop’s secondary after-school activity, students will learn to combine the skills of screenwriting, directing, cinematography, acting, and editing, to produce original short films right on campus. This term, students will pitch story ideas; write screenplays based on Hollywood standards; and prepare their productions with storyboarding, directing, and camera workshops. Join us and experience the thrills of short film production this term.

Hip Hop



Courses

Th	Hip Hop (20109)	G1-3	2:30-3:15pm	\$3120
Th	Hip Hop (20110)	G4-5	3:15-4:00pm	\$3120

Hip-Hop KPOP Jam

A high-energy, fun dance class that features the popular hip-hop and K-POP moves of today! Children will explore the basic movement of hip-hop dance in a fun and engaging way. This will enable the students to let loose while developing dance rhythm & coordination, creativity and musicality. Each class starts with a stretching and warm-up, hip-hop grooving and freestyling guaranteed to get our hearts pounding. Then we move into choreography set to today’s groove worthy jams which combines old and new school Hip-Hop, K-POP and today’s Pop hits! This class will also help students build their self-confidence while promoting self-esteem. Our goal is to let each student feel extra empowered with every class! We will have a blast learning to age appropriate music and moves for the young energetic dancers! All levels are welcome.

Performance

STARLIT voice



'A Creative Hub for Drama and Performing Arts'

Welcome to Starlit Voice! Your journey to performance and communication excellence starts here. We are a team of highly experienced industry professionals with backgrounds in film, theatre, television, music, public speaking and education. Through performance and communication training, our students will develop their talents and grow as confident and empathetic individuals. We look forward to guiding you as you embark on this wonderful adventure of creativity and self-expression!

Acting for the Stage

This course will introduce students to the foundations of acting and musical theatre through interactive exercises and games, as well as an end-of-term mini-performance. Students will study character creation and acting techniques, and gain the skills needed to give strong, confident onstage performances. Students will not only be encouraged to hone their imaginative skills; they will also develop empathy and collaborative skills that will serve them in all facets of life.

Fun with Public Speaking

This course will introduce students to the basics of speaking to a large audience. Students will learn how to harness body language, facial expression, literary techniques and vocal projection to create persuasive and compelling speeches. Students will also have the opportunity to show off their newfound communication skills in a showcase at the end of the course. Through this course, students will learn to express their own thoughts more clearly, concisely and confidently.



Courses

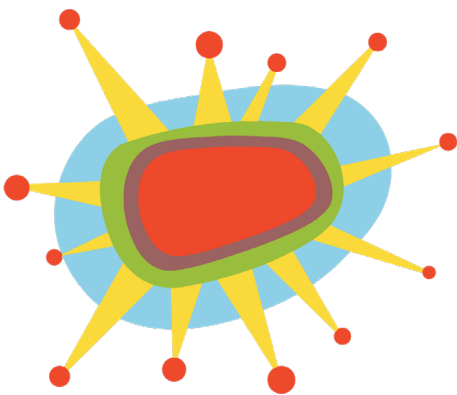
Tu	Acting for the Stage (20601)	Prep-G2	2:30-4:00pm	\$4050
Tu	Acting for the Stage (20602)	G3-5	2:30-4:00pm	\$4050
F	Fun with Public Speaking (20604)	Prep-G1	2:30-4:00pm	\$3430
F	Fun with Public Speaking (20605)	G2-5	2:30-4:00pm	\$3430

TEXTILE

ABSTRACTION & FIGURATIVE IMAGERY



Colour My World



TEXTILE - The art of conveying ideas and emotions by constructing practical outcomes out of fibre.

These workshops cover the fundamentals of Art & Design in relation to textile arts in the two terms proposed below. Participants will explore processes through swatches, build a mini portfolio, and produce experimental outcomes.

Courses

W	Textiles (20107)	G3-5	2:30-3:30pm	\$5450
W	Textiles (20108)	G6-8	4:00-5:00pm	\$5030
No class on Nov. 16				

Project 1: Knit and Weave

Learn loom weaving with a variety of yarn and fabric to be built from a fine met I wire warp. Use a 'French knitting' (AKA spool knitting) device for further experiments in making a knitted tube. Your fin I works will display interesting impermanent volumes featuring a personal colour palette.

Project 2: Textural Image-Making

This mixed-media image-making workshop will be the platform for participants to employ a tactile format to render their favourite (living) thing or hobby (music, sports, etc). You will cover a diverse array of techniques such as collage, appliqué, linoleum and mono-printing using tactile materials.

Ukulele

香港
一切
HK•ALL



Courses

M	Ukulele (20704)	G1-2	2:30-3:15pm	\$3610
M	Ukulele (20703)	G3-5	3:15-4:00pm	\$3610
M	Ukulele (20705)	G6+	4:00-5:00pm	\$4360

Children learn to sing and play popular songs on the ukulele in a group, building a strong foundation of chords and melodies, and have fun sharing what they learn with family and friends. Learning the Ukulele in a group allows everyone to develop skills rapidly in a supportive environment. We focus on developing fluidity, confidence and a strong sense of musicianship. Each course is adapted to the level of the participants.

All students are required to provide their own high-quality soprano ukulele, clip-on tuner and protective case. Make sure students bring them to class each week.





Wednesdays (Sep 14 - Dec 14)

13 sessions Basketball | Football | Gymnastics | Swimming | Wing Chun



Thursdays (Sep 15 - Dec 8)

11 sessions Basketball | Football | Mini Tennis | Swimming



Fridays (Sep 16 - Dec 9)

11 sessions Gymnastics | Kung Fu | Netball | Swimming | Table Tennis | Tennis



Saturdays (Sep 17 - Dec 10)

11 sessions Basketball | Football | Gymnastics | Swimming



Mondays (Sep 19 - Dec 12)

11 sessions Badminton | Basketball | Gymnastics | Mini Tennis | Netball
Swimming



Tuesdays (Sep 13 - Dec 13)

13 sessions Football | Swimming | Tennis



Timba Swim School



*** Registration is open for fully vaccinated students (and 14 days out) from EY1+**

Coaching Staff

Our team of highly qualified and experienced swim instructors will guide students through a progressive and professional methodology that will ensure they excel in the sport of swimming as well as enjoy the aquatic environment.

Philosophy

In 2014-2015 Timba Swim School became an official:

Swim Australia swim school

AUSTSWIM swim School



PROGRAMMES:

1. **Infant Aquatic Programme** (Infant Aquatics will not be scheduled this term)
2. **Early Year Swimming** (New Programme)
3. **Learn to Swim Programme - Levels 1-8 (Lower School)**
4. **Upper School (US) ASA Swimming Programme**
5. **Competitive Programmes (Water Polo / Swim Team)**

Departures Information - Please read carefully

- 2:30 - 3:15 pm lesson - Students in this lesson must depart by school bus at 3:45 pm
- 3:30 - 4:15 pm lesson - Students enrolled in this lesson will be collected by foot from LLAC or by private vehicle from 4:20 pm. Private vehicles are not allowed to park and cannot arrive before 4:20 pm
- Early Years 2:30 - 3:00 pm lesson - Students enrolled in this lesson will depart with an adult on foot or pick up by private vehicle before 3:30 pm - Private vehicles are not allowed to park and must be departed before 3:30 pm
- Early Years 3:00 - 3:30 pm lesson - Students in this lesson will depart with an adult on foot or pick up by private vehicle from 4:20 pm. Private vehicles are not allowed to park and cannot arrive before 4:20 pm
- US Students lesson - Depart on 5:10 pm / 5:15 pm buses or on foot



TIMBA
Swim School

1. Infant Aquatics Programme

Suitable for students aged 6 - 36 months. A parent, helper or responsible adult (aged 18 or older) is required to enter the water with the student every lesson. We maintain a maximum of 8 students in each class.

Level 1 Infant Aquatics Maximum 8 students

In a positive environment young students will be introduced to the water in a non threatening and enjoyable way that will ensure their first experience is a positive one

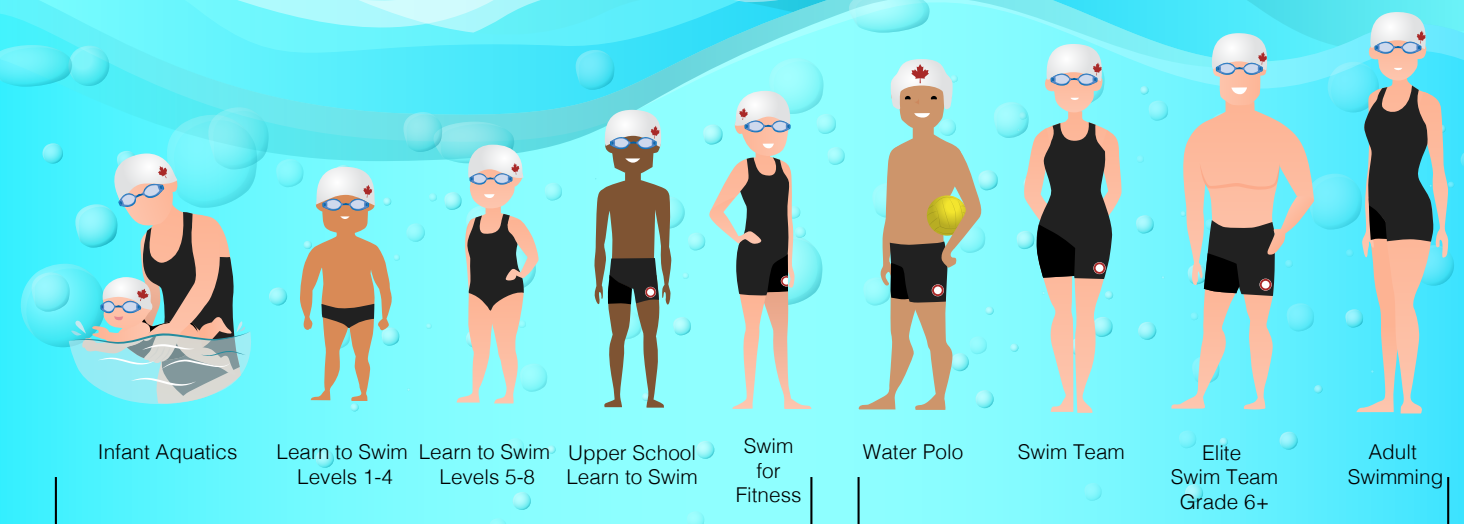
Infant Aquatics Advanced Maximum 8 students

Young learners will learn unassisted submerge, humpty dumpties, bubbles, pick up toys, torpedo starfish, floating on their back, paddling and "hot dog" rolls with assistance

***Infant Aquatics will not run until further notice as parents and caregivers are not permitted on site**



CDNIS SWIMMING DEVELOPMENT PATHWAY



Timba Swim School Programmes



Timberwolves Competitive Programmes



2. Early Years Swimming

This programme is for EY1 & EY2 CDNIS Students only
Lessons are 30 minutes and 1 adult must be on Campus

Early Years Swimming - Adults on Campus Protocol

- Adults can enter the campus from 2:15 pm and go directly to the swimming pool to meet the Early Year student
- Adults must be fully vaccinated and show a negative RAT test before entering campus
- Adults will meet students at the pool entrance
- Only 1 adult per student is allowed on campus
- Adult & student must leave campus after the swimming lesson & should only be at the swimming pool while on campus
- Adults must follow departure procedures
- Parking is not allowed

W	Early Years Swimming (18008)	EY1-EY2	2:30-3:00pm	\$3680
	Early Years Swimming (18015)	EY1-EY2	3:00-3:30pm	\$3680
Sa	Early Years Swimming (18046)	EY1-EY2	8:00-8:30am	\$3120
	Early Years Swimming (18053)	EY1-EY2	8:30 9:00am	\$3120

3. Learn to Swim Levels 1-8 Lower School

Students of all abilities aged 3 years and older will be divided into ability levels from 1 - 8

Level 1 Learn to Swim Maximum 4 students

Students will learn to float, push and glide

Level 2 Learn to Swim Maximum 4 students

Students will continue to develop push and glide, flutter kick; freestyle introduced

Level 3 Learn to Swim Maximum 5 students

Freestyle and flutter kick will be further developed; backstroke introduced

Level 4 Learn to Swim Maximum 5 students

Freestyle and flutter kick will be further refined over longer distances; backstroke developed

Level 5 Learn to Swim Maximum 7 students

Foundations in freestyle and backstroke will be further strengthened; breaststroke introduced

Level 6 Learn to Swim Maximum 7 students

Students will swim freestyle and backstroke over longer distances; breaststroke developed

Level 7 Learn to Swim Maximum 10 students

Students will continue to develop freestyle, backstroke and breaststroke over longer distances; butterfly kick competitive dives, starts and turns introduced

Level 8 Learn to Swim Maximum 10 students

This class is longer than other levels to prepare students for competitive programmes

4. Upper School (US) ASA Swimming

For US Students continuing their "Learn to Swim" programme

M

Level 1 Learn to Swim (18012)	Prep+	2:30-3:15pm	\$2990
Level 2 Learn to Swim (18091)	Prep+	2:30-3:15pm	\$2990
Level 3 Learn to Swim (18024)	Prep+	2:30-3:15pm	\$2990
Level 4 Learn to Swim (18026)	Prep+	2:30-3:15pm	\$2990
Level 5 Learn to Swim (18031)	Prep+	3:15-4:00pm	\$2870
Level 6 Learn to Swim (18038)	G1+	3:15-4:00pm	\$2870
Level 7 Learn to Swim (18105)	G1+	3:15-4:00pm	\$2870
Level 8 Learn to Swim (18106)	G1+	3:15-4:00pm	\$2870
US ASA Swimming (18108)	G6+	4:00-4:55pm	\$2870

Tu

Level 1 Learn to Swim (18013)	Prep+	3:15-4:00pm	\$3260
Level 2 Learn to Swim (18032)	Prep+	3:15-4:00pm	\$3260
Level 3 Learn to Swim (18066)	Prep+	3:15-4:00pm	\$3260
Level 4 Learn to Swim (18039)	Prep+	3:15-4:00pm	\$3260
Level 5 Learn to Swim (18025)	Prep+	2:30-3:15pm	\$3130
Level 6 Learn to Swim (18045)	G1+	2:30-3:15pm	\$3130
Level 7 Learn to Swim (18067)	G1+	2:30-3:15pm	\$3130
Level 8 Learn to Swim (18052)	G1+	2:30-3:15pm	\$3130
US ASA Swimming (18109)	G6+	4:00-4:55pm	\$3130

W

Level 3 Learn to Swim (18020)	Prep+	3:30-4:15pm	\$3530
Level 4 Learn to Swim (18027)	Prep+	3:30-4:15pm	\$3530
Level 5 Learn to Swim (18033)	Prep+	3:30-4:15pm	\$3390
Level 6 Learn to Swim (18040)	G1+	3:30-4:15pm	\$3390
LS Water Polo (18107)	G4-5	2:35-3:20pm	\$3390
US Water Polo (18117) No class on Nov 16	G6-G9	4:00-4:55pm	\$3130

Th

Level 1 Learn to Swim (18009)	Prep+	2:30-3:15pm	\$2720
Level 2 Learn to Swim (18016)	Prep+	2:30-3:15pm	\$2720
Level 3 Learn to Swim (18021)	Prep+	2:30-3:15pm	\$2720
Level 4 Learn to Swim (18028)	Prep+	2:30-3:15pm	\$2720
Level 5 Learn to Swim (18070)	Prep+	3:15-4:00pm	\$2610
Level 6 Learn to Swim (18071)	G1+	3:15-4:00pm	\$2610
Level 7 Learn to Swim (18048)	G1+	3:15-4:00pm	\$2610
Level 8 Learn to Swim (18112)	G1+	3:15-4:00pm	\$2610
US ASA Swimming (18110) No class on Nov 17	G6+	4:00-4:55pm	\$2350

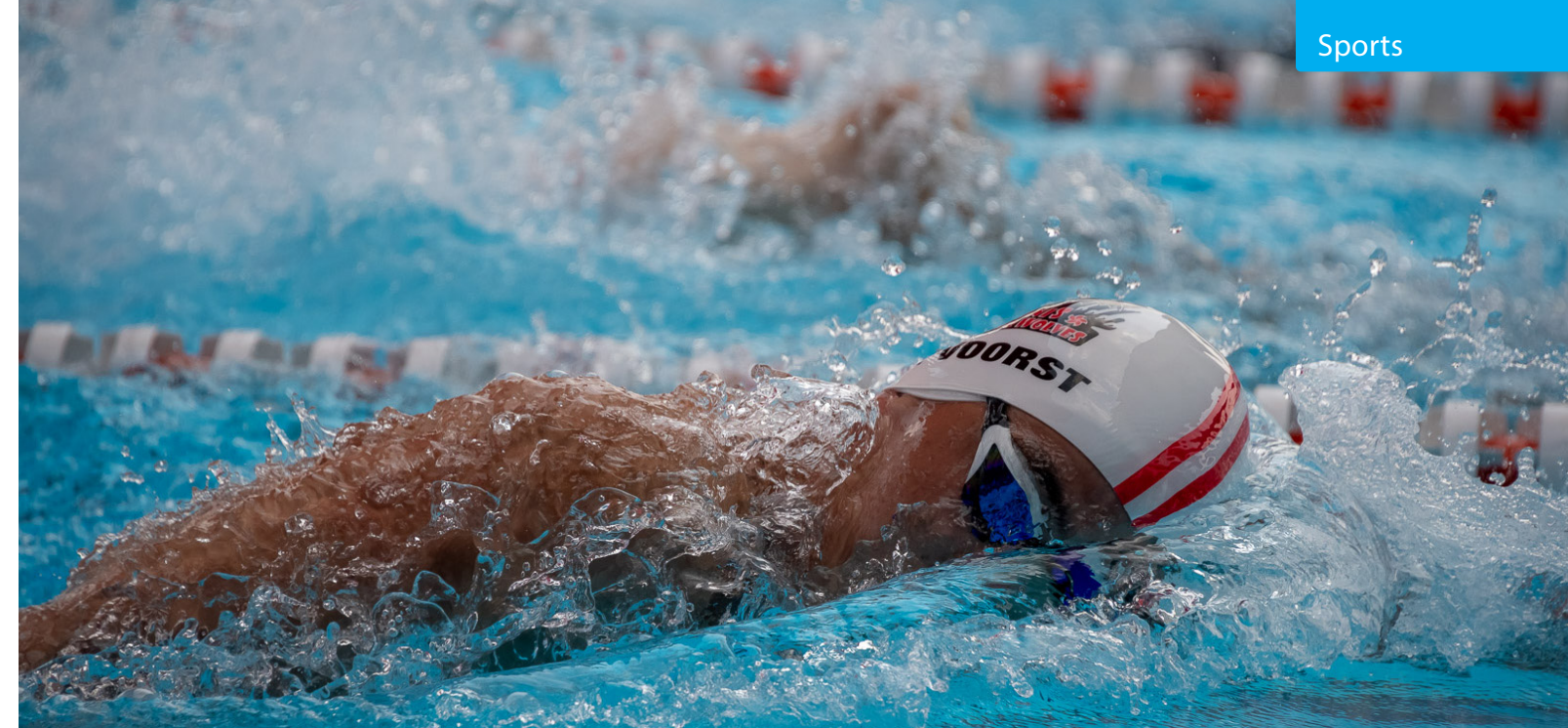
F

Level 1 Learn to Swim (18072)	Prep+	3:15-4:00pm	\$2990
Level 2 Learn to Swim (18057)	Prep+	3:15-4:00pm	\$2990
Level 3 Learn to Swim (18073)	Prep+	3:15-4:00pm	\$2990
Level 4 Learn to Swim (18074)	Prep+	3:15-4:00pm	\$2990
Level 5 Learn to Swim (18035)	Prep+	2:30-3:15pm	\$2870
Level 6 Learn to Swim (18042)	G1+	2:30-3:15pm	\$2870
Level 7 Learn to Swim (18049)	G1+	2:30-3:15pm	\$2870
Level 8 Learn to Swim (18056)	G1+	2:30-3:15pm	\$2870

SATURDAY CLASSES-Longer class times for the same low price!

Sa

Level 1 Learn to Swim (18080)	Prep+	10:15-11:00am	\$2990
Level 1 Learn to Swim (18075)	Prep+	12:00nn-12:45pm	\$2990
Level 2 Learn to Swim (18082)	Prep+	10:00-10:45am	\$2990
Level 2 Learn to Swim (18076)	Prep+	12:00am-12:45pm	\$2990
Level 3 Learn to Swim (18077)	Prep+	8:00-8:55am	\$2990
Level 3 Learn to Swim (18023)	Prep+	10:00-10:55am	\$2990
Level 4 Learn to Swim (18036)	Prep +	8:00-8:55am	\$2990
Level 4 Learn to Swim (18004)	Prep+	10:00-10:55am	\$2990
Level 5 Learn to Swim(18006)	Prep+	9:00-9:55am	\$2870
Level 5 Learn to Swim (18051)	Prep+	11:00-11:55am	\$2870
Level 6 Learn to Swim (18017)	G1+	9:00-9:55am	\$2870
Level 6 Learn to Swim (18010)	G1+	11:00-11:55am	\$2870
Level 7 Learn to Swim (18111)	G1+	11:00-11:55am	\$2870
Level 8 Learn to Swim (18113)	G1+	11:00-11:55am	\$2870
Level 1 & 2 Learn to Swim (18114)	Prep+	12:00nn-12:45pm	\$2990
Level 3 & 4 Learn to Swim (18115)	Prep+	12:00nn-12:45pm	\$2990
Level 7 & 8 Learn to Swim (18116)	G1+	9:00-9:55am	\$2870



5. Competitive Programmes

Our competitive squads include the following programmes:

Lower School (Selection by Head of Aquatics)

- Lower School Swim Team
- Email darrenmchugh@cdnis.edu.hk for more information

Upper School (Selection by Head of Aquatics)

- Bronze Squad (Swim for Fitness)
- Silver Swim Team
- Gold Swim Team
- Water Polo Team
- Email darrenmchugh@cdnis.edu.hk for more information

Students must attend a swim tryout to be eligible for swim teams. Tryout dates and times will be communicated via [the FLASH](#). More information on competitive squads can be found on the [Aquatics website](#).

Badminton



TORQ | SPORTS INTERNATIONAL
LIMITED



Courses



Badminton (10001)

G6-12

4:00-5:00pm

\$2490

Torq Sports International Limited aims to provide badminton programs for different levels of players. Badminton can be for fun, stay active and for others who would like to test their skills and follow a competitive pathway. Torq Sports International Limited has been organizing badminton coaching in Hong Kong since 2016. Our coaching staff includes Badminton England Level 2 certification, ex-UK and European junior national and international coaches from Malaysia who are dedicated to providing your child with the very best level of training through programs that challenge and stimulate. Come join us!!

***Please note a racquet is required for this class**

Basketball



The After School Activities Programme offers students the opportunity to participate in a fun activity that not only enhances their basketball skill level, but gives them an outlet for physical activity after the long school day.

Courses

M	Basketball Mini Flyers (10117)	Prep-G2	2:30-3:30pm	\$3370
M	Basketball The Lab (10115)	G6-8	4:00-5:00pm	\$3370
W	Basketball Mini Flyers (10118)	Prep-G2	2:30-3:30pm	\$3980
Th	Basketball Cadets (10112)	G3-5	2:30-3:30pm	\$3370
No class on Oct 29				
Sa	Basketball Mini Flyers (10120)	Prep-G1	9:00-10:00am	\$3060
Sa	Basketball Cadets (10121)	G3-5	10:00-11:30am	\$3060
Sa	Basketball Elite U12 AAU League (10123)	G5-6	11:30am-1:00pm	\$3060
Sa	Basketball Elite U14 AAU League (10124)	G7-8	11:30am-1:00pm	\$3060
Sa	Basketball Elite U16/U18 AAU League (10125)	G9-12	1:00pm-2:30pm	\$3060

Mini Flyers & Cadets

Students benefit from experienced professionals who share a passion for the game of basketball. In addition to teaching and reinforcing the essential fundamentals of the game, we also emphasize the importance of teamwork, self confidence, friendship and sportsmanship.

The LAB

The LAB is an intensive skill based training session where every week a different aspect of the game is broken down to its finer points utilising specially tailored drills and game situations. The programme primarily deals with advanced basketball concepts. There is also a dynamic exercise component to the programme that focuses on Speed, Agility and Quickness; essential tools for successful athletes in any sport. This programme is geared toward experienced and Elite Level players looking for a challenging workout, similar to NBA and NCAA Division I off-season workouts.

Elite Teams

The primary aim of our weekend training programme is individual skill development. The Elite Team will focus primarily on team concepts, complete with an offensive/defensive philosophy, set plays, and clearly defined roles by position. We will be selecting players who have demonstrated an advanced skill set and an understanding of the game. We want to give them the opportunity to train in the same manner as AAU and college programmes in the U.S. Training sessions will be more serious and intense.

We just love basketball

Football



Mission Statement

Major League Football Academy believes in developing the whole person, not just the physical. To promote the growth and development of young people through sport, teamwork and leadership.

Mini Leaguers

Mini Leaguers is our specialist early-years football programme designed to provide a fun and positive introduction to the most popular sport in the world! Our creative coaching team deliver sessions that build great foundations for ball skills, physical literacy and confidence in playing with others so your son or daughter can be ready to be part of a team from G1 up!

ASA Football

G1-G5 boys and girls of all levels can enjoy sessions up to two times per week on the 6/f turf. Led by highly qualified coaches, our ASA football programme focuses on technical skill development, physical literacy and teamwork to help develop well rounded players and people who love the game.

Transport

There is a bus from the CDNIS to Wong Chuk Hang Sports Ground for Wed Boys and Girls Football. Parent pick up required

MLSA

MAJOR LEAGUE SPORTS ACADEMY

Tu

Girls Football ([15505](#))

G3-4

2:30-3:30pm

\$3680

Boys Football ([15506](#))

G3-4

2:30-3:30pm

\$3680

W

Mini Strikers ([15205](#))

Prep

2:30-3:30pm

\$3680

Boys Football ([15107](#)) WCH

G5

2:30-3:30pm

\$3680

Girls Football ([15507](#)) WCH

G5

2:30-3:30pm

\$3680

Th

Girls Football ([15604](#))

G1-2

2:30-3:30pm

\$3680

Boys Football ([15605](#))

G1-2

2:30-3:30pm

\$3680

Sa

Mini Ballers ([15614](#))

EY1-EY2

9:00-10:00am

\$3120

Mini Strikers ([15606](#))

Prep-G1

10:15-11:30am

\$3120

Girls Football ([15607](#))

G1-2

10:15-11:30am

\$3120

Boys Football ([15608](#))

G1-2

10:15-11:30am

\$3120

Boys Football ([15610](#))

G3-4

11:30-12:45pm

\$3120

Girls Football ([15611](#))

G3-4

11:30-12:45pm

\$3120

Boys Football ([15612](#))

G5

12:45-2:00pm

\$3120

Girls Football ([15613](#))

G5

12:45-2:00pm

\$3120

Gymnastics



Recreational Gymnastics

This class is for boys and girls who are new to gymnastics or beginners. It gives them an opportunity to play fun gymnastics oriented games and practice basic skills on all apparatus. Basic fundamentals will be worked on, such as strength and flexibility, so children can progress on to more advanced gymnastics.

CDNIS training leotard optional

ALP Level 1

Classes continue to develop basic fundamental gymnastics skills to a more competent level. Students will learn introductory routines on the vault, uneven bars, beam and floor apparatus. Gymnasts will learn to master their routines while learning harder skills for the next level. CDNIS training leotard optional

ALP Level 2

Students will learn routines for SEASAC'S Australian levels programme. More strength, conditioning and flexibility exercises will be performed in order to learn more advanced skills. Gymnasts will also practice harder movements across all apparatus.

CDNIS training leotard compulsory

Artistic Gymnastics (WAG/MAG) ALP Level 3, 4, 5, & 6 Open Age Group

These classes are for competitive gymnasts who have mastered level 3 routines and can complete all required skills. Higher difficulty skills and training will be performed across all apparatus, so gymnasts need to be mentally and physically prepared for the challenge. A key component of this class will be learning floor routines with music and choreography. Students are advised to train multiple times a week in order to consistently improve strength, flexibility and advanced skills needed for this level of gymnastics.

CDNIS training leotard compulsory

The Gym Club/NON CDNIS

The CDNIS gymnastics programme has extended services to a wider community providing a club platform for outside students to train and enjoy gymnastics; Gym Club teammates have opportunities to participate in competitions.

PROACTIV training leotard compulsory



Gym4Kids is an exciting programme developed by high level coaches to teach all of the basic fundamentals for beginners and progressively increase training techniques and skills to advanced levels of gymnastics. Our classes have a key focus of making sure every child is having as much fun as possible, while improving gymnastics skills. Upon completion of the programme we expect each child to perform their routines with a great deal of confidence and joy. Each term ends with a gymnastics level assessment.

Gymnastics attire: email gymnastics@sport4kids.hk for more information

* Once a week - Recreational Level (Level 1 - 6 non competition level)

* Twice or more - High performance/competition level (Level 1 - 6)



M

Level 1 (19101)	Prep+	2:30-4:00pm	\$4050
Level 2 (19104)	G1+	2:30-4:00pm	\$4050
Level 3 (19107)	G2+	2:30-4:00pm	\$4050
Level 4 (19110)	G6+	4:00-6:00pm	\$4670
Level 5+ (19111)	G6+	4:00-6:00pm	\$4670

W

Level 1 (19301)	Prep+	2:30-4:00pm	\$4790
Level 2 (19304)	G1+	2:30-4:00pm	\$4790
Level 3 (19307)	G2+	2:30-4:00pm	\$4790



F

No classes on Oct. 28			
Level 1 (19501)	Prep+	2:30-4:00pm	\$3680
Level 2 (19504)	G1+	2:30-4:00pm	\$3680
Level 3 (19507)	G2+	2:30-4:00pm	\$3680
Level 4 (19510)	G6+	4:00-6:00pm	\$3820
Level Level 5+ (19511)	G6+	4:00-6:00pm	\$3820
No class on Nov 18			

Sa

No classes on Oct 29			
Recreational Gym (19635)	EY2-Prep	9:00-10:00am	\$3120
Level 1-2 (19601)	Prep-G5	10:00-11:30am	\$3680
Level 3 (19607)	G2+	9:00-11:30am	\$4820
Level 4 (19610)	G4+	11:30-2:00pm	\$4820
Elite Training (19634)	G3+	11:30-2:00pm	\$4820

Competitive and Elite training

These packages are for gymnasts who wish to take a more competitive route in gymnastics. The packages have been designed to give a discount on the 2nd and 3rd training session per week. To be able to progress to higher competitive levels in gymnastics twice weekly of training is the minimum request.

Level 3 competitive (19625)	G2+	\$7620
Monday	2:30-4:00pm	
Wednesday	2:30-4:00pm	

Level 3 competitive (19626)	G2+	\$6630
Monday	2:30-4:00pm	
Friday	2:30-4:00pm	

Level 3 competitive (19627)	G2+	\$7650
Monday	2:30-4:00pm	
Saturday	9:00-11:30am	

Level 3 competitive (19628)	G2+	\$7360
Wednesday	2:30-4:00pm	
Friday	2:30-4:00pm	

Level 3 competitive (19629)	G2+	\$8170
Wednesday	2:30-4:00pm	
Saturday	9:00-11:30am	

Level 3 competitive (19630)	G2+	\$7390
Friday	2:30-4:00pm	
Saturday	9:00-11:30am	

Level 4+ Competitive (19631)	G6+	\$7350
Monday	4:00-6:00pm	
Friday	4:00-6:00pm	

Level 4+ Competitive (19632)	G6+	\$8090
Monday	4:00-6:00pm	
Saturday	11:30-2:00pm	

Level 4+ Competitive (19636)	G6+	\$7490
Friday	4:00-6:00pm	
Saturday	11:30-2:00pm	

Elite Training Level 4+ (19637)	G6+	\$11400
Monday	4:00-6:00pm	
Friday	4:00-6:00pm	
Saturday	9:00-11:30am	



Kung Fu



Kung Fu provides opportunities for children to learn self defence while being introduced to new skills that will challenge their minds and bodies.

This programme is designed to be fun yet disciplined. We deliver a safe learning environment, engage children to build up self-confidence, a sense of responsibility and readiness to take up challenges.

Course designed by Master Connie Tse

- Black Belt 9th Dan
- CEO of Heng Yue Yen Long Kwon Association
- Consultant of University of Manitoba Chinese Kung Fu Club

Instructor: Jacky Cheung Siu Hang, Black Belt 4th Dan

Extra costs

Uniform: Students have the option to wear CDNIS PE uniform or purchase a Kung Fu uniform at 10/F, Morrison Plaza, 9 Morrison Hill Road, Wan Chai, Hong Kong. Please call 2511 8787 or email asa-kungfu@cdnis.edu.hk to check the opening hours of the shop. Priced from \$981 - \$1080 according to size. Students planning on advancing in belts are recommended to purchase a uniform.



Courses

F	Kung Fu (10401)	Prep-G2	2:30-3:10pm	\$2990
F	Kung Fu (10402)	G3-5	3:20-4:00pm	\$2990
F	Kung Fu (10403)	G6-8	4:10-4:50pm	\$2720
No class on Nov. 18				





Mindful Wing Chun

These unique Martial Arts classes are designed to promote Self-discipline, Correct Posture, Coordination, Balance, Core-strength, Confidence, and of course Self-Defense while creating a fun and engaging training environment. Within each class’s ‘Kung Fu Philosophy’ section we take time to discuss important life skills such as Bully-proofing, the laws of success, respectful communication, healthy habits, leadership and much more. The teachers (Sifus) who will be running these classes at CNDIS have all had training under one of Bruce Lee’s teachers in Hong Kong (Chu Shong Tin) who they trained with fulltime until passed away in 2014.

The class covers:

- Setting correct postural habits while standing and sitting throughout the class
- Wing Chun’s first form-set (Siu Nim Tao)
- Progressive Wing Chun self-defense techniques and principles
- Pad-work (progressive strikes with arms and legs)
- Balance and core-strength exercises (Calisthenics)
- Fun competitive team-based exercises and drills to promote comradeship
- Life skills (Kung Fu philosophy discussion section)

What to bring:

- Comfortable clothing (PE uniform is fine)
- Water
- Pads and other training equipment will be provided by Mindful Wing Chun



Courses

W	Wing Chun (10404)	G1-2	3:20-4:00pm	\$4050
W	Wing Chun (10406)	G3-5	3:20-4:00pm	\$4050
W	Wing Chun (10405)	G6-8	4:10-4:50pm	\$3740
No class on Nov. 17				



Mini Tennis



Australasia Tennis Aces is one of the leading tennis coaching companies in Hong Kong and we are very excited to be working with the students of CDNIS. Through our programmes we ensure that players have the best opportunities to build individual self-confidence, sportsmanship, and physical health while maintaining the goal of mastering the skills of tennis and most importantly a love for the game. Our sessions are fun, progressive and take players to the next level.

DEVELOPMENT SQUAD: RED BALL 4-7 YEARS.

ATA's red ball programme teaches players fundamental hand-eye coordination, develops sending and receiving skills, movement and tennis technique foundations. Introducing players as quickly as possible into rallies, the rules of the game and into point play. This programme is a fun multifaceted baseline to a child's development within the game.

RISING STAR SQUAD: ORANGE BALL 8-9 YEARS

ATA's orange ball programme is suitable for both younger experienced players progressing on from red ball that are at of level, or slightly older players with technical competency and semi-confident rallying skills. Game fundamentals are build on, more advanced techniques established, and tactical skills for point play and sportsmanship are taught.

***Please note a racquet is required for this class**

Course

Th	Mini Tennis Red (10504)	Prep-G2	2:30-3:15pm	\$2930
Th	Mini Tennis Orange (10505)	G3-G4	2:30-3:15pm	\$2930
Th	Mini Tennis Red (10506)	Prep-G2	3:15-4:00pm	\$2930
Th	Mini Tennis Orange (10507)	G3-G4	3:15-4:00pm	\$2930

Netball



Junior Netball : U8's/U10's (Nettas)

Prep - Grade 3 (2015, 2014, 2013)

Netta's is a fun and engaging introduction to netball with modified rules (smaller court & ball, and much lower hoop). As a team sport, Netball develops confidence, athleticism, teamwork, technical skills and supports overall health - a sport you can play for life! Alongside this, the players will work on footwork, agility, ball-handling and spatial awareness.

Junior Netball: U12's

Grade 4- Grade 5 (2012 & 2011)

This programme is aimed at developing the basics of netball, individual skills and team dynamics. This class nurtures netball skills through the development of technical skills, hand-eye coordination, footwork, agility and decision making through skill-based activities, minor games, modified matches and game play.

Junior Netball: U14's

Grade 6- Grade 7 (2010, 2009)

This programme aims to further strengthen the players individual and technical skills, develop teamwork and a leaders mindset. Players are required to train and play together to learn and develop the TEAMwork mindset needed to excel at netball and life. This class will continue to develop the physical literacy needed to lead players to the perfect pathway for elite performers.



Courses



Junior Netball: U8's/U10's (13016)

Prep-G3

2:30-4:00pm

\$3120



Junior Netball: U14's (13013)

G6-7

4:00-5:00pm

\$3120



Junior Netball: U12's (13014)

G4-5

2:30-4:00pm

\$3120



Table Tennis



The Pong Zone Table Tennis Club is currently a leading Table Tennis Club in Hong Kong offering structured training programmes and in-house tournaments catering for children and teenagers at our hub, public sports centers and schools.

In 2021, our club was awarded Star Club 2020-2021 by Hong Kong Table Tennis Association for the recognition of our continuing support of domestic table tennis development for the last two decades.

Under our systematic and progressive training programmes, many of our Pong Zone Leagues members have been winning "All Hong Kong Schools and District Schools" competitions and various matches over the years. Moreover, some of our top-tier players in our League have been selected to enter the Hong Kong National Youth Team. These impressive results not only exhibit the hard work of our students but also the efficiency of the programmes.

* table tennis paddle required



Courses

F	Table Tennis (10701)	G3-5	2:30-3:30pm	\$2490
F	Table Tennis (10702)	G6-G12	4:00-5:00pm	\$2270
No class on Nov 18				



Tennis



Courses



Tu	Tennis Orange / Green Ball (10804)	G4-5	3:00-4:00pm	\$4200
No class on Nov. 18				
F	Tennis Yellow Ball (10805)	G6+	4:00-5:00pm	\$3230
F	Tennis Competition Level (10807)	G6+	4:00-5:00pm	\$3230

Australasia Tennis Aces is one of the leading tennis coaching companies in Hong Kong and we are very excited to be working with the students of CDNIS. Through our programmes we ensure that players have the best opportunities to build individual self-confidence, sportsmanship, and physical health while maintaining the goal of mastering the skills of tennis and most importantly a love for the game.

RIISING STAR SQUAD: ORANGE BALL 8-9 YEARS / GREEN BALL 10-11 YEARS

ATA’s Rising Star programme caters to players ready to establish and build on their basic shot techniques and progress into more advanced movement, stroke technique and tactical patterns with the emphasis on skill-based match play. A strong emphasis is placed on live play, point scenarios, and full court competitive match play.

TEENAGERS ON THE MOVE : YELLOW BALL: 11 YEARS +: SOCIAL PLAYERS

ATA’s Teenager on the move programme is designed for our older junior players new to the game or returning to tennis. The programme gets them active and enjoying tennis through fast tracked, fun but social game-based sessions, ultimately giving them the skill set and confidence to be able to play and enjoy social tennis and match play.

ACADEMY SQUAD : 11YEARS+: COMPETITION LEVEL PLAYERS

ATA’s Academy squad session have a competition focus, where players develop the necessary skills, strategies and mental approach to enhance their chances of success in competition techniques include live ball, tactical based drills, tennis specific fitness, video analysis, development of individual playing styles, and coping strategies for different match play situations. ATA coaches will grade, move and group players according to level and progress to maximise the learning environment and group dynamics.

Transport

All Tennis activities take place at the Aberdeen Squash and Tennis Centre. The bus departs CDNIS at 2:45pm on Tuesdays and 3:45pm on Fridays; no return bus service, parent pick up required

***Please note a racquet is required for this class**





Monday (Sep 19 - Jan 16)

12 sessions Chinese Art and Chinese Calligraphy



Tuesday (Sep 13 - Jan 17)

15 sessions Chinese Dance Team



Tuesday (Sep 13 - Dec 13)

13 sessions Fencing



Wednesdays (Sep 14 - Jan 18)

15 sessions Chinese Orchestra



Fridays (Sep 16 - Dec 9)

11 sessions Fencing

Chinese Dance Team



Chinese Dance Team

The Chinese Dance Team is an after school program aiming to promote and foster Chinese culture, through the creation of a Chinese-style dance. Other than fostering a better understanding of Chinese history and cultural heritage, the final dance will be performed by students at our school's Chinese New Year celebrations and other events. This allows students to not only learn more about Chinese culture but offers students the chance to perform on stage. An audition will be held for the selection of the dance team members.

中國舞蹈隊

中國舞蹈隊是我校弘揚和傳承中國文化的校外課程。課程每一年會介紹一種具有中國風格的舞蹈，除了講解歷史和文化傳承之外，更會排練成一支成品舞蹈，讓學生們在我校中國新年慶典等活動上表演。讓學生們不但學到中國文化，也擁有上台表演的機會。該舞蹈隊採取篩選制度報名，學生必須通過選拔，才允許進入舞蹈隊。

***Flat rate programmes**

中文

中文

Courses

Tu

Chinese Dance Team (10901) G2-5 2:40-3:50pm \$3400

Chinese Orchestra



Chinese Orchestra (3-4pm Tutorials and 4-5pm Assemble Training)


The CDNIS Chinese Orchestra was founded in 2013. The group has members from both LS and US, which makes it a great community for young musicians. We have tutorials on 5 different kinds of instruments which are Pipa, Erhu, Yangqin, Guzheng and Dizi. The members of the Chinese orchestra will be involved in tutorial learning and also assemble training.

The objective of this programme is to provide students with opportunities to gain a deeper understanding and appreciation of Chinese music, language, and culture. It is not necessary to have previous Chinese music experience to participate in all scheduled training sessions, and if you have experience with Chinese instruments already, you are welcome to join us.

中樂團

香港加拿大國際學校中樂團始創於2013年。樂團成員來自小學和中學，是一個由小音樂家組成的社團。在中樂團裏，學生有機會學習一種傳統的中國樂器，如琵琶、二胡、揚琴、古箏和笛子。所有的樂團成員會參加樂器培訓和樂團訓練。本課程的目標是幫助學生通過中樂的學習，體會和感受中華音樂、語言及文化。中樂團歡迎各種音樂經驗的學生包括零經驗的學生。

Courses

	Chinese Orchestra (10902)	G1+	3:00-5:00pm	\$7730
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*Flat rate programmes

Chinese Art and Chinese Calligraphy



Chinese Art and Chinese Calligraphy

This course mainly enables students to appreciate Chinese traditional art from the perspectives of interest and perception, different forms of learning enable students to preliminarily know about “Chinese Traditional Art” and how to express and apply with different media, thus knocking on the door of art with their hands and eyes.

中國美術班和書法班

本課程主要是讓學生從興趣和感知的角度去欣賞中國傳統藝術。 通過不同的學習形式，學生將初步了解“中國傳統藝術”，以及如何利用不同的媒介進行表達和運用，從而用手和眼睛來敲開藝術的大門。

中文

中文

Courses

M

Chinese Art and Chinese Calligraphy (10903)

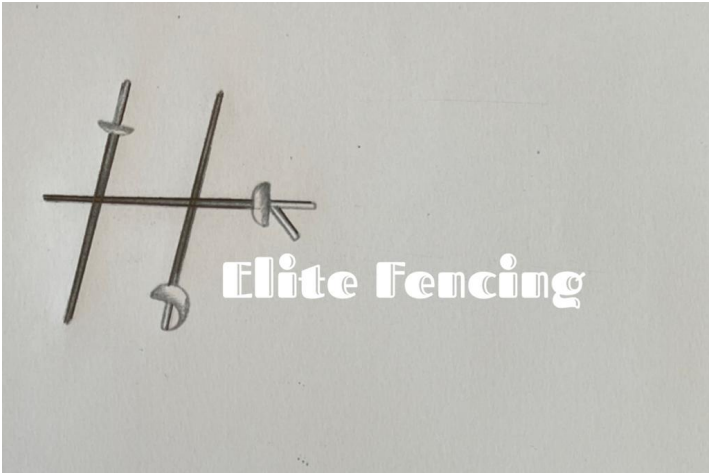
G1-5

2:45-3:45pm

\$4020

*Flat rate programmes

Fencing Programme



Fencing Programme

HK Elite Fencing is a large fencing programme that is committed to cultivating Hong Kong’s next generation of fencers through elite coaching, training and equipment. We also help organize participation in competitions, both local and overseas-maximizing the fencing experience. We teach students of all ages, levels and blades. We aim to combine fun with fast results, preparing for short and long-term success. Come meet our coaches, all of whom are either Hong Kong National team coaches, Olympians, World Champions, and respective masters of their blades

劍擊課程

香港精英擊劍是港島規模最大的擊劍學校，致力於通過精英教練訓練和裝備，培養香港的下一代擊劍選手。 我們通過組織參加本地和海外的比賽——最大限度地提高擊劍體驗。我們提供所有年齡、水平的學生課程，目標是將樂趣與學習技巧結合起來，為提高學員專注力及良好的體魄，以建立自信心。

快來認識我們的教練，他們有前港隊教練、奧運選手、世界冠軍，是經驗最豐富的教練團隊。

中文

中文

Courses

Tu	Fencing Programme (10904)	G2-5	2:30-4:00pm	\$7700
Tu	Fencing Programme (10905)	G6-12	4:00-5:00pm	\$7700
F	Fencing Programme (10906)	G2-5	2:30-4:00pm	\$6510
F	Fencing Programme (10907) No class on Nov 18	G6-12	4:00-5:00pm	\$5920

*Flat rate programmes

