

# BISCAP Term 3 Summary 2017-2018

## MONDAY ( 8 sessions - Excludes all school holidays.)

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Monday	BISCAP	Nursery Ballet	Pre-Nursery/Nursery	The nursery class in music and movement is an opportunity for students to experience the joy of dance and music in a safe and friendly environment. Basic Ballet steps will be learnt with activities to enhance the imagination and mime skills of nursery aged children. minimum 4 students and maximum 20 students. 7 sessions.	Gallery	4:30-5:30pm	No	Natasha Manley	RMB150/class
Monday	BISCAP	Pre-Primary Ballet	Reception & Year 1	This class introduces an exciting and fun introduction ballet. The Pre-Primary Ballet Class introduces the child to a more structured ballet lesson, where exercises will have to be rehearsed and remembered. Props such as tambourines, dolls and scarves will be used to enhance the mime and performance skills. Children enjoy a class using traditional rhythmical tunes and are encouraged to appreciate musicality that will see them through their whole dancing life. minimum 4 students and maximum 20 students. 7 sessions.	Gallery	5:30-6:30pm	No	Natasha Manley	RMB150/class
Monday	BISCAP	Lego-Mechanic	Reception Only	Students work around various mechanical concepts, which they and their parents may or may not have ever noticed in their daily lives. Gears, pulleys and inclined planes are only a few examples out of many mechanisms that the students come across in class. Students have to get their fingers ready to snap the bricks, push the axles and squeeze the pulley wheels together. 1 hour per session, maximum 20 places. Excludes all school holidays.	Reception Canteen	3:30-4:30pm	Yes	The Genius Workshop	RMB150/class
Monday	BISCAP	Chess	Y1-6	Chess requires a good understanding of the game, competing, 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. The program strives to teach these valuable skills by: • Nurturing sportsmanship and planning • Training patience and good decision making • Guiding students in a positive manner • Encouraging students to learn from mistakes per session minimum 5 students. excludes all school holidays.	Art Room P306	3:30-4:30pm	Yes	ActiveKids	RMB120/class
Monday	BISCAP	Tae Kwon Do Beginner	Y1-3	Learn the traditional martial art of Tae Kwon Do through fun and informative lessons delivered by authentic and highly trained coaches. This activity is suitable for beginner students who have already possess a white belt. Excludes all school holidays. - RMB140 per session per week - 1 hour per session, Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes RMB110	Gymnastics Room P250	3:30-4:30pm	Yes	Mingwu Kung FU	RMB140/class
Monday	BISCAP	Tae Kwon Do Intermediate	Y1-6	Learn the traditional martial art of Tae Kwon Do through fun and informative lessons delivered by authentic and highly trained coaches. This activity is suitable for more experienced students who have already passed examination and received the yellow, green or yellow/green belt. Excludes all school holidays. - RMB140 per session per week - 1 hour per session, Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes RMB110	Gymnastics Room P250	4:30-5:30pm	No	Mingwu Kung FU	RMB140/class
Monday	BISCAP	ABRSM Theory	ABRSM G1 – G5	This course is for students who are preparing to take the ABRSM Theory exam at Grade 1 to Grade 5. (Students must already be learning an instrument either privately or through the 1:1 program). As this is a mixed ability course, students will work either independently or in small groups (depending on their respective level) with some whole-class coaching to review/introduce essential concepts. Students will have the opportunity to complete real ABRSM past papers and other official materials. Minimum 6 students.	P102	4:30-5:30	No	Music Dept	RMB1050
Monday	BISCAP	Beginner Keyboard	Y1-3	The course is for young students who are very new to the keyboard/piano. Students will have an opportunity to learn fundamental technique on the keyboard which can be applied to the piano, with a focus on developing ensemble and note-reading skills. Students will enjoy being able to play a range of simple pieces in the group. Minimum 6 students.	P104	4:30-5:30	No	Music Dept	RMB1050
Monday	BISCAP	Swim Beginner Intermediate, Beginner Advanced (10 students maximum)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	5:30-6:20pm	No	Champion	RMB130/class
Monday	BISCAP	Football (U8)	Y2-Y4	High performance training for boys and girls born between September 1st 2009 - August 31st 2011. Only the latest methodologies are employed by highly experienced and professional international coaches.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	RMB1600
Monday	BISCAP	Football (U14-U19)	Y8-13	High performance training for secondary school students born on or before September 1st 2003. Only the latest coaching methodologies are used by our team of experienced and highly professional international coaches.	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	RMB1600
Monday	BISCAP	Basketball	Y2-6	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays.	Secondary Sports Hall	5:30-6:30pm	No	BSU	Dependant on sessions

Monday	BISCAP	Basketball	Y7-11	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. -SPRING Season Price: Monday + Wednesday + Sunday   ¥5000/ 25 session <b>(Begins on Mon 9 Apr and ends on Sun 10 Jun 2018)</b>	Secondary Sports Hall	5:30-7:30pm	No	BSU	Dependant on sessions
<b>TUESDAY (8 sessions - Excludes all school holidays.)</b>									
Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Tuesday	BISCAP	<b>Primary Ballet</b>	Y1-2	The class is an exciting and informative way for students to be introduced to the world of Ballet. The class follows a similar structure to the Pre-Primary Ballet but with more syllabus exercises and dances. Suitable for beginners as well as children who have taken part in ballet classes before. Classes help build co-ordination, poise and balance in a fun and nurturing atmosphere where children gradually learn the discipline that is required in class. minimum 4 students and maximum 20 students. 7 sessions.	Gallery	4:30-5:30pm	No	Natasha Manley	RMB150/class
Tuesday	BISCAP	<b>Grade 1 Ballet</b>	Y3-4	This class is aimed at students from beginner level with an introduction to graded ballet. It starts to introduce barre work and a higher level of technique. Classes still maintain the fun aspects of the lower levels whilst providing students with a more comprehensive overview of beginners ballet. The class structure includes syllabus work and 'free' work such as choreographed dances. minimum 4 students and maximum 20 students. 7 sessions.	Gallery	5:30-6:30pm	No	Natasha Manley	RMB150/class
Tuesday	BISCAP	Baby Tae Kwon Do	<b>Reception Only</b>	Learn this traditional martial art through fun and enjoyable lessons. This session is only for Reception students of a beginner level - RMB140 per session per week - 1 hour per session, Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes: RMB110	Rumble Room	3:30-4:30pm	Yes	Mingwu Kung Fu	RMB140/class
Tuesday	BISCAP	Science Adventure	<b>Reception Only</b>	This is not just an after school program! We aim to deliver lessons that are not just funny and entertaining, we want to leave behind something that is remarkable! We aim to spark interest in science by pointing at the world around us. In order to achieve that, we will work closely with schools to support them in delivering their science programs. Through fun activities, experiments and demonstrations, students will be able to experience the great and fascinating world of science. From chemistry to physics passing through geology and biology we will discover the world around us and what is beyond it. We also believe that emotions are very important, so at the end of each semester, parents will get a video summary of what has been done. This will give them the chance to understand what students have learnt and how. We do believe that passion is one of the most important factors to pass on the knowledge, so our instructors are either scientists or share a deep passion for science!	Reception Canteen	3:30-4:30pm	Yes	ActiveKids	RMB190/class
Tuesday	BISCAP	Football (U6)	Y1-2	Experienced and highly professional international coaches offering the opportunity to improve soccer skills in a session devoted entirely to the younger players. Suitable for complete beginners and continuing students. Excludes all school holidays. 1 hour per session, maximum 20 places.	Secondary Football Pitch	3:30-4:30pm	Yes	Ebbe Sand Soccer	RMB1100
Tuesday	BISCAP	Hip Hop	Y3-6	A range of Hip Hop styles are introduced to students within these classes, helping students to become more versatile dancers and encouraging them to find their own unique style. Through these classes dancers build self confidence and performance skills through warm up technique, specific choreography and cool down. Excludes all school holidays. 1 hour per session, with a maximum of 15 places.	Gymnastics Room P250	3:30-4:30pm	Yes	Sport for Life	RMB120/Class
Tuesday	BISCAP	Lego-Robotics	Y3-5	Recruits who join are trained to specialize in Advanced Robotics Mechanics. Our recruits are given specific tasks which require them to build, program, and tinker with robots to complete these tasks with maximum efficiency. 1 hour per session, maximum 20 places. Excludes all school holidays.	P208	3:30-4:30pm	Yes	The Genius Workshop	RMB150/class
Tuesday	BISCAP	Lego - Engineering	Y1-3	Students will experiment how different combinations of mechanical LEGO pieces can work together to serve some meaningful and creative purposes, or accomplish challenges assigned by our professional instructors. You never know if these experiences will spark any brilliant ideas that might change human life in the next generation, right? 1 hour per session, maximum 20 places. Excludes all school holidays.	P209	3:30-4:30pm	Yes	The Genius Workshop	RMB150/class
Tuesday	BISCAP	Tennis (Mini Red, Orange, Green)	Y1-6	Based on the British LTA pathway, with our LTA senior coach at the helm striving for all students to develop every aspects of tennis (technical, tactical and mental) along with plenty of enjoyment and energy on the courts. The MultiSport Mini Tennis pathway starts with mini Red's (4 -8yrs), Orange (8 - 10yrs) and Green (10+yrs), all played with reduced court space and softer balls in order to develop the player quicker and introduce them to match play earlier. Running in conjunction with this is our mini performers, for those who want a more in depth understanding of the game and will be playing a minimum of twice a week and 6 tournaments a year. Alongside the regular programme we will be running tennis tournaments for all children once a month, these tournaments are designed to give the player a platform to take what they learn in training and use in a match. Whilst encouraging the children to perform well we do keep a fun environment so all players feel relaxed before and after the matches. The full MultiSport coaching team will be in attendance so that all players receive constructive feedback on all aspects of their game and then lessons can be detailed towards the players needs. Excludes all school holidays.	Secondary Tennis Courts	3:30-4:30	Yes	Multisport	RMB165/class

Tuesday	BISCAP	Tennis (Squad)	Y7-11	Following on from our Mini Tennis programme is our squad and this is split into 3 categories. MultiSport Squad Players RECREATIONAL: For those who want to learn the beautiful game in a relaxed environment, players are still encouraged to compete as after all its part of learning. PERFORMANCE: For those who want a more in depth understanding of the game and will be playing a minimum of twice a week and 6 tournaments a year. Looking at spin, shot variation and shot selection and analyzing performances after tournaments. ELITE: This group is by invitation only looking at developing the high performance player with the aim of scholarships or competing at the elite level. These will be high intensity lessons for the serious athlete. Excludes all school holidays.	Secondary Tennis Courts	4:30-6:00	No	Multisport	RMB190/class
Tuesday		Swim Beginner (Sea Horse)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Primary Pool	3:35-4:25	Yes	Champion	RMB130/Class
Tuesday		Swim Beginner Intermediate, Beginner Advanced (Sea Lion, Dolphin)	Y1-Y6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	4:35-5:25	No	Champion	RMB130/Class
Tuesday	BISCAP	Swim Junior, Intermediate	Y3-11	Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary pool	4:30-6:00	No	Champion	RMB150/class
Tuesday	BISCAP	Swim Intermediate, Advanced	Y3-11	Focus on refining students' technique. Students are at an advanced level and are capable of swimming 2200-2500M per class. Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays.	Secondary pool	5:30-7:00	No	Champion	RMB150/class
Tuesday	BISCAP	Football Training (U10)	Y3-6	High performance program for skillfull players and beginners born between September 1st 2007 - August 31st 2009. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player into a team.	Secondary Football Pitch	5:00-6:30	No	Ebbe Sand Soccer	RMB1600
Tuesday	BISCAP	Football Training (U12)	Y6-9	High performance program for skillfull players and beginners born between September 1st 2005 - August 31st 2007. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player into a team.	Secondary Football Pitch	6:30-8:00	No	Ebbe Sand Soccer	RMB1600

### WEDNESDAY (9 sessions - Excludes all school holidays.)

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Wednesday	BISCAP	Ballet	Reception Only	Classic ballet is a fun and creative way of learning basic technique, terminology, barre work and choreography. Children are encouraged to use their imagination with the help of stories, theme, props, and music to help inspire and engage them. The class is designed to develop body awareness, self- confidence, independence and to improve posture. This class is for Reception students only. Excludes all school holidays. - RMB 120 per session per week - 1 hour per session, with a maximum of 15 places	Rumble Room	3:30-4:30pm	Yes	Sport for Life	RMB120/Class
Wednesday	BISCAP	Ballet	Y1-Y3	Classic ballet is a fun and creative way of learning basic technique, terminology, barre work and choreography. Children are encouraged to use their imagination with the help of stories, theme, props, and music to help inspire and engage them. The class is designed to develop body awareness, self- confidence, independence and to improve posture. Excludes all school holidays. - RMB 120 per session per week - 1 hour per session, with a maximum of 15 places	Rumble Room	4:30-5:30pm	No	Sport for Life	RMB120/Class
Wednesday	BISCAP	Tennis (Mini Red, Orange, Green)	Y1-6	Based on the British LTA pathway, with our LTA senior coach at the helm striving for all students to develop every aspects of tennis (technical, tactical and mental) along with plenty of enjoyment and energy on the courts. The MultiSport Mini Tennis pathway starts with mini Red's (4 -8yrs), Orange (8 – 10yrs) and Green (10+yrs), all played with reduced court space and softer balls in order to develop the player quicker and introduce them to match play earlier. Running in conjunction with this is our mini performers, for those who want a more in depth understanding of the game and will be playing a minimum of twice a week and 6 tournaments a year. Alongside the regular programme we will be running tennis tournaments for all children once a month, these tournaments are designed to give the player a platform to take what they learn in training and use in a match. Whilst encouraging the children to perform well we do keep a fun environment so all players feel relaxed before and after the matches. The full MultiSport coaching team will be in attendance so that all players receive constructive feedback on all aspects of their game and then lessons can be detailed towards the players needs. Excludes all school holidays.	Secondary Tennis Courts	3:30-4:30pm	Yes	Multisport	RMB165/class

Wednesday	BISCAP	Tennis (Squad)	Y7-11	Following on from our Mini Tennis programme is our squad and this is split into 3 categories. MultiSport Squad Players RECREATIONAL: For those who want to learn the beautiful game in a relaxed environment, players are still encouraged to compete as after all its part of learning. PERFORMANCE: For those who want a more in depth understanding of the game and will be playing a minimum of twice a week and 6 tournaments a year. Looking at spin, shot variation and shot selection and analyzing performances after tournaments. ELITE: This group is by invitation only looking at developing the high performance player with the aim of scholarships or competing at the elite level. These will be high intensity lessons for the serious athlete. Excludes all school holidays.	Secondary Tennis Courts	4:30-6:00pm	No	Multisport	RMB190/class
Wednesday	BISCAP	Wu Shu	Y1-6	Learn this traditional martial art through fun and informative lessons delivered by authentic and highly qualified coaches. Suitable for all levels. Excludes all school holidays. - RMB140 per session per week - 1 hour per session, Minimum 5 students required, maximum 25 students - Additional cost: Uniform RMB220, Shoes RMB110	Gymnastics Room P250	3:30-4:30pm	Yes	Mingwu Kung FU	RMB140/class
Wednesday	BISCAP	Science Adventure	Y1-3	This is not just an after school program! We aim to deliver lessons that are not just fun and entertaining, we want to leave behind something that is remarkable! We aim to spark interest in science by pointing at the world around us. In order to achieve that, we will work closely with schools to support them in delivering their science programs. Through fun activities, experiments and demonstrations, students will be able to experience the great and fascinating world of science. From chemistry to physics passing through geology and biology we will discover the world around us and what is beyond it. We also believe that emotions are very important, so at the end of each semester, parents will get a video summary of what has been done. This will give them the chance to understand what students have learnt and how. We do believe that passion is one of the most important factors to pass on the knowledge, so our instructors are either scientists or share a deep passion for science!	P264/P306	3:30-4:30pm	Yes	ActiveKids	RMB190/class
Wednesday	BISCAP	Swim Beginner (Sea Horse)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Primary Pool	3:35-4:25pm	Yes	Champion	RMB130/Class
Wednesday	BISCAP	Swim Intermediate, Advanced	Y3-11	Focus on refining students' technique. Students are at an advanced level and are capable of swimming 2200-2500M per class. Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays.	Secondary Pool	5:30-7:00pm	No	Champion	RMB130/Class
Wednesday	BISCAP	<b>Beginner Violin</b>	Y1-4	This course is for young students who are brand to the violin but are interested in having an introduction to the instrument. As well as learning fundamental skills such as correct posture, how to support the instrument, bow hold and bowing technique; students will also learn how to read and play simple musical notes on the instrument, improving their ability to read musical notation through exploring simple pieces. Minimum 6 students.	P104	3:30-4:30pm	Yes	Music Dept	RMB1350
Wednesday	BISCAP	Football (U8)	Y2-Y4	High performance training for students born between September 1st 2009 - August 31st 2011. The latest methodologies are employed by experienced and highly professional international coaches.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	RMB1600
Wednesday	BISCAP	Football (U14-U19)	Y8-13	High performance training for secondary school students born on or before September 1st 2003. Only the latest coaching methodologies are used by our team of experienced and highly professional international coaches.	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	RMB1600
Wednesday	BISCAP	Basketball	Y2-6	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. Term 1 Packages: • Monday + Wednesday + Sunday   ¥3600 • Monday + Wednesday   ¥1920 • 1 Weekday + Sunday   ¥2640 • 1 Weekday   ¥960 • Sunday   ¥1680	Secondary Sports Hall	5:30-6:30pm	No	BSU	Dependant on sessions
Wednesday	BISCAP	Basketball	Y7-11	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. -SPRING Season Price: Monday + Wednesday + Sunday   ¥5000/ 25 session <b>(Begins on Mon 9 Apr and ends on Sun 10 Jun 2018)</b>	Secondary Sports Hall	5:30-7:30pm	No	BSU	Dependant on sessions

**THURSDAY (9 sessions - Excludes all school holidays.)**

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Thursday	BISCAP		Y4-6	This is not just an after school program! We aim to deliver lessons that are not just funny and entertaining, we want to leave behind something that is remarkable! We aim to spark interest in science by pointing at the world around us. In order to achieve that, we will work closely with schools to support them in delivering their science programs. Through fun activities, experiments and demonstrations, students will be able to experience the great and fascinating world of science. From chemistry to physics passing through geology and biology we will discover the world around us and what is beyond it. We also believe that emotions are very important, so at the end of each semester, parents will get a video summary of what has been done. This will give them the chance to understand what students have learnt and how. We do believe that passion is one of the most important factors to pass on the knowledge, so our instructors are either scientists or share a deep passion for science!	P230	3:30-4:30pm	Yes	ActiveKids	RMB190/class

Thursday	BISCAP	Football (U6)	Y1-2	Experienced and highly professional international coaches offering the opportunity to improve soccer skills in a session devoted entirely to the younger players. Suitable for beginners and continuing students. Excludes all school holidays. Maximum of 20 students. 1 hour per session	Secondary Football Pitch	3:30-4:30pm	Yes	Ebbe Sand Soccer	RMB1100
Thursday	BISCAP	Tennis (Mini Red, Orange, Green)	Y1-6	Based on the British LTA pathway, with our LTA senior coach at the helm striving for all students to develop every aspects of tennis (technical, tactical and mental) along with plenty of enjoyment and energy on the courts. The MultiSport Mini Tennis pathway starts with mini Red's (4 -8yrs), Orange (8 - 10yrs) and Green (10+yrs), all played with reduced court space and softer balls in order to develop the player quicker and introduce them to match play earlier. Running in conjunction with this is our mini performers, for those who want a more in depth understanding of the game and will be playing a minimum of twice a week and 6 tournaments a year. Alongside the regular programme we will be running tennis tournaments for all children once a month, these tournaments are designed to give the player a platform to take what they learn in training and use in a match. Whilst encouraging the children to perform well we do keep a fun environment so all players feel relaxed before and after the matches. The full MultiSport coaching team will be in attendance so that all players receive constructive feedback on all aspects of their game and then lessons can be detailed towards the players needs. Excludes all school holidays.	Secondary Tennis Courts	3:30-4:30pm	Yes	Multisport	RMB165/class
Thursday	BISCAP	Tennis (Squad)	Y7-11	Following on from our Mini Tennis programme is our squad and this is split into 3 categories. MultiSport Squad Players RECREATIONAL: For those who want to learn the beautiful game in a relaxed environment, players are still encouraged to compete as after all its part of learning. PERFORMANCE: For those who want a more in depth understanding of the game and will be playing a minimum of twice a week and 6 tournaments a year. Looking at spin, shot variation and shot selection and analyzing performances after tournaments. ELITE: This group is by invitation only looking at developing the high performance player with the aim of scholarships or competing at the elite level. These will be high intensity lessons for the serious athlete. Excludes all school holidays.	Secondary Tennis Courts	4:30-6:00pm	No	Multisport	RMB190/class
Thursday	BISCAP	Gymnastics Beginner	Y1-3	Great posture, body tension, balance and flexibility are developed as children are introduced to movements on the floor, beam and vault. 1 hour per session, maximum 20 places. Excludes all school holidays.	Gymnastics Room P250	3:30-4:30pm	Yes	Multisport	RMB180/class
Thursday	BISCAP	Gymnastics Advanced	Y4-7	This advanced gymnastics session is designed to cater for those children that show real promise and enthusiasm for the sport. More complex floor routines, vaults and balances are taught as well as an increase in conditioning work. Gymnasts are also prepared to compete against other gymnastics clubs in Shanghai. Maximum 20 places 10% discount for 2 days training All sessions excludes school holidays	Gymnastics Room P250	4:30-6:30pm	No	Multisport	RMB240/class
Thursday	BISCAP	Swim Beginner (Sea Horse)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Primary Pool	3:35-4:25pm	Yes	Champion	RMB130/Class
Thursday	BISCAP	Swim Beginner Intermediate, Beginner Advanced (Sea Lion, Dolphin)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M - 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	4:35-5:25pm	No	Champion	RMB130/Class
Thursday	BISCAP	Swim Junior	Y3-11	Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	4:30-6:00pm	No	Champion	RMB150/class
Thursday	BISCAP	Football (U10)	Y3-6	High performance program for skillfull players and beginners born between September 1st 2007 - August 31st 2009 . Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player.	Secondary Football Pitch	5:00-6:30pm	No	Ebbe Sand Soccer	RMB1600
Thursday	BISCAP	Football (U12)	Y6-9	High performance program for skillfull players and beginners born between September 1st 2005 - August 31st 2007. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player.	Secondary Football Pitch	6:30-8:00pm	No	Ebbe Sand Soccer	RMB1600
Thursday	BISCAP	<b>Beginner Ukulele</b>	Y4-6	This course is for our older KS2 students who are interested in learning some fundamental technique on the ukulele. Students will be introduced to several chords; different strumming patterns; and a range of pieces. Whilst this is primarily aimed at students who are new to the instrument, all students will enjoy having the opportunity to make music together in an ensemble.	P102	4:30-5:30pm	No	Music Dept	RMB1350
Thursday	BISCAP	<b>Beginner Keyboard</b>	Y4-6	The course is for older KS2 students who are relatively new to the keyboard/piano. Students will have an opportunity to learn fundamental technique on the keyboard which can be applied to the piano, with a focus on developing ensemble and note-reading skills. Students will enjoy being able to play a range of simple pieces in the group.	P104	4:30-5:30pm	No	Music Dept	RMB1350

**FRIDAY (8 sessions - Excludes all school holidays.)**

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Friday	BISCAP	Tennis (Reception Only)	Reception Only	MultiSport's tot's tennis session is run on Friday's after school. The session is run with mini tennis balls and on a smaller court. The lesson mainly focuses on coordination skills, sending and receiving and basic tennis strokes. All taught by our enthusiastic coach bringing lots energy and games to spark your child's imagination. Excludes all school holidays.	Tennis Court	3:30-4:30pm	Yes	Multisport	RMB165/Class
Friday	BISCAP	Musical Theatre	Y3-5	Come along and learn to move to the sound of musicals around the world! This class will be based on how dance is created on the stage teaching kids to express themselves and improve performance ability in fun and exciting ways. Through these classes dancers will learn about stage direction, performance, expressive dance and will aim to boost self-confidence and expression. 1 hour per session. Excludes all school holidays. Minimum 4 students.	Gallery	3:30-4:30pm	Yes	Sport for Life	RMB120/Class
Friday	BISCAP	Gymnastics Boy's	Y1-3	Our beginner and intermediate Multisport Boys Gymnastics program includes skills on the vault, parallel bars and floor. Each lesson we incorporate strength and conditioning to develop the gymnasts strength and coordination which is valuable for gymnastics and all other sports. Skills taught include cartwheels and rolls as well as basic high bar, pommel horse and vault for the beginners. The intermediate boys gymnasts will focus on handstands and back handspring, drills on floor as well as more advanced skills on the high bar, pommel horse, and vault. All gymnastics will be invited to take part in our annual gymnastics competition. Excludes all school holidays.	Primary Sports Hall/Gymnastics Room	3:30-4:30pm	Yes	Multisport	RMB180/class
Friday	BISCAP	Football Girls only	Y3-11	High performance girls' program for skillfull players and beginners. Experienced and highly professional international coaches offering the latest methodologies to improve and develop as a football player. 1.5 hour per session. Excludes all school holidays.	Secondary Football Pitch	4:00-5:30pm	No	Ebbe Sand Soccer	RMB1500
Friday	BISCAP	Football: Speed, Co-ordination and Footwork	Y4-13	Specific football training based on speed, footwork and co-ordination. This will develop the players to improve their fundamental athletic skills related to football. 1 hour per session. Excludes all school holidays.	Secondary Football Pitch	5:00-6:00m	No	Ebbe Sand Soccer	RMB1500
Friday	BISCAP	Goalkeeper Training	Y4-13	This session is tailored specifically for goalkeepers. It is a one hour session with focus on hand-eye co-ordination, catching, shot stopping and distrubution - all of the attributes that a quality goalkeeper should possess. 1 hour per session. Excludes all school holidays.	Secondary Football Pitch	4:00-5:00pm	No	Ebbe Sand Soccer	RMB1500
Friday	BISCAP	Swim Beginner (Sea Horse)	Rec-Y2	Suitable for students who are developing their basic water safety and water confidence. Focus is on developing freestyle and backstroke leg kick, with an introduction to arm actions. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Primary Pool	3:35-4:25pm	Yes	Champion	RMB130/Class
Friday	BISCAP	Swim Beginner Intermediate, Beginner Advanced (Sea Lion, Dophin)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	4:30-5:20pm	No	Champion	RMB130/Class
Friday	BISCAP	Swim Junior, Intermediate	Y3-11	Focus on refining students' technique. Students are at an advanced level and are capable of swimming 2200-2500M per class. Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays.	Secondary Pool	5:30-7:00pm	No	Champion	RMB150/class

### **SATURDAY - 6 sessions - Excludes all school holidays.)**

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Saturday	BISCAP	Early Year Gymnatics (24mths-36mths with parents)	24mths-36mths	MultiSport's Gymnastic programme is a fantastic foundation not just for gymnastics but all other sports as it develops agility, balance, coordination and speed which are key factors in every sport.	Primary Sports Hall	8:00-8:30am	No	Multisport	RMB145/Class
Saturday	BISCAP	Early Year Gymnatics (3 & 4 years with parents)	3 & 4 years	This year we are pleased to announce that BISS will be a British Gymnastic Partner School so all programmes will be running in accordance with the British Gymnastics and the main disciplines for all levels will be floor, vault and beam. We will be offering both recreational where gymnast can explore the sport in a fun environment, getting to showcase their skills in displays and performances and competitive programmes which gymnasts will have the opportunity to compete against gymnasts from other clubs and schools in a more serious setting. Our Gymnastic programme is designed for gymnasts aged 2 – 16 years old and all levels will develop body awareness, strength, flexibility, control and coordination. By participating at an early age children will acquire 'physical literacy' which is the foundation for life-long participation in physical activity and for successful performance at the elite level of sport.	Primary Sports Hall	8:00-8:30am	No	Multisport	RMB145/Class
Saturday	BISCAP	Gymnastics Intermediate	Y3-6	A more disciplined approach to gymnastics is adopted in this class. More emphasis is placed on skill development, along with gymnastic movements and routines. Particular areas of focus will be on student's strength, co-ordination, flexibility and agility. These are the building blocks for high quality performance. 1.5 hours per session. Excludes all school holidays.	Primary Sports Hall	8:30-10:00am	No	Multisport	RMB210/class
Saturday	BISCAP	Gymnastics Advanced	Y4-7	This advanced gymnastics session is designed to cater for those children that show real promise and enthusiasm for the sport. More complex floor routines, vaults and balances are taught as well as an increase in conditioning work. Gymnasts are also prepared to compete against other gymnastics clubs in Shanghai. Maximum 20 places. All sessions excludes school holidays	Primary Sports Hall	10:00am-12:00pm	No	Multisport	RMB240/class

Saturday	BISCAP	<b>Football</b>	3-7 years	Little Football Stars is a football coaching program with a unique way of teaching football skills to pre-school children (ages 3-7) and their parents. With children and their parents learning together as a team, Little Football Stars promotes fun interaction between parent and child, nurtures parent-child bonding and brings the football culture into the home which together is scientifically proven to improve their personal development. Minimum 7 students.	Secondary Football Pitch	9:00-10:00am	No	Little Football Stars	RMB300/class
Saturday	BISCAP	Tennis (Mini Red)	Rec-Y2	Played on small courts with short racquets and soft balls, an emphasis is placed on movement and coordination to build confidence through various ball skills, fun games and rallying. Racquets provided. MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	9:00-10:00am	No	Multisport	RMB165/class
Saturday	BISCAP	Tennis (Mini Orange)	Y2-Y4	For those who have developed skills sufficiently through Mini Red. Using low compression balls and modified court sizes, rules are adapted to develop the confidence and ability of the players covering coordination, movement exercises and techniques. MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	10:00-11:00am	No	Multisport	RMB165/class
Saturday	BISCAP	Tennis (Mini Green)	Y4-6	Using a faster ball and full size court, sessions will focus on developing correct technique on all strokes. Sessions will incorporate a games based approach including drills, coordination, movement exercises and tactics of match play. MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes.	Secondary Tennis Courts	11:00-12:00pm	No	Multisport	RMB165/class
Saturday	BISCAP	Tennis (Squad)	Y7-11	For those who have passed through the Mini Green, this course shall focus on technical development through drills, strategy, singles and doubles match play and will prepare players for competition. MultiSport Tennis programme is designed for students of all ages and abilities. Following the LTA guidelines and using decompressed balls when needed children can develop through the stages to reach their full potential. All of our programmes are designed to have the players ready to enter out MultiSport Tennis Tournament at either beginner, intermediate or advanced level. If the programme your looking for is not advertised from 3.30-4.30 then please check our website <a href="http://www.multisport.com.cn">www.multisport.com.cn</a> for our full range of programmes. Excludes all school holidays.	Secondary Tennis Courts	12:00pm-1:30pm	No	Multisport	RMB190/class
Saturday	BISCAP	Swim Beginner Intermediate, Beginner Advanced (Sea Lion, Dophin)	Y1-6	Students are confident freestyle and backstroke swimmers and are beginning to use the correct arm action. This class aims to correct body position in the water while increasing student's ability to create forward movement. Introduction to all 4 competitive strokes. Students are already able to swim 25M – 50M freestyle and backstroke unaided with confidence. Swimming lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	9:00-9:50am	No	Champion	RMB130/Class
Saturday	BISCAP	Swim Beginner (Sea Horse)	Rec-Y2	Swimming lessons delivered by highly trained professional swimming coaches. Excludes all school holidays.	Primary Pool	10:00-10:50am	No	Champion	RMB130/Class
Saturday	BISCAP	Swim Junior (8 students maximum)	Y3-11	Students are required to already be familiar with the four competitive strokes. Further development of the correct technique in the four competitive strokes as well as focusing on starts and turns. Students are capable of swimming 1200M per class. Swimming Lessons delivered by highly trained and experienced coaches. Excludes all school holidays.	Secondary Pool	11:00am-12:30pm	No	Champion	RMB150/class

### **SUNDAY (7 Sessions - Excludes all school holidays.)**

Date	Organisation	Programme Name	Year groups	Description	Location	Time	Transport	Provider	Price /Term 2
Sunday	BISCAP	Basketball	Y2-6	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays.	Secondary Sports Hall/Primary Sports Hall	9:00-11:00am	No	BSU	Dependant on sessions
Sunday	BISCAP	Basketball	Y7-11	BSU provides outstanding basketball coaching from a well-established group of former professional players. Please see the packages below: Excludes all school holidays. -SPRING Season Price: Monday + Wednesday + Sunday   ¥5000/ 25 session <b>(Begins on Mon 9 Apr and ends on Sun 10 Jun 2018)</b>	Secondary Sports Hall/Primary Sports Hall	9:00-11:00am	No	BSU	Dependant on sessions
Sunday	BISCAP	Football	U6-U8	This is a high performance program for skillfull players and beginners from under 6 to under 14 years old. Experienced and highly professional international coaches offering the latest coaching methodologies to improve and develop as a football player. 1.5 hours per sessison. Excludes all school holidays.	Secondary Football Pitch	9:00am-11:00am	No	Ebbe Sand Soccer	RMB1600
Sunday	BISCAP	Football	U10-U12	This is a high performance program for skillfull players and beginners from under 6 to under 14 years old. Experienced and highly professional international coaches offering the latest coaching methodologies to improve and develop as a football player. 1.5 hours per sessison. Excludes all school holidays.	Secondary Football Pitch	11:00am-12:30pm	No	Ebbe Sand Soccer	RMB1600