

Season one: ECP 'Intuitive Booklet'

FALL SEASON: WEEK 3 -WEEK 13

Welcome to Fall season of the Extra Curricular programme. This intuitive book contains all of the activities on offer for the first season here at SSIS. Each Activity is colour coded according to type, it is also hyperlinked to provide you with more information, without the need to scroll down. Please read through this book and discuss with your family between now and September 2nd. This is when the ECA's will open on PowerSchool. All ECA's require this system for registration regardless of past practice and team/cast allocations. No registration – no activity

For any information on the Extra Curricular Program please use the following guide to assist you...

General Inquiries: Kit Murray – christophermurray@mail.ssis-suzhou.net

Learning Hub Inquiries: Katalyn Hu – katalynhu@mail.ssis-suzhou.net

Sports Inquiries: Scott Turner – scottturner@mail.ssis-suzhou.net

CAS and service program: Simon Greaves – simongreaves@mail.ssis-suzhou.net

LEARNING HUB:

These activities are outsourced using local providers. They happen in and out of school hours and contain a fee. Colour code is Blue.

The Itinerant music lesson component of **The Learning Hub are not manifest within the daily schedule throughout this booklet as they are dependent on the student's timetables. To this end we have included this information at the end of the booklet. [Click here for Musical Instrument lessons](#)*

CAS/Service Groups:

These activities are part of the G11/12 service requirements for CAS. For the most part they are available to G9-G12 students (with a few exceptions) Colour code is green.

ECA's – Extra Curricular Activities:

These are usually referred to simply as ECA's and are all of the other activities that we offer within the programme. Colour code is black for creativity and grey for sport


**The elementary school has a series of Lunchtime Activities this year, these do not require official registration as they are simply on a drop-in basis. To this end we have included this information at the end of the booklet. [Click here for ELA](#)*

Click Here For ACTIVITIES on – [MONDAY](#) – [TUESDAY](#) – [WEDNESDAY](#) – [THURSDAY](#) – [FRIDAY](#) - [WEEKEND](#)

Monday's Activities – click activity for more info

KG-G1	G2-G3	G4-G5	G6-G8	G9-G10	G11-G12
<u>Beginner Tennis</u>					
<u>DISA Football Training – Option A – [*finishes at 5:15pm]</u>					
<u>Basketball Training</u>			<u>Basketball Training</u>		
<u>Badminton Beginner Class</u>					
		<u>Badminton Intermediate/Advanced – 5:00pm-6:30pm</u>			
<u>Taekwondo</u>					
<u>Kids Yoga</u>			<u>Fitness</u>		

Who We Are	Detailed Information	Transport and Supervision
<p>Soccer (DISA Soccer Academy)</p> <p>Mission: We aim to attract, explore and motivate children to play soccer and provide students with the best soccer education.</p> <p>Philosophy: We provide top quality professional soccer programs that develop young players in a safe environment.</p> <p>We provide a team-training curriculum based on FC Barcelona methodology</p> <ul style="list-style-type: none"> Name: Coach Zhao Phone: 15921151212 Email: zhaolibin1216@163.com 	<p>Suitable for: Age 4-13</p> <p>Venue: SSIS Fields (classes still run if it is raining and when available the Gym may be used)</p> <p>Maximum Class Size: 20 students per coach</p> <p>Class Types: Students will be grouped by age.</p> <p>Saturdays 9:30 - 11:00 am (10 sessions: 1,500 RMB)</p> <p>Mondays 3:45 - 5:15 am (10 sessions: 1,500 RMB)</p> <p>First Session: Saturday 11 September 2021</p> <p>Other Costs & Things You Need: Students require shin pads, sports clothes, and may wish to wear soccer boots, but during indoor rain affected sessions will need runners.</p>	<p>The Saturday session is a weekend activity. It is the responsibility of parents to deliver their child to and from the activity at the designated times. Parents are expected to remain onsite during the activity.</p> 
<p>PARENT ACCESS:</p>		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		


Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Basketball (YBDL)</p> <p>Youth Basketball Development League (YBDL) was established in 2014. We are a well-known international youth sports training brand in China, mainly targeting teenagers between the ages of 4 and 16 and having provided service to over 50,000 athletes. Our mission is to provide an international and diversified top-notch sports experience, stimulating children's interest in sports and developing lifelong sports habits.</p> <p>We provide a systematic- station training program designed with a structured approach to ensure all learners can develop a solid foundation, and progress smoothly into the different skill levels of basketball playing stages.</p> <p>Join us to start your basketball journey, work hard, play hard. 1-2-3 basketball!</p>	<p>Suitable for: K and above. Venue: SSIS Elementary Gym</p> <p>Class Types:</p> <p><u>Beginner Level:</u></p> <ul style="list-style-type: none"> (K – Grade 2) Mondays 3:45 – 4:45 pm 10 sessions: 1,850RMB (Grades 3-7) Mondays 5:10 – 6:10 pm 10 sessions: 1,850RMB <p><u>Advanced Level:</u></p> <ul style="list-style-type: none"> (K – Grade 2) Wednesdays 5:10 – 6:10 pm 10 sessions: 1,850RMB (Grades 3-7) Wednesdays 5:10 – 6:10 pm 10 sessions: 1,850RMB <p>First Session: Monday 13 September 2021</p>	<p>Students require sports clothes, and must have basketball shoes if not Athletic shoes</p> 


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Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Smash Badminton involves a group of coaches who are committed, passionate professional in badminton academy training. We offer an unparalleled badminton training programs to all levels with different learning styles adaption, from those who are starting as a beginner to the extreme athlete looking for their badminton skill enhancement or strive forward on their all-rounded game.</p> <p>We provide a systematic- station training program designed with the structured approach to ensure all learners can develop a solid foundation, and progress smoothly into the different skill level of badminton playing stages. With an enduring dedication of Smash Badminton to the pursuit of excellence, you will be not only learning badminton skills and expertise but also physical training, strategies, confidence, determination and most importantly, sportsmanship.</p> <p>We will make your learning fun! We will consistently seek to improve every learners’ potential by evolving our training regime to become more challenging and excited.</p> <p>Come to join us to begin the game, put in your effort to fight for the game, and enjoy the game as we working together!</p>	<p>Suitable for: Grade 1 and above. Venue: SSIS Secondary Gym Maximum Class Size:</p> <ul style="list-style-type: none"> • 20 students (for the beginner class) • 30 students (for the total students of the intermediate and advanced classes) <p>Minimum Class Size:</p> <ul style="list-style-type: none"> • 6 students (for the beginner class) • 6 students (for the total students of the intermediate and advanced classes) <p>Class Types:</p> <p><u>Beginner class:</u></p> <ul style="list-style-type: none"> • 1 session per week (Monday 3:45-4:45 pm) 10 sessions 1,000 RMB <p><u>Intermediate class & Advanced class</u></p> <ul style="list-style-type: none"> • 1 session per week (Monday 5:00-6:30 pm) 10 sessions 1,300 RMB • 1 session per week (Friday 5:00-6:30 pm) 10 sessions 1,300 RMB • 2 sessions per week (Monday & Friday 5:00-6:30 pm) 20 sessions 2,600 RMB <p>First Session: Monday 13 September 2021</p>	<p>(1) Students need to bring their own rackets for the class</p> <p>(2) For enrolling the Advanced class, coaches need to assess their skills and techniques before the class is confirmed.</p> 
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Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Kids Yoga</p> <p>Kids Yoga is not really a sport, but a way to explore the body structure and it's possibilities, meanwhile, it improves the physical health、balance、focus、strength、sensitivity etc. Through the practice of yoga, kids will live more balanced life.</p> <p>About Ching</p> <p>A Yoga instructor who used to wonder around the world for 5 years in different countries.</p> <p>A mindfulness guide who teaches meditation and sound therapy, she also works on kids mindfulness camp.</p> <p>A long-term practitioner</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Ms. Ching Phone: 18761963527 Email: rachelwang0423@163.com 	<p>Suitable for: Age 5-11.</p> <p>Venue: Dance Studio 2</p> <p>Maximum Class Size: 10 Minimum Class Size: 3</p> <p>Class Type:</p> <ul style="list-style-type: none"> KG – G1: Mondays 3:45 pm- 4:45 pm (10 sessions: 1,000 RMB) G2 – G5: Fridays 10:30 am-12:00 pm (10 sessions: 1,000 RMB) <p>First Session: Monday 13 September 2021</p> <p>Transport & Supervision: No bus transport provided on Monday at 5pm. Participants must make their own way to and from the activity at the designated times.</p>	
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Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Fitness</p> <p>The Circle Wellness Youth Fitness Course is specially designed for students looking to gain a better understanding of the principles of safe and effective training for various goals. Students will be guided in safe use of the weight room and other wellness facilities offered at the school, and introduced to the different variables and some basic movement patterns for training strength, endurance, power, agility, and cardiovascular fitness. Finally, we will mentor them to design their own training programs to grow themselves in their specific sport or other physical hobby.</p> <p>At Circle Wellness, we believe that a few simple and fundamental principles underlay all movement; from dancing, to rock climbing, to weightlifting. We believe that by building this strong foundation of basic strength, mobility, and coordination, we can help anyone become a better mover in whichever specific form of movement is most interesting to them. The majority of our training is done with bodyweight in order to increase the students' physical control and mastery of their own personal space, however we use equipment whenever it can serve an effective purpose.</p> <p>My name is Noah Dutram and I am the founder of Circle Wellness fitness studio in Suzhou. I have over 10 years of exercise experience and have been a personal and group trainer since 2019. I was previously an IB Teacher, so I intend to work together with the PHE Department to make sure that this course complements and adds on to their learning in those classes. My goals for the program are to help students understand the diversity of physical activities and encourage them to find one that they can incorporate long-term in their lives. I also want to share with them the importance of regular movement for the body, and build their confidence in creating and sustaining a movement practice.</p>	<p>Suitable for: Age 13 +</p> <p>Venue: Fitness room</p> <p>Maximum Class Size: 16 Minimum Class Size: 5</p> <p>Class Type:</p> <ul style="list-style-type: none"> • Students: Mondays 3:45 pm- 4:45 pm (10 sessions: 1,200 RMB) • Adults: Mondays 5:00 – 6:00 pm (10 sessions: 1,000 RMB) or Thursday 5:00 – 6:00 pm (10 sessions, 1,000RMB) <p>First Session: Monday 13 September 2021</p> <p>Other Costs & Things You Need: Instructor:</p> <ul style="list-style-type: none"> • Name: Noah Dutram • Phone: 18662158435 • Email: noahgdutram07@outlook.com <p>Transport & Supervision: No bus transport provided on Monday at 5pm. Participants must make their own way to and from the activity at the designated times.</p>	<p>Clothing & footwear appropriate to exercise in e.g. shorts/exercise tights & t shirt/singlet, sports shoes, workout towel.</p> 


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Who We Are	Detailed Information	Other Costs & Things You Need:
<p align="center">Tennis (G3 High Performance Training)</p> <p>G3 High Performance Training will be conducting Tennis programme at SSIS. Brandon Harris, a USPTA certified professional tennis coach, will be the head coach.</p> <p>Students of age 5 & above are invited to participate. We will introduce groundstroke, mechanics, along with speed, agility and footwork training. Competitive game-play will also be an important and exciting part of the camp experience!</p> <p>Come to join us to begin the game, put in your effort to fight for the game, and enjoy the game as we working together!</p>	<p>Suitable for: Age 5 & above. Venue: SSIS Tennis Court</p> <p>Maximum Class Size: 10. Minimum Class Size: 4</p> <p>Class Types:</p> <p>1. Beginner class:</p> <ul style="list-style-type: none"> • 1 session per week (Mondays 3:45-4:45 pm) 10 sessions 1,200 RMB • 1 session per week (Fridays 3:45-4:45 pm) 10 sessions 1,200 RMB <p>2. Advanced class:</p> <ul style="list-style-type: none"> • 1 session per week (Tuesday 5:00-6:30 pm) 10 sessions 2,200 RMB • 1 session per week (Thursday 5:00-6:30 pm) 10 sessions 2,200 RMB <p>First Session: Monday 13 September 2021</p>	<ul style="list-style-type: none"> • Students need to bring their own racquet for the class • For enrolling the Advanced class, coaches need to assess their skills and techniques before the class is confirmed. 
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Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Taekwondo</p> <p>Taekwondo is a martial art focused on harmony of body and mind. It promotes self-confidence and respect.</p> <p>Training session includes flexibility, core strength, punching, front kick, side kick, round-house kick, back kick, spinning kick, combination drills, taekwondo forms according to respective level, and basic sparring principles (with protectors).</p> <p>Master Sanchez is a 5th Degree Black certified by the Headquarter of the World Taekwondo Federation. He has more than twenty years of experience in teaching both children and adults. His class is fun but intense.</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Jerry Sanchez Phone: 150 2111 1069 Email: sanchezwtftkd@gmail.com 	<p>Suitable for: Age 5-11. Venue: SSIS Taekwondo Room</p> <p>Maximum Class Size: 20</p> <p>Class Types:</p> <ul style="list-style-type: none"> Age 5-11: Mondays 3:45-4:45 pm (10 sessions: 1,250 RMB) Age 5-11: Saturdays 12:00-1:00 pm (10 sessions: 1,250 RMB) <p>First Session: Saturday 11 September 2021</p> <p>Transport & Supervision: This is a weekend activity. It is the responsibility of parents to deliver their child to and from the activity at the designated times. Parents are expected to remain onsite during the activity.</p>	<p>You must have a uniform & protective gear (cost approx. 400 RMB). You may purchase these from the coach if you wish.</p> 

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Activity	Who	Whom	Group size
High School Student Council	G9-G12	Mr. Mueller: 12.10-12.40 (CN306)	>16
<p>Details: SSSC Students meet regularly to propose, discuss, and ultimately decide on events for the student body. They act as liaisons between administration and the student body by gathering student issues and suggestions to pass on. Students are also involved in fundraising activities. This service experience is for students in grade 9-12 and is a yearlong commitment including participation in the SSSC Winter Semi-Formal and White Valentine's Day. This is a FRIDAY Lunchtime Activity.</p>			

TUESDAYS ACTIVITIES – click activity for more info

KG-G1	G2-G3	G4-G5	G6-G8	G9-G10	G11-G12
		<u>Intermediate/Advanced Tennis – (5:00-6:30pm)</u>			
				<u>Suzhou Retirement Homes</u>	
		<u>Intermediate 1 Swimming lesson</u>		<u>Heart to Heart</u>	
				<u>Million Tree Project</u>	
<u>Learn to Swim</u>		<u>Intermediate 2 Swimming Class</u>			
			<u>English Plus</u>		
		<u>Chess</u>			
<u>Outdoor Explorers</u>	<u>Craft Fun</u>	<u>Script Writing</u>	<u>MS - Soccer Boys</u>	<u>Senior Yoga</u>	
<u>Craft+ Maker-Space</u>	<u>Wild World Science</u>	<u>Laptop Essentials</u>	<u>MS - Soccer Girls</u>		
		<u>Health Cooking</u>	<u>MS - Robotics</u>	<u>HS - Volleyball Girls</u>	
	<u>Block Play</u>			<u>HS - Volleyball Boys</u>	
	<u>Choral Group</u>			<u>Senior Tennis</u>	
		<u>Elementary Robotics</u>	<u>Cross Country</u>		

Activity	Who	Whom	Group size
Chess	G2-G12	Mr. Ramdewar/Mr. Packman CS310-311	40+

Details:

The "Game of Kings" is a competitive game, a sport and a creative process all rolled into one. Are you interested in using and developing mental skills like planning, pattern recognition and visualisation? Chess is for everyone and has the possibility to bring together people who are often divided by gender, age or language into an activity that can be done together.

For many years, SSIS has been successfully running a chess club. This year we'd like to open it up as an opportunity students from Grade 4 to Grade 12 to mix together socially, learn and compete together. Teachers and student volunteers will be running activities for all skill levels- so you can learn the basic moves if you don't know them yet or hone your advanced skills like strategic planning. If there is enough interest, we can also set up tournaments. Ever wanted to take on someone twice your size or age on a level playing field? Now's your chance.

Activity	Who	Whom	Group size
Senior Yoga	G11-G12	Miss Basset (MPR / Dance Room 1	20

Details:

I am a certified Hatha Yoga Teacher. I have taught different yoga styles in Vietnam, Qatar, and Thailand to adults, teenagers, and children. My classes focus on the **foundations of yoga** in order to establish good posture that will support the immune system, hormonal balance, stress relief, and breath-body connection. A priority to a safe practice is always part of the classes.

By teaching mindfully and with empathy, together I aim for an organic flow that can adapt to be modified from beginner to more advanced students, fostering lifelong learning yoga practitioners.

Activity	Who	Whom	Group size
Outdoor Explorers	KG-G1	Mrs. Bell - Garden Area	20 students

Details:

Outdoor learning in nature for our youngest students sets the foundations for environmental awareness, worldwide sustainable development goals and understanding of the natural world around us. This activity will include gardening, outdoor loose parts play and an opportunity to get into the outdoors to develop our observation skills and be more appreciative of the wonderful resource of nature.

Activity	Who	Whom	Group size
Craft and Maker-Space	KG-G1	Miss Satomi - DS2 central area	20 students

Details:

Explore different kinds of materials and create things by using our creativity. Inquiry Learning at it's best!

Activity	Who	Whom	Group size
Craft Fun	G2-G3	Miss Hepburn - CS109	20 students

Details:

Together we can design, create, modify, and enjoy - Inquiry Learning at its best! Each week we will get creative and make some fun and exciting crafts. Some weeks we will learn and create a particular craft together, whilst other weeks we will action our own crafty ideas.

Activity	Who	Whom	Group size
Wild World of Science	G2-G3	Miss Karina - CS102	20 Students

Details:

Welcome to the wild world of science. What a wild and exciting world and what better way to explore it than to study it in the eyes of a scientist. In this program, we will examine big questions about space, the human body, the Earth, and relevant laws of physics. We will learn about the history, ask questions, pose hypothesis, and conduct experiments to learn more about the natural and man-made phenomena that makes our world go round."

Activity	Who	Whom	Group size
Script Writing	G4-G5	Miss Amy/Mr. Murray - Dance and Drama Room	4-6 students

Details:

We need a small group of students to help us write the production for the winter ECP season! NB: You will need to submit a written application for this activity!

Activity	Who	Whom	Group size
Laptop Essentials	G4-G5	Mr. Alksne - CS309	15 students

Details:

Laptops are an essential digital device used for learning at SSIS from grade 5 into middle school and beyond. In this ECA enrolled students will learn the basic to the more challenging skills of using a laptop as a tool for learning rather than a toy. Students will be introduced to software programs and applications that will provide them with a foundation for future laptop learning success.

Activity	Who	Whom	Group size
Healthy Cooking	G4-G5	Miss Susana AN301	15 students

Details:

Everyone knows how important healthy eating is for students' learning and wellbeing. During this ECA, students will be engaged in preparing healthy snacks and simple meals while learning basic skills in the kitchen. They will be provided with recipes they can make on their own at home, either to bring to school or share with their families.

Activity	Who	Whom	Group size
Block Play	G2-G5	Miss Louise - CS1 corridor	20 students

Details:

One powerful way to build bigger, better brains and thinking is when children are involved with natural materials like blocks. Children learn best when they are permitted the time to think, discover and create without outcomes. Our goal is to get blocks back into the hands of children of all ages. As children mature, so does their play which makes the structures they create complex and full of big ideas.

Activity	Who	Whom	Group size
Choral Group	G2-G5	Miss Rudine - BS205	20+ students

Details:

More than just a choir, more than just a singing group. Come join us and prepare for our performances throughout the year.

Activity	Who	Whom	Group size
Elementary Robotics	G4-G5	Miss Kesa/Miss Flutey - Media Centre	12 students

Details:

Learn the basics of robotics in this 10-week course designed specifically for SSIS students.

Activity	Who	Whom	Group size
Suzhou Retirement Homes	G9-G12	Miss Flew: 12.10-12.20 (AS118)	18 students

Details:

For each visit to a Suzhou Retirement Home, students are to plan activities whereby they can involve as many residents as possible. Residents speak Mandarin Chinese, but some residents only speak the local dialect, so non-language dependent activities are also encouraged. Students will need to show a commitment to planning activities that require sensitivity to working with elderly people from another culture and with language barriers for many. This is a **Tuesday Lunchtime Activity**.

Activity	Who	Whom	Group size
Heart to Heart	G9-G12	Mr. Bufkin & Ms. Lim: 12.10-12.40 (AN301)	40 students

Details:

In cooperation with Heart to Heart Shanghai, students will help children with congenital heart defects by paying part of/all of the medical fee of one child's surgery. Product drives such as collecting donated books and toiletries are used for fundraising and to assist the families and patients at Yodak Cardio-Thoracic Hospital. There are opportunities, throughout the year, for students to travel to Yodak Cardio-Thoracic Hospital in Puxi, Shanghai to volunteer their time, deliver donated goods and visit the family and child that they have sponsored. This activity is for students in Grade 9 to 12 and is a yearlong commitment including participation in: the SSIS Service Expo, the Christmas Market, H2H Concert Rehearsal and H2H Concert, International Family Day, SSIS Triathlon Set-Up and SSIS Triathlon. This is a **Tuesday Lunchtime Activity**.

Activity	Who	Whom	Group size
Middle School Robotics	G6-G8	Miss Carol/Mr. Chan (Library)	15 students

Details:

This activity is twice per week if you want to be in the Robotics team and once per week if you only want to do it as part of the club. The ACAMIS team will be selection based.

Activity	Who	Whom	Group size
Middle School Soccer Boys	G6-G8	Mr. Kerr/Mr. Raymundo (Fields)	20+ students

Details:

The SSIS Middle School program aims to provide a learning environment that is supportive, encouraging and inclusive of all students that are keen to try the sport. The seasons will involve training sessions and internal practice games and progress to teams being formed for games with other schools and a season ending tournament to experience the excitement of competition and learn from those experiences. At Middle School level we are a part of the CISSA sports association based in Shanghai and involving all of the International Schools in Shanghai along with some from Suzhou, Nanjing and Hangzhou.

Activity	Who	Whom	Group size
Middle School Soccer Girls	G6-G8	Mr. Coats/Mr. Delahunty (Fields)	20+ students
Details: The SSIS Middle School program aims to provide a learning environment that is supportive, encouraging and inclusive of all students that are keen to try the sport. The seasons will involve training sessions and internal practice games and progress to teams being formed for games with other schools and a season ending tournament to experience the excitement of competition and learn from those experiences. At Middle School level we are a part of the CISSA sports association based in Shanghai and involving all of the International Schools in Shanghai along with some from Suzhou, Nanjing and Hangzhou.			

Activity	Who	Whom	Group size
High School Volleyball Girls	G9-G12	Miss Melissa/Mr. Lima (Gyms)	20+ students
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to try out for teams with the core sports of Volleyball, Basketball and Soccer involving a full season of games in the Shanghai International School Athletic Conference (SISAC) with season ending championships. The culminating event for these sports is the Association of Chinese and Mongolian International School (ACAMIS) Championships. These are Three-day events involving the same Six schools from across China.			

Activity	Who	Whom	Group size
High School Volleyball Boys	G9-G12	Mr. Kraetzer/Mr. Shipley (Gyms)	20+ students
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to try out for teams with the core sports of Volleyball, Basketball and Soccer involving a full season of games in the Shanghai International School Athletic Conference (SISAC) with season ending championships. The culminating event for these sports is the Association of Chinese and Mongolian International School (ACAMIS) Championships. These are Three-day events involving the same Six schools from across China.			

Activity	Who	Whom	Group size
Senior Tennis	G9-G12	Mr. Fuang (Tennis Courts)	UP TO 12 students
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to be involved with the aim of providing competition experience for as many students as possible. The individual sports of Tennis, Cross Country, Badminton and Track and Field involve a season of training and competitions with the culminating event of the Shanghai International School Athletic Conference (SISAC) Championships and Association of Chinese and Mongolian International School (ACAMIS) Championships.			

Activity	Who	Whom	Group size
Cross Country	G6-G12	Mr. Van Rooyen, Miss Pordan, Miss Schramm	20+ students (Track
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to be involved with the aim of providing competition experience for as many students as possible. The individual sports of Tennis, Cross Country, Badminton and Track and Field involve a season of training and competitions with the culminating event of the Shanghai International School Athletic Conference (SISAC) Championships and Association of Chinese and Mongolian International School (ACAMIS) Championships.			

Activity and Provider	Provider Information	Basic Information	Pre-Assessment and Notes...
<p>Swimming Lessons</p> <p>Swimming (Sailfish Swimming Club) Head Instructor: Name: Liang Xu Phone: 186 0621 6500 Email: suzhousailfish@sina.com</p>	<p>The club aims to be the center of excellence for competitive, high performance swimming in Suzhou. Our mission is to provide children in the Suzhou and surrounding areas with professional swimming coaching, with the best opportunity to develop and achieve their maximum potential in the sport of competitive swimming or in a fun learning environment.</p>	<p>Suitable for: Age 6-18</p> <p>Venue: Swimming pool</p> <p>Maximum Class Size:</p> <ul style="list-style-type: none"> • 6 for Learn-to-Swim • 8 for Intermediate 1 and Intermediate 2 <p>First Session: Tuesday 14 September 2021</p> <p>Other Costs & Things You Need: Swimming goggles and caps are recommended. Decathlon has a good range.</p>	<ul style="list-style-type: none"> • When registering, please make sure to use your pre-assessment so that you register for the correct class type (swimming level). • If you wish you can register a single student for more than one Swimming class, however to do this you must complete an entirely separate registration for each class. • Continuing swimming students will be given priority if class sizes reach capacity. • Swimming coaches' first language is Chinese with basic English skills.
<p>Swimming Levels</p>	<p>Learn-to-Swim Class: (one class per week)</p>	<p>Intermediate 1 Class: (one class per week)</p>	<p>Intermediate 2 Class: (one class per week)</p>
<ul style="list-style-type: none"> • Students who cannot comfortably swim the length of a 25m pool should register for Learn to Swim. • Intermediate 1 is for swimmers who are confident in the water and looking to improve stroke technique and endurance. • Intermediate 2 is for swimmers that have previously been involved in Intermediate 1 classes. 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Thursday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Friday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Sunday 10:00-11:00 am (10 sessions: 1,000 RMB) (Maximum: 2 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Sunday 11:00 am-12:00 pm (10 sessions: 800 RMB) (Maximum: 3 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class)
<p>Transport & Supervision</p>		<p>PARENT ACCESS:</p>	
<p>To help ensure student safety a parent must attend the Swimming sessions with their child, bringing them to the pool, remaining at the pool, and escorting them from the pool in the following circumstances:</p> <ul style="list-style-type: none"> • For all swimmers under Grade 2 for sessions held between 3:30 – 5:00 pm after school Monday to Friday. • For all swimmers (regardless of Grade) for sessions held after 5:00 pm Monday to Friday and on weekends (Excluding Elite swimmers). <p>For younger swimmers parents will also need to help their child get changed, shower, etc.</p>		<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>	

Who We Are	Detailed Information
<p>At SSIS English Plus, we offer</p> <ul style="list-style-type: none"> • A well-designed programme for systematic English Language development • Variety of levels tailored to student needs • Academic English Skills Course for advanced students • Fun English skills development for the youngest • Experienced teachers • Coursebooks and learning materials provided 	<p><u>Courses are:</u></p> <p>KG-Grade 4: Saturday 9:00 - 10:30 RMB 3600 for 24 sessions from September 2021 to June 2022</p> <p>Grade 4: Saturday 10:45 - 12:15 RMB 3600 for 24 sessions from September 2021 to June 2022</p> <p>Grade 5 - Grade 6: Saturday 9:00 - 12:00 RMB 7200 for 24 sessions from September 2021 to June 2022</p> <p>Grade 6 - 10: Tuesday & Thursday 17:00 - 18:30 RMB 9900 for 66 sessions from September 2021 to June 2022</p>
PARENT ACCESS:	
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WEDNESDAY'S ACTIVITIES – [click activity for more info](#)

KG-G1	G2-G3	G4-G5	G6-G8	G9-G10	G11-G12
<u>Movement Time</u>	<u>Movement and dance</u>	<u>Book Club</u>	<u>Rock Band</u>	<u>SAVP</u>	
<u>Equipment Games</u>	<u>JISSA Soccer</u>	<u>JISSA Soccer</u>	<u>Production</u>		
		<u>Tech Crew – Service Group</u>			
		<u>Sewing</u>		<u>Design Team</u>	
			<u>Basketball Training</u>		
			<u>Taiko Drumming</u>		
<u>Mindful Coloring</u>		<u>Origami</u>			<u>Swim Fitness</u>
		<u>Fitness</u>		<u>BoAi School service group</u>	
		<u>Net Games</u>	<u>Middle School Student Council</u>		
				<u>First Love service group</u>	
				<u>Dawn Project</u>	
		<u>Orchestral Ensemble</u>			

Activity	Who	Whom	Group size
Robotics	G9-G12	Mr. Rakesh - Robotics Room	16
Details: This is a student driven activity using coding in the language of Java and the platform of Android studio.			

Activity	Who	Whom	Group size
Movement Time	KG-G1	Miss Kathy - DS102	16
Details: Let's move together – move to music, move to make music, move to express!			

Activity	Who	Whom	Group size
Equipment Games	KG-G1	Mr. Max/Miss Sunny - Gym 1	25
Details: Some of the best games require a bit of equipment – come along and join us in our team and equipment games			

Activity	Who	Whom	Group size
Mindful Coloring	KG-G1	Miss Diane - DS313	20
Details: After a busy day at school, come and enjoy some mindful, peaceful, wellbeing time and participate in Mindful Coloring. Scientific studies show that Mindful Coloring has great benefits for children. It assists in improving focus, vision and motor skills. It builds creativity, self-confidence and relieves stress.			

Activity	Who	Whom	Group size
Movement and Dance	G2-G3	Miss Bibianna - Dance and Drama Room	20
Details: <i>"There are shortcuts for happiness and dancing is one of them" – Vicky Baum.</i> Dance allows the exploration of movement through music while developing flexibility, coordination, concentration, balance and many more skills that benefit children's learning. During these sessions, children will enrich their self-confidence, spatial awareness, body language, and social skills. It's an active fun way to do exercise and a positive influence on a child's mental, physical and emotional health.			

Activity	Who	Whom	Group size
Fitness	G4-G5	Mr. Neil – Dance Room 2	25
Details: Using calisthenics, HIIT techniques, and plyometrics, we will improve your fitness – let's go!			

Activity	Who	Whom	Group size
Net Games	G4-G5	Mr. Mulligan/Mr. Rae - Gym 2	25

Details:

In this activity you will rotate through Badminton, Tennis, and Table Tennis, therefore experiencing all of these great net/racquet games.

Activity	Who	Whom	Group size
Book Club	G4-G5	Miss Katja - CS212	20

Details:

Do you enjoy reading, are you curious and like researching new topics? The Book Club is for all those who love to read and want to explore new topics that interest them personally. We will meet in the Elementary library and learn to use existing resources for our personal inquiry projects.

Activity	Who	Whom	Group size
Taiko Drumming	G6-G12	Miss Okwuasa - MPR	30

Details:

Taiko has developed into an important part of our school culture and identity – This year we are revitalizing the team to be all a full secondary school one. Come along and join us, all you need is enthusiasm and commitment to make this group boom!

Activity	Who	Whom	Group size
Origami	G4-G5	Miss Mitra - CS201	20

Details:

Origami is an activity where you can create, relax, converse, and improve your finger dexterity all at the same time.

Activity	Who	Whom	Group size
Orchestral Ensemble	G4-G10	Mr. Bobby - CS 205	N/A

The SSIS orchestral Ensemble is a versatile and multi age/level group that will focus on the high school production for the fall season. Members must be able to sight read – auditions may be required. The group will meet once a week initially in the season and progress into twice a week and some weekends as we get closer to production time.

Activity	Who	Whom	Group size
Sewing	G4-G8	Miss Melanie - CS207	16

Come along and learn new stitches such as backstitch, cross stitch, blanket stitch and whip stitch before designing and making your own felt toy.

Activity	Who	Whom	Group size
Rock Bands	G6-G8	Mr. Lehman - CS206	N/A

Details:

The Rock Band Programme is a creative activity that encourages students to collaborate with one another in a musical setting. Students who are interested are encouraged to form a band or group with the goal being to learn, practice, refine and ultimately perform songs in a live setting for the SSIS community. This will be the fifth year of the programme's existence. As of last year, four bands participated in the programme and there is always room for more participants. Please speak to Mr. Lehman if you have any interest in joining.

Activity	Who	Whom	Group size
JISSA Football G2-G3	G2-G3	Mr. Luke/DISA (Fields)	20+

Details:

The Elementary Soccer program aims to provide a learning environment that is supportive, encouraging and inclusive of all students that are keen to try the sport. The season will involve training sessions and internal practice games and progress to teams being formed for games with other schools and a season ending tournament to experience the excitement of competition and learn from those experiences. At Elementary School level we play in events with schools from across the Jiangsu province.

Activity	Who	Whom	Group size
JISSA Football G4-G5	G4-G5	Mr. Kevin/Mr. Dahl (Fields)	20+

Details:

The Elementary Soccer program aims to provide a learning environment that is supportive, encouraging and inclusive of all students that are keen to try the sport. The season will involve training sessions and internal practice games and progress to teams being formed for games with other schools and a season ending tournament to experience the excitement of competition and learn from those experiences. At Elementary School level we play in events with schools from across the Jiangsu province.

Activity	Who	Whom	Group size
Production/Chicago	G6-G12	Miss Jenf/Miss Jones - Theatre	30

Details:

A smaller cast this year – Don't miss out on your opportunity to be part of this great showcase of SSIS! Make sure that you are up to date with all of the information pertaining to Chicago in terms of auditions, rehearsals, and commitments etc.

Activity	Who	Whom	Group size
Swim Fitness	G11-G12	Mr. Jimmy – swim coach	16

Details:

Designed for the Grade 11 / 12 student that needs to find a relaxing way to get active during the school week. The training sessions will take place of a week day lunch, set by our swim coaches at an achievable level and with the support to help each swimmer improve their swim fitness. The aim will be to swim for 30 minutes to allow time for changing and lunch.

Activity	Who	Whom	Group size
Design Team	G9-G12	Mr. Hart - AS305	12-15

Details:

This is a more formalized revamp of past practice at SSIS. Primarily this groups supports both productions but it is not limited to only this. The group will meet once a week initially in the season and progress into twice a week and some weekends (if needed) as support and specific tasks require....This is a great opportunity to get an insight into how the design, project management, and theatre industries do things.

Activity	Who	Whom	Group size
Tech Crew	G4-G12	Mr. Murray - 12:10-12:40/1:10-1:40 (Theatre)	18 – 6 from ES, 6 from MS, 6 from HS

Details:

This is a more formalized revamp of past practice at SSIS. This is a service group that supports all things tech throughout the school. This involves events, assemblies, and productions both in and out of the theatre. This group will be rostered on for assemblies/events throughout the school on a regular basis – students must be interested, capable of missing some class, and reliable. **This is a lunchtime service activity but does have some outside of school hours components.**

Activity	Who	Whom	Group size
SAVP	G9-G12	Mr. Lowery/Mr. Raymundo: 12.10-12.40 (CN107)	40

Details:

The South Africa Vastfontein Project (SAVP) aims to advocate and raise money for the Vastfontein Transformation Community Non-Profit Organization in South Africa. The funds raised support the building of new high school buildings and new care homes for orphans. This service experience is open to grade 9-12 students and is a yearlong commitment including participation with the Annual Asian Dinner and Annual Badminton Tournament. **This is a WEDNESDAY lunchtime activity**

Activity	Who	Whom	Group size
BoAi School	G9-G12	Miss Okwuosa: 12.10-12.40 (AS303)	18

Details:

The Boai Project at SSIS supports the Suzhou Industrial Park Boai Charity School. The school was launched in 1998 and provides support, treatment and education for children with physical illness, mental illness and special educational needs. Students involved will visit Boai School regularly, planning various activities and games to help the children be more active. **This is a WEDNESDAY lunchtime activity**


Activity	Who	Whom	Group size
Middle School Student Council	G6-G8	Miss Priya: 13.10-13.40 (CN205)	12

Details:

MSSC students meet regularly to propose, discuss, and ultimately decide on events for the student body. Students are also involved in charitable fundraising activities. This activity is for students in grade 6-8 and is a year-long commitment including the JSSC Dragon's on Display Talent Show, JSSC Winter Semi- Formal and the JSSC Spring Fling. **This is a WEDNESDAY lunchtime activity.**

Activity	Who	Whom	Group size
First Love Service Group	G9-G12	Miss Molleno: 12.10-12.40 (CN308)	25

Details:
 First Love service group supports the Masa Ati school in Boracay, Philippines. The school requires constant support to stay afloat and the group looks to host fundraising events and send needed supplies over to the school. **This is a WEDNESDAY lunchtime activity.**

Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Basketball (YBDL)</p> <p>Youth Basketball Development League (YBDL) was established in 2014. We are a well-known international youth sports training brand in China, mainly targeting teenagers between the ages of 4 and 16 and having provided service to over 50,000 athletes. Our mission is to provide an international and diversified top-notch sports experience, stimulating children's interest in sports and developing lifelong sports habits.</p> <p>We provide a systematic- station training program designed with a structured approach to ensure all learners can develop a solid foundation, and progress smoothly into the different skill levels of basketball playing stages.</p> <p>Join us to start your basketball journey, work hard, play hard. 1-2-3 basketball!</p>	<p>Suitable for: K and above. Venue: SSIS Elementary Gym</p> <p>Class Types:</p> <p><u>Beginner Level:</u></p> <ul style="list-style-type: none"> (K – Grade 3) Mondays 3:45 – 4:45 pm 10 sessions: 1,850RMB (Grades 4-7) Mondays 5:10 – 6:10 pm 10 sessions: 1,850RMB <p><u>Advanced Level:</u></p> <ul style="list-style-type: none"> (K – Grade 3) Wednesdays 5:10 – 6:10 pm 10 sessions: 1,850RMB (Grades 4-7) Wednesdays 5:10 – 6:10 pm 10 sessions: 1,850RMB <p>First Session: Monday 13 September 2021</p>	<p>Students require sports clothes, and must have basketball shoes if not Athletic shoes</p> 

PARENT ACCESS:

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THURSDAY'S ACTIVITIES – click activity for more info

KG-G1	G2-G3	G4-G5	G6-G8	G9-G10	G11-G12
				<u>Suzhou Heritage</u>	
				<u>Paws 4 Cause</u>	
				<u>*Tang Mama Charity</u>	
				<u>Recycling Club</u>	
	<u>Freestyle Dance</u>			<u>Student Ambassadors</u>	
		<u>Intermediate/Advanced Tennis – 5:00-6:30pm</u>			
	<u>Intermediate 1 Swimming lesson</u>			<u>Barre Fitness</u>	
		<u>Intermediate 2 Swimming Class</u>			
		<u>English Plus</u>			
<u>Learn to Swim</u>			<u>MS Soccer Boys</u>	<u>High School Volleyball Girls</u>	
			<u>MS Soccer GIRLS</u>	<u>High School Volleyball Boys</u>	
			<u>Robotics</u>	<u>Senior Tennis</u>	
			<u>Cross Country</u>		

Activity	Who	Whom	Group size
Barre Fitness	G11-G12	Miss Christina (Dance Room 1)	12
Details: Barre Fitness is a class that includes a blend of Ballet and Pilates inspired movements to build strength and condition your muscles. No dance/ballet experience required! We will focus on the fundamentals of Barre. Come join us for a stronger, more active you!			

Activity	Who	Whom	Group size
Middle School Soccer Boys	G6-G8	Mr. Kerr/Mr. Raymundo (Fields)	20+
Details: The SSIS Middle School program aims to provide a learning environment that is supportive, encouraging and inclusive of all students that are keen to try the sport. The seasons will involve training sessions and internal practice games and progress to teams being formed for games with other schools and a season ending tournament to experience the excitement of competition and learn from those experiences. At Middle School level we are a part of the CISSA sports association based in Shanghai and involving all of the International Schools in Shanghai along with some from Suzhou, Nanjing and Hangzhou.			

Activity	Who	Whom	Group size
Middle School Soccer Girls	G6-G8	Mr. Coats/Mr. Delahunty (Fields)	20+
Details: The SSIS Middle School program aims to provide a learning environment that is supportive, encouraging and inclusive of all students that are keen to try the sport. The seasons will involve training sessions and internal practice games and progress to teams being formed for games with other schools and a season ending tournament to experience the excitement of competition and learn from those experiences. At Middle School level we are a part of the CISSA sports association based in Shanghai and involving all of the International Schools in Shanghai along with some from Suzhou, Nanjing and Hangzhou.			

Activity	Who	Whom	Group size
High School Volleyball Girls	G9-G12	Miss Melissa/Mr. Lima (Gyms)	20+
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to try out for teams with the core sports of Volleyball, Basketball and Soccer involving a full season of games in the Shanghai International School Athletic Conference (SISAC) with season ending championships. The culminating event for these sports is the Association of Chinese and Mongolian International School (ACAMIS) Championships. These are Three-day events involving the same Six schools from across China.			

Activity	Who	Whom	Group size
High School Volleyball Boys	G9-G12	Mr. Kraetzer/Mr. Shipley (Gyms)	20+
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to try out for teams with the core sports of Volleyball, Basketball and Soccer involving a full season of games in the Shanghai International School Athletic Conference (SISAC) with season ending championships. The culminating event for these sports is the Association of Chinese and Mongolian International School (ACAMIS) Championships. These are Three-day events involving the same Six schools from across China.			

Activity	Who	Whom	Group size
Senior Tennis	G9-G12	Mr. Mario (Tennis Courts)	20+
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to be involved with the aim of providing competition experience for as many students as possible. The individual sports of Tennis, Cross Country, Badminton and Track and Field involve a season of training and competitions with the culminating event of the Shanghai International School Athletic Conference (SISAC) Championships and Association of Chinese and Mongolian International School (ACAMIS) Championships.			

Activity	Who	Whom	Group size
Cross Country	G6-G12	Mr. Van Rooyen, Miss Pordan, Miss Sarina	20+ (Track)
Details: The SSIS High School sports program provides the opportunities for students to experience high level competition. All interested students are provided the opportunity to be involved with the aim of providing competition experience for as many students as possible. The individual sports of Tennis, Cross Country, Badminton and Track and Field involve a season of training and competitions with the culminating event of the Shanghai International School Athletic Conference (SISAC) Championships and Association of Chinese and Mongolian International School (ACAMIS) Championships.			

Activity	Who	Whom	Group size
Middle School Robotics	G6-G8	Miss Carol/Mr. Chan - Library	15 students
Details: This activity is twice per week if you want to be in the Robotics team and once per week if you only want to do it as part of the club. The ACAMIS team will be selection based.			

Activity	Who	Whom	Group size
Suzhou Heritage	G9-G12	Miss Anika/Miss Kubak:10.40-11.00 (BN107)	18
Details: Students in Suzhou Heritage will initially help with the quality of English spoken at the gardens in Suzhou with a view to attracting more foreign visitors. After that, they will do the same service for other places of historical interest. This is a THURSDAY BREAK TIME activity.			

Activity	Who	Whom	Group size
Million Tree Project	G9-G12	Miss Charm: 12.10-12.40 (BN108)	18
Details: The Million Tree Project at SSIS aims to replant the world one tree at a time. It aims to raise community awareness of the Earth's precious environment while focusing on steps individuals can take to lessen their negative impact on the natural world. An opportunity to travel (at the student's expense – must be 16 years or older) to Inner Mongolia exists in September 2021/April 2022. This is a TUESDAY lunchtime activity.			

Activity	Who	Whom	Group size
Paws 4 Cause	G9-G12	Miss Lea/Mr. Bryan: 12.10-12.40 (CN105)	25
Details: Paws for Cause has the mission to address the problems with large numbers of stray cats and dogs in Suzhou, along with regular visits to an Animal Shelter in Suzhou. Students participating in this activity will be required to work collaboratively and solve problems in a team. Paws for Cause will make direct service a focus with visits to a local animal shelter. It is a yearlong commitment including the Annual Blanket Drive and the Annual Photography Competition. This is a THURSDAY lunchtime activity.			

Activity	Who	Whom	Group size
Tang Mama Charity	G9-G12	Mr. Greaves: 12.10-12.40 (CN210)	25
Details: Tang Mama is a local charity organization which supports a variety of areas. Fundraising for lifesaver jerrycans which help produce clean drinking water for rural Gansu as well as working with people of various backgrounds in the market place. This is a THURSDAY lunchtime activity.			

Activity	Who	Whom	Group size
Recycling Club	G9-G12	Mr. Kueller: 12.10-12.40 (CN213)	18
Details: Students will organize themselves into working teams to gather and bundle paper waste throughout the school. They will also work to recycle batteries with possibility of recycling plastic and glass. Student must actively engage in meetings and develop public awareness campaigns. This is a THURSDAY lunchtime activity.			

Activity	Who	Whom	Group size
Student Ambassadors	G9-G12	Miss Kay Mah/ Miss Skytte: 12.10-12.40 (BN109)	25
<p>Details: Student Ambassadors (SAs) work at various important SSIS events to help and assist with various individuals within and outside the school community. SAs develop and showcase their leadership skills by working at SSIS's major events including, but not exclusive to: SSIS' Annual University Fair; various university visits throughout the year; Charity Run; Suzhou Amazing Race; Thanksgiving Dinner; Christmas Market; International Family Day; the Grade 12 Leavers' Assembly; and the Grade 12 Graduation Ceremony. This is a THURSDAY lunchtime activity.</p>			

Who We Are



INLIVE-YOUNG

GROUP INTRODUCTION

INLIVE YOUNG DANCE Training is belong to **INGYM** group. INGYM is concentrating on wellness industry, who has about 200 gyms across the whole China, in Suzhou alone there are 53 gyms. INLIVE YOUNG is INGYM's Children Industry which includes INLIVE YOUNG DANCE and INLIVE YOUNG BASKETBALL. INLIVE YOUNG Dance Training Center was started since 2011, and now has trained about 10,000 children during the 8 years. INLIVE YOUNG has Ballet Class, Chinese Dance Class, Latin Dance Class and body shape training courses, we can satisfy most children. As a designated location for dance grading test, we have acquired excellent title for Children Dance Training.

Detailed Information

Suitable for: Grade 2-6. **Venue:** Dance Studio 1

Maximum Class Size: 16 **Minimum Class Size:** 5

Class Type:

- Thursdays 3:45 pm- 4:45 pm (10 sessions: 800 RMB)

First Session: Thursday 16 September 2021

Instructor:

- Name: Zax Zhou
- Phone: 18114518156
- Email: zxx91@qq.com

Transport & Supervision:

No bus transport provided. Participants must make their own way to and from the activity at the designated times.

Other Costs & Things You Need:

Clothing & footwear appropriate to exercise in e.g. shorts/exercise tights & t shirt/singlet, sports shoes, workout towel.


PARENT ACCESS:

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PARENT ACCESS:	
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>	

Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Tennis (G3 High Performance Training) G3 High Performance Training will be conducting Tennis programme at SSIS. Brandon Harris, a USPTA certified professional tennis coach, will be the head coach.</p> <p>Students of age 5 & above are invited to participate. We will introduce groundstroke, mechanics, along with speed, agility and footwork training. Competitive game-play will also be an important and exciting part of the camp experience!</p> <p>Come to join us to begin the game, put in your effort to fight for the game, and enjoy the game as we working together!</p>	<p>Suitable for: Age 5 & above. Venue: SSIS Tennis Court</p> <p>Maximum Class Size: 10. Minimum Class Size: 4</p> <p>Class Types:</p> <p>1. Beginner class:</p> <ul style="list-style-type: none"> • 1 session per week (Mondays 3:45-4:45 pm) 10 sessions 1,200 RMB • 1 session per week (Fridays 3:45-4:45 pm) 10 sessions 1,200 RMB <p>2. Advanced class:</p> <ul style="list-style-type: none"> • 1 session per week (Tuesday 5:00-6:30 pm) 10 sessions 2,200 RMB • 1 session per week (Thursday 5:00-6:30 pm) 10 sessions 2,200 RMB <p>First Session: Monday 13 September 2021</p>	<p>Other Costs & Things You Need:</p> <ul style="list-style-type: none"> • Students need to bring their own racquet for the class • For enrolling the Advanced class, coaches need to assess their skills and techniques before the class is confirmed. 
PARENT ACCESS:		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		

Activity and Provider	Provider Information	Basic Information	Pre-Assessment and Notes...
<p>Swimming Lessons</p> <p>Swimming (Sailfish Swimming Club)</p> <p>Head Instructor: Name: Liang Xu Phone: 186 0621 6500 Email: suzhousailfish@sina.com</p>	<p>The club aims to be the center of excellence for competitive, high performance swimming in Suzhou. Our mission is to provide children in the Suzhou and surrounding areas with professional swimming coaching, with the best opportunity to develop and achieve their maximum potential in the sport of competitive swimming or in a fun learning environment.</p>	<p>Suitable for: Age 6-18</p> <p>Maximum Class Size:</p> <ul style="list-style-type: none"> • 6 for Learn-to-Swim • 8 for Intermediate 1 and Intermediate 2 <p>First Session: Tuesday 14 September 2021</p> <p>Other Costs & Things You Need: Swimming goggles and caps are recommended. Decathlon has a good range.</p>	<ul style="list-style-type: none"> • When registering, please make sure to use your pre-assessment so that you register for the correct class type (swimming level). • If you wish you can register a single student for more than one Swimming class, however to do this you must complete an entirely separate registration for each class. • Continuing swimming students will be given priority if class sizes reach capacity. • Swimming coaches' first language is Chinese with basic English skills.
<p>Swimming Levels</p>	<p>Learn-to-Swim Class: (one class per week)</p>	<p>Intermediate 1 Class: (one class per week)</p>	<p>Intermediate 2 Class: (one class per week)</p>
<ul style="list-style-type: none"> • Students who cannot comfortably swim the length of a 25m pool should register for Learn to Swim. • Intermediate 1 is for swimmers who are confident in the water and looking to improve stroke technique and endurance. • Intermediate 2 is for swimmers that have previously been involved in Intermediate 1 classes. 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Thursday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Friday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Sunday 10:00-11:00 am (10 sessions: 1,000 RMB) (Maximum: 2 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Sunday 11:00 am-12:00 pm (10 sessions: 800 RMB) (Maximum: 3 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class)
<p>Transport & Supervision</p>		<p>PARENT ACCESS:</p>	
<p>To help ensure student safety a parent must attend the Swimming sessions with their child, bringing them to the pool, remaining at the pool, and escorting them from the pool in the following circumstances:</p> <ul style="list-style-type: none"> • For all swimmers under Grade 2 for sessions held between 3:30 – 5:00 pm after school Monday to Friday. • For all swimmers (regardless of Grade) for sessions held after 5:00 pm Monday to Friday and on weekends (Excluding Elite swimmers). <p>For younger swimmers parents will also need to help their child get changed, shower, etc.</p>		<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>	

FRIDAY'S ACTIVITIES – click activity for more info

KG-G1	G2-G3	G4-G5	G6-G8	G9-G10	G11-G12
<u>Beginner Tennis</u>					
<u>Badminton Intermediate/Advanced – 5:00pm-6:30pm</u>					
<u>Learn to Swim</u>			<u>Production</u>		
<u>Kids Yoga</u>					
<u>Cheerleading</u>			<u>Wishing Well</u>		
			<u>High School Student Council</u>		
			<u>Speak to Lead</u>		
<u>K4E</u>			<u>MUN</u>		
			<u>Publishing Team</u> <u>Channel/Our Stories/Yearbook</u>		

Activity	Who	Whom	Group size
K4E	G2-G8	Miss Kinneri/Miss Fernanda - DS304	25

Details:
 Kids for the Environment or K4E has been a service group in Primary for Grades 2 to 5 for the last 4 years. This year we are inviting Grades 2 – 8 to join our group. The K4E vision is to create a lasting change among **people, animals and plants** in our environment. We undertake projects that enable us to make a difference in the environment by leading and advocating for the 5Rs - **Refuse, Reduce, Reuse, Repurpose, and Rot**.
 Every year, we form a group of committed and driven elementary students and staff who are passionate in making a positive difference for our planet Earth by **creating awareness, taking action** and **advocating** to other community members the good approaches towards **caring for the environment** within our school, local and global community. This year, we invite primary and middle school students who believe with a passion in taking care of our environment as well as develop their **leadership** skills, **communication** skills and **team building** skills, to sign up for K4E. As any change takes time and commitment to develop and transpire, we encourage students to sign up for the **whole year**.

Activity	Who	Whom	Group size
MUN	G9-G12	Mr. Blackford - BS101	20

Details:

MUN is a simulation of the real-life United Nations where students learn how to debate and discuss important world issues such as security, economic and social issues. The club is a year-long commitment and those with leadership positions in the club, will be expected to share their knowledge and understanding with other students as well as help run the after-school sessions. There are opportunities for friendly MUN competitions amongst local schools and areas close by- such as Shanghai .Come and join our Model United Nations group.

Activity	Who	Whom	Group size
Publishing Team	G6-G12	Mr. Branson, Miss Sayako, Miss Rebecca/Mr. Eric	12-15
Video Channel – Mr. Branson Keeping SSIS students informed! A new activity this year – students will meet each Friday and plan out the Internal broadcast structure for the following week. Filming of the broadcast is done on Monday at lunchtime, ready for Homerooms on Tuesday.		Our Stories - Miss Sayoko A series of in-depth publications of our people, our events, and our teams. Develop skills in journalism, publications, and marketing	Yearbook – Mrs. Croxall/Mr. Eric We need a team of committed students who will help create systems and procedures for collection of material throughout the year and then put it all together at the end. A great long-term planning experience.


Activity	Who	Whom	Group size
Production/Chicago	G6-G12	Miss Jenf/Miss Jones - Theatre	30
Details: A smaller cast this year – Don’t miss out on your opportunity to be part of this great showcase of SSIS! Make sure that you are up to date with all of the information pertaining to Chicago in terms of auditions, rehearsals, and commitments etc.			

Activity	Who	Whom	Group size
Dawn Project	G9-G12	Miss Carreon: 11.40-12.10 (CN111)	18
Details: The Dawn Project is an interactive music focused service experience where our senior students (Grade 9-12) work with younger children, in a series of music activities and group guitar teaching. This is a WEDNESDAY lunchtime activity.			

Activity	Who	Whom	Group size
Wishing Well	G9-G12	Miss Watson: 11.40-12.10 (BN107)	18
Details: Wishing Well established in 2020 look to build connections and relations with the children in the local childrens hospital who are based in the terminally ill ward. Students communicate with the children and look to fulfil the wishes where possible. They send birthday/holiday messages. This is a FRIDAY lunchtime activity.			

Activity	Who	Whom	Group size
Speak to Lead	G6-G12	Miss Donata - CS101	20
Details: Student-led alongside with Ms Donata, we focus on self-expression from written texts to any form of empowering artworks. We aim to encourage voicing messages within our community. We host events, competitions and activities around the school for students to participate in. We meet on Fridays after school. We welcome everyone, middle schoolers and high schoolers. We hope to see you there!			

Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Kids Yoga</p> <p>Kids Yoga is not really a sport, but a way to explore the body structure and it's possibilities, meanwhile, it improves the physical health, balance、focus、strength、sensitivity etc. Through the practice of yoga, kids will live more balanced life.</p> <p>About Ching</p> <p>A Yoga instructor who used to wonder around the world for 5 years in different countries.</p> <p>A mindfulness guide who teaches meditation and sound therapy, she also works on kids mindfulness camp.</p> <p>A long-term practitioner</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Ms. Ching Phone: 18761963527 Email: rachelwang0423@163.com 	<p>Suitable for: Age 5-11.</p> <p>Venue: Dance Studio 2</p> <p>Maximum Class Size: 10 Minimum Class Size: 3</p> <p>Class Type:</p> <ul style="list-style-type: none"> Mondays 3:45 pm- 4:45 pm (10 sessions: 1,000 RMB) Fridays 10:30 am-12:00 pm (10 sessions: 1,000 RMB) <p>First Session: Monday 13 September 2021</p> <p>Transport & Supervision: No bus transport provided on Monday at 5pm. Participants must make their own way to and from the activity at the designated times.</p>	
PARENT ACCESS:		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p>		
<p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p>		
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Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Cheerleading</p> <p>Cheerleading, a quite new sport, is a combination of gymnastics, dance, music, fitness, entertainment of the multi-team sports. It is very popular in schools all over the world. In this programme, students will learn the relevant knowledge and skills of cheerleading and then work together as a team to complete the cheerleading performance.</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Susan Liu Phone: 15851478878 Email: 522518562@qq.com 	<p>Suitable for: Grade 2-6.</p> <p>Venue: Dance Studio 1</p> <p>Maximum Class Size: 16</p> <p>Minimum Class Size: 5</p> <p>Class Type:</p> <ul style="list-style-type: none"> Fridays 3:45 pm- 4:45 pm (10 sessions: 1,250 RMB) Saturdays 10:30 am-12:00 pm (10 sessions: 1,250 RMB) <p>First Session: Saturday 11 September 2021</p> <p>Transport & Supervision: Participants must make their own way to and from the activity at the designated times.</p>	<p>Clothing & footwear appropriate to exercise in e.g. shorts/exercise tights & t shirt/singlet, sports shoes, workout towel.</p> 
PARENT ACCESS:		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		

Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Smash Badminton involves a group of coaches who are committed, passionate professional in badminton academy training. We offer an unparalleled badminton training programs to all levels with different learning styles adaption, from those who are starting as a beginner to the extreme athlete looking for their badminton skill enhancement or strive forward on their all-rounded game.</p> <p>We provide a systematic- station training program designed with the structured approach to ensure all learners can develop a solid foundation, and progress smoothly into the different skill level of badminton playing stages. With an enduring dedication of Smash Badminton to the pursuit of excellence, you will be not only learning badminton skills and expertise but also physical training, strategies, confidence, determination and most importantly, sportsmanship.</p> <p>We will make your learning fun! We will consistently seek to improve every learners’ potential by evolving our training regime to become more challenging and excited.</p> <p>Come to join us to begin the game, put in your effort to fight for the game, and enjoy the game as we working together!</p>	<p>Suitable for: Grade 1 and above. Venue: SSIS Secondary Gym Maximum Class Size:</p> <ul style="list-style-type: none"> • 20 students (for the beginner class) • 30 students (for the total students of the intermediate and advanced classes) <p>Minimum Class Size:</p> <ul style="list-style-type: none"> • 6 students (for the beginner class) • 6 students (for the total students of the intermediate and advanced classes) <p>Class Types:</p> <p><u>Beginner class:</u></p> <ul style="list-style-type: none"> • 1 session per week (Monday 3:45-4:45 pm) 10 sessions 1,000 RMB <p><u>Intermediate class & Advanced class</u></p> <ul style="list-style-type: none"> • 1 session per week (Monday 5:00-6:30 pm) 10 sessions 1,300 RMB • 1 session per week (Friday 5:00-6:30 pm) 10 sessions 1,300 RMB • 2 sessions per week (Monday & Friday 5:00-6:30 pm) 20 sessions 2,600 RMB <p>First Session: Monday 13 September 2021</p>	<p>(1) Students need to bring their own rackets for the class</p> <p>(2) For enrolling the Advanced class, coaches need to assess their skills and techniques before the class is confirmed.</p> 

PARENT ACCESS:

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Activity and Provider	Provider Information	Basic Information	Pre-Assessment and Notes...
<p>Swimming Lessons</p> <p>Swimming (Sailfish Swimming Club)</p> <p>Head Instructor: Name: Liang Xu Phone: 186 0621 6500 Email: suzhousailfish@sina.com</p>	<p>The club aims to be the center of excellence for competitive, high performance swimming in Suzhou. Our mission is to provide children in the Suzhou and surrounding areas with professional swimming coaching, with the best opportunity to develop and achieve their maximum potential in the sport of competitive swimming or in a fun learning environment.</p>	<p>Suitable for: Age 6-18</p> <p>Maximum Class Size:</p> <ul style="list-style-type: none"> • 6 for Learn-to-Swim • 8 for Intermediate 1 and Intermediate 2 <p>First Session: Tuesday 14 September 2021</p> <p>Other Costs & Things You Need: Swimming goggles and caps are recommended. Decathlon has a good range.</p>	<ul style="list-style-type: none"> • When registering, please make sure to use your pre-assessment so that you register for the correct class type (swimming level). • If you wish you can register a single student for more than one Swimming class, however to do this you must complete an entirely separate registration for each class. • Continuing swimming students will be given priority if class sizes reach capacity. • Swimming coaches' first language is Chinese with basic English skills.
<p>Swimming Levels</p>	<p>Learn-to-Swim Class: (one class per week)</p>	<p>Intermediate 1 Class: (one class per week)</p>	<p>Intermediate 2 Class: (one class per week)</p>
<ul style="list-style-type: none"> • Students who cannot comfortably swim the length of a 25m pool should register for Learn to Swim. • Intermediate 1 is for swimmers who are confident in the water and looking to improve stroke technique and endurance. • Intermediate 2 is for swimmers that have previously been involved in Intermediate 1 classes. 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Thursday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Friday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Sunday 10:00-11:00 am (10 sessions: 1,000 RMB) (Maximum: 2 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Sunday 11:00 am-12:00 pm (10 sessions: 800 RMB) (Maximum: 3 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class)
<p>Transport & Supervision</p>		<p>PARENT ACCESS:</p>	
<p>To help ensure student safety a parent must attend the Swimming sessions with their child, bringing them to the pool, remaining at the pool, and escorting them from the pool in the following circumstances:</p> <ul style="list-style-type: none"> • For all swimmers under Grade 2 for sessions held between 3:30 – 5:00 pm after school Monday to Friday. • For all swimmers (regardless of Grade) for sessions held after 5:00 pm Monday to Friday and on weekends (Excluding Elite swimmers). <p>For younger swimmers parents will also need to help their child get changed, shower, etc.</p>		<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>	

– click activity for more info

SATURDAY/SUNDAY ACTIVITIES

KG-G1

G2-G3

G4-G5

G6-G8

G9-G10

G11-G12

[Learn to Swim – \(Sunday\)](#)

[Intermediate 1 Swimming lesson – \(Sunday\)](#)

[DISA Football Training – \(Saturday\)](#)

[English Plus](#)

[Taekwondo – \(Saturday\)](#)

[Gymnastics – \(Saturday\)](#)

[Cheerleading – \(Saturday\)](#)

Activity and Provider	Provider Information	Basic Information	Pre-Assessment and Notes...
<p>Swimming Lessons</p> <p>Swimming (Sailfish Swimming Club)</p> <p>Head Instructor: Name: Liang Xu Phone: 186 0621 6500 Email: suzhousailfish@sina.com</p>	<p>The club aims to be the center of excellence for competitive, high performance swimming in Suzhou. Our mission is to provide children in the Suzhou and surrounding areas with professional swimming coaching, with the best opportunity to develop and achieve their maximum potential in the sport of competitive swimming or in a fun learning environment.</p>	<p>Suitable for: Age 6-18</p> <p>Maximum Class Size:</p> <ul style="list-style-type: none"> • 6 for Learn-to-Swim • 8 for Intermediate 1 and Intermediate 2 <p>First Session: Tuesday 14 September 2021</p> <p>Other Costs & Things You Need: Swimming goggles and caps are recommended. Decathlon has a good range.</p>	<ul style="list-style-type: none"> • When registering, please make sure to use your pre-assessment so that you register for the correct class type (swimming level). • If you wish you can register a single student for more than one Swimming class, however to do this you must complete an entirely separate registration for each class. • Continuing swimming students will be given priority if class sizes reach capacity. • Swimming coaches' first language is Chinese with basic English skills.
<p>Swimming Levels</p>	<p>Learn-to-Swim Class: (one class per week)</p>	<p>Intermediate 1 Class: (one class per week)</p>	<p>Intermediate 2 Class: (one class per week)</p>
<ul style="list-style-type: none"> • Students who cannot comfortably swim the length of a 25m pool should register for Learn to Swim. • Intermediate 1 is for swimmers who are confident in the water and looking to improve stroke technique and endurance. • Intermediate 2 is for swimmers that have previously been involved in Intermediate 1 classes. 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Thursday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Friday 3:45-4:45 pm (10 sessions: 1,000 RMB) (Maximum: 2 classes) • Sunday 10:00-11:00 am (10 sessions: 1,000 RMB) (Maximum: 2 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Sunday 11:00 am-12:00 pm (10 sessions: 800 RMB) (Maximum: 3 classes) 	<ul style="list-style-type: none"> • Tuesday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class) • Thursday 3:45-4:45 pm (10 sessions: 800 RMB) (Maximum: 1 class)
<p>Transport & Supervision</p>		<p>PARENT ACCESS:</p>	
<p>To help ensure student safety a parent must attend the Swimming sessions with their child, bringing them to the pool, remaining at the pool, and escorting them from the pool in the following circumstances:</p> <ul style="list-style-type: none"> • For all swimmers under Grade 2 for sessions held between 3:30 – 5:00 pm after school Monday to Friday. • For all swimmers (regardless of Grade) for sessions held after 5:00 pm Monday to Friday and on weekends (Excluding Elite swimmers). <p>For younger swimmers parents will also need to help their child get changed, shower, etc.</p>		<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>	


Who We Are	Detailed Information	Transport and Supervision
<p>Soccer (DISA Soccer Academy)</p> <p>Mission: We aim to attract, explore and motivate children to play soccer and provide students with the best soccer education.</p> <p>Philosophy: We provide top quality professional soccer programs that develop young players in a safe environment.</p> <p>We provide a team-training curriculum based on FC Barcelona methodology</p> <ul style="list-style-type: none"> Name: Coach Zhao Phone: 15921151212 Email: zhaolibin1216@163.com 	<p>Suitable for: Age 4-13</p> <p>Venue: SSIS Fields (classes still run if it is raining and when available the Gym may be used)</p> <p>Maximum Class Size: 20 students per coach</p> <p>Class Types: Students will be grouped by age.</p> <p>Saturdays 9:30 - 11:00 am (10 sessions: 1,500 RMB)</p> <p>Mondays 3:45 - 5:15 am (10 sessions: 1,500 RMB)</p> <p>First Session: Saturday September 11 2021</p> <p>Other Costs & Things You Need: Students require shin pads, sports clothes, and may wish to wear soccer boots, but during indoor rain affected sessions will need runners.</p>	<p>This is a weekend activity. It is the responsibility of parents to deliver their child to and from the activity at the designated times. Parents are expected to remain onsite during the activity.</p> 


PARENT ACCESS:


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Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Tennis (G3 High Performance Training) G3 High Performance Training will be conducting Tennis programme at SSIS. Brandon Harris, a USPTA certified professional tennis coach, will be the head coach.</p> <p>Students of age 5 & above are invited to participate. We will introduce groundstroke, mechanics, along with speed, agility and footwork training. Competitive game-play will also be an important and exciting part of the camp experience!</p> <p>Come to join us to begin the game, put in your effort to fight for the game, and enjoy the game as we working together!</p>	<p>Suitable for: Age 5 & above. Venue: SSIS Tennis Court</p> <p>Maximum Class Size: 10. Minimum Class Size: 4</p> <p>Class Types:</p> <ol style="list-style-type: none"> 1. Beginner class: <ul style="list-style-type: none"> • 1 session per week (Mondays 3:45-4:45 pm) 10 sessions 1,200 RMB • 1 session per week (Fridays 3:45-4:45 pm) 10 sessions 1,200 RMB 2. Advanced class: <ul style="list-style-type: none"> • 1 session per week (Tuesday 5:00-6:30 pm) 10 sessions 2,200 RMB • 1 session per week (Thursday 5:00-6:30 pm) 10 sessions 2,200 RMB <p>First Session: Monday 13 September 2021</p>	<p>Other Costs & Things You Need:</p> <ul style="list-style-type: none"> • Students need to bring their own racquet for the class • For enrolling the Advanced class, coaches need to assess their skills and techniques before the class is confirmed. 
PARENT ACCESS:		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		


Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Cheerleading</p> <p>Cheerleading, a quite new sport, is a combination of gymnastics, dance, music, fitness, entertainment of the multi-team sports. It is very popular in schools all over the world. In this programme, students will learn the relevant knowledge and skills of cheerleading and then work together as a team to complete the cheerleading performance.</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Susan Liu Phone: 15851478878 Email: 522518562@qq.com 	<p>Suitable for: Grade 2-6.</p> <p>Venue: Dance Studio 1</p> <p>Maximum Class Size: 16</p> <p>Minimum Class Size: 5</p> <p>Class Type:</p> <ul style="list-style-type: none"> Fridays 3:45 pm- 4:45 pm (10 sessions: 1,250 RMB) Saturdays 10:30 am-12:00 pm (10 sessions: 1,250 RMB) <p>First Session: Saturday 11 September 2021</p> <p>Transport & Supervision: Participants must make their own way to and from the activity at the designated times.</p>	<p>Clothing & footwear appropriate to exercise in e.g. shorts/exercise tights & t shirt/singlet, sports shoes, workout towel.</p> 
PARENT ACCESS:		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		

Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Gymnastics</p> <p>Gymnastics is a skilled exercise that helps you to develop strength and coordination. Supported by the special expert team of Jiangsu Gymnastics Association, the teaching team and course content can be provided professionally and efficiently.</p> <p>The course content is safe and interesting, allowing students to learn gymnastics exercises in a vivid and interesting way. Gymnastics course includes physical fitness sports, soft coordination exercises, and various professional gymnastics movements, and a step-by-step teaching system from simple to difficult.</p> <p>Come and join us! Let's jump, roll, spin, and have fun together!</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Susan Liu Phone: 15851478878 Email: 522518562@qq.com 	<p>Suitable for: Age 3-6</p> <p>Venue: Dance Studio 2</p> <p>Maximum Class Size: 10</p> <p>Minimum Class Size: 5</p> <p>Class Type:</p> <ul style="list-style-type: none"> Saturdays 10:30 am-12:00 pm (10 sessions: 1,250 RMB) <p>First Session: Saturday 11 September 2021</p> <p>Transport & Supervision: Participants must make their own way to and from the activity at the designated times.</p>	<p>Clothing & footwear appropriate to exercise in e.g. shorts/exercise tights & t shirt/singlet, sports shoes, workout towel.</p> 
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<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		

Who We Are	Detailed Information	Other Costs & Things You Need:
<p>Taekwondo</p> <p>Taekwondo is a martial art focused on harmony of body and mind. It promotes self-confidence and respect.</p> <p>Training session includes flexibility, core strength, punching, front kick, side kick, round-house kick, back kick, spinning kick, combination drills, taekwondo forms according to respective level, and basic sparring principles (with protectors).</p> <p>Master Sanchez is a 5th Degree Black certified by the Headquarter of the World Taekwondo Federation. He has more than twenty years of experience in teaching both children and adults. His class is fun but intense.</p> <p>Instructor:</p> <ul style="list-style-type: none"> Name: Jerry Sanchez Phone: 150 2111 1069 Email: sanchezwtftkd@gmail.com 	<p>Suitable for: Age 5-11. Venue: SSIS Taekwondo Room</p> <p>Maximum Class Size: 20</p> <p>Class Types:</p> <ul style="list-style-type: none"> Age 5-11: Mondays 3:45-4:45 pm (10 sessions: 1,250 RMB) Age 5-11: Saturdays 12:00-1:00 pm (10 sessions: 1,250 RMB) <p>First Session: Saturday 11 September 2021</p> <p>Transport & Supervision: This is a weekend activity. It is the responsibility of parents to deliver their child to and from the activity at the designated times. Parents are expected to remain onsite during the activity.</p>	<p>You must have a uniform & protective gear (cost approx. 400 RMB). You may purchase these from the coach if you wish.</p> 
PARENT ACCESS:		
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>		

Who We Are	Detailed Information
<p>At SSIS English Plus, we offer</p> <ul style="list-style-type: none"> • A well-designed programme for systematic English Language development • Variety of levels tailored to student needs • Academic English Skills Course for advanced students • Fun English skills development for the youngest • Experienced teachers • Coursebooks and learning materials provided 	<p><u>Courses are:</u></p> <p>KG-Grade 4: Saturday 9:00 - 10:30 RMB 3600 for 24 sessions from September 2021 to June 2022</p> <p>Grade 4: Saturday 10:45 - 12:15 RMB 3600 for 24 sessions from September 2021 to June 2022</p> <p>Grade 5 - Grade 6: Saturday 9:00 - 12:00 RMB 7200 for 24 sessions from September 2021 to June 2022</p> <p>Grade 6 - 10: Tuesday & Thursday 17:00 - 18:30 RMB 9900 for 66 sessions from September 2021 to June 2022</p>
PARENT ACCESS:	
<p>Due to Covid restrictions parents will not be allowed in the SSIS Campus on School days for Learning Hub activities. Students will need to be collected from Gate 1 for weekday activities.</p> <p>For weekend activities parents can enter with their children via Gate 3 on Zhong Yuan Lu. Temperature checks and Health Codes are required. We require parents to move directly to their activity space and not move around the school. SSIS Security staff will ask those in the wrong spaces to move back to the activity area.</p> <p>These are important requirements of being able to run these activities and we thank you for your cooperation.</p>	

Musical Instrument Lessons:

Who We Are	Detailed Information
<p data-bbox="92 283 626 325">Violin (Tutor: Natalie Hsieh)</p> <p data-bbox="92 369 920 438">Natalie is a Taiwanese student who currently studies Violin at Xi'an Jiao'tong Liverpool University.</p> <p data-bbox="92 480 985 621">She is from a music family and her parents and grandparents have reputable music careers in both Taiwan and mainland China. Natalie started her Violin lessons when she was 4 years old. She believes her life would be incomplete without music.</p> <p data-bbox="92 663 979 766">She has more than eight years experience within orchestras and completed piano Master class with Professor Misha Namirovsky at Suzhou Culture Centre. She enjoys teaching young children here at SSIS.</p> 	<p data-bbox="1018 283 1412 310">Suitable for: Students age 5-18</p> <p data-bbox="1018 352 1433 380">Venue: SSIS Music Room - BS214</p> <p data-bbox="1018 422 1412 449">Class Types: 30-minute lessons</p> <ol data-bbox="1018 491 1552 518" style="list-style-type: none">1. Beginner Lessons (0-2 years experience)<ul data-bbox="1071 569 1694 638" style="list-style-type: none">• Individual lesson (10 sessions: 1,800 RMB)• 2 student lesson (10 sessions: 1,100 RMB each)2. Intermediate Lessons (2-4 years experience)<ul data-bbox="1071 751 1694 821" style="list-style-type: none">• Individual lesson (10 sessions: 1,800 RMB)• 2 student lesson (10 sessions: 1,100 RMB each) <p data-bbox="1018 863 2783 932">Please note that 2 student lessons are only available where 2 students of similar ability can be scheduled successfully. We will contact you if any problems occur.</p> <p data-bbox="1018 974 2852 1115">Day & Time of Sessions: Lessons will be held during school hours and/or directly after school between 3:30 – 5:00 pm. After registrations have closed we will advise students of their lesson schedule and music room. Elementary student lessons will typically be at a set time once per week. Secondary student lessons may be rotated to avoid affecting the same subject each week. To discuss the option of an out of school hours lesson please email activities@mail.ssis-suzhou.net</p> <p data-bbox="1018 1157 1715 1184">First Session: In the week beginning 13 September 2021</p> <p data-bbox="1018 1226 2754 1253">Other Costs & Things You Need: You need to bring your own instrument. Please contact the instructor for instrument rental/purchase advice.</p> <p data-bbox="1018 1295 1160 1323">Instructor:</p> <ul data-bbox="1071 1373 1472 1476" style="list-style-type: none">• Name: Natalie Hsieh• Phone: 150 5147 8778• Email: 1206877563@qq.com <p data-bbox="1018 1518 2867 1621">Transport: If your child has a lesson after school and they are in Grade 2 or above they may catch the 5:00 pm activity bus home. However please note this bus runs from Tuesday to Friday, but not on Mondays. Parents will have to provide transport home if their child has a Monday after school lesson. Students in Grade 1 or below cannot catch the bus and must be collected by parents.</p> <p data-bbox="1018 1663 2822 1732">Supervision/Obligations: Both Elementary & Secondary students should implement their own lesson reminder system, and so must remember and then make their own way to lessons. SSIS will ask instructors to promptly inform us if students do not arrive at their scheduled lessons.</p> <p data-bbox="1018 1774 2843 1843">For Elementary students who have not attended these music or vocal lessons before, an SSIS staff member will guide the student to their first lesson (showing them how to get to the music room).</p>

Who We Are

Piano Tutor: Silvia Yao

Silvia is currently pursuing her Masters of Piano Performance degree at the Shanghai Conservatory of Music, she holds a Bachelor of Music Education degree from Suzhou University, School of Music.

She started learning to play the piano at the age of five with prizes in several piano competitions home and abroad.

She is also an experienced piano and wind teacher, passionate about teaching young children in Music. She has been teaching SSIS kids piano for 6 years, kids love her for her talented piano skills and caring heart

- Name: Silvia Yao
- Phone: 158 5015 0284
- Email: 15850150284@163.com



Detailed Information

Suitable for: Students age 5-18 & Adult students also welcome

Venue: SSIS Music Room - BS218.

Class Types: 30-minute lessons

1. Beginner Lessons (0-2 years experience)

- Individual lesson (10 sessions: 2,000 RMB)
- 2 student lesson (10 sessions: 1,200 RMB each)

2. Intermediate Lessons (2-4 years experience)

- Individual lesson (10 sessions: 2,000 RMB)
- 2 student lesson (10 sessions: 1,200 RMB each)

Please note that 2 Student Lessons are only available where 2 students of similar ability can be scheduled successfully. We will contact you if any problems occur.

Day & Time of Sessions: Lessons will be held during school hours and/or directly after school between 3:30 – 5:00 pm. After registrations have closed we will advise students of their lesson schedule and music room. Elementary student lessons will typically be at a set time once per week. Secondary student lessons may be rotated to avoid affecting the same subject each week. To discuss the option of an out of school hours lesson please email activities@mail.ssis-suzhou.net

First Session: In the week beginning 13 September 2021

Other Costs & Things You Need: Piano students should have a piano at home to practice with. Woodwind students should bring their own instrument. You may also contact the instructor for instrument rental/purchase advice.

Transport: If your child has a lesson after school and they are in Grade 2 or above they may catch the 5:00 pm activity bus home. However please note this bus runs from Tuesday to Friday, but not on Mondays. Parents will have to provide transport home if their child has a Monday after school lesson. Students in Grade 1 or below cannot catch the bus and must be collected by parents.

Supervision/Obligations: Both Elementary & Secondary students should implement their own lesson reminder system, and so must remember and then make their own way to lessons. SSIS will ask instructors to promptly inform us if students do not arrive at their scheduled lessons.

For Elementary students who have not attended these music or vocal lessons before, an SSIS staff member will guide the student to their first lesson (showing them how to get to the music room).

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Elementary Lunchtime Activities

**These activities are at lunchtime, after eating, and are optional each week – pick up procedures and exact timings to come later*

Monday	Tuesday	Wednesday	Thursday	Friday
Origami (G1-2) Miss Nina	Origami (G3-4) Miss Nina	*Wednesday is kept free for student council meetings and inter-house activities	Origami (G5) Miss Nina	
Ukulele Club (G3-G5) Miss Rudine	KTV/Singalong (G1-G3) Miss Rudine		KTV/Singalong (G4-5) Miss Rudine	
	Digital Music (G5) Mr. Bobby		Digital Music (G3-G4) Mr. Bobby	Percussion Group (G1-G2) Mr. Bobby
Team Games G3-5 Mr. Murray/Miss Karen	Guitar/Singing club (G3-5) Mr. Murray			Fitness (G4-5) Mr. Murray
	Team Games (G1-2) Miss Karen			
Messy Play G4- GD3/4 Ms. Carmelita	Messy Play G1- GD1/2 Ms. Carmelita	Messy Play G2- GD1/2 Ms. Carmelita	Messy Play G5 Ms. Carmelita	Messy Play G3 GD3/4 Ms. Carmelita

- **Messy play activities: Lunch time 13:00-13:35, two passes each class which will be handed by the homeroom teacher**