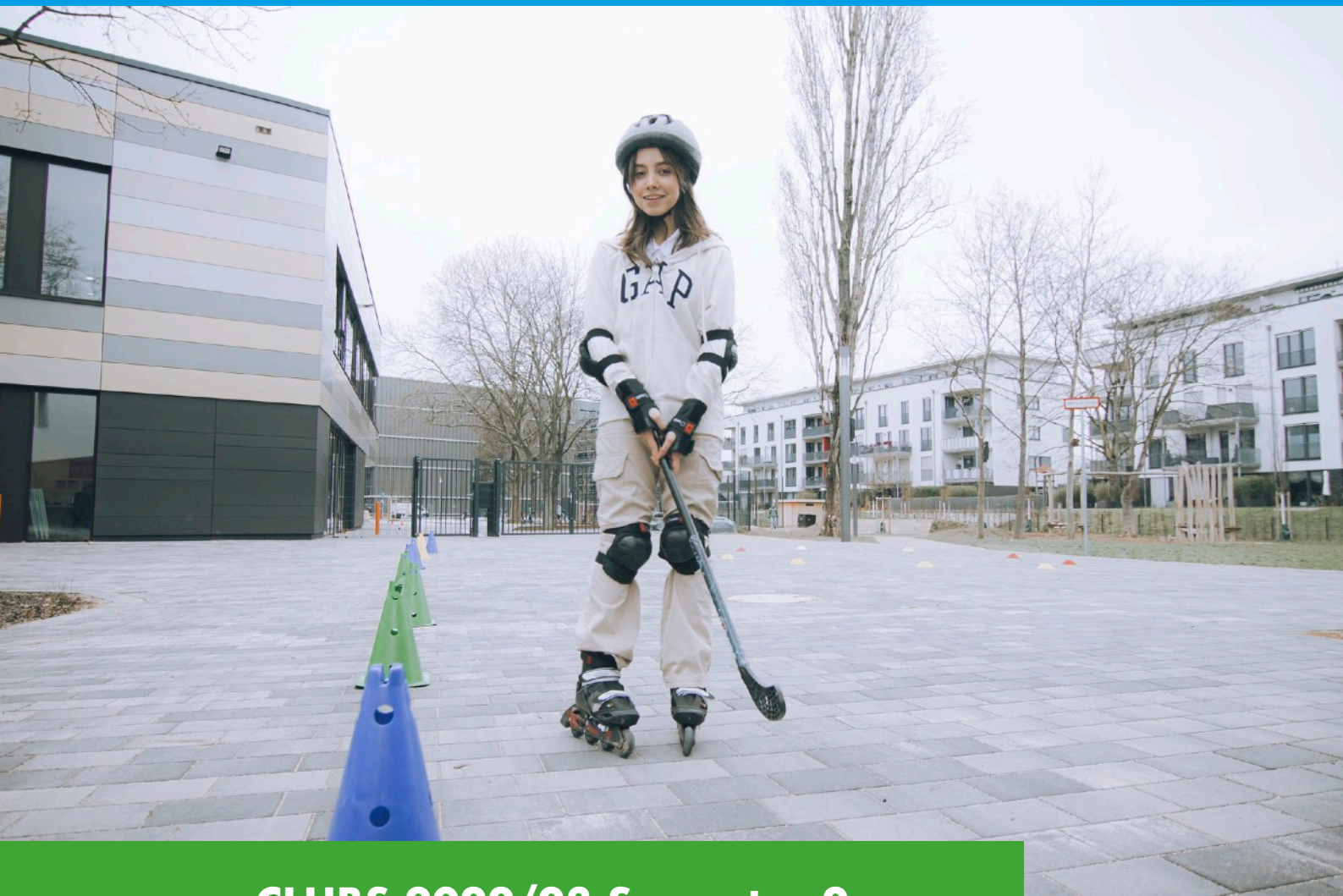




COLOGNE
INTERNATIONAL
SCHOOL
Internationale Friedensschule Köln

EXTRACURRICULAR ACTIVITIES

Secondary School



CLUBS 2022/23 Semester 2

Dear Parents,

Please find attached background information regarding our club program for the current school year. Our club structure will facilitate student development in the following areas:

Sports

Experience how physical activity influences well-being in a positive way. Clubs currently offered:

- Badminton & Tennis (Monday 15:30 - 17:00) - max. 16 students
- Basketball RheinStars (Monday 15:30 - 17:00) - max. 20 students
- Inline Skating (Tuesday 14:45 - 16:15) - max. 16 students
- Football (Wednesday 15:30- 17:00) - max. 20 students
- Tennis (Wednesday 15:30 - 17:00) - max. 16 students
- Musical Theater (Wednesday 15:30 - 17:00) - max. 20 students
- Volleyball beginners (Thursday 15:30 - 17:00) - max. 20 students
- Volleyball advanced (Thursday 15:30 - 17:00) - max. 20 students
- Kickboxing Full Body Workout (Friday 14:45 - 16:15) - max. 20 students

Creativity

Let your imagination fly and develop your creative skills. Clubs currently offered in this area:

- Arts & Crafts (Tuesday 14:45 - 16:15) - max. 20 students
- Moviemaking (Thursday 15:30 - 17:00) - max. 16 students
- Photography (Friday 14:45 - 16:15) - max. 16 students

Languages

Improve your language skills. Clubs currently offered in this area:

- Italian for native speakers (Monday 15:30 - 17:00) - max. 12 students

Music

Improve your instrumental skills. Clubs currently offered in this area:

- Big Band (Monday 15:30 - 17:00) - free (Registration: robert.keane@if-koeln.de)
- String Ensemble (Wednesday 15:30 - 17:00) - free (Registration: julie.maas@if-koeln.de)
- Individual lessons (Music School via Sebastian Oetker, sebastian.oetker@if-koeln.de)

Please be informed that the minimum number of 6 participants per club has to be reached in order for the club to take place. Club changes and cancellations are to be sent per email to tatjana.zaric@if-koeln.de.

Please note that appropriate sports clothing and clean sports shoes are mandatory for all indoor sports and dance courses. It is not allowed to enter the sports hall without clean sports shoes!

In addition to the clubs, we offer individual music lessons on the following instruments in cooperation with the International Music School Butzweilerhof: piano, trumpet, saxophone, clarinet, flute, violin, viola and cello. Soon to follow: drums, guitar & electric bass. Please send all inquiries regarding private lessons to Sebastian Oetker, sebastian.oetker@if-koeln.de.

For more detailed information regarding clubs and individual music lessons, please see the next pages. We wish all students a lot of fun!

Kind regards,

Tatjana Zaric
Marketing & Extracurricular Activities



Semester 2	Monday	Tuesday	Wednesday	Thursday	Friday
14:45-16:15		Arts & Crafts (Pratibha) FO.117 Inline Skating (Lea)			Photography (Stefania) D2.106 Kickboxing (Jan) SH2
15:30-17:00	Big Band (Rob) Italian for native speakers (Stefania) D1.412 Badminton & Tennis SH2 (Lea) Basketball SH1 (RheinStars)		String Ensemble (Julie) Football (Cedric) SH1 Tennis (Tennis Club Bocklemünd) SH2 Musical Theater (Haley)	Volleyball beginners (Leo) SH1 Volleyball advanced (Nico) SH2 Movimaking (Shipra) D2.406	

DETAILED CLUB DESCRIPTIONS IN ALPHABETICAL ORDER

Arts & Crafts

Pratibha Mantri

F0.117 - 120€/semester

Painting, drawing and sculpting... Come and use a variety of paints, pencils and materials to create beautiful works of art!

Badminton & Tennis

Lea Sommer

Sports Hall 2 - 120€/semester

Both sports are taught alternately. Sports clothes and clean sports shoes are mandatory!

Basketball RheinStars

RheinStars

Sports Hall 1 - 120€/semester

Train with RheinStars! Take part in a range of drills and team games, and learn basketball from professional athletes. Sports clothes and clean sports shoes are mandatory!

Big Band

Robert Keane & Sebastian Oetker

F0.210 - free

Big Band musicians study and perform a variety of repertoire from various periods of Jazz, ranging from Dixieland to Swing, Funk to Fusion. In addition to improving instrumental expertise and ensemble awareness, band members will develop their improvisational skills, study the form of jazz and learn about the great jazz performers of the past and present. Private instrumental lessons are obligatory for participation. Registrations and contact: robert.keane@if-koeln.de.

Football

Cedric Marschall

Sports Hall 1 - 120€/semester

Practise your ball skills with drills and team games run by our qualified trainer. Sports clothes and clean sports shoes are mandatory!

Inline Skating

Lea Sommer

School Ground - 120€/semester

Have you ever wanted to learn how to inline skate? Or would you like to improve your skating technique? Then, this is the right club for you! Our qualified coach teaches you how to fall without hurting yourself and how to skate using the correct techniques. At the end of the school year, we will organize an inline skating show where the students can show off their new skills. For this club, the students will need to bring their own inline skates as well as a skater helmet and protective gear for knees, elbows and wrists.

Italian for native speakers

Stefania Tassone

D1.412 - 120€/semester

Mother tongue lessons for native students: improve reading, writing and speaking skills in your mother tongue.

Kickboxing Full Body Workout

Jan Reckhaus

Sports Hall 2 - 120€/semester

Get an insight into this exciting martial art. It's a great full body workout without direct body contact. Compliance with rules, self-discipline, fairness and respect are essential components and are learned and consistently demanded in this working group. Students should bring their own kickboxing gloves as well as sports clothes and clean sports shoes!

Moviemaking

Dr. Shipra Saksena

D2.406 - 120€/semester

In this club, the students will learn how to film, edit and create short videos using various editing softwares. Everyone will graduate with knowledge and joy for the moviemaking!

Musical Theater

Haley O'Donnell

Sports Hall 2 - 120€/semester

Musical Theater is primarily a dance class based in jazz technique. From there, we layer in varying styles from classic musicals and practice skills needed in theater performance. Students will practice performing in character, auditioning, combining singing and dancing. The class introduces the students to classic showtunes and dance numbers through fun choreography and routines. Sports clothes and clean sports shoes are mandatory!

Photography

Stefania Tassone

D2.106 - 120€/semester

Students learn about lighting, composition, aperture and how to take pictures with DSLR camera. They will also take photos of school events that will be published on our social media school's accounts: [Facebook](#), [Instagram](#) and [LinkedIn](#).

String Ensemble

Julie Maas & Christine Moran

F0.211 - free

The String Ensemble is open to all string players who want to play exciting repertoire in many styles: classical, folk, jazz, and film music. Students in the ensemble will focus on developing orchestral performance techniques, musicianship and ensemble skills. In addition, participants should study privately. Registrations and contact: julie.maas@if-koeln.de.

Tennis

Tennis Club DJK Köln-Bocklemünd e.v. 1967 e.V.

Sports Hall 3 - 120€/semester

A lot of fun and varied competition games are awaiting you in this club. Qualified trainers of the DJK Tennis Club will bring you closer to the fascination of the yellow felt ball. Sports clothes and clean sports shoes are mandatory! In late spring and summer, students will have an opportunity to play tennis on the tennis courts of the Bocklemünd Tennis Club.

Volleyball advanced

Nico Wessely

Sports Hall 2 - 120€/semester

The advanced volleyball club is addressed to all students who have at least one to two years of experience. Besides improving typical Volleyball techniques and tactics, students will play in teams of four or six with and against each other. The goal of this club is to form boys and girls teams that will participate in tournaments against other schools. Sports clothes and clean sports shoes are mandatory!

Volleyball beginners

Leonard Hesseln

Sports Hall 1 - 120€/semester

The beginners volleyball club is addressed to all students who would like to learn a new team sport that is unlike any other. Besides learning typical volleyball techniques such as the set, the bump set and different attacks, students will play in small teams with and against each other. The goal of this club is to form boys and girls teams that will participate in tournaments against other schools. Sports clothes and clean sports shoes are mandatory!

INDIVIDUAL MUSIC LESSONS

Internationale Musikschule Butzweilerhof

Manager: Sebastian Oetker

By playing an instrument, the child learns a craft that is also an art. Such a highly complex matter can only be mastered satisfactorily if already started in childhood and if continued support through individual lessons take place!

The experience "I can do something very special!" has an enormously positive effect on the personality development of the child! Last but not least, it is an important experience for later professional life.

In the afternoon we already offer individual lessons in the following instruments: piano, trumpet, saxophone, clarinet, flute, violin, viola and cello. Other instruments such as drums, guitar and electric bass will soon follow.

If you are interested, also regarding other instruments, please contact us at sebastian.oetker@if-koeln.de. Any incoming expression of interest will be placed on the waiting list first. As soon as a place is available for your child, we will contact you.