



COLOGNE  
INTERNATIONAL  
SCHOOL  
Internationale Friedensschule Köln

# EXTRACURRICULAR ACTIVITIES

## Primary School



**CLUBS & LATE CLUBS 2023/24 Semester 1**

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 in this area:

- Tennis (Monday 16:15-17:30) - max. 16 students
- Athletics (Tuesday 14:45-16:15) - max. 20 students
- Dance & Cheerleading (Tuesday 14:45-16:15) - max. 20 students
- Football 1/2 (Tuesday 14:45-16:15) - max. 20 students
- Outdoor (Tuesday 14:45-16:15) - max. 20 students
- Inline Skating 3-5 (Tuesday 16:15-17:30) - max. 10 students
- Self-Defence (Tuesday 16:15-17:30) - max. 20 students
- Ball Games (Wednesday 16:15-17:30) - max. 20 students
- Parkour (Thursday 16:15-17:30) - max. 20 students
- Football 3-5 (Friday 14:45-16:15) - max. 20 students
- Gymnastics (Friday 14:45-16:15) - max. 20 students

## Brainpower & Research

Sharpen your thinking skills, your strategical mind and knowledge. Clubs offered in this area:

- Reading Time (Monday, Wednesday, Thursday 15:30-16:15) - free
- Science Experiments (Tuesday 16:15-17:30) - max. 20 students

## Creativity

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

- Theater (Monday 16:15-17:30) - max. 20 students
- Arts & Crafts (Tuesday 14:45-16:15) - max. 20 students
- Design (Tuesday 16:15-17:30) - max. 10 students
- Arts & Crafts (Friday 14:45-16:15) - max. 20 students
- Moviemaking (Friday 14:45-16:15) - max. 20 students

## Languages

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

- Spanish Grades 1-4 (Monday, Wednesday & Thursday 15:30-16:15) - free
- English for absolute beginners Grades 1-4 (Mo, We & Th 15:30-16:15) - free
- German for absolute beginners Grades 1-4 (Mo, We & Th 15:30-16:15) - free
- Spanish for native speakers (Thursday 15:30-17:00) - max. 12 students
- French (Friday 14:45-16:15) - max. 12 students

## Music

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

- Big Band via audition grade 5 (Monday 15:30-17:00) - free
- Musical Theater grades 4-5 (Monday 15:30-17:00) - free
- String Ensemble grade 5 (Wednesday 15:30-17:00) - free
- Choir grade 5 (Thursday 15:30-17:00) - free
- Choir all grades (Friday 14:45-16:15) - free
- Individual lessons (Music School via Sebastian Oetker, [sebastian.oetker@if-koeln.de](mailto:sebastian.oetker@if-koeln.de))

## Games

Supervision for free. Clubs offered in this area:

- Games (Monday, Wednesday, Thursday 15:30-16:15, Tuesday 14:45-16:15) - free

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](mailto: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, cello, drums and guitar. We also offer voice individual lessons. Please send all inquiries regarding private lessons to Sebastian Oetker, [sebastian.oetker@if-koeln.de](mailto:sebastian.oetker@if-koeln.de).

For more detailed information regarding clubs and individual music lessons, please see next pages.

We wish all students a lot of fun!

Kind regards,

Tatjana Zaric  
Marketing & Extracurricular Activities

## DETAILED CLUB DESCRIPTIONS IN ALPHABETICAL ORDER

### Arts & Crafts

Dr. Shipra Saksena (Tuesdays) & Pratibha Mantri (Fridays)

F0.108 - 120€/semester

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

### Athletics

Patrick Schischke

Sports Hall 3 - 120€/semester

Develop your track and field skills and take part in various competitions. Sports clothes and clean sports shoes are mandatory!

### Ball Games

Frederic Rommelmann

Sports Hall 3 - 120€/semester

Take part in a range of traditional and improvised games with a ball: Brennball, dodge ball, basketball, football, handball, floorball, hockey, tennis, football tennis, volleyball. Sports clothes and clean sports shoes are mandatory!

### Big Band (grade 5 only via audition)

Robert Keane

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. All students need to pass audition in order to participate in the club. Mr. Keane reserves the right to deny entry to any students who are not up to the level.

### Choir

Grigol Kobakhidze (Thursdays, gr 5) & Judy Yang (Fridays after Autumn Break, all)

Music room - free

Train your voice and have fun singing together.

## Dance & Cheerleading

Stephanie Jaunzemis

Sports Hall 2 - 120€/semester

Learn easy dance moves mixed with dance lifts, stunts, jumps and basic gymnastics elements. This class trains body control, self-confidence and team spirit. Join our dance club and discover the dancer in you! Sports clothes and clean sports shoes are mandatory!

## Design Club

Andrea Steffen

D2.407 - 120€/semester

Is your child creative? Does he or she like to tinker, sew, build or invent? Is he or she bubbling over with ideas? Then this is the right club for them! In the Design Club, the children will discover all things design in a playful way. They have a wide range of materials at their disposal to encourage them to be creative, try things out and experiment: fabrics and fabric scraps for first sewing attempts by hand, such as scrunchies, stuffed animals or mini-clothes for puppets and toys. Jewellery parts and beads for making necklaces, (charm) bracelets or key rings. Various handicraft, building and upcycling materials for small inventions, art objects and other creative ideas. The fun of being creative and the individual talents of your child will be encouraged by a professional designer. Their own ideas are welcome and will be taken up and developed further with the children. They practise manual skills and are part of a club where they can support each other and exchange their fun ideas. For more information click [here](#).

## EAL (English as Additional Language)

N.N.

This language course is reserved exclusively for absolute beginners in grades 1-4.

## Football

Jan Reckhaus (Tuesdays, grades 1/2) & Sören Schuschke (Fridays, grades 3-5)

Sports Hall 1 - 120€/semester

Practise your ball skills with drills and team games run by our qualified football trainers. The students of Grades 1-4 will be prepared for the football tournament in these two clubs. If you would like your child to take part in the LöWi football tournament on 3rd June, your child will have to take part in one of these two clubs. Sports clothes and clean sports shoes are mandatory!

## French as a second language

Aron Djordjic

120€/semester

French classes for students who want to learn French as a second language. However, the course is also open to native French speakers. In addition to conversation, students practice grammar and spelling.

## GAL (German as Additional Language)

N.N.

This language course is reserved exclusively for absolute beginners in grades 1-4.

## Games

Anton Bechtloff (Monday & Tuesday), Frederic Rommelmann (Wednesday) & Jan Reckhaus (Thursday)

D2.407 or outside - free

Outdoor or indoor games, depending on the weather.

## Gymnastics

Stephanie Jaunzemis

Sports Hall 3 - 120€/semester

Build and develop your skills using a range of gymnastic equipment, both floor and mounted, with a qualified coach. Sports clothes and clean sports shoes are mandatory!

## Inline Skating (grades 3-5)

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. Please note that students are not allowed to take part in the club if any of the above mentioned protective gears is missing. This club is only open to students who are able to put on their own rollerblades and protective gear!

## Moviemaking

Dr. Shipra Saksena

D2.406 - 120€/semester

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

## Musical Theater (grade 5) after the Autumn Break

Judy Yang

Music room - free

Musical Theater is a music and acting class. Students will practice performing in character, combining singing and acting.

## Outdoor

Alexander Hibert (Tuesdays)

School playground - 120€/semester

Take part in various outdoor games and ball activities. A lot of fun and good mood are guaranteed! Please ensure that your child has suitable outdoor weather-dependent clothing and outdoor sports shoes!

## Parkour

Jan Reckhaus

Sports Hall 3 - 120€/semester

Parkour is a great way for children to test their body in overcoming obstacles by running, climbing, jumping and balancing. It's a full-body workout with a high fun factor. Sports clothes and clean sports shoes are mandatory!

## Reading Time

Michaela Kienle

Library - free

In this club, children can read or be read to.

## Science Experiments

Alexander Hibert

D2.406 - 120€/semester

A range of science experiments such as lava lamps, colour bombs, building volcanos, coke and mentos fountain, quicksand, slime will be performed in order to arouse the pupils' interest and build up their knowledge in nature sciences. Through fun, we'll learn about physics and the natural world. It's the perfect club for the students who love science and nature, or just making things blow up.

## Self-Defence

Jan Reckhaus

Sports Hall 3 - 120€/semester

In this club, the students develop skills in quick and effective self-defence. In addition, they are trained how to act in various critical situations and find the optimal solution. Sports clothes and clean sports shoes are mandatory!

## Spanish (grades 1-4)

Susana Martinez

Mondays, Wednesdays and Thursdays, we offer Spanish lessons for grades 1-4. Participation in all three days is recommended.



## Spanish for native speakers

Alejandro Acuña

D2.406 - 120€/semester

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

## String Ensemble (grade 5)

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.

## 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!

## Theater

Dr. Shipra Saksena

D2.407 - 120€/semester

Students will have a chance to experience the excitement and rewards of theater arts while developing acting and social skills, confidence and the ability to work in a team. They will learn how to perform, how to modulate voice and their facial expressions.



## 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, cello, drums and guitar.

New lessons in this school year:

- Piano lessons with Grigol Kobakhidze (pop, jazz, classical and film music) weekly on Mondays, Thursdays and Saturdays.
- Guitar, Bass-Guitar, Ukulele and Voice lessons with Vano Kobakhidze (Pop music) weekly on Thursdays and Saturdays.

If you are interested, also regarding other instruments, please contact us at [sebastian.oetker@if-koeln.de](mailto: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.