

AFTERSCHOOL ACTIVITIES 2018/2019



**OVER THE RAINBOW A.S.B.L
INTERNATIONAL SCHOOL**

BORN TO MOVE Psicomotricity/Dance

PSICOMOTRICITY

TUESDAY - H. 15:15-15:45

(M1-M2)

min. 8 / max. 12

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 63,00

2° TERM - 9 WEEKS (10/12/2018-01/03/2019) - € 63,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 70,00

Language of the course: **ENGLISH/FRENCH**

DANCE

TUESDAY - H. 15:45-16:15

(M2-M3)

min. 8 / max. 12

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 63,00

2° TERM - 9 WEEKS (10/12/2018-01/03/2019) - € 63,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 70,00

Language of the course: **ENGLISH/FRENCH**

DANCE

TUESDAY - H. 16:30-17:15

(P1-P2-P3)

min. 8 / max. 14

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 76,50

2° TERM - 9 WEEKS (10/12/2018-01/03/2019) - € 76,50

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 85,00

Language of the course: **ENGLISH/FRENCH**

DANCE

TUESDAY - H. 17:15-18:00

(P4-P5-S1-S2)

min. 8 / max. 14

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 76,50

2° TERM - 9 WEEKS (10/12/2018-01/03/2019) - € 76,50

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 85,00

Language of the course: **ENGLISH/FRENCH**

PROGRAM OF THE COURSE

BORN TO MOVE® courses are not meant for athletic performance. These are true, authentic and shared experiences between the educator and each individual in the class, and therefore require a very special type of person to guide them.

PSICOMOTRICY: movements fully choreographed with instructors in song, engaging the children. They are based on the imagination of short music that allow total immersion in a childish world full of play. Focus is on **pleasure** and developing awareness of their body and balance.

DANCE M2-M3: A fun, captivating class that allow children to explore how to move their bodies while immersed in a world of imagination. Children develop self-awareness, balance, body weight transfer and concentration while learning to interpret music by moving in rhythm.

DANCE P1-P2-P3: Songs specially written to encourage girls to sing and dance, playing roles on current music, developing skills and sharing games: A lot of modern fun dances!

DANCE P4-P5-S1-S2: a wide range of songs and games create the basics of motor skills, strength, agility, speed and coordination in a team atmosphere.



TEACHER

HAPPY FITNESS

BORN TO MOVE® educators understand that in these courses:

- feeling good is more important than physical appearance;
- moving is more important than having a perfect technique;
- the tone is given during the course is more fun than serious

Educators / coaches are trained to be able to adapt by continually changing their approach to meet the needs of their participants, and engaging with each of them individually throughout the course. They learn how to speak less to allow the child to relax and feel the music. Educator BORN TO MOVE® installs a classroom environment and emotional comfort. The quality of his communication determines the quality of the BORN TO MOVE® experience experienced by each child: he treats them as important and capable beings.



Enrolment Procedure

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Please consider that for language activities, OTR school's teachers will evaluate whether the child is ready for an additional/foreign language.

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AFTERSCHOOL ACTIVITIES 2018/2019



**OVER THE RAINBOW A.S.B.L
INTERNATIONAL SCHOOL**

CAPOEIRA

CAPOEIRA

THURSDAY - H. 15:15-16:15

(M1-M2-M3)

min. 5 / max. 10

ANNUAL COURSE

28 WEEKS (01/10/2018-24/05/2019) - € 504,00

Language of the course: **FRENCH/ENGLISH**

CAPOEIRA

THURSDAY - H. 16:30-17:30

(P1-P2-P3-P4)

min. 5 / max. 10

ANNUAL COURSE

28 WEEKS (01/10/2018-24/05/2019) - € 504,00

Language of the course: **FRENCH/ENGLISH**

PROGRAM OF THE COURSE

Capoeira is an Afro-Brazilian martial art that draws its roots in the culture, methods of combat and dances of African slaves deported to Brazil in the sixteenth century. It shall be distinguished from other martial arts by its playful, strategic and acrobatic side. His practice brings many physical and mental benefits to his practitioners, children or adults.

Capoeira carries values such as respect, tolerance and discipline. It inculcates humility, respect for others and living together without discrimination (gender diversity, Intergenerational mix, ethnic mix) appears as a mean adapted to foster social integration. Class shall be given by one teacher by group of maximum 15 children. Above 15 children, 2 teachers are required.



TEACHER

Lucio de Oliveira BRUNO JORDAN, appelé SFERA

2018 - Préparation du brevet d'état d'entraîneur – niveau C : Obtention du module général, préparation du module spécifique - Capoeira.

Cours of Capoeira for enfants : École Européenne de Luxembourg , école international , salle de JIM, École Primaire de Bonnevoie et Neudorf

UELINGTON RAMOS DE OLIVEIRA (PELEZINHO)

Responsable de l'organisation et de l'enseignement du module spécifique « Capoeira » pour entraîneurs C (Niveau 3 de la qualification nationale) permettant l'obtention d'un brevet d'état délivré par l'École Nationale d'Education Physique et des Sports (ENEPS)

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Info: afterschool@otrschool.lu

AFTERSCHOOL ACTIVITIES 2018/2019



**OVER THE RAINBOW A.S.B.L.
INTERNATIONAL SCHOOL**

HOCKEY

HOCKEY

MONDAY - H. 15:30-16:30

(P4-P5-S1-S2-S3-S4)

min. 6 / max. 12

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-14/12/2018) - € 76,50

2° TERM - 9 WEEKS (17/12/2018-15/03/2019) - € 76,50

3° TERM - 9 WEEKS (04/03/2019-07/06/2019) - € 76,50

Language of the course: **ENGLISH**

PROGRAM OF THE COURSE

The Program of the Hockey Club will be basically to establish the Hockey bases in around 10 classes. There will be 3 different seasons: autumn, winter and spring. Hockey classes in autumn and spring will be done in the school facilities (Playground). Winter classes will be on the Josy Barthel Hall.

This is the program detail:

Class 1: Hockey rules, hands, grip, passes. Match

Class 2: body position, passes, ball control. Match

Class 3: ball reception and shoots to the goal. Match

Class 4: defending tips. Match

Class 5: striker movements. Match

Class 6: hockey skills. Match

Class 7: Match

Class 8: striker tips. Match

Class 9: reverse passes and shoots. Challenge hockey games.

Final Match!



TEACHER

IGNACIO GÓMEZ-ACEBO

Spanish Coach with more than 27 years old playing Hockey in Spain, France, Belgium or EEUU.

Actually I'm the Head Coach of Luxembourg Hockey Club and Head Trainer in Hockey Club Arlon.

I'm also Head Coach in different School here in Luxembourg.

I'm certified by the International Hockey Federation as Coach Level 1.

Actually playing in the Belgium League.

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AFTERSCHOOL ACTIVITIES 2018/2019



**OVER THE RAINBOW A.S.B.L.
INTERNATIONAL SCHOOL**

RUGBY

RUGBY

TUESDAY - H. 15:15-16:15

(P1-P2-P3)

min. 6 / max. 12

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 50,00

2° TERM - 9 WEEKS (10/12/2018-01/03/2019) - € 50,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 55,00

Language of the course: **ENGLISH**

RUGBY

FRIDAY - H. 15:15-16:15

(P4-P5-S1-S2-S3-S4)

min. 6 / max. 12

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 50,00

2° TERM - 8 WEEKS (10/12/2018-01/03/2019) - € 45,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 55,00

Language of the course: **ENGLISH**

PROGRAM OF THE COURSE

Rugby for boys and girls together with Little Lions Luxembourg.
Sessions are strictly non-contact and allow children to develop as they grow and most importantly have fun!
Rugby course is done at the School Playground!



TEACHER

LITTLE LIONS LUXEMBOURG

Our goal is to help children develop a lifelong relationship with exercise by providing positive experiences of sport. We venture into clubs and schools to offer a first introduction to rugby, as well as continuing to challenge those who have already taken up the game through specialist coaching.

We are a young group of energetic and enthusiastic coaches who seek to encourage children to be active, especially after school when sport is no longer organised for them. All of our coaches currently play rugby at a competitive level, either under age or full senior internationals for Luxembourg.

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AFTERSCHOOL ACTIVITIES 2018/2019



**OVER THE RAINBOW A.S.B.L
INTERNATIONAL SCHOOL**

SPORT GAMES & SPORT COMPETITION

SPORT GAMES

WEDNESDAY - H. 15:15-17:15

(P1-P2-P3)

min. 10 / max. 15

ANNUAL COURSE

27 WEEKS (01/10/2018-24/05/2019) - FREE

Language of the course: **ENGLISH/FRENCH**

SPORT COMPETITION - VOLLEY

WEDNESDAY - H. 15:15-17:15

(P4-P5-S1-S2-S3-S4)

min. 10 / max. 15

ANNUAL COURSE

27 WEEKS (01/10/2018-24/05/2019) - FREE

Language of the course: **ENGLISH/FRENCH**

SPORT COMPETITION - SOCCER

THURSDAY - H. 15:15-16:30

(P4-P5-S1-S2-S3-S4)

min. 10 / max. 15

ANNUAL COURSE

28 WEEKS (01/10/2018-24/05/2019) - FREE

Language of the course: **ENGLISH/FRENCH**

PROGRAM OF THE COURSE

SPORT GAMES

Program of the class provided by the teacher

Sport games is a program for P1-P2-P3 to increase motricity, fair play, social skills and to discover sports (basketball / football / volleyball)

The most important in this group is for the children to teach them to do their best, to accept mistakes, and to have fun. During winter term it will be done at GymHall.

SPORT COMPETITION

Program of the class provided by the teacher

Sport competition is a program for older to practice volleyball and soccer at Bel Air gymnasium or in the school's playground.

The goal is to create some teams to play against other schools.

It's also part of the school project that we joined this year: A tournament in Italy to play against other international schools from all over the world.

The skills, but also the strategy and the spirit of the game will be our priority.



SPORT COMPETITION – VOLLEY



SPORT COMPETITION – SOCCER

TEACHER

SYLVAIN TRUSCELLO is a sport teacher with 15 years of experience in coaching. I was personal trainer, sport animator for kids and also badminton coach. I'm still coaching a teenager's soccer team in France.

My priorities are: to teach to the kids that they all can participate, they all must respect the rules, the others and themselves.

TYLER SCHEERHOORN is a Canadian sport teacher. He's also a volleyball professional player and he coaches kids teams in Bel Air.

Enrolment Procedure

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AFTERSCHOOL ACTIVITIES 2018/2019



**OVER THE RAINBOW A.S.B.L.
INTERNATIONAL SCHOOL**

TENNIS at TC Arquebusiers www.tca.lu

MINI-TENNIS

MONDAY - H. 15:15-16:30

(M2-M3)

min. 4 / max. 4

SEMESTRIAL COURSE

1° SEMESTER - 18 WEEKS (17/09/2018-07/02/2019) – 243,00 €

2° SEMESTER -17 WEEKS (10/02/2019-06/07/2019) – 229,50 €

Language of the course: **FRENCH**

TENNIS GROUP

MONDAY - H. 15:15-16:30

(P1-P2)

min. 6 / max. 6

SEMESTRIAL COURSE

1° SEMESTER - 18 WEEKS (17/09/2018-07/02/2019) – 243,00 €

2° SEMESTER -17 WEEKS (10/02/2019-06/07/2019) – 229,50 €

Language of the course: **FRENCH**

Tennis lessons are done at TC Arquebusiers located in 140, Val Ste Croix.
PICK UP at 1630 must be done by parents directly to Tennis Club

TENNIS BEGINNER

MONDAY - H. 15:15-16:30

(P3-P4-P5)

min. 6 / max. 6

ANNUAL COURSE

35 WEEKS (17/09/2018—06/07/2019) – 472,50 €

Language of the course: **FRENCH**

TENNIS INTERMEDIATE

MONDAY - H. 15:15-16:30

(P3-P4-P5)

min. 6 / max. 6

ANNUAL COURSE

35 WEEKS (17/09/2018—06/07/2019) – 472,50 €

Language of the course: **FRENCH**

PROGRAM OF THE COURSE

MINI-TENNIS & TENNIS GROUP

- un enseignement correspondant à leurs capacités psychomotrices;
- ballon paille, balle mousse, balle souple, raquette adaptée;
- sur un terrain aménagé 12m ;
- correspondant à leur taille et à leurs besoins.



TENNIS COURSES (BEGINNER/INTERMEDIATE)

- une pédagogie nouvelle adaptée à ton niveau qui te permettra d'évoluer dans les meilleures conditions vers le tennis traditionnel;
- ballon paille, balle mousse, balle souple, raquette adaptée;
- sur un terrain aménagé 12m.



TEACHERS

Le **TENNIS CLUB DES ARQUEBUSIERS** mène une approche pédagogique, proposant aux enfants plusieurs ateliers (tennis, motricité, jeux sportifs autour d'un matériel spécifique) pour qu'ils développent leur habileté tout en s'amusant.

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**OVER THE RAINBOW A.S.B.L
INTERNATIONAL SCHOOL**

YOGA

YOGA PRESCHOOL

FRIDAY - H. 15:15-16:15

(M1-M2-M3)

min. 6 / max. 10

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 153,00

2° TERM - 8 WEEKS (10/12/2018-01/03/2019) - € 136,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 170,00

Language of the course: **FRENCH**

YOGA

TUESDAY - H. 15:15-16:15

(P1-P2-P3-P4-P5-S1-S2-S3-S4)

min. 6 / max. 10

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 153,00

2° TERM - 9 WEEKS (10/12/2018-01/03/2019) - € 153,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 170,00

Language of the course: **FRENCH**

YOGA

FRIDAY - H. 16:30-17:30

(P1-P2-P3-P4-P5-S1-S2-S3-S4)

min. 6 / max. 10

QUARTERLY COURSE

1° TERM - 9 WEEKS (01/10/2018-07/12/2018) - € 153,00

2° TERM - 8 WEEKS (10/12/2018-01/03/2019) - € 136,00

3° TERM - 10 WEEKS (04/03/2019-24/05/2019) - € 170,00

Language of the course: **FRENCH**

PROGRAM OF THE COURSE

The sessions are focused on developing their knowledge and creativity without feeling any stress or obligation to get a “good” result. There is no spirit of competition throughout the learning process, the input varying swapping from dynamic postures to creative stuff and pedagogical inputs. Each atelier brings in calming exercises like the recognition of animals and their places of living around the globe including drawing, visualization and games for a joyful practice.

The main benefits having weekly courses are:

- getting the consciousness and functioning of the human body
- to become more flexible and adaptable
- evacuation of tensions
- getting a stronger immunity system
- emotional stability and decreased anxiety
- improved concentration and raising of the awareness of themselves.

So, we shall all give children the opportunity to be and feel as they are in order to make them happy!

TEACHER

MURIELLE CHOBRIAT

Diplômée de l’Ecole Française de Yoga de l’Est, formation de 4 ans certifiée au niveau européen, complétée par de nombreux stages en Yoga pour enfants (formation RYE: Recherche sur le Yoga dans l’Education), Yoga Nidra (art du sommeil en conscience), Kundalini Yoga (éveil et apport en énergie), Yoga hormonal thérapeutique, yoga du dos, yoga des yeux. 14 ans de pratique et en cours de certification en Yoga-thérapie (4 ans) avec Bernard Bouanchaud et le docteur Natesan Chandrasekaran.

Passionnée par les techniques de bien-être, j’ai expérimenté leurs liens avec le Yoga et la méditation en les intégrant dans les cours, sous forme de jeux pour les enfants.

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