

Holland International School



Co-Curricular Activities (CCA)
School year 2023-2024
Term 2 (22 January - 28 March 2024)

Co-Curricular Activities (CCA)

Holland International School provides a wide range of after-school activities, and qualified teachers and sports coaches teach the so-called Co-Curricular Activities (CCA). Children can choose from various classes such as sports, art, drama, dancing, technical Lego, coding, and extra language. The activities are provided in age-based groups, and they take place in our gymnasium, music room, kitchen or on the premises of the Hollandse Club and The Yard, for which school bus transport can be arranged at an additional cost. The classes begin immediately after school. After the CCA, the children can take the CCA bus home (when their CCA is at school, at an additional cost), or parents may pick them up. Parents have to pick up their child themselves from the Hollandse Club and The Yard.

Sign up your children for one or more fun activities!

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ABC PROGRAMME - LEARN TO SWIM (45 MIN)



Day: Monday / Wednesday / Thursday

Provider: AquaDucks

Location: Hollandse Club

Learning to swim with AquaDucks is fun and equally important AquaDucks is a provider with the Dutch National Swimming Diplomas Licence.

The Learn to Swim Programme follows the ABC curriculum from the Netherlands blended with the Australian & American Freestyle programme. The ABC programme focuses on stroke perfection of all four strokes: Freestyle, Breaststroke, Backstroke and Butterfly combined with stamina building and water safety.

Your child can join the Learn to Swim (ABC) programme from the age of 5 years and above. Each class is 45 minutes and it takes approximately 40 hours in the A-Programme to achieve the A-Diploma within one school year (this requires 2 swimming classes per week).

The ABC programme consists of 8 levels. Level A takes place in the heated instruction pool and Level B and C at the main pool.

Learn more about the programme:

<https://www.aquaducks.com.sg/swimming-programmes/learn-to-swim/>
www.allesoverzwemles.nl

Note: Woodlands provides bus transportation from school to the Hollandse Club, but it is currently not possible to arrange transport from the Hollandse Club to the home addresses after the classes. Parents/Caretakers will have to fence the children at the Hollandse Club (22 Camden Park, Singapore 299814).

ART (60 MIN)



Day: Monday and Tuesday

Provider: Frances Alleblas

The children will get acquainted with contemporary artists, will get inspired by their work, and make their own individual artworks accordingly. This could be in the form of drawings, paintings, works in clay/carton, or a performance, etc.

We will get inspired by a different artist or art movement. For example Picasso, Hundertwasser, Frida Kahlo or Botero. Expressionism, aboriginal art, Dada ... Music and/or poetry can also be a source of inspiration for the classes. Or we take a look at the shadow puppets from Indonesia, or the statues from Oceania.

Even though the children will learn from all these different art forms, the main goal of the CCA art class is the practical side of making your own individual works, experiencing the freedom and joy of what art making is and the value of having a rich fantasy. Every child can make art, and there is no right or wrong.

Learn more about the provider: <http://www.francesalleblas.com/>

ARTIFICIAL INTELLIGENCE FOR KIDS (60 MIN)



Day: Monday, Tuesday

Provider: Little Coder

EXPLORE THE WORLD OF ARTIFICIAL INTELLIGENCE & ROBOTICS

Throughout this program, students make a number of interactive, real-world application based projects such as an expression detector, AI delivery bot, a self-driving car, home automation system, etc.

Little Coder teaches children in a playful way how to code in a safe, nurturing space for children to grow, learn and play. The programme encourages curiosity and fun while masking the complexities with relatable lessons.

This CCA is a comprehensive interdisciplinary programme that instils resilience and confidence in children's developmental abilities. In doing so, they inculcate important 21st century skills such as creative thinking, critical thinking, problem-solving, logical thinking and innovativeness.

Learn more about the provider: <https://www.hellolittlecoder.com/>

Brazilian Jiu-Jitsu (BJJ) & Mixed Martial Arts



Day: Tuesday, Wednesday

Provider: Thrive Camps by Stronghold MMA

Brazilian Jiu-Jitsu (BJJ) and Mixed Martial Arts (MMA) are ground grappling martial arts that teaches a powerful and complete grappling system involving clinches, takedowns, ground transitions and submissions, all of which are useful in sports, competition and self-defence. The classes integrate games and play into the curriculum for warm-up, demonstration, drills and sparring with a buddy. Ideally, the classes are split into different age groups to create a safe environment for all students.

Children develop motor skills and coordination, increase physical fitness, build on confidence and mental focus. BJJ also develops valuable life skills such as strategic thinking, overcoming challenges, breakdown hard tasks into achievable steps, adaptability to change and resiliency.

Learn more about the provider: <https://www.stronghold.sg/> in collaboration with Thrive Camps <https://thrivecamps.sg/>

CONTEMPORARY DANCE (60 min)



Day: Wednesday

Provider: FabFit

Contemporary dance is a style of interpretive dance that embraces innovation, blending techniques from various genres, including ballet, jazz, and lyrical dance. This genre of dance, which focuses more on floor work over leg work and pointe, isn't restricted by the rules that govern traditional dance forms. Instead, it relies on improvisation and versatility and is characterised by freedom of movement and fluidity, letting dancers explore the mind-body connection and ideally evoking emotion in the audience.

Contemporary dance is sometimes considered a form of storytelling, and dancers may use the medium to portray characters, replay events, or convey personal stories.

Learn more about the provider: <https://www.fabfitdancesg.com/>

CONVERSATIONAL MANDARIN (60 MIN)



Day: Monday

Provider: TAN Shioh Nern

Lively and interactive Mandarin lessons that effectively develop a child's conversational skills. It's highly recommended to continue for the next trimester to book real progress on the language development.

Broaden our children's horizon
by letting them discover a whole new world!
Help them learn a new language
and make new friends
so that they will be ready
to explore the world beyond their own!
Let our children enjoy
the weekly lessons filled
with Chinese songs,
poems and rhymes,
stories and role-plays!

Chinese phonetics • Numeracy • Colours & Shapes • Animals • Greetings •
Introductions • Family • Day, Date & Time • Introduction to Writing Chinese Script

CREATIVE DRAMA (60 MIN)



Day: Thursday

Provider: Centre Stage

Creative Drama is at the heart and soul of the Centre Stage ethos. It is process driven, rather than performance-based drama – the emphasis and the value is in the journey rather than the outcome.

We bring to life situations, stories and characters by 'playing out' the narrative – using structured play in a highly fun and interactive way. Skills applied and gained from these classes are broad and immense: Confidence, communication, quick thinking, problem-solving, flexibility, teamwork, an ability to improvise, apply creativity and imagination as well as develop social and emotional skills!

These classes are suitable for all children from the under-confident to build self-esteem to the real drama enthusiast.

Learn more about the provider: <https://centre-stage.com>

EXTRA ENGLISH (60 MIN)

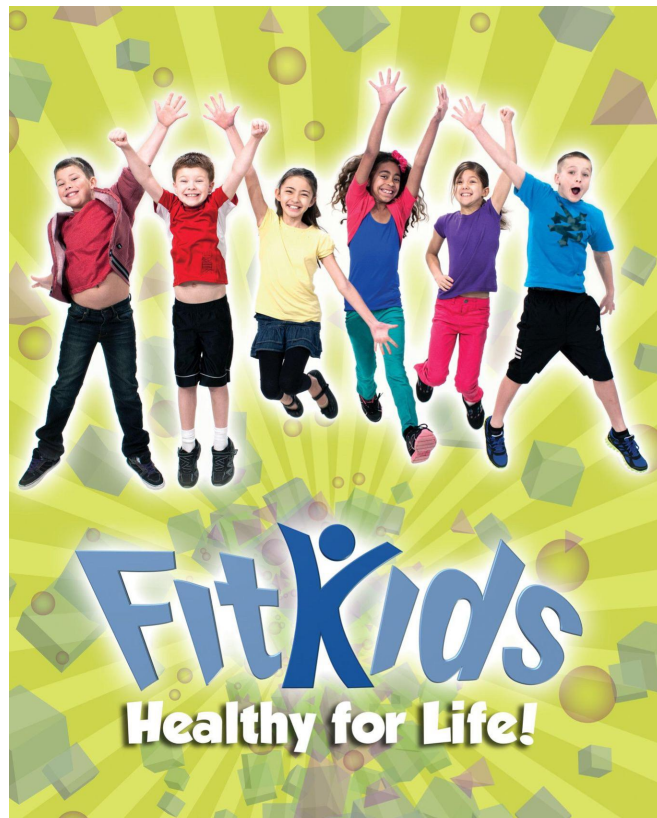


Day: Thursday

Provider: English Department

This English CCA is on invitation only and will serve to boost your child's confidence in various aspects of the language (e.g. vocabulary, speaking, reading and writing) in a fun and interactive way.

FitKids (60 MIN)



Day: Thursday

Provider: Bianca van de Merwe

A way of training that incorporates different sports. Think athletics, gymnastics and weightlifting. You train with your own body and body weight. Your son or daughter will learn new skills and feel stronger.

FOOTBALL - COMPETITION UNDER 11



Day: Tuesday and Thursday

Provider: Borussia Football Academy

Who wants to play football in the team competition 11 and under (11 years and younger)? Do you like to play a friendly match of soccer, do you want to gain some experience in playing, then join our Holland International School Football team.

Registration is open for enthusiastic and talented boys and girls. You get to play against different international schools on Thursday afternoons, right after school. It is great fun and no experience is required! A professional coach of Borussia Football Academy will lead the team and facilitate the training sessions on Tuesdays.

Learn more about the provider: <https://borussia-academy-sg.com/>

FRENCH LANGUAGE PROGRAMME (60 MIN)



Day: Wednesday and Friday

Provider: Alliance Française

Learn French in a fun and stimulating way with a focus on spoken French

Based on innovative French immersion teaching methods, language-learning becomes fun! Using *Les Petits Loustics* textbook and workbook, teachers present the language and culture through tailored activities all in French.

Children learn how to introduce themselves and others in French, talk about their immediate environment, and express their wishes, needs, and desires. Children are encouraged to interact in French during the class through various activities: stories, creative projects, songs, and educational games. Based on a thematic approach, children explore the French language and culture thanks to various activities: board games, arts and crafts, songs and creative projects.

It's highly recommended to register for 2 hours of French CCA language classes per week and to continue for the next trimester to book progress on mastering conversational skills.

Learn more about the provider: <https://alliancefrancaise.org.sg/>

Preparation for International Schools application Reading Comprehension (60 MIN)



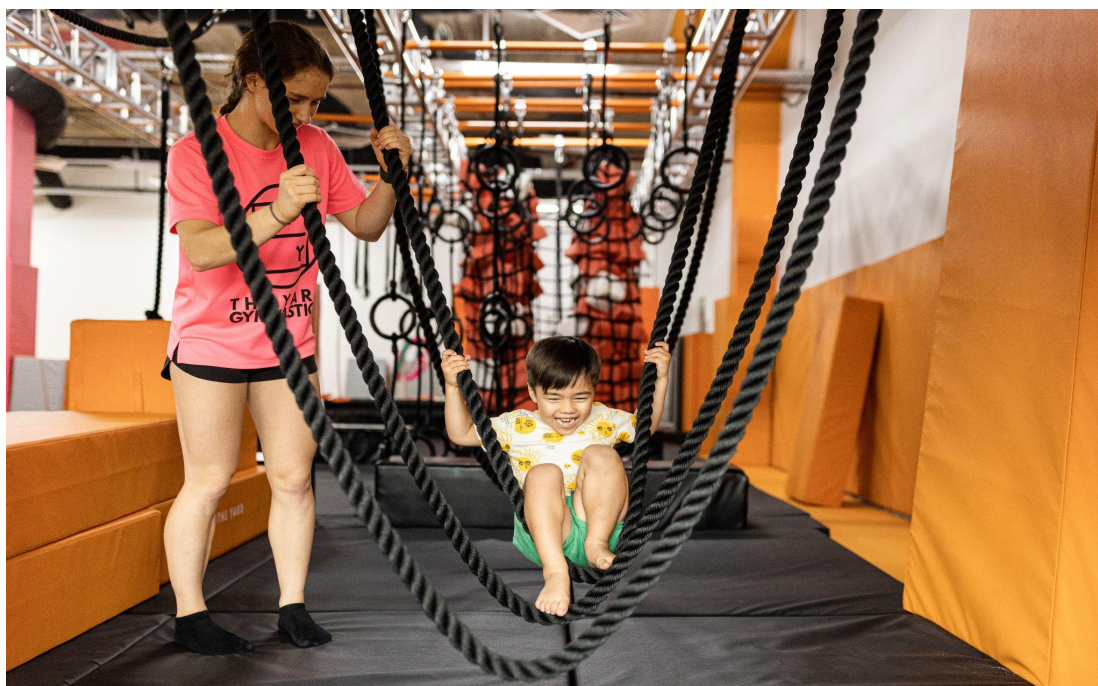
Day: Tuesday

Provider: Stephen Meyer (English Department)

This CCA is for those students who are looking to apply to International Schools in Singapore or abroad. Potential elements of the application process that we may cover are detailed below:

-English preparation for Group 8 provides students with extra preparation for International schools in Singapore or abroad. These lessons will focus in part on some extra writing and reading comprehension skills.

GYMNASTICS AT THE YARD (60 MIN)



Day: Friday

Provider: The Yard Bukit Timah

KinderTots (Group 1 & 2 and Reception Class)

The KinderTots class is a one hour coach led session that for many children will be their introduction to gymnastics. The program is designed to create a fun, safe and challenging environment filled with obstacle courses, learning stations, fitness and foundational level gymnastics skills. The small class sizes and progression-focused program will keep active and having fun for longer whilst mastering the basic social and acrobatic movements across the full spectrum of traditional gymnastics apparatus - Bars, Beam, Vault and Floor.

Ninja White (Group 3 & 4 & 5)

Our Ninja program and class structure was developed in North America and the activities are inspired by gymnastics, martial arts, obstacle training, and freestyle movement. Throughout this Ninja program the children will learn a combination of flips, rolls, jumps, and kicks. Their strength and agility will be tested through obstacle courses and various training techniques on their path to become ninjas. The program will not only work on skill development, the coaches will also focus on listening skills, confidence, trying new things, working through frustration, and of course having fun with their friends! We do all this through a strategic mix of skills and progressions utilising our brand new, custom designed Ninja rig at our new Bukit Timah location.

Fundamentals (group 6 & 7 & 8)

The focus is on establishing gymnastics FUNdamentals in a fun and challenging environment. The children will be given the chance to develop their apparatus confidence, strength & flexibility, balance & coordination on Vault, Bars, Beam, and Floor. Classes will start with a warm-up before moving on to individual rotations, and specific skill development. Throughout the term of CCA classes the rotations will cover all the different apparatus in the gym, exposing the children to new and challenging skills. In addition to the four key pieces, our new gym at Bukit Timah has a tumble track, ropes and various training blocks and shapes that the coaches will use to teach new skills.

Note: Woodlands provides bus transportation from school to the Yard venue, but it is currently not possible to arrange transport from the Yard to the home addresses after the classes. Parents will have to fence the children at 3pm at the Yard (896 Dunearn Rd, #03-05, Link@896 589472)



HEALTHY COOKING (60 MIN)



Day: Monday and Tuesday

Provider: Bianca van de Merwe

We seek to bring more children into the kitchen to explore a world of food, healthy ingredients, getting their hands dirty... and of course, to savour the fruits of their labour!

It's not about the result only, children pick up many crucial skills while processing the cooking. Skills like language, numeracy, science, problem-solving, working in teams, motor skills, and much, much more. The kitchen is a treasure trove of lessons, and we want to share them with every child!

HOCKEY (60 MIN)



Day: Monday and Thursday
Provider: FTO PTE LTD

Helmed by our Singapore National Men's Indoor Hockey Coach and a former Malaysian Outdoor Hockey International, Redzuan Ponirin (Pon), the programme is designed to teach the fundamental technical and tactical skills for hockey.

The methodology of our youth programmes comes from Norbert Nederlof from the Netherlands. Drills are age and ability based, fun and progressive that improve the cognitive thinking skills and the psychomotor skills of the participants.

LITTLE STARS DANCE (60 MIN)



Day: Thursday

Provider: Joanna (Fab Fitdance)

Introduction to Ballet & Jazz with fun dance choreography

A wonderful class for kids aged 2.5 - 6 years old. This dance class will teach the children the basics of classical ballet, musicality and introduction to jazz technique, all while having fun and enjoying themselves! Students will learn through play-based creative storytelling, games, imagination, rhythmic movements to expand their dance creativity, motor skills and flexibility.

This CCA is to promote healthy coordination and musicality through creative dance exploration and performance. It will improve the children's flexibility, coordination, establish stronger discipline and teamwork, and most importantly personal self-confidence.

Learn more about the provider:

<https://www.fabfitdancesg.com/kids-dance-classes>

MINI-SPORTS (60 MIN)



Day: Friday

Provider: TinyTots

Get ready to jump, run, kick, throw and catch

Tinytots Minisports combines facets from all our programs and aims to introduce preschoolers to the fundamentals of soccer, basketball and rugby. The programme aims to promote children's interest in physical activities and to build a solid foundation in their fundamental movement skills. The programme combines a series of activities and drills that use imaginative play, familiar games, visual skills and creative participation to engage children and ensure that they get the maximum enjoyment from running, kicking, throwing, catching and jumping. Our coach will deliver fun-filled sessions that will support your child's learning and development through the beautiful game and equip them with skills that will help them inside and outside the classroom environment.

This CCA teaches fundamental movement skills, non-competitive enjoyment of sports, confidence, coordination and strength.

Learn more about the provider: www.tinytots.com.sg

Padel (60 min)



Day: Monday / Thursday

Provider: Tennis Academy (Jorge Jiménez)

Location: Hollandse Club

Padel for young talents to learn teamwork, get the best out of themselves as people and as players.

Improves attitude, hand-eye coordination, engagement to this sport. Our goal is for children to enjoy, have fun and learn the values of sport through the practice of Padel, where they can give free rein to their imagination, evolve physically and emotionally, and make new friends within a family environment such as our Club.

SOCCER (60 MIN)



Day: Tuesday
Provider: TinyTots

Get the maximum enjoyment out of the world's most popular sport

Tinytots Soccer combines a series of activities and drills that use imaginative play, familiar games, visual skills and creative participation to engage children and ensure that they get the maximum enjoyment out of the world's most popular sport. Our coach will deliver fun-filled sessions that will support your child's learning and development through the beautiful game and equip them with skills that will help them inside and outside the classroom environment.

This CCA teaches fundamental movement skills, non-competitive enjoyment of sports, confidence, coordination, and strength.

Learn more about the provider: www.tinytots.com.sg

SPANISH LANGUAGE PROGRAMME (60)



Day: Monday and Tuesday

Provider: Chantal Gonzales

¡Bienvenidos al mundo del Español! Welcome to the world of Spanish!

Your child will have the opportunity to explore the exciting language of Spanish and culture of the Spanish-speaking countries.

Children will be introduced to key vocabulary topics such as greetings, numbers, animals, and family through songs and playful rhymes. We will also use materials such as games, videos, and stories to expose your child to the Spanish language in context. Rather than memorising vocabulary lists, children will hear and practise Spanish through short stories and storytelling.

Your child will be actively engaged in hearing, speaking, and practising Spanish in meaningful and enjoyable ways. Join the Spanish CCA to be a part of this new journey of language and cultural discovery!

Note: If your child has Spanish exposure at home, this CCA can help reinforce pronunciation and expand their vocabulary. This can enhance their language skills, offering a fun and engaging environment to further develop their Spanish proficiency.

STANDING STRONG/STERK STAAN (60 MIN)



Day: Wednesday, Friday
Provider SACAC Counselling

The Standing Strong programmer is for children who would like to improve their self confidence, learn how to set boundaries, become more resilient and learn how to deal with difficult (social) situations.

Having poor confidence or low self-esteem can manifest in numerous problems in children. It can maintain academic, behavioural and emotional issues. The group training 'Standing Strong' (Sterk Staans) aims to teach children to build their self-esteem. This helps children to gain more self-confidence to face difficulties and implement different skills to manage their difficulties.

The main message to the child will be: 'You're amazing just the way you are' by talking about and practising 'Who am I' (individuality), 'What can I do' (self-image and self-confidence) and 'With whom' (social interaction) in a playful way. After the training they are stronger, solve difficult situations with resilient behaviour and are better able to stand up for themselves.

STREET JAZZ & HIP HOP (60 MIN)



Day: Thursday

Provider: Joanna (Fab Fitdance)

Introduction to Street Jazz and Hip hop dance choreography

A cool dancing class for boys and girls aged 6 - 12 years old. This dance class will teach the children the basic street jazz technique, musicality and introduction to hip hop choreography, all while having fun and enjoying themselves! The Hip Hop Street Dance is to encourage students to step out of the box to express their own personality and style while dancing to the latest street dance moves. Get ready to groove with style.

This course aims to promote healthy fun expression and musicality through upbeat dance styles such as Hip Hop, Funk, Locking, Popping. It will improve the children's flexibility, coordination, establish stronger discipline and teamwork, and most importantly personal self-confidence.

Learn more about the provider:

<https://www.fabfitdancesg.com>

STROKE IMPROVEMENT/COMPETITION PRACTICE (45 MIN)



Day: Monday/ Wednesday / Thursday

Provider: AquaDucks

Location: Hollandse Club

Stroke & Development

The Stroke & Development programme is for children who finished the Learn to Swim programme and who want to improve their stroke techniques further.

The Stroke & Development Programme consists of three levels and includes the finetuning of stroke techniques, competition drills, personal survival and life-saving skills. Each session is 45 minutes.

Swimming with Aquaducks is not only fun, Aquaducks is also independently assessed by the Dutch National Water Safety Council.

Competition practice

The Competition CCA prepares for the inter-school swimming championship, organised by Athletic Conference of Singapore International Schools (ACSIS). Win or lose, Aquaducks makes sure that swimmers enjoy racing, show team spirit and empowers them to swim at their best. Children interested in joining the competition practice are required to attend training sessions at least twice a week (this can also be combined with training sessions beyond the CCA offering).

Learn more:

<https://www.aquaducks.com.sg/swimming-programmes-club-venues/stroke-development/> and www.allesoverzwemles.nl

TENNIS (60 MIN)



Day: Monday, Wednesday, Thursday

Provider: Hollandse Club Tennis Academy

Location: Hollandse Club

The Hollandse Club Tennis Academy teaches the fundamentals of tennis including; grips, stroke correction, footwork, and rules and etiquette. Most importantly the lessons are fun, are conducted in a safe environment, and build confident and competent players. This class is designed to introduce young players to the game of tennis.

Note: Woodlands provides bus transportation from school to the Hollandse Club, but it is currently not possible to arrange transport from the Yard to the home addresses after the classes. Parents/Caretakers will have to fence the children at the Hollandse Club (22 Camden Park, Singapore 299814).

TYPING COURSE (60 MIN)



Day: Wednesday

Provider: Bianca van de Merwe

In this 10-week course, children are introduced to the basics of typing. The children learn in a playful manner, from a start of hand positioning, the 10-fingered (blind) typing. For the children, the progress is clear and is stimulated by achieving different levels, badges and stars.

This CCA offers the children an hour of guided (further) work on their skill and a teacher who keeps an eye on their progress. In addition to this guided session, the children should continue to practise independently at home on a regular basis (advice: 5 times per week 15min) to keep the process going and to further hone the skill.

At the end of the 10 weeks, the child receives a proof of the level at that time. This is shown in Basic level 1, 2 or 3 and then Advanced level 1 to 9. It is possible for the children to continue practising independently and, if there is sufficient interest, to take up the CCA again and further improve the level already achieved.

More information can be found at www.typingclub.com.

VIDEO EDITING (60 MIN)



Day: Friday

Provider: Bianca van de Merwe

There are currently many vloggers on YouTube who all edit their video after they have recorded it. Cut/paste, make someone walk faster, give someone a different voice, filters. In the number of weeks that this course will be given, we will learn all kinds of tricks so that you can easily edit your own videos too, and we might even get around to the endless possibilities of green screens.

Kids Yoga (60MIN)



Day: Monday, Tuesday and Friday

Provider: BlissYogasg

Let us Establish Healthy Habits Early!!

BlissYogasg combines elements of Yoga Postures, Yoga games, Breathing, Mindfulness & Meditation in a fun, educational & interactive format that motivates kids to practise yoga.

Every week in Kids Yoga, the children get to balance as trees, planes, or observe the world upside down from their headstands! They stretch and move around as dogs, cats, or other yoga poses and use their imagination to travel on the mats. Kids also learn to breathe deeply, relax, sometimes even meditate, to end the classes peacefully and quietly.

Our objective is to introduce yoga to kids in their younger years so that they can use these tools in their growing years to manage their emotions & life challenges.

This Yoga CCA will increase muscle strength, flexibility and range of motion, while teaching children to learn their limits and pay attention to how their body feels. Being aware of their bodies will actually improve motor skills. Yoga also will improve children's emotional regulation, concentration and memory. It has also been proven that Yoga makes kids happier.

Learn more about the provider: www.blissyogasg.com

Acrobatics (60 MIN)



Day: Wednesday / Thursday

Provider: Tanglin Arts Studio

Dive into the exciting world of Acro Dance, where creativity and physical activity collide! Our Acro Dance classes are tailored for young kids, offering a perfect blend of dance, acrobatics, and gymnastics that not only hones their gross motor skills but also brings endless fun. Led by expert and certified instructors, these classes are designed to enhance balance, coordination, and flexibility while boosting confidence and self-esteem. Through engaging routines and interactive activities, children develop essential teamwork and social skills, forging friendships in a supportive environment. Our program nurtures creativity and imagination, allowing kids to express themselves artistically.