

# After-school activities forecasts 2023-2024








## Arts, Culture and Sports





# Highschool (in Hadxaykhao)

## News !




### *Artistic and cultural activities*







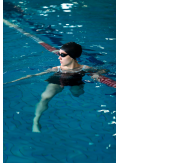
	<p><b>Music and Dance in Laos</b> Monday, 17:15-18:45, specialized supervisors (in Lao language)</p> <p>Discover the cultural traditions of music and dance in Laos by practicing with specialist instructors.</p>
	<p><b>Theater</b> Tuesday, 17:15-18:45, with Blandine Molinier</p> <p>A theater workshop based on acting. Discover the words of an author or invent your own character or scene. Look for comedy, the unexpected or sincerity. Play on stage and play with others, just for fun.</p>
	<p><b>Chess</b> Wednesday, 13:15-14:45, with Dimitri Raulin and Fabien Sannier</p> <p>Beginners : Learning moves and movements, introduction to pendulum matches. Intermediates: Analysis, master movements, opening, positioning.</p>
	<p><b>Drawing</b> Wednesday, 13:15-14:45, with Bruno Michelin</p> <p>From perspective techniques to artistic anatomy, come and learn the basics of drawing that will enable you to progress in both academic drawing and manga creation. To your pencils !</p>
	<p><b>Collective musical activity</b> Thursday, 17:15-18:45, with Jules Pardon</p> <p>Participate in a collective musical project: play in a group, improvise, in different registers.</p>

	<p><b>World food</b> Friday, 17:15-18:45, with Nicolas Luvant</p> <p>Discover how to prepare simple, varied recipes for healthy, balanced eating. Gain autonomy, for the pleasure of cooking or being able to feed yourself.</p>
	<p><b>Yoga</b> Friday, 17:15 - 18:45, with Mitul (Indus Yoga, in english)</p> <p>Breathing and concentration to feel better in your body and find serenity.</p>







## Elementary and highschool in Hadxaykhao

### ***Sports***

	<p><b>Badminton leisure (6e to Terminale)</b> Wednesday, 13:15-14:45, with Vanmael Heriau</p> <p>Play badminton as a leisure activity, to discover and have fun, with technical work and matches.</p>
	<p><b>Badminton competition (6e to Terminale)</b> Wednesday, 15:00-16:30, with Vanmael Heriau</p> <p>Competitive badminton, for physical commitment and tactical development based on complete technique.</p>
	<p><b>Basket ball leisure and competition (6e to Terminale)</b> Monday, 17:15-18:45, and/or Wednesday, 13:15-14:45, with Hélène Desages</p> <p>Recreational or competitive basketball for relaxation and teamwork. The most motivated can play twice a week, to build up a team and prepare for the Vientiane inter-school championships.</p>

	<p><b>Soccer U9 (CE1 and CE2)</b> Tuesday and/or Friday, 16:00-17:00, with Laurent Dupont (tuesday) et David Ben Koffi (friday)</p> <p>Develop motor skills and discover collective action.</p>
	<p><b>Soccer U11 (CM1 and CM2)</b> Monday and/or Thursday, 16:00-17:00, with Laurent Dupont (thursday) and David Ben Koffi (monday)</p> <p>Develop versatility and learn to occupy the field.</p>
	<p><b>Soccer U13 (6e and 5e)</b> Thursday and/or Friday, 17:15-18:45, with Laurent Dupont (friday) and David Ben Koffi (thursday)</p> <p>Improve ball control, build offensive and defensive action. Know the rules of the game.</p>
	<p><b>Soccer U15 (4e and 3e)</b> Tuesday and/or Friday, 17:15-18:45, with Laurent Dupont (friday) and David Ben Koffi (tuesday)</p> <p>Intensify the physical dimension of soccer and develop personal qualities to build a game identity.</p>
	<p><b>Soccer U18 (Seconde to Terminale)</b> Friday, 17h15-18h45, with Patrick Riedener</p> <p>Link technical movements and diversify collective actions, taking the opponent into account.</p>
	<p><b>Girls' Soccer (6e to Terminale)</b> Monday, 17:15-18:45, with David Ben Koffi</p> <p>Build a complementary team by allowing each member to express his or her own identity.</p>
	<p><b>Swimming leisure (6e to Terminale)</b> Tuesday, 17h15 à 18h45, with Joanne Andraca-Tosseri</p> <p>Gaining ease in the water to evolve safely</p>



	<p><b>Swimming competition (6e to Terminale)</b> Thursday, 17:15 to 18:45, with Joanne Andraca-Tosseri</p> <p>Develop your swimming techniques and progress according to your preferences and abilities.</p>
	<p><b>Swimming initiation (CE2 to CM2)</b> Friday, 16:00-17:00, with Anthony Stadel (in english)</p> <p>Learn how to swim safely and discover swimming techniques.</p>
	<p><b>Taekwondo (6e to Terminale)</b> Monday, 17:15-18:45, with Vanthong Samlane</p> <p>An activity accessible to all, which helps develop self-control, fighting spirit and respect.</p>
	<p><b>Table tennis (6e to Terminale)</b> Wednesday, 13:15-14:45, with Gaël Charrier</p> <p>From ping pong to table tennis, discover techniques and implement strategies. Develop skill, precision and concentration while having fun.</p>
	<p><b>Table tennis initiation (CM1 and CM2)</b> Friday, 16h00-17h00, with Gaël Charrier</p> <p>Develop fine motor skills, ensure exchange and enjoyment of play.</p>
	<p><b>Volley ball leisure and competition (4e to Terminale)</b> Tuesday and/or thursday, 17:15-18:45, with Laurent Dupont</p> <p>Recreational or competitive. Collective training to develop individual technique and prepare teams to take part in championships.</p>

## Forecast schedule for activities in Hadxaykhao

Monday	16:00-17:00	Elementary			17:15-18:45	Highschool		
	Soccer U11 (Koffi)				Basket (Desages)	Soccer U18 girls (Koffi)	Taekwondo (Samlane)	Music and dance in Laos (specialists)
	Field				Gymnasium	Field	Dance hall	Amphi
Tuesday	16:00-17:00	Elementary			17:15-18:45	Highschool		
	Soccer U9 (Dupont)				Volley (Dupont)	Soccer U15 (Koffi)	Swimming (Andraca)	Theater (Molinier)
	Field				Gymnasium	Field	Swimming pool	Dance hall (or Amphi)
Wednesday	13:15-14:45	Highschool						15:00-17:00
	Badminton leisure (Hériaux)	Chess (Raulin)	Drawing (Michelin)	Basket (Desages)	Table tennis (Charrier)			Badminton competition (Hériaux)
	Setha club	classroom	classroom	Gymnasium	Dance hall			Setha club
Thursday	16:00-17:00	Elementary			17:15-18:45	Highschool		
	Soccer U11 (Dupont)				Volley (Dupont)	Soccer U13 (Koffi)	Swimming (Andraca)	Collective musical activity (Pardon)
	Field				Gymnasium	Field	Swimming pool	Amphi
Friday	16:00-17:00	Elementary			17:15-18:45	Highschool		
	Soccer U9 (Koffi)	Swimming initiation (Stadel)	Table tennis initiation (Charrier)	Foot U18 (Riedener ou Koffi)	Soccer U13 and U15 (Dupont)	World food (Luvant)		Yoga (Mitul)
	Field	Swimming pool	Dance hall	Field	Gymnasium	Kitchen		Dance hall

This schedule is subject to the number of students enrolled and the commitment of the instructors.

It is therefore provisional and not binding on the school.

## Pricing

### High school activities

130\$ per 1:30 activity slot

220\$ for two activities or sessions

290\$ for 3 activities / 350\$ for 4 activities / 400\$ for 5 activities

## Registration

