

Windlesham House School
After School Activities Year 3 - 8



Windlesham

- Est. 1837 -

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Choosing an Activity

Who does Activities?

All Prep school pupils must be signed into an activity from the start of term, unless they are being collected at 4.30pm. They will choose one activity each day, which runs from 4.40-5.15pm and will then go to prep. Pupils in Years 3-5 may be collected before prep at 5.15pm. If you plan to regularly pick up your child at 4.30pm or 5.15pm then please add that as an activity for that day when completing your activity choices on misocs (see below).

Invitation Only Activities

Some pupils will be invited to specific activities because they are required to do them for scholarships or similar reasons. If this applies to your child the relevant teacher will contact you to discuss this with you. If you are unsure whether your child should be attending a scholarship group, please email whsoffice@windlesham.com who will direct your email accordingly.

Popular Choices

Some activities, such as multisports and code club, are extremely popular and sometimes over subscribed. Whilst we would like to simply offer more of these sessions or allow everyone who wants to join to do so, it isn't always possible due to the availability of staff or venues for these activities. In such cases, we may have to ask pupils to choose an alternative activity. Where this is the case we will ensure that they are able to attend the club the next term or on an alternative day.

How to sign up for an activity

To sign up for an activity please login to www.misocs.com during the sign up window of A 'how to' guide to signing in to misocs for the first time is available here: <https://bit.ly/2PqcvIC> NB we will now be signing up for both paid and unpaid activities in misocs.

What's on Offer?

All activities are at 4.40pm unless otherwise stated. Activities with '£' are chargeable, please see additional information below. An asterisk (*) denotes activities that are by invitation only. Descriptions of the activities are provided in the next section. Please note that clubs are subject to change due to numbers of pupils attending, changes in staff availability etc.

If you require any further information about these activities or the process of choosing activities please do not hesitate to contact sedwards@windlesham.com or aevans@windlesham.com.

Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Clay Pigeon Shooting (£) 10.40am				
Golf (£) 12.30pm	Golf (£) 12.00pm			
Early Prep	Early Prep	Early Prep	Early Prep	Early Prep
Gymnastics (£)	Ballet (£)	Tennis (£)	Karate (£)	Junior Tech Fun, Year 3 and 4 (max 12)
Riding (£)	Chess (£)	Lamda (£)	Street Dance (£)	Comic book capers (Year 3-6)
Tennis (£)	Jazz tap (£)	Textiles	Tennis (£)	Mixed rounders (Year 3-6)
Yoga (£)	Swimming (£)	Art (Scholars also welcome)	Lamda (£)	Drawing, colouring, reading
Lamda (£)	Tennis (£)	Ensemble	Polo (£)	Year 3-4 Junior Tech Fun
Swerve Football (£)	Year 5 and 6 SPAG - spelling, punctuation and grammar	Just Dance	Private Chess Lessons (£)	Junior swim squad
STEAM, year 6 (max 12)	Boarders Chill	DT Scholars*	Fencing (after supper) (£)	Circus Skills
Panto (Year 5, 6)	Air Fix modeling (Year 6)	Game Designer Club (Year 7)	Atom learning	Lab Art
Down time - reading, drawing, indoor games	Junior Choir	Football	Year 6 and 7 French	Eco Club
Year 6 STEAM club	Year 5 and 6 Drawing Club	Ensemble*	Bracelet making	Years 4-6 American Flag Football
Drama	Multisports (NB only those not in choir)	Book Club	Year 5 Code Club	Badminton
Outdoor club	Reading club		Quiet Club	Pop Lacrosse
Spanish (Year 6 and 7)	Multisports/football		Comic Creating	Latin Scholars*

Atom learning	Eco Shop (Year 7 and 8)		Senior Rugby	Science Scholars*
Football	First Lego League (Year 8)		Senior Hockey	
Running Club	Collage Club		Textiles	
Art	Marketing club*		Art	
	Sports Scholarship*			

Activities Descriptions

Activities are listed alphabetically below. Where activities show that they are for Year 3 - 8 they will be divided according to the year group as per the timetable above.

For details of paid activities and how to book see the section on [Paid Activities by clicking here](#).

Active Activities, Year 3-6

This is a chance to wind down and have fun at the end of the day. When the weather is fine, pupils will play games outside. They might play on the adventure playground or have a go at table tennis. When the weather is wet pupils will move inside and play table tennis and other active, indoor games. Location: outside.

Airfix modeling, Year 6

Building Airfix models (<https://uk.airfix.com/>).

Art

In the art activity pupils are encouraged to develop their creative skills using a range of media.

Atom Learning

This will be a session for pupils to use the Atom Learning programme with support from staff. In addition there will be other elements of future school preparation when required such as interview practice, reading and talking about books.

Book Club

We will select a fabulous novel to read during the term and have a lovely, cosy discussion about the chapters we have read each week in the library.

Bracelet Making, Year 3-6

Pupils will learn how to use the different techniques of macrame to make bracelets and keyrings, etc..

Code Club, Year 5

Join us at Code Club for lots of fun activities. Over the term, you will learn how to make cool games, animations, and websites too! Capacity 12 pupils. Location: The Hub

Comic Club

This club is for anyone who enjoys writing stories or making comics, or who wants to improve their writing skills and punctuation. Run by Mrs Marchant, it's a fun club with a serious aim - to nurture a love of English. Location: Junior Wing

Drawing, Colouring, Reading

A relaxing, quiet session in which pupils can wind down from the week and enjoy some mindful colouring or quiet reading.

Early Prep

This session is for anyone who cannot attend the usual prep session due to paid activities or because they are going home at 5.15pm. Pupils are encouraged to only attend this session if they cannot attend the next session. However, some pupils may feel the need to do one or two extra sessions of prep each week. If this is the case please discuss this with your child's form teacher.

Eco Shop, Year 7 and 8

Year 7 and 8 pupils will plan and develop an eco shop including a refill station to reduce plastic packaging. The group will create a name, business plan, decide what to sell and how to sell it. They will ultimately create an online presence as well as a physical shop in the grounds of Windlesham School.

First Lego League, Year 8

The FIRST® LEGO® League is a challenge which will require you to design, build and program robots, design solutions to solve problems and compete in a competition. Capacity 10 pupils. Location: The Hub

French

This is a course for Year 6 and 7 pupils who would like to study French as a second foreign language (for those who have selected Spanish as their main timetabled language).

Game Designer, Year 7

Game Designer Club will teach you to code advanced games, and learn some html and CSS, You will acquire a fuller picture of game levels and customisation and have some fun doing so. Capacity 10 pupils. Location: The Hub

Junior Eco Club, Year 3-6

We will be engaging in a range of eco activities such as making bird feeders, feeding the chickens, planting seeds, watering the vegetable patches, cutting flowers for the front hall, bird watching, litter picking and recycling.

Junior Tech Fun, Year 3 and 4

Tech fun is an opportunity for you to work on a range of fun projects with technology. We will be making simple SCRATCH Games, Stop motion animation and lots more. Capacity 12 pupils.
Location: The Hub

Just Dance

A fun dance session following routines on Just Dance. It provides an opportunity to have fun while exercising and improving gross motor skills.

Marketing Club (Year 8)

Activities will include photography, filming and editing, writing about school activities and events (for website/newsletters etc).

Multisports

Pupils will play a variety of games such as Kwik Cricket, netball, touch rugby, dodgeball and hockey. The sport will change each week and will enable pupils to develop a range of sporting skills as well as improving general fitness. Groups will be based on year group and ability.

Outdoor club

This club provides pupils with the opportunity to enjoy the great outdoors within the fantastic Windlesham site. They will go for short walks, play in the woods, undertake eco-projects. The activities will change depending on the weather and size of the group. Sessions are divided by year group e.g. Year 3-5, Year 6, Year 7 and Year 8.

Panto

Workshops, planning and performing a pantomime.

Reading Club

A time for reading a book of your choice with some company to chat about your books and create some book recommendations to share with others.

Running

Just as it says, this is a running club for those who enjoy running. The member of staff will give advice such as running technique.

Spanish

This is a course for Year 6 and 7 pupils who would like to study Spanish as a second foreign language (for those who have selected French as their main timetabled language).

STEAM Club, Year 6

Year 6 STEAM Club will provide a range of opportunities to explore subjects like science, technology, engineering, maths and coding through fun challenges. Capacity 12 pupils.
Location: The Hub

Textiles and Graphic Textiles

The textiles department will lead a number of enriching activities including making such things as T-shirts, bags, pillowcases, mouse mat designing and printing.

Paid Activities

How to book a paid activity?

At the start of the year you will need to sign up for all paid activities, however after that if your child already participated in an activity last term then they will roll over unless you inform the school otherwise.

Sign up for all paid activities is through misocs. (Please do not use this form for Musical Instrument Lessons/Languages, these must be booked separately. Contact whsoffice@windlesham.com for details).

The activities run for the entire term, commencing in the first full week back. It is important that the sign up is completed before the start of term. After this date a place cannot be guaranteed. Please discuss the choices with your children, and make them aware of their responsibility to attend the sessions, we will do our utmost to ensure that they do.

Cancelling a paid activity

Once your child is signed up, activities roll over each term during the year, unless you advise us otherwise by the end of the previous term.

LAMDA

In addition to the activities listed below, LAMDA lessons are available (a separate letter and contract details is available by request once you have signed up on misocs, as we see LAMDA as a long term commitment.)

Paid Activities List

Activities are listed in alphabetical order. Timings shown are typical but may be subject to amendment).

Ballet		Tuesday
Age Range	Time	Cost
Ballet 1	Ballet 1 4.45pm – 5.30pm	£130.00 per term
Ballet 2	Ballet 2 5.30pm – 6.15pm	Grade
Ballet 3	(during covid timings are slightly amended to allow separate bubbles)	Classes/Jazz/Tap
Jazz/Tap Combination all ages and appropriate abilities	Jazz/Tap 4.30pm – 5.00pm	Additional costs for exams and any uniform.
	Jazz/Tap 5.30pm – 6.00pm	

Description

We use the services of Nicola Miles Theatre Studios in Worthing. The Principal, Nicola Miles, FISTD: Member RAD: DDE: Equity: has Choreographed and appeared in TV Productions and Theatre at the Connaught in Worthing and all over the country. She is lucky to have some of the best teachers along the South Coast, who are all highly qualified in their particular fields. At Windlesham they teach the RAD grades and vocational exam work. Classes will be held on Tuesdays and it is hoped to work towards an exam standard within those classes for those that wish to and who are ready (Ballet Exams commence at Grade 1 Level). Children also have the option to attend private coaching by arrangement and these lessons can be shared by several working at the same level. Exams will either be entered in NMTS exam sessions at The Warren at Worthing College or a session nearby (for details of these sessions please contact Stuart Edwards). The above Tuesday class timings will be dependent on numbers and experience. Any pupils requiring uniform for ballet or the Jazz/Tap classes please e mail info@nmts.co.uk with your requirements and they will be waiting for you at the start of term and are supplied at very competitive prices. Parents are invited to view the classes at the end of the Christmas and Summer term. Please arrive in good time to be seated before each class commences.

Equipment

Pre Primary and Primary

Pink short sleeved RAD leotard and wrap around skirt. Short pink socks and leather ballet shoes for class. Hair brushed and tied back into a ponytail is adequate for these classes.

Grade 1 and 2 RAD Lavender sleeveless leotard with waist elastic, short pink socks/ or tights and pink ballet shoes with elastic (leather for class work and satin for exams). Hair to be brushed and up in a bun

Grade 3, 4, 5 RAD Navy sleeveless leotard with waist elastic, pink tights pink ballet shoes with elastic (leather for class work and satin with satin ribbons for exams). Hair to be brushed and up in a bun.

Jazz and Modern. A leotard and jazz pants. Tap shoes juniors Bloch Mary Jane and Seniors black split sole Oxfords. The correct uniform is required for each class. You may not dance in your outdoor clothes or PE kit. Correct uniform and new Fitted Satin shoes are required for all examinations.

Chess - Private		Thursday
Age Range	Time 4.30pm - 8.30pm	Cost £13.75 per lesson
Description Gary McCulloch is our new private chess coach offering 30 minute sessions on a Thursday. He is well known on the Sussex chess circuit.		
Equipment All equipment provided		

Chess		Tuesday
Age Range Junior Senior	Time 4:30pm to 5:15pm 5:30pm to 6:15pm	Cost £55.00 per term
<p>Description</p> <p>Jonathan Tuck, the chess coaching manager for Sussex County Junior Chess, runs this activity. Mr Tuck is well-known - he teaches chess in many schools across the south of England and we are delighted that he will continue to offer coaching sessions at Windlesham. He has coached over 30 national players and this is a fantastic opportunity for children to be coached by an expert in this excellent mind-stretching game. The standard of chess has increased significantly at Windlesham and our successes have been phenomenal.</p> <p>We have several Windlesham children playing chess in county competitions and Windlesham now has a number of very competent players, representing area teams, and indeed at national level. Our School teams will be selected mainly from this group and we will be running chess competitions in school this year. Children will be able to play chess in their free time, but the main focus during these sessions will be on learning techniques and strategies. Mr Tuck is keen to coach children of all academic abilities, including children with learning difficulties, who will all gain much from this discipline.</p>		
<p>Equipment</p> <p>All equipment provided</p>		

Clay Pigeon		Monday
Age Range All Ages	Time 10.45 – 11.05 Morning Break	Cost £170.00 per term
<p>Description</p> <p>Phillip Williams has coached Clay Pigeon Shooting for many years at Windlesham and we now offer the opportunity for coaching on a regular basis.</p>		
<p>Equipment</p> <p>All equipment provided</p>		

Fencing		Thursday
Age Range Junior Senior	Time 6.30pm – 7.30pm Year 3 - 6 7.30pm – 8.30pm Senior Year 7 and 8	Cost £70.00 per term
<p>Description</p> <p>Sharon Blackman is an experienced fencer and teacher and is currently coaching eight Sussex schools as well as running both Bognor and Chichester Fencing Clubs, the latter of which recently won the top club in Sussex award. Mrs Blackman has herself recently been recognised as the top coach by the local youth achievement's council. This is a fun, exciting and completely safe sport, and if children like the idea of sword fighting, they should give it a try. Children will be guided through the basics of "foil" and will work hard on techniques and fighting skills. There will be an opportunity to win a medal each term, and the more serious will be able to work towards the British Fencing Association achievement awards. Competitive fencers will be given every help and encouragement to participate in local, regional and, hopefully, national events. Fencing is a growing sport at Windlesham, give it a try.</p>		
<p>Equipment</p> <p>All equipment provided</p>		

Golf		Monday & Tuesday
Age Range All Ages	Time Monday Lunch Tuesday Lunch	Cost £55.00 per half term
<p>Description</p> <p>Children will make use of our wonderful nine hole golf course and will learn a good solid foundation, working on grip and set up, and the basic swing. Groups will be arranged by ability. This is a popular sport and Windlesham has a good past record, winning various national prep school competitions and golfing scholarships in recent years.</p>		
<p>Equipment</p> <p>Children should have their own golf clubs - some spares are available at School.</p>		

Gymnastics		Monday
Age Range Prep School	Time 5.15pm - 6.00pm - Junior Bubble 6.00pm – 6.45pm – Senior Bubble	Cost £95.00 per term
<p>Description Michelle England-Reed is a British Gymnastics level 4 trampoline gymnastics coach who is also qualified to Level 3 in preschool gymnastics, level 3 in General gymnastics, level 3 in Parkour/Freestyle urban Gymnastics and level 1 in Team Gym. She is also a qualified British Gymnastics mentor to coaches in training. She is an expert in Urban gymnastics as well as all the other gymnastics disciplines mentioned above. She also runs her own British Gymnastics preschool club in Eastbourne as well as being a Head Coach for Stars Gymnastics Club at their Hove site, which runs on various nights throughout the week and is very popular. She is qualified in teaching children with disabilities and is a qualified floor and vault competition judge and level 3 trampoline judge. Michelle has 25 years of experience in coaching and is an ex performer herself, also having attended the “Safeguarding and protection of children” course via BG. Her own club is also fully accredited and checked with British Gymnastics and Sport England. She has a current enhanced DBS with British Gymnastics. Michelle is first aid qualified.</p>		
<p>Equipment All equipment provided</p>		

Karate		Thursday
Age Range Prep School	Time 4.30pm – Pre prep 5.00pm – 6.00pm Year 3 - 6 6.00pm - 7.00pm Year 7 and 8	Cost £100.00 per term Gradings cost an additional £22 (does not include the cost of a new belt £6.50) and an annual Karate licence and insurance costs £28

<p>Description</p> <p>Savio Aragona will again be offering classes in Shotokan Karate Do. He has been a student of Karate for many years and a Karate instructor for several years. He currently holds a 3rd Dan black belt and is affiliated to the SKKIGB. He is also a black belt Ju'jutsu instructor. Savio runs clubs for both adults and children and is popular with the children. Karate is a self-disciplined form of self-defence that helps with concentration and focus. It is good for fitness, muscle tone and co-ordination, making use of both sides of the brain. By the end of their first term, children should have achieved their first of ten grades, a red belt. Reaching the tenth, a black belt, may take at least five years! They will be taught simple blocking and counter attacks in the form of punching and kicking. The syllabus will be covered thoroughly, and, for their first grade, children will learn their first kata, a sequence of 26 moves. Karate is taught in a non-violent way and children will learn to defend themselves effectively. Last Year 4 of our children achieved Black Belts.</p>
<p>Equipment</p> <p>Karate suits are available at approx. £20 from the Sensai</p>

<p>Polo</p> <p>Minimum group size must be reached for sessions to take place</p>		<p>Thursday (1st Half Autumn Term)</p> <p>Not in the Spring Term</p>
<p>Age Range</p> <p>Prep School</p>	<p>Time</p> <p>4.30pm – 8.00pm</p> <p>Autumn Term (till Half Term only)</p> <p>Summer Term</p>	<p>Cost</p> <p>£70.00 per person per lesson</p>
<p>Description</p> <p>The Cowdray Park Polo Academy is based just outside Midhurst. The stunning surroundings and professional coaches at Cowdray Park Polo Club's Academy ensure that there is nowhere more welcoming or beautiful to learn to play. There is no need to have any riding experience before embarking upon your first polo lesson and lessons are offered to adults and children alike.</p> <p>Whilst we teach many adults, it is our ambition to produce some strong school teams to reflect the local standard and facilities. There is a thriving schools polo circuit (SUPA- Schools and Universities Polo Association), with competition for all abilities.</p> <p>Cowdray Park Polo Academy lessons are predominantly conducted whilst pupils are mounted on ponies supplied (there will be some initial stick work on foot). The Academy also supply sticks, hats and boots, although pupils with their own (kitemarked) equipment are encouraged to use their own. Lessons last for one hour.</p>		
<p>Equipment</p> <p>Pupils should wear warm, comfortable and possibly waterproof clothing. Jeans or jodhpurs are fine. Shoes or boots with a small heel and no trainers please.</p>		

Riding		Monday
Age Range One session for all riders	Time 4.30pm – 7.00pm (45 minute lesson) Lessons are currently split into bubble groups.	Cost £35.00 per lesson
<p>Description We offer an exciting riding opportunity, which we have established with the newly refurbished Cissbury Stables in Findon. http://www.thestablesatcissbury.com/ Rebecca Hill and her team come highly recommended and with a wealth of experience offering the Pony Club Training programme in other local stables. The Stables at Cissbury is a fully accredited pony club centre, offering high standards of tuition on well-schooled ponies that are either ex competition ponies or still out on the circuit. It follows the pony club syllabus and aims to push the children through their exams and badge work activities. The first session will see the children assessed then put into groups according to ability, after this the sessions will alternate focus from flat work to jumping. Details of which can be found here http://www.pcuk.org/ . The sessions will require a commitment to the full term and sessions will be charged at a Maximum £35 per week. There will also be some other costs including Pony Club jumpers and registration fees for the programme once up and running. Details of which will be made available to those interested.</p>		
<p>Equipment It is essential children have their own riding boots, hats, body protector, gloves and jodhpurs at school.</p>		

Street Dance		**Thursday**
Age Range Junior Crew (Years 3 - 6) Senior Crew (Years 7-8)	Time 4.30pm – 5.30pm – Junior Bubble 5.30pm – 6.30pm -	Cost £130 per term
<p>Description The children are introduced to basic street moves, getting used to the tempos of music and are encouraged to interpret their own individual styles. The classes are full of energy and the children all develop their own styles in each dance which is choreographed for them. The children this term will look at some new breakdancing moves, as well to push their own styles, so they can blossom into even more fabulous little dancers!</p>		
<p>Equipment Pupils can dance wearing school PE kit but are also welcome to bring in their own dance clothing.</p>		

Swerve Football		Monday
Age Range Year 3 & 4 Year 5 & 6 Year 7 & 8	Time 5.15pm - 6.00pm 6.00pm - 6.45pm 6.45pm - 7.30pm	Cost £75 per term
<p>Description</p> <p>The football club is designed to enhance social inclusion, ball mastery skills and technical attributes. These are open to boys and girls of all abilities. We aim to build confidence, ensuring maximum touches on the ball within opposed and unopposed practices. Classes are engaging, fun and progressive throughout the year which can easily be adapted to the players and their individual characteristics. Our after school clubs are a fantastic vehicle to educate children and develop healthy habits and an active lifestyle. We teach values such as nobility, fair play, respect and cooperation so players can utilise these essential attributes on and off the field of play.</p>		
Equipment Sports kit, astro boots or trainers and shin pads		

Swimming		Tuesday
Age Range Prep School (Improver) Prep School (Confident) Prep School (Advanced)	Time 5.00pm – 5.30pm 5.30pm – 6.15pm 6.15pm – 7.00pm	Cost £165.00 per term
<p>Description</p> <p>Mario Trichkov, MA is a qualified ASA swimming teacher and head coach. He and his team are a well-respected local coaching setup in West Sussex, with coaches at various schools in the area and have helped numerous talented swimmers to achieve their goals.</p> <p>We will be offering a range of sessions to meet ability as shown above.</p>		
Equipment		

Tennis		Monday - Thursday
Age Range Prep School	Time 4.30pm onwards	Cost £400 – Individual per term £140 – Group per term Each session is an hour
<p>Description</p> <p>Windlesham House Tennis Program - The school's in house tennis lessons are run by LTA qualified and registered coaches. The sessions follow the LTA's guidelines for mini tennis and full court players of all ages and abilities, the coaching team have experience of coaching juniors and adults from complete beginners all the way through to full time world ranked professional players. We aim to provide appropriate level, fun and exciting sessions for any pupil no matter their previous tennis experience that will give all players the chance to improve their skills and knowledge on court. Individual lessons and group lessons are available where players will be matched with others of a similar ability.</p>		
<p>Equipment</p> <p>We encourage each child to have their own tennis racket, but some will be available to borrow and will be bubble specific.</p>		

Watersports		Monday (summer term only)
Age Range Prep School (Minimum group size required)	Time 4.30pm – 7.00pm NB - This activity wont start until 10th May	Cost £175.00 per term (7 lessons) Off site - cost includes transport
<p>Description</p> <p>The activity will be run at the Hove Lagoon Watersports Centre, a centre that we have used in the past and one that meets the appropriate safety requirements. The children will get the opportunity to try their hand at Sailing, Windsurfing and Wakeboarding. Spaces are limited. Children taking part in this activity will leave school at 4:30pm and return at 7:00pm in time for supper and a late prep. Places are limited to a maximum of 15 children.</p>		
<p>Equipment</p> <p>Old trainers or sailing boots are required.</p>		

Waterpolo – Minimum class size of 10 required		Thursday
Age Range Age 10 and above (Minimum group size required)	Time 6.30pm – 7.30pm	Cost £100 per term
<p>Description</p> <p>Water Polo involves swimming, catching and throwing a ball into a goal. It is a little bit like football in water, with two teams, goals, tackling, outfield players and goal keepers. It is amazing for developing water confidence, team work and swimming stamina.</p> <p>Here is some more information about Drenched Mini Water Polo https://www.drenchedschool.co.uk/what-is-mini-water-polo/</p> <p>About the coach. “Matt has over 20 years experience playing senior Water Polo at top level in the British National League. As a junior he captained Sussex and the South East and represented England and Great Britain. Over the past two years he has launched ‘Drenched’ which promotes Water Polo across Sussex and runs Water Polo lessons for all abilities.”</p> <p>Pupils opting for this activity will need to be confident swimmers.</p>		
<p>Equipment</p> <p>Swim Hat, extra swim costume and goggles may be preferred – all other equipment provided</p>		

Yoga		Monday
Age Range Juniors Seniors	Time 4.30pm – 5.30pm – Year 3 - 6 5.30pm – 6.30pm – Year 7 and 8	Cost £55.00 per term
<p>Description</p> <p>Alison Stoker is a qualified Yoga instructor. She is also a journalist who has written many articles for newspapers and magazines. Yoga for children is becoming increasingly popular, not only for the physical benefits, but also because it promotes one pointed focus and helps to improve the concentration of many students. Yoga is also an opportunity to explore meditation, mind-focusing techniques and is a productive, disciplined release from stress in a fun and non-competitive environment. From an external point of view, Yoga promotes excellent posture, balance and a sense of physical awareness.</p>		
<p>Equipment</p> <p>Comfortable clothing and yoga mat if desired</p>		

2021/2022 PAID ACTIVITIES PRICE LIST

ACTIVITY	DAY	COST PER TERM
Ballet	Tuesday	£130.00
Fencing	Thursday	£70.00
Chess	Tuesday	£55.00
Gymnastics	Monday	£95.00
Karate (belt colour please)	Thursday	£100.00
Yoga	Monday	£55.00
Individual Tennis	Varies	£400.00
Group Tennis	Varies	£140.00
Golf	Monday/Tuesday	£55.00 per half term
Tap/Jazz	Tuesday	£130.00
Riding (ability please)	Monday	£35.00 per lesson
Swimming Technique	Tuesday	£165.00
Polo	Thursday	£70 per lesson
Street Dancing	Thursday	£130.00
Clay Pigeon Shooting	Monday Break	£170.00
Waterpolo	Thursday	£100
Swerve Football	Monday	£75
Private Chess	Thursday	£13.75 per 30 minute lesson
Lamda	Various	Group - £18.00 per 30 minute session Individual - £21.50 per 30 minute session