



SCAN TO JOIN

IMPORTANT INFORMATION:

***As with the rest of Escola Global after-school clubs, payments will follow a termly schedule, occurring every three months and due before the 10th.**

1st Payment: **October**
2nd Payment: **January**
3rd Payment: **April**

€135 each club.

****We ONLY take cash payments.**

We prefer to take better care of our teachers than to waste money on bank commissions

THE CLUBS SCHEDULE

MONDAYS

Chess - Years 2 - 11
Roller Skating - Years 2 - 7

TUESDAYS

Football Years 5 + 6
Calisthenics & Athleticism
Years 7 - 11

WEDNESDAYS

Capoeira Years 2 - 7
Dance for kids EYFS + Year 1

THURSDAYS

Parkour Years 2 - 7
Stage 1 Sports EYFS + Year 1

FRIDAYS

Football Years 3 + 4

For further information
please contact Carlota or Iván
+34 634 342 493

clubesportiusporstlab@gmail.com

AFTER SCHOOL SPORT ACTIVITIES PROGRAM

Designed to teach kids the benefits of exercise, teamwork, and character building.

LTAD Model

Long Term Athlete Development

The Long Term Athlete Development (LTAD) model is a framework for an optimal training, competition and recovery schedule for each stage of athletic development.

Establishing a core set of motor skills early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity.

Proficiency in many types of physical activity may increase the chances of lifelong participation in physical activity, which could increase longevity and overall quality of life





OUR CLUBS

DANCE FOR KIDS

**EYFS + Year 1 WEDNESDAYS WITH
Miriam**

Games and introduction to dance through engaging choreographies where children will take their first step towards developing their rhythmic and coordinative abilities.

STAGE 1 SPORTS

**EYFS + Year 1 THURSDAYS WITH
Miriam**

Children will begin to be exposed and focus on proper basic fundamental skills such as running, jumping, twisting, kicking, throwing and catching.

PARKOUR

**YEARS 2 - 7 THURSDAYS WITH
"Poker" & Jorge**

Parkour is a movement art that helps kids refine natural human movements like jumping, crawling, and climbing. Kids use these movements to creatively navigate and play in the spaces around them, giving them a sense of control over themselves and their environment

CAPOEIRA

**YEARS 2 - 7 WEDNESDAYS WITH
Contramaestre Pé De Vento**

Capoeira is a non-violent form of self defense. It empowers kids to explore their hidden talents, enhance their physical and mental abilities, all while giving them an outlet to be themselves and achieving a sense of identity as an individual

ROLLER SKATING

**YEARS 2 - 7 MONDAYS WITH
Irene Garcia**

Children will improve their balance, and master cool moves. Whether they are a beginner or have some experience, our club is the perfect place to roll and laugh while staying active.

**CHESS YEARS 2 - 11
MONDAYS WITH
David Lazarte**

Through chess, students improve their general learning skills, learn important social/interactive skills, and an important array of intellectual skills. Fully qualified instructors, exciting chess lessons, and tournaments matching your child's knowledge of the game.

FOOTBALL

**TUESDAYS YEARS 5- 6
FRIDAYS YEARS 3 - 4
Luis**

At our after school football club children will learn the fundamentals of football in a fun, pressure free environment. Each club will be based on a specific theme from dribbling, passing, shooting and much more. Each session will contain fun drills, 1v1s and plenty of matches.

**CALISTHENICS & ATHLETICISM
TUESDAYS YEARS 7 - 11**

Students will power up their fitness levels with Calisthenics! Stamina, power, speed and bodyweight training that builds strength, flexibility, and confidence. Perfect for all fitness levels, discover a dynamic and fun way to boost physical prowess.