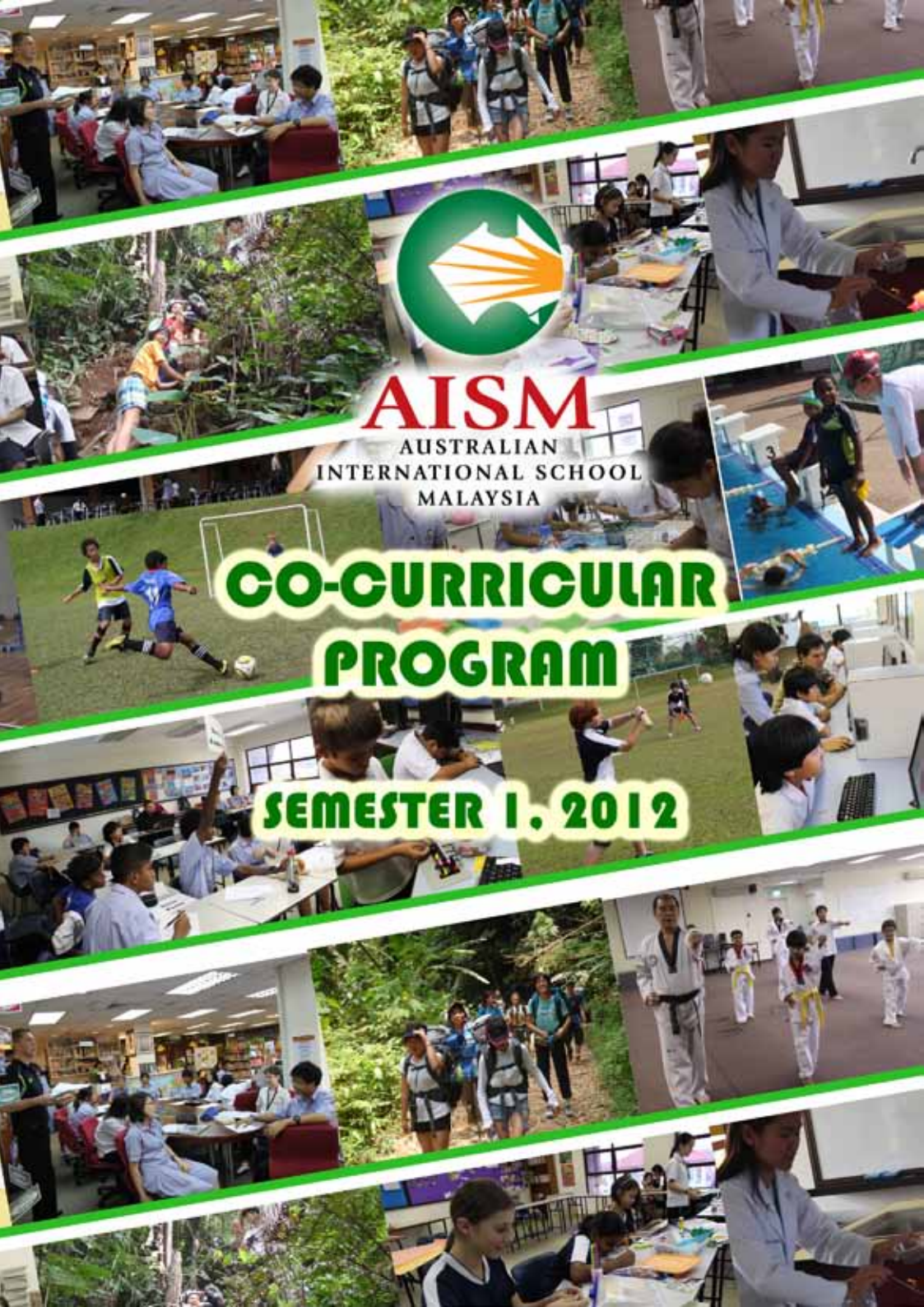




AISM
AUSTRALIAN
INTERNATIONAL SCHOOL
MALAYSIA

**CO-CURRICULAR
PROGRAM**

SEMESTER 1, 2012



AISM Co-Curricular Program 2012 – Semester 1 Information and List of Options

PROGRAM INFORMATION

Our Co-Curricular Program provides students with opportunities to explore and extend themselves in sport, creative and performing arts and personal development activities outside of their normal timetabled classes.

PARTICIPATION IN THE PROGRAM

- It is compulsory for all students from Years 3 to 12 to participate in at least one activity each term or semester
- Students in Prep and Kinder do not participate in the program activities, but can be supervised in crèche if waiting for an older sibling
- Students in Year 1 may do a maximum of one activity each term
- Students in Year 2 may do a maximum of two activities each term

TIMING OF THE ACTIVITIES

- Activities run from Monday to Thursday after school between 3.20 pm and 4.20 pm
- A small number of activities run before school from Monday to Friday between 7 am and 8.30 am
- Some activities such as International Award have a flexible meeting time negotiated between participating students and supervising staff

PROGRAM DATES, SELECTION & ENROLMENT

- Activities in the Co-Curricular Program for Semester 1, 2012 begin in Week 3 of Term 1
- The selection and enrolment process will begin on Wednesday of Week 1, Term 1
- Confirmation of your child's enrolment will be communicated asap by email (as inputted on the selection form) and through their homeroom teacher
- This booklet contains a list of all available activities for Semester 1. This is NOT the selection form. The selection form will be available online in Week 1 of Term 1. All selections for Semester 1 will be done electronically (Links to selection forms for each school can be found by visiting the Co-Curricular Program page on our website).
- All efforts will be made to ensure that students get their first choice, however some activities accommodate limited numbers. The class/homegroup teacher will receive a class list showing the allocation of activities for each student in the class.
- The list of activities is released before the selection form is available so that parents and students can make more informed first choices.
- Should students wish to change their allocation, this will be possible in Week 4 of Term 1 (if the activity they wish to join is not already full) but not beyond that time.

FEES & BILLING

- Most of our offered activities have no cost
- A cost is charged for those activities where an outside coach/instructor has been brought in to run the program, the activity is off-site or there are costs for consumable items.
- Every effort has been made to obtain the most competitive rate for our students
- Invoices will be sent out in the first week for activities that incur a fee (payment methods and details are included on invoices)
- It is expected that payment for the whole semester is settled by Friday, the 24th of February (end of Week 4)
- Students with outstanding fees may be asked not to attend the related activity until full payment is made. Unpaid fees may also affect future enrolment in paid activities.

AGAMA CLASSES

- Agama is a compulsory after school class for all Malaysian Muslims. Whilst Agama is a compulsory subject for those students, but not an after school activity, it has been included on the schedule so that parents/students can make selections on other days.

CRECHE & STUDENT EXPECTATIONS AFTER SCHOOL

- There will be a Crèche offered Monday to Thursday for students in Prep to Year 2 who travel by bus and have older siblings participating in after school activities. If you would like your younger child to attend crèche please indicate this on the online selection form.
- Where you have a number of children participating in after school activities, for ease of transport organisation you may like to consider placing your children into activities conducted on the same day.
- Students are not to remain at school after 3.30pm unless they are involved in an after school activity or are in crèche.

FOR FURTHER INFORMATION & QUERIES:

- Please feel welcome anytime to talk to me in person (you can find me in the D12 staffroom if not around the school)
- You can email me at stevenwarren@aism.edu.my (this address is on the school website)
- Go to the school website for the online information booklet and links to the online selection forms (Available early Week 1)
- *paper copies of this information booklet will be made available at reception
- Your homeroom teacher(s) will support you in the selection and enrolment process
- Up-to-date information regarding the program is communicated through the webpage, daily bulletin in homeroom, parent newsletter and parent e-news bulletin.

Steven Warren,
2012 Co-Curricular Program Coordinator

Full List of Activities - Semester 1, 2012

This is a list of all activities that are available to students for Semester 1, 2012. Use this list to make your decisions before filling in the selection sheet online (available in Week 1 of Term 1).

Before making a decision you should first check:

- a) That the activity applies to the age level of the student making their choice.
- b) You are happy to pay any cost associated with that activity.
- c) There is not already a compulsory class on that day for you (These classes are highlighted with blue writing).

Remember, these activities are Semester based. Students who enrol should be prepared to stay with their chosen activity for its duration*

Any activities with payments are expected to be settled by the second week of that activity (Week 4 of Term 1). Students who don't settle their bill on time may be asked not to attend the activity until payment is made.

PRICES LISTED ARE SUBJECT TO MINOR CHANGE, DEPENDING ON HOLIDAYS AND OTHER INTERRUPTIONS TO THE SEMESTER TIMETABLE THAT EFFECT THE PROGRAM.

**Exception: Some gym and field sports for will run on a Term-basis (as indicated) and students can elect to participate in both terms of sport, or select to do one term of sport (if they are selected).*

MONDAY

MORNING ACTIVITY: 7.00 – 8.30 am

Barracudas	Year Levels: Open	Duration: All Year	External Provider	Cost: TBA
Barracudas is the name of the school's swim team. Students train before school on different days of the week. Please see Mr Wilkins for more information. This activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.				

AFTERNOON ACTIVITIES: 3.20 – 4.20 pm

Crèche	Year Levels: Prep – 2	Duration: Yearly as required	Teacher Aids	Cost: Free
Students in Year 2 and lower can go to Crèche while older siblings are participating in activities after school on the same day.				

Dance	Year Levels: 1 – 12	Duration: Semester 1	External Provider	Cost: RM 600 (Semester)
In this activity students will learn dance routines in jazz and hip hop styles. There may also be opportunities for school performances.				

Mad Science	Year Levels: 2 – 6	Duration: Semester 1	External Providers	Cost: RM 600 (Semester)
Full hands on scientific experiments conducted in one of the SCIENCE LABS! Every week you get to take something home!				

Engineering	Year Levels: 2 – 7	Duration: Semester 1	CT Workshop	Cost: RM 640 (Semester)
Engineering workshops introduce kids to simple machines through fun and challenging LEGO® projects. Students explore and investigate topics such as gears, levers, pulleys, wheels & axles and structures & forces, as they construct a variety of mechanisms using educational Technic LEGO®. By the end of the workshops, children will have an understanding of these mechanical concepts and their real-life applications.				

Children who have completed Junior Engineer move on to Senior and Master Engineer programs, where they will build more complex and advanced mechanisms. All students will be eligible to enter the much anticipated annual CTWorkshop 'BattleBot Challenge'.

Ragwork & Weaving	Year Levels: 3 – 8	Duration: Semester 1	External Provider	Cost: RM 324 (Semester)
<p>Ragwork - Introducing this craft combined with stitching and appliqué as a contemporary craft. Students will make accessories for fashion and interiors.</p> <p>Weaving - Students will use traditional patterns weaved onto modern everyday home accessories.</p> <p>Each individual will start with easy to follow projects and patterns and eventually creating own designs with these craft skills.</p>				
Video Game Design	Year Levels: 4 – 7	Duration: Semester 1	CT Workshop	Cost: RM 640 (Semester)
<p>Don't just play games, create them! Gamemaker workshops teach students the fundamentals of video game design through five different levels: Junior Midway, Senior Maze, Master Platform, Master Rescue and 3D. Students will work through interactive Adobe Flash tutorials developed by the Children's Technology Workshop. By the end of the workshops, students will have created and compiled a portfolio of their own (non-violent) games to take home. All students will be eligible to enter the CTWorkshop Gamemaker contest to vie for the title of 'Gamemaker Guru'...</p>				
World Scholar's Cup	Year Levels: 5 – 12 (Selected students only)	Duration: Semester 1 only	Mr Unsworth & Mrs Broadbent	Cost: TBA
<p>An academic competition that is designed to engage and enrich the skills, abilities and knowledge of even the brightest student. After school activity time will be training sessions aimed at preparing for the Regional and Global competitions.</p>				
Badminton (Girls)	Year Levels: 8 – 12	Duration: Term 1 only	Mrs Rohani	Cost: Free
<p>Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools.</p>				
Softball (Boys)	Year Levels: 8 – 12	Duration: Term 1 only	Mr Pietsch	Cost: Free
<p>Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools.</p>				
Soccer (Girls)	Year Levels: 8 – 12	Duration: Term 2 only	Mr Nasyarul	Cost: Free
<p>This activity is open to all students from Years 8 – 12 to enjoy the game of soccer. During the term, teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools in Term 3.</p>				
Volleyball (Boys)	Year Levels: 8 – 12	Duration: Term 2 only	Mr Pollock	Cost: Free
<p>This activity is open to all students from Years 8 – 12 to enjoy the game of volleyball. During the term, teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools in Term 3.</p>				
Beginner's Swimming	Year Levels: Open	Duration: Semester 1	External Providers	Cost: RM 450 (Semester)
<p>This is not a 'learn to swim' program, but aimed at beginner swimmers who would like to refine and develop their skills. Students will learn, practice and refine their survival and swimming skills. There will be 15 sessions on Monday's over Term's 1 & 2 this semester.</p>				

TUESDAY

MORNING ACTIVITIES: 7.00 – 8.30 am

Barracudas	Year Levels: Open	Duration: All Year	External Provider	Cost: TBA
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Barracudas is the name of the school's swim team. Students train before school on different days of the week. Please see Mr Wilkins for more information. This activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.

Gym	Year Levels: 9 – 12	Duration: Semester 1	Mr Tyr-Egge	Cost: Free
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AISM has a fitness gym with many resistance and aerobic training stations. This facility is available for both staff and students. Mr. T and Mr. Thorpe will ensure the gym is monitored and provide programs and instruction as required by students (and staff) from 7.00am to 8.30am, Tuesday to Friday. Why not consider improving your fitness by coming to school a little earlier and embarking on an exercise program? You will need at least 30 minutes plus time for a shower afterwards. Bring gym clothes and a towel.

AFTERNOON ACTIVITIES: 3.20 – 4.20 pm

Crèche	Year Levels: Prep – 2	Duration: Yearly as required	Teacher Aids	Cost: Free
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Students in Year 2 and lower can go to Crèche while older siblings are participating in activities after school on the same day.

Junior Cooking	Year Levels: 1 – 4	Duration: Semester 1	Mrs Goves	Cost: RM 60 (Semester)
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Students will have the opportunity to be involved in basic cooking activities. Each week students will get the chance to follow different recipes. Children get to taste their recipes.

U9s/U11s Soccer	Year Levels: 1 – 4	Duration: Semester 1	Mr Adio, Ms Welsh & Mr Nasyarul	Cost: Free
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All students who are interested in learning skills for soccer can select this activity. Competitions will be organised both intra- and inter-schools to be played on Saturday's during Term's 1 & 2. Boys and girls teams will be selected for this.

Art & Craft	Year Levels: 2 – 6	Duration: Semester 1	External Provider	Cost: RM 425 (Semester)
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Introduction to clay modelling, recycle craft, wire craft, napkin decorative, glass painting, paint on wood and acrylic painting.

AISM Young Voices Choir	Year Levels: 3 – 4	Duration: All Year	Mrs Bal-Short	Cost: RM 40 (Semester)
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Students involved in this activity are selected by an audition process. Only students who have been selected will be eligible for this activity and will be automatically enrolled. As such, this activity will not appear on the selection form. This is a developmental program and students are expected to remain in the ensemble for the entire year. The cost will cover the semester fee for an accompanist.

Basketball	Year Levels: 5 – 7	Duration: Term 1 only	Ms Hurditch & Mr Baynes	Cost: Free
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Boys and Girls teams are selected and will train in preparation for upcoming invitational carnivals and competitions with ISAC schools.

Golf	Year Levels: 5 – 12	Duration: Semester 1	Mr Abu	Cost: RM 525 (Semester)
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Join in golf lessons to improve your game and make you a better golfer. Students will practice at UPM driving range each week, coached by a Pro Golfer, concluding with a chance to play the 9 hole course at UPM at the end of the term or semester.

Learn correct grip, posture and improve your swing. There will be 15 sessions on Tuesday's over Term's 1 & 2 this semester.

Yoga	Year Levels: 5 – 12	Duration: Semester 1	Ms Miller	Cost: Free
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This activity includes: Physical postures for strength & flexibility in the body. Relaxation & breathing techniques to help create balance in the body. The overall focus is on general "well-being".

Agama	Year Levels: 6 – 8	Duration: All Year	External Provider	Cost: Free
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This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be automatically enrolled.

Yearbook / Student Media	Year Levels: 6 – 12	Duration: All Year	Ms Nicholson	Cost: Free
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Calling all writers, artists and designers!! The AISM Yearbook needs you! We will document the year's events in a creative and interesting in order to create a great Yearbook! Adobe Illustrator and Photoshop will be used, but knowledge of this software is not required.

Senior Production	Year Levels: 9 – 12	Duration: Semester 1	Mr Suffolk & Ms Toner	Cost: Free
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Calling all actors, singers and dancers in Years 9 - 12. The Senior School Production for 2012 is a musical comedy called "Return to the Forbidden Planet." Students who elect this activity need to be aware that there will be some extended rehearsals on weekends leading up to the final performance.

Intermediate Swimming	Year Levels: Open	Duration: Semester 1	Ms Fearon & Ms Ward	Cost: Free
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This is available to competent swimmers who know their strokes, and wish to improve their style and speed. It is NOT a learn-to-swim program.

Aikido	Year Levels: Open	Duration: Semester 1	External Provider	Cost: RM 262.50 (Semester)
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Aikido, translated as "the way of harmonious spirit", is a Japanese martial art developed by Morihei Ueshiba. The goal is to create an art practitioners could use to defend themselves without injuring their attacker. There will be 15 sessions on Tuesday's over Term's 1 & 2 this semester.



WEDNESDAY

MORNING ACTIVITIES: 7.00 – 8.30 am

Barracudas	Year Levels: Open	Duration: All Year	External Provider	Cost: TBA
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Barracudas is the name of the school's swim team. Students train before school on different days of the week. Please see Mr Wilkins for more information. This activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.

Gym	Year Levels: 9 – 12	Duration: Semester 1	Mr Tyr-Egge	Cost: Free
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AISM has a fitness gym with many resistance and aerobic training stations. This facility is available for both staff and students. Mr. T and Mr. Thorpe will ensure the gym is monitored and provide programs and instruction as required by students (and staff) from 7.00am to 8.30am, Tuesday to Friday. Why not consider improving your fitness by coming to school a little earlier and embarking on an exercise program? You will need at least 30 minutes plus time for a shower afterwards. Bring gym clothes and a towel.

Senior Vocal Ensemble	Year Levels: 5 – 12	Duration: All Year	Mrs Bal-Short & Mr Suffolk	Cost: Free
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This group is for students in the Middle and Senior School. The Vocal Ensemble will learn a diverse range of repertoire for performance at school and community events. Come along and join in the joy of singing. This is a developmental program and students are expected to remain in the ensemble for the entire year.

AFTERNOON ACTIVITIES: 3.20 – 4.20 pm

Crèche	Year Levels: Prep – 2	Duration: Yearly as required	Teacher Aids	Cost: Free
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Students in Year 2 and lower can go to Crèche while older siblings are participating in activities after school on the same day.

Creative Design Projects	Year Levels: 2 – 4	Duration: Semester 1	Mrs Questel	Cost: RM 40 (Semester)
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Students will undertake a number of design projects including decoupage boxes, fashion design (paper dolls), room and house design and modelling and digital art and design.

Agama	Year Levels: 3 – 5	Duration: All Year	External Provider	Cost: Free
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This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be automatically enrolled.

Middle School Art	Year Levels: 5 – 8	Duration: Semester 1	Mrs Clark	Cost: RM20 (Semester)
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Students are able to negotiate the project they wish to take up in this class. This may be an existing project, or a new project they wish to work on in this time.

Photoshop Workshop	Year Levels: 5 – 8	Duration: Semester 1	Mr Ellis	Cost: Free
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An introductory course to Adobe Photoshop for students in the Middle School looking to take their art to the next level.

KL Novel Knockout	Year Levels: 5 – 8	Duration: Semester 1	Mrs Pietsch	Cost: Free
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This activity is suitable for students who enjoy reading and a challenge. The KL Novel Knockout involves teams of 4 students who read 6-8 set books. The levels are Elementary (Year 5&6) and Secondary (Year 7&8). The teams will be involved in competitions at AISM as well as against other KL International schools. This activity will not appear on the selection form. Only students who have been selected will be eligible for this activity and will be automatically enrolled.

Ten Pin Bowling	Year Levels: 5 – 8	Duration: Semester 1	Ms Ping	Cost: RM 180 (Semester)
Tenpin Bowling is a fun alternative to staying at school for after school activities. The cost includes 2 games and shoe hire and the transport to and from the venue at The Mines. As this is a public venue, the children are expected to behave accordingly as they are representing the school.				
United Nations	Year Levels: 7 – 12	Duration: All Year	Mr Broadbent	Cost: Free
Model United Nations (or MUN) is a role play simulation of the real United Nations. Students take part in debates and write resolutions to solve the world's problems ranging from global warming to tackling terrorism. This activity is open to students from Year 7 to 12, but it is strongly recommended for those with a keen interest in current affairs and a flare for public speaking.				
Jazz Ensemble	Year Levels: 8 – 12	Duration: Semester 1	Mr McCormick & Mr Warren & Mr Albert	Cost: TBA
This is a flexible ensemble for brass players including trumpet, trombone and saxophones, rhythm section including guitars, bass guitar, piano, drums and some vocal. Students can check with Mr McCormick regarding entry. Students are expected to have experience on their instrument and some music reading experience. The focus of the music played will be jazz and classic rock.				
Softball (Girls)	Year Levels: 8 – 12	Duration: Term 1 only	Mr Pietsch	Cost: Free
Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools.				
Badminton (Boys)	Year Levels: 8 – 12	Duration: Term 1 only	Mrs Woods	Cost: Free
Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools.				
Volleyball (Girls)	Year Levels: 8 – 12	Duration: Term 2 only	Mr Pollock	Cost: Free
Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools in Term 3.				
Soccer (Boys)	Year Levels: 8 – 12	Duration: Term 2 only	Mr Thorpe	Cost: Free
Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools in Term 3.				
Senior Art	Year Levels: 9 – 12	Duration: Semester 1	Mrs Goonting	Cost: TBA
Students are able to negotiate the project they wish to take up in this class. This may be an existing project, or a new project they wish to work on in this time. Students may have to purchase specialist materials where required.				
Intermediate Swimming	Year Levels: Open	Duration: Semester 1	Mrs Baynes & Ms Benner	Cost: Free
This is available to competent swimmers who know their strokes, and wish to improve their style and speed. It is NOT a learn-to-swim program.				
Taekwando	Year Levels: Open	Duration: Semester 1	External Provider	Cost: RM 280
Learn the skills and discipline required to perform in this Martial Arts after school activity. Students can also purchase their DOBOK. (taekwondo uniform) if they do not already have one. [size 160cm and below @ RM 90 & size 160cm and above RM 120]. There will be 14 sessions on Wednesday's over Term's 1 & 2 this semester.				

THURSDAY

MORNING ACTIVITIES: 7.00 – 8.30 am				
Barracudas	Year Levels: Open	Duration: All Year	External Provider	Cost: TBA
Barracudas is the name of the school's swim team. Students train before school on different days of the week. Please see Mr Wilkins for more information. This activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.				
Gym	Year Levels: 9 – 12	Duration: Semester 1	Mr Tyr-Egge	Cost: Free
AISM has a fitness gym with many resistance and aerobic training stations. This facility is available for both staff and students. Mr. T and Mr. Thorpe will ensure the gym is monitored and provide programs and instruction as required by students (and staff) from 7.00am to 8.30am, Tuesday to Friday. Why not consider improving your fitness by coming to school a little earlier and embarking on an exercise program? You will need at least 30 minutes plus time for a shower afterwards. Bring gym clothes and a towel.				
AFTERNOON ACTIVITIES: 3.20 – 4.20 pm				
Crèche	Year Levels: Prep – 2	Duration: Yearly as required	Teacher Aids	Cost: Free
Students in Year 2 and lower can go to Crèche while older siblings are participating in activities after school on the same day.				
Junior Board Games	Year Levels: 1 – 4	Duration: Semester 1	Ms Kaur	Cost: Free
Come and be challenged by some of the familiar games and learn to play new ones. An activity for the thinking student who'd like to extend his or her mental abilities in strategy, planning and astuteness.				
Sports Fun!	Year Levels: 1 – 7	Duration: Semester 1	Ms Wilkins, Mr Nasyarul & Multiple Teachers	Cost: Free
Students will be participating in weekly rotations of fun modified games that will develop skills and teamwork strategies that can be used across a wide range of sports.				
Mad Science (repeat)	Year Levels: 2 – 6	Duration: Semester 1	External Providers	Cost: RM 520 (Semester)
Full hands on scientific experiments conducted in one of the SCIENCE LABS! Every week you get to take something home! THIS IS A REPEAT OF MONDAY'S SESSION.				
Batik Painting	Year Levels: 5 – 8	Duration: Semester 1	External Provider	Cost: RM 380 (Semester)
Batik Painting classes for beginner and intermediate levels.				
French Conversation	Year Levels: 5 – 12	Duration: Semester 1	Ms Charon	Cost: Free
This is an introduction to French which focuses on the practical language needed to get around in a French-speaking country. We will learn to order food, get directions, have a casual conversation, talk about ourselves, our interests, our family and friends. Students who are already enrolled in a French class need not apply for this after school activity.				
AISM Orchestra	Year Levels: 5 – 12	Duration: All Year	Mr McCormick	Cost: Free
This activity is for Middle and Senior School students who play a String, Woodwind, Brass or Percussion instrument with a minimum standard of Grade 2 or the equivalent. This Ensemble will learn a diverse repertoire and perform at school and community events. Ideally, this is a developmental program and students are expected to remain in the ensemble for the entire year.				

Robotics Workshop	Year Levels: 7 – 9	Duration: Semester 1	Mr Kennedy	Cost: RM 50 (Semester)
For beginning roboteers! Using PICAXE robots from the UK, you will learn to program them to do various tricks. They have flashing LED lights, can play tunes and can move around on their wheels. They can detect collisions, sense solid objects and follow a line. They also can be controlled by an Infra red remote. There are only 15 robots so get in quick!				
Rock Climbing	Year Levels: 7 – 12	Duration: Semester 1	Mr Pollock & Mr Clark	Cost: RM 400 (Semester)
Scale new heights! An exciting activity for students of all abilities. Challenge yourself and your flexibility. Qualified instructors. (Yes, we do use ropes!!) Students are transported by bus to Challenge Park in Putrajaya and back to school for this activity. Please be aware that due to the location of this activity, students are expected to return to school at approximately 5.30pm on this day. Private pickup for these students must be arranged by their parents or guardians.				
U14s/U16s/ Open Netball	Year Levels: 7 – 12	Duration: Term 2 only	Mr Wilkins, Mrs Wilkins & Ms Wilkins	Cost: Free
Teams are selected in the U-14, U-16 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with other schools. This activity will not be on the selection form as teams will be selected early in February at the Netball Development and Trials Day.				
Agama	Year Levels: 9 – 12	Duration: All Year	External Provider	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be automatically enrolled.				
Triathlon	Year Levels: Open	Duration: Semester 1	Mr Baynes & Mr Gallagher	Cost: Free
This activity is about preparing students of all ages to compete in triathlon, biathlon and running events. Students will train to compete in our own cross country events, our school triathlon, and have the opportunity to participate in events organized in the broader community. We will train at school across the different disciplines, students will learn about the sport of triathlon and we will run regular mini events.				
ISAC Athletics Training	Year Levels: 5 – 12	Duration: Term 1 only	Ms Cox	Cost: Free
This activity is for student's in Year 5 upwards who wish to improve their skills in Track and Field events. It is highly recommended for those competing at the ISAC T & F Competition this term.				
Karate	Year Levels: Open	Duration: Semester 1	External Provider	Cost: RM 130 (Semester)
Karate or karate-dō is a martial art, known primarily as a striking art, featuring punching, kicking, knee/ elbow strikes and open handed techniques. However, grappling, joint manipulations, locks, restraints/ traps, throws and vital point striking also appear in karate. There will be 13 sessions on Thursday's over Term's 1 & 2 this semester.				



FRIDAY

FRIDAY				
Barracudas	Year Levels: Open	Duration: All Year	External Provider	Cost: TBA
<p>Barracudas is the name of the school's swim team. Students train before school on different days of the week. Please see Mr Wilkins for more information. This activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.</p>				
Gym	Year Levels: 9 – 12	Duration: Semester 1	Mr Tyr-Egge	Cost: Free
<p>AISM has a fitness gym with many resistance and aerobic training stations. This facility is available for both staff and students. Mr. T and Mr. Thorpe will ensure the gym is monitored and provide programs and instruction as required by students (and staff) from 7.00am to 8.30am, Tuesday to Friday. Why not consider improving your fitness by coming to school a little earlier and embarking on an exercise program? You will need at least 30 minutes plus time for a shower afterwards. Bring gym clothes and a towel.</p>				
AISM Band	Year Levels: 5 – 8	Duration: Semester 1	Mr McCormick	Cost: Free
<p>This band is open to brass, woodwind and percussion players with one or more years experience. It is continuation of the 2011 Training Band but any new members are welcome to attend. This is not a beginner group.</p>				



ADDITIONAL ACTIVITIES

International Awards	Year Levels: 7 – 12	Duration: All Year	Mr Colbey, Mrs Martineau & Ms Gibson	Cost: TBA
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The award offers young people aged between 14 and 25 the opportunity to develop themselves across a broad spectrum of life skills, encouraging responsibility, organisation and teamwork within its parameters. Students can attend one of the regularly scheduled meetings to get more information about the Award's requirements.

This activity will not be on the selection form. Students who are enrolled will be automatically placed on the list. Please see one of the supervising teachers for more information.

Badminton	Year Levels: Open	Duration: Semester 1	External Provider	Cost: RM 480 (Semester)
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Badminton is a great year-round sport that can be played socially, super competitively or anywhere in-between. This badminton activity is run by professional coaches from the FORZA Sport Academy. They coach beginners through to experienced players, working on technique, fitness and game play. The activity is open to all age groups – last year we had a Year 1 student all the way through to a Year 12 student. If you're not sure about badminton but would like to give it a try, you can book a free trial session before committing to the whole semester. Note the dates below (this activity also starts earlier than the rest of the program).

Term 1: Saturday 11th February - Saturday 31 March inclusive (8 weeks) 4pm – 6pm

Term 2: Saturday 28th April - Saturday 16th June inclusive (8 weeks) 4pm - 6pm

Bronze Medallion	Year Levels: 10 – 12	Duration: Semester 1	Mrs Mather	Cost: RM 50 (Semester)
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The Bronze Medallion Award is a Royal Life Saving (Australia) Education Program and teaches an understanding of lifesaving principles which are embodied in the four components of water rescue education. These are Judgment, Knowledge, Skills and Fitness.

The course covers important theory, practical skills which can be employed in a rescue and recovery techniques including the handling of suspected spinal injuries. There is also a fitness component with the dreaded timed swim and timed tow. Course participants then receive explicit hands-on training in CPR and finally put it all together in rescue initiative scenarios where a real life situation is staged and the rescuer must put into practice everything that they have learned during the course.

The meeting times for this activity will be negotiated between the participating students and the supervising teacher at the beginning of term.

Students can also attend this activity if they wish to renew their old certification.

Run Training	Year Levels: 3 – 12	Duration: Semester 1	Mr Baynes	Cost: Free
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Students will participate in a number of running drills and training to help improve fitness, speed and stamina, including short and long distance training. This activity is open for students aged 9 and above who have a good base level of fitness. See Mr Gallagher for more details. This activity will run from 7 am to 8 am on days negotiated between the participating students and supervising teacher.



