

ECAP – PROGRAMME OVERVIEW 2016-17.

AUGUST to NOVEMBER.

SPORTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NECIS SPORTS 22nd August to 12th November</p> <p>SOCCER GRADES 5-12</p> <p>VOLLEYBALL GRADES 5-12</p> <p>SWIM TEAM GRADES 4-12</p>	<p>15.15 – 17.00 V+JV SOCCER ISH Field</p> <p>15.15 – 17.00 V+JV VOLLEYBALL ISH Sports Hall A+B</p>	<p>15.15 – 17.00 U12+U14 SOCCER ISH Field</p> <p>15.15 – 17.00 U12+U14 VOLLEYBALL ISH Sports Hall A+B</p>	<p>15.15 – 17.00 V+JV SOCCER ISH Field</p> <p>15.15 – 17.00 V+JV VOLLEYBALL ISH Sports Hall A+B</p>	<p>15.15 – 17.00 U12+U14 SOCCER ISH Field</p> <p>15.15 – 17.00 U12+U14 VOLLEYBALL ISH Sports Hall A + B</p>	<p>15.15 – 17.00 SOCCER AND VOLLEYBALL PRACTICES (as per instructions of the coach) ISH Field</p> <p>Home Soccer and Volleyball Games – all teams. See game schedule.</p>	<p>08.00 – 10.00 SWIM TEAM Gds. 4 - 12 VAF Bad Bahrenfeld (3rd September to 15th March)</p> <p>Home Soccer and Volleyball Games – all teams. See game schedule.</p>
<p>INTRAMURAL SPORTS 29th August to 4th November</p> <p>SOCCER P3 to GRADE 5</p> <p>BASKETBALL GRADES 4-12</p> <p>SPORTS / GYMNASTICS P1+P2 / P3 +GD. 1 / GDS. 2-4</p> <p>BADMINTON GRADES 8-12</p> <p>FITNESS GRADES 8-12</p> <p>CLIMBING GRADES 4-12</p> <p>SWIMMING P1 – GRADE 5 September 3rd to December 10th</p>	<p>15.15 – 16.30 SPORTS/GYMNASTICS P3 and Gd. 1 ISH Sports Hall C</p> <p>15.15 – 16.30 SOCCER Gds. 2 and 3 ISH MPSA</p> <p>FITNESS ROOM 15.00 -16.00 Gds. 8 to 12 16.00 onwards ISH Staff</p>	<p>15.15 – 16.15 SPORTS/GYMNASTICS P1 and P2 ISH Sports Hall C</p> <p>15.15 - 16.30 SOCCER Gds. 4 and 5 ISH MPSA</p> <p>15.15 - 16.30 CLIMBING CLUB Gd. 4 to 12 ISH Sports Hall B</p> <p>FITNESS ROOM 15.00 - 16.45 Gds. 8 to 12 16.45 onwards ISH Staff</p>	<p>15.15 – 16.30 SPORTS / GYMNASTICS Gds. 2 to 4 ISH Sports Hall C</p> <p>15.15 - 16.30 SOCCER P3 and Gd. 1 ISH MPSA</p> <p>17.15 – 18.45 BASKETBALL Gds. 4-8 ISH Sports Hall A</p> <p>17.15 – 18.45 BASKETBALL Gds. 9-12 ISH Sports Hall B</p> <p>FITNESS ROOM 15.00 -17.00 ISH Staff</p>	<p>15.15 – 16.30 BADMINTON Gds. 8 to 12 ISH Sports Hall C</p> <p>15.15 - 16.30 SOCCER P3 and Gd. 1 ISH MPSA</p> <p>17.15 – 18.45 BASKETBALL Gds. 4-8 ISH Sports Hall A</p> <p>17.15 – 18.45 BASKETBALL Gds. 9-12 ISH Sports Hall B</p> <p>FITNESS ROOM 15.00 -17.00 ISH Staff + Gds. 8 to 12</p>	<p>08.00 – 10.00 JUNIOR SCHOOL SWIMMING LESSONS VAF Bad Bahrenfeld Gds. P1 to 5 €30 fee per unit applies</p> <p>Dates, times and groups as confirmed to parents.</p>	

ECAP – PROGRAMME OVERVIEW 2016-17.

NOVEMBER to MARCH.

SPORTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NECIS SPORTS BASKETBALL GRADES 5 - 12 15th November to 11th March (U14+U12) or 19th March (V/JV)</p> <p>SWIMMING (ISH TEAM) GRADES 4 - 12 Ongoing to 15th March</p>	<p>15.15 – 16.45 V+JV GIRLS' BASKETBALL ISH Sports Hall A+B</p> <p>16.45 – 18.15 V+JV BOYS' BASKETBALL ISH Sports Hall A+B</p>	<p>15.15 – 16.45 U12 BOYS + GIRLS' BASKETBALL ISH Sports Hall A+B</p> <p>16.45 – 18.15 U14 BOYS + GIRLS' BASKETBALL ISH Sports Hall A+B</p>	<p>15.15 – 16.45 V+JV BOYS' BASKETBALL ISH Sports Hall A+B</p> <p>16.45 – 18.15 V+JV GIRLS' BASKETBALL ISH Sports Hall A+B</p> <p>17.30 – 19.30 ISH SWIM TEAM Gds. 4 – 12 VAF Bad Bahrenfeld (commences January 11th)</p>	<p>15.15 – 16.45 U14 BOYS + GIRLS' BASKETBALL ISH Sports Hall A+B</p> <p>16.45 – 18.15 U12 BOYS + GIRLS' BASKETBALL ISH Sports Hall A+B</p>	<p>15.15 – 17.00 BASKETBALL PRACTICES (as per instructions of the coach) ISH Sports Hall A+B</p> <p>Home Basketball Games – all teams. See game schedule.</p>	<p>08.00 – 10.00 ISH SWIM TEAM Gds. 4 - 12 VAF Bad Bahrenfeld (ongoing - finishes 15th March)</p> <p>Home Basketball Games – all teams. See game schedule.</p>
<p>INTRAMURAL SPORTS 7th November to 17th March</p> <p>SPORTS / GYMNASTICS P1+P2 / P3 +GD. 1 / GDS. 2 to 4</p> <p>SOCCER GRADES 4 to 8</p> <p>BADMINTON GRADES 8 – 12</p> <p>VOLLEYBALL GRADES 4 - 12</p> <p>FITNESS GRADES 8-12</p> <p>SWIMMING P1 - GD. 5 from February 4th</p>	<p>15.15 – 16.30 SPORTS/GYMNASTICS P3 and Gd. 1 ISH Sports Hall C</p> <p>FITNESS ROOM 15.00 -16.00 Gds. 8 to 12 16.00 onwards ISH Staff</p>	<p>15.15 – 16.15 SPORTS/GYMNASTICS P1 and P2 ISH Sports Hall C</p> <p>15.15 - 16.30 SOCCER Gds. 4 to 8 ISH Field (weather permitting)</p> <p>FITNESS ROOM 15.00 - 16.45 Gds. 8 to 12 16.45 onwards ISH Staff</p>	<p>15.15 – 16.30 SPORTS / GYMNASTICS Gds. 2 to 4 ISH Sports Hall C</p> <p>FITNESS ROOM 15.00 - 16.45 Gds. 8 to 12 16.45 onwards ISH Staff</p>	<p>15.15 - 16.30 BADMINTON Gds. 8 - 12 ISH Sports Hall C</p> <p>FITNESS ROOM 15.00 -17.00 ISH Staff</p>	<p>15.15 – 16.30 VOLLEYBALL Gds. 4 – 12 B + G ISH Sports Hall C</p> <p>FITNESS ROOM 15.00 -17.00 ISH Staff + Gds. 8 to 12</p>	<p>08.00 – 10.00 JUNIOR SCHOOL SWIMMING LESSONS Gds. P1 - 5 VAF Bad Bahrenfeld €30 fee applies</p> <p>(Please note that swimming lessons for Junior School students – Beginners – will commence on February 4th and run until June 24th. Details to follow in the New Year).</p>

ECAP – PROGRAMME OVERVIEW 2016-17.

MARCH to JUNE.

SPORTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NECIS SPORTS 20th March to 20th May TRACK+FIELD GRADES 5-11</p> <p>V/U15/U12 GIRLS' SOCCER GRADES 5 to 12</p> <p>TENNIS GRADES (5) 6-11 GOLF TEAM</p>	<p>15.00 – 17.00 TRACK AND FIELD Gds. 5 - 11 ISH</p>	<p>15.15 – 17.00 V + U15 + U12 Girls SOCCER Gds. 5 – 11 ISH Field</p> <p>16.00 – 18.00 TENNIS RCS Schenefeld Gds. (5) 6 – 12 (starts March 7th)</p>	<p>15.00 – 17.00 TRACK AND FIELD Gds. 5 - 11 ISH</p>	<p>15.15 – 17.00 V + U15 + U12 Girls SOCCER Gds. 5 – 11 ISH Field</p>		<p>11.00 – 13.00 TENNIS Gds. (5) 6 – 12 RCS Schenefeld (starts February 4th)</p>
<p>INTRAMURAL SPORTS 20th March – 16th June</p> <p>SPORTS / GYMNASTICS P1+P2 / P3 + GRADE 1 / GRADES 2 to 4</p> <p>SOCCER GRADES P3 to 8</p> <p>CANOEING GRADES 6 to 8</p> <p>BASKETBALL GRADES 4-12</p> <p>BADMINTON GRADES 6-12</p> <p>VOLLEYBALL GRADES 4-12</p> <p>CLIMBING GRADES 4 to 12</p> <p>FITNESS GRADES 8-12</p> <p>TENNIS GRADES 5 to 12</p> <p>SWIMMING P1 – GRADE 5 (February 4th to June 24th)</p>	<p>15.15 – 16.30 SPORTS/GYMNASTICS P3 and Gd. 1 ISH Sports Hall C</p> <p>15.15 - 16.30 SOCCER Gds. 2 and 3 ISH Field</p> <p>15.00 -17.00 FITNESS ROOM ISH Staff</p>	<p>15.15 – 16.15 SPORTS/GYMNASTICS P1 and P2 ISH Sports Hall C</p> <p>15.15 – 16.30 CLIMBING CLUB Gds. 4 – 12 ISH Sports Hall B</p> <p>15.15 - 16.30 SOCCER Gds. 4 and 5 ISH Multi-Purpose Area</p> <p>15.00 – 17.30 CANOEING Gds. 6 – 8 Eimsbüttel (from April 5th subject to weather)</p> <p>15.00 -17.00 FITNESS ROOM Gds. 8 to 12</p>	<p>15.15 – 16.30 SPORTS / GYMNASTICS Gds. 2 to 4 ISH Sports Hall C</p> <p>15.15 – 16.30 SOCCER Gds. P3 + 1 B+G ISH Multi-Purpose Area</p> <p>15.00 -17.00 FITNESS ROOM Gds. 8 to 12</p>	<p>15.15 – 16.30 BADMINTON Gds. 6 – 12 ISH Sports Hall A+B</p> <p>15.15 - 16.30 SOCCER Gds. 6 to 8 ISH Multi-Purpose Area</p> <p>15.00 – 16.30 TRACK AND FIELD Gds. 2 – 4 ISH</p> <p>16.30 – 18.00 BASKETBALL Gds. 4-8 ISH Sports Hall A</p> <p>16.30 – 18.00 BASKETBALL Gds. 9-12 ISH Sports Hall B</p> <p>15.15 – 16.30 TENNIS Gds. 5 – 12 THCC Rot-Gelb (from May 11th - tbc)</p> <p>15.00 -17.00 FITNESS ROOM ISH Staff</p>	<p>15.15 – 16.30 VOLLEYBALL Gds. 4 – 12 B + G ISH Sports Hall A+B</p> <p>15.00 -17.00 FITNESS ROOM ISH Staff / Gds. 8 - 12</p>	<p>08.00 – 10.00 JUNIOR SCHOOL SWIMMING LESSONS Gds. P1 - 5 VAF Bad Bahrenfeld €30 fee applies</p> <p style="color: blue; text-align: center;">Dates, times and groups as confirmed to parents.</p>

PERFORMING ARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>DRAMA</u></p> <p>GRADES 6 to 12</p>	<p>15.00 – 17.00 DRAMA PRODUCTION “The Addams Family” Drama Room 065</p> <p>Student attendance as per the rehearsal schedule. Performances on November 24/25/26th</p>	<p>15.00 – 17.00 DRAMA PRODUCTION “The Addams Family” Aula</p> <p>Student attendance as per the rehearsal schedule. Performances on November 24/25/26th</p>	<p>15.00 – 17.00 DRAMA PRODUCTION “The Addams Family” Aula</p> <p>Student attendance as per the rehearsal schedule. Perf. on Nov24/25/26th</p>	<p>15.00 – 17.00 DRAMA PRODUCTION “The Addams Family” Aula</p> <p>Student attendance as per the rehearsal schedule. Performances on November 24/25/26th</p>		
<p><u>MUSIC</u></p> <p>GRADES 1 to 12</p> <p>MEP INSTRUMENTAL INSTRUCTION GDS. 1 to 12</p> <p>JUNIOR SCHOOL CHOIR GRADES 1 to 3</p> <p>POP CHOIR GRADES 4 to 6</p> <p>SCHOOL BAND GDS. 4 to 12</p> <p>JUNIOR ROCK BAND GRADES 4 to 6</p> <p>MUSIC THEORY CLASSES GRADES 3 to 12</p>	<p>15.15 – 18.15 MUSIC ENRICHMENT PROGRAMME Fees Apply</p> <p>Contact Marjorie Patterson in Room 044 to schedule lessons.</p> <p>15.15 – 16.00 JS CHOIR Gds. 1-3 Room 044</p> <p>15.15 – 16.00 POP CHOIR Gds. 4-6 Room 042</p>	<p>15.15 – 18.15 MUSIC ENRICHMENT PROGRAMME Fees Apply</p> <p>Contact Marjorie Patterson in Room 044 to schedule lessons.</p>	<p>15.15 – 18.15 MUSIC ENRICHMENT PROGRAMME Fees Apply</p> <p>Contact Marjorie Patterson in Room 044 to schedule lessons.</p> <p>15.15 – 16.30 SCHOOL BAND Gds. 4-12 Room 042</p>	<p>15.15 – 18.15 MUSIC ENRICHMENT PROGRAMME Fees Apply</p> <p>Contact Marjorie Patterson in Room 044 to schedule lessons.</p> <p>17.30 – 18.15 ABRSM PROGRAMME (Associated Board Royal Schools of Music) Level 4 Room 044 Fees Apply</p>	<p>15.15 – 18.15 MUSIC ENRICHMENT PROGRAMME Fees Apply</p> <p>Contact Marjorie Patterson in Room 044 to schedule lessons.</p> <p>15.15-16.00 JUNIOR ROCK BAND Gds. 4-6 Room 046</p> <p>15.15 – 16.00 ABRSM PROGRAMME (Associated Board Royal Schools of Music) Levels 1 and 2 Room 044 Fees Apply</p>	
<p><u>DANCE</u></p> <p>GRADES P1 to 8</p> <p>JAZZ DANCE</p> <p>TAP DANCE</p> <p>PRIMARY DANCE / BALLET</p>	<p>15.00-16.00 PRIMARY DANCE Gds. P1 and P2</p> <p>16.00-17.00 BALLET 1 Gds. P3 to 2</p> <p>17.00-18.00 BALLET 2 Gds. 3 to 5 All in Room WW 162</p>	<p>15.00-16.00 P3 to Gd. 2 TAP DANCE 1</p> <p>16.00-17.00 Gds. 3 + 4 TAP DANCE 2</p> <p>17.00-18.00 Gds. 5 to 8 TAP DANCE 3 Room 065 (Drama Room)</p>	<p>15.00-16.00 JAZZ DANCE 1 Gds. 1 and 2</p> <p>16.00-17.00 JAZZ DANCE 2 Gds. 3 to 5 Room WW 162</p>			

<u>VISUAL ARTS</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p data-bbox="94 229 394 288">JUNIOR SCHOOL ART CLUB GRADES 1 to 5</p> <p data-bbox="152 395 336 483">STAGE DESIGN – SENIOR SCHOOL GRADES 8 to 12</p>		<p data-bbox="761 248 976 331">15.00 – 16.30 JS ART CLUB Gds. 1-2 Room 062</p>		<p data-bbox="1361 248 1576 331">15.00 – 16.30 JS ART CLUB Gds. 3-5 Room 062</p>		

SPECIAL INTERESTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CHESS GRADES 1 to 12</p> <p>GIRL SCOUT JUNIORS + CADETTE GRADES 4 to 8</p> <p>YEARBOOK GRADES 9 to 12</p> <p>MUN and DEBATING SOCIETY GRADES 10 + 11</p> <p>GENERATION EURO GRADES 10 to 12</p> <p>KIDS 4 KIDS GRADES 6 to 12</p> <p>MINDFULNESS AND RELAXATION GRADES P1 to 5</p> <p>FRENCH CULTURE AND CUISINE GRADES 5 to 12</p>	<p>15.00 - 16.15 GIRL SCOUT CADETTE Gds. 6 to 8 Girls GIRL SCOUT JUNIORS Gds. 4 and 5 Girls Library</p> <p>15.15 – 16.30 FRENCH CULTURE AND CUISINE Grades 5 to 12 Room 143 or Room 067 (Kitchen)</p>	<p>15.00 – 16.30 Gds. 1-5 CHESS Room tbc</p> <p>16.00 – 17.00 Gds. 6-12 CHESS Room tbc</p>	<p>15.15 – 16.30 YEARBOOK Gds. 9 - 12 Room 232</p> <p>15.15 – 17.00 KIDS 4 KIDS (MYP Community Service Project Gds. 6-10; and CAS Project Gds. 11-12) Gds. 6 to 8 Room 061</p> <p>15.15 – 16.30 GENERATION EURO EUROPEAN CENTRAL BANK Gds. 10-12 Room WW 251</p>	<p>15.15 – 16.30 MODEL UNITED NATIONS Gds. 10 and 11 Room WW 250 (12 students will be selected to attend the MUN Conference in The Hague in January)</p> <p>15.15 – 16.30 LITTLE STARS (Mindfulness and Relaxation) P1 to P3 Room ECC Multi-Purpose Room</p> <p>15.15 – 16.30 RELAX KIDS (Mindfulness and Relaxation) Grades 1 to 3 Room WW 162</p> <p>15.15 – 16.30 CHILL SKILLS (Mindfulness and Relaxation) Grades 4 and 5 Room 216</p>		

