

Parents' Activities

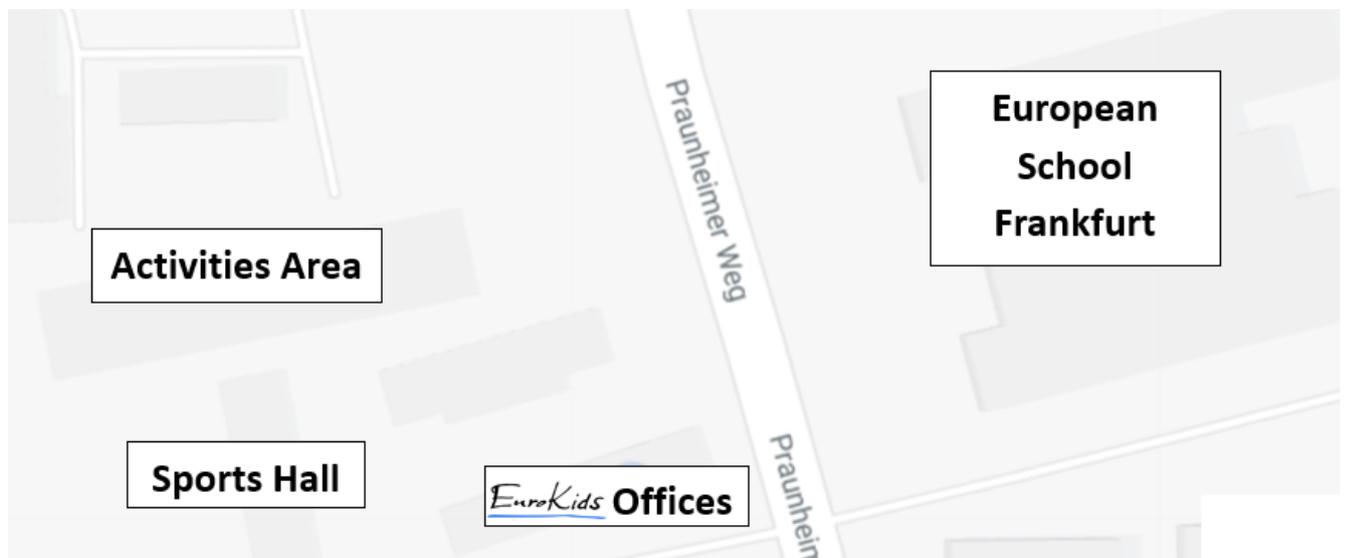
We are proud to announce a range of new activities exclusively available for parents association members. These activities are specifically designed for the parent community of ESF.

What?

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Workout - Body Styling</u> 13.50-14.50 Sylvia Cucek (Parents Only)</p>	<p><u>Wellness in Tonatalier</u> 13.50-14.50 Annette Kaplan (Parents Only)</p>	<p><u>Womens' Self Defense</u> 11.50-12.50 Pia van Thournehout (Parents Only)</p>	<p><u>Step Aerobics</u> 11.50-12.50 Sylvia Cucek (Parents Only)</p>
<p><u>Zumba Fitness</u> 17.15-18.15 Sylvia Cucek (With Secondary Students)</p>	<p>JOIN US FOR A FREE TRIAL</p>		

When & Where?

Parent activities start in the 2nd week back to school after the summer break and are offered over all 3 Trimesters throughout the year. All activities take place in the activities area of EuroKids container village -



How?

Simply sign up online for a **free trial** under www.eurokids.gmbh.

Applications will be online from early June 2018

the material flows through their hands in turn into them and diffuses in their interior a pleasantly tempered serenity and calmness. With your inner resources you will expand your creative expressive possibilities. Not the final product, but the creative act of creation is the decisive element this course has to offer.

It is a experience for all the senses!

Brauchen Sie eine Auszeit vom stressigen und oft hektischen Alltag?

Möchten Sie ein wenig zur Ruhe kommen um sich selbst und Ihre kreativen Ressourcen zu spüren?

Dann genießen Sie ein „Wellnessprogramm“ der ganz besonderen Art:

Das dreidimensionale Gestalten im Tonatelier!

Vorkenntnisse sind nicht erforderlich.

Mit dem Material in Kontakt treten, kneten, drücken, streichen, verändern. Lassen Sie sich vom Ton inspirieren. Alles was in Ihnen ist, fließt in das Stück Tonmasse und wird zur Form. Das Erdige, das Weiche, das Feste, das Wärmende und zugleich Kühlende des Materials fließt über Ihre Hände wiederum in Sie hinein und verbreitet in Ihrem Inneren eine angenehm temperierte Gelassenheit und Ruhe. Ganz wie von selbst erweitern Sie dabei Ihre kreativen Ausdrucksmöglichkeiten. Nicht das Endprodukt, sondern der kreative Akt des (Er-)Schaffens ist das maßgebliche Element dieses Kursangebots. **Es ist ein Erleben mit allen Sinnen!**

This Club is run by Ms Kaplan, an experienced artist and qualified Art Therapist.

Women's Self Defense

Thursdays 11.50-12.50 (Parents Only)

Spoken Languages:  

Location: EuroKids Dojo **Cost:** 10 Eur per lesson



The self-defense class for women strengthens self-confidence and trains perception.

In class you will learn new ways of self-assertion; opportunities and strategies in the use of body language, physical and verbal self-assertion. The intention of these exercises is to show your own physical strength and mental power.

In group discussions Pia will sensitize parents in potential conflict situations and give further guidance. The classes will be structured and individualised according to parents wishes and needs.

Der Selbstverteidigungskurs für Frauen stärkt das Selbstvertrauen und schult die Wahrnehmung. Im Kurs lernen die Teilnehmerinnen Möglichkeiten und Strategien körperlicher, körpersprachlicher und verbaler Art der Selbstbehauptung kennen. Die Übungen haben das Ziel, den Frauen ihre eigene körperliche Kraft und mentale Stärke aufzuzeigen. In Gesprächsrunden werden die Teilnehmerinnen für Gewaltsituationen sensibilisiert und erhalten weitergehende Informationen. Ich richte mich nach den individuellen Wünschen und Bedürfnissen von euch.



Pia Van Thurenhout

2. Dan Judo

1. Dan Ju-Jutsu

Nationalmannschaft Ju-Jutsu

Ausbildung zur Kursleiterin "Nicht mit Mir!"

Kämpferin 2. Bundesliga Judo

Trainerlizenz im Judo/Ju-Jutsu

Lehrerin für Sport, Englisch und Deutsch

Step Aerobics

Fridays 11.50-12.50 (Parents Only)

Spoken Languages:  

Location: EuroKids Dance Studio **Cost:** 10 Eur per lesson

BE
(a healthier)
YOU

Step Aerobics is an effective fitness and endurance training, which is motivated by the group dynamics and music, bringing fun and lightness into the movement!

Step combinations are put together "step by step" into a choreo.

Step Aerobics ist ein effektives Fitness- und Ausdauertraining, das besonders durch die Gruppendynamik und Musik motiviert, Spaß und Leichtigkeit in die Bewegung bringt! Schrittkombinationen werden "step by step" zu einer Choreografie zusammengestellt.

Ms Cucek is a professional dance and fitness trainer with years of experience and infectious enthusiasm. Come and join the fun. More information can be found under - <https://www.silviacucek.de/>

Additional Information

After the summer holidays, parents have the opportunity to try different activities from our Extra Curricular Programme. Trials can be made by completing an online registration. If you do not wish to continue with an activity, after a 2 week **free trial**, please contact office@eurokids.gmbh to ensure that your registration is cancelled. **This will incur no fee.** In the case parents are happy with their activity, registrations will automatically run for each trimester until cancelled.

We have a limited amount of places available for our activities and if you do not get a place upon registration we will ensure you join the waiting list and contact you as soon as a space becomes available.

Please find below information answering the most important questions -



FREQUENTLY
ASKED
QUESTIONS

What are Extra Curricular Activities?

Extra Curricular Activities are activities which take place after school such as football, ballet etc...

How can I register for Parent Activities?

These can be applied for online under www.eurokids.gmbh

Parents must be a member of the European School Frankfurt Parents' association to apply for activities.

Can I try out activities mid year or mid trimester?

Yes, for a trial day at any time please apply online. All trials of activities are subject to space being available. Due to the high number of applications throughout the year, applications should be made at least 1 week in advance of the preferred trial date. If parents do not wish to continue with a club after a trial of 2 weeks out team should be informed via office@eurokids.gmbh This will incur a 20 Eur administration charge.

How long does the extra-curricular contract last and when and how can I terminate it?

After a 2 week trial period, the contract then lasts for one school trimester and will automatically be extended for another trimester if not terminated by sending a mail to office@eurokids.gmbh. **The contract will also extend into the next school year e.g. Trimester 3 into Trimester 1 if this is not cancelled prior to the end of the 3rd trimester.** During the 2 week free trial period, the contract can be cancelled any time without charge.

To make changes or cancel activities -

1. Send an e-mail, detailing the changes you wish to make, at least 1 week prior to the last school day at the end of each trimester to-

office@eurokids.gmbh

2. Await Confirmation mail
3. Changes take effect from the beginning of each new trimester (excluding initial trial period)

If you wish to make reductions or changes to Parent activities, these can be made up to 1 week prior to the end of each school trimester and take effect from the following Trimester.

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How do I pay for Extra Curricular Activities?

Activities are booked at the end of each school trimester, after the activities have taken place. Parents will receive a SEPA notification mail detailing costs which will be debited from the account which was provided in your Parent Association membership application.

Who do I contact regarding invoices and financial bookings?

Please contact our team at office@eurokids.gmbh, we would be pleased to help you.

Are there times when activities do not take place?

No activities take place on days when the ESF school is closed, the last day before the Summer and Winter breaks and the first week of school after the Summer Break. We try to avoid cancellations (due to teacher illness etc..) during term time wherever possible, through provision of alternative teachers.

Will I still be charged if a certain activity does not take place?

No, activities are calculated on the number of weeks they take place and booked from parents accounts at the end of each trimester.

Do I have to do anything if I am on an activity waiting list?

No. Our team will contact you as soon as a place becomes available in your chosen activity. If the group remains fully booked and we receive enough interest for an activity we may contact you with the opportunity to join a new activity group at a different time.

We have introduced new terms and conditions to ensure that Extra Curricular Activities can continue to function in the best way possible. These will be online shortly along with applications.

Our Team would be happy to speak with you if you have further questions with regards to this or any other matter relating to EuroKids services, please do not hesitate to contact us at office@eurokids.gmbh