

Sports Club Scandinavian School of Brussels Programme 2010–2011



Welcome to the new sporting year 2010-2011.

The Sport Club activities will start the 13 September 2010 with an open house week.

No registration needed before Open House Week! Join the activities you would like during Open House and register directly after; online (www.ssb.be, under extracurricular activities/Sports Club) or directly with your instructor.

Welcome to try many activities in our nice facilities!

We would like to emphasis sports training after school time!

Therefore, we propose possibilities for all age categories.

For example:

Swimming: for all, private, semi-private, group lessons. Obs.: Only Autumn Term!

Yoga, Tennis, Golf: Outside school from beginners to advanced and also for Parents.

Vertical motricity, Aero-Gymnastics: from Pre-School.

Kick Boxing, Body work: from class 9 or 10.

Football, Innebandy: for Compulsory and Upper Secondary including girls groups. Take part in a SSB team and meet other schools.

You can also count on our help if you want to contact a Belgian Sports Club.

Contact person: Nathalie Dubois.

The Goals of the SSB Sports Club:

- Sports Activities increase well-being and health.
- Developing the student's individual and collective skills, techniques and tactics, Fair play, self-control and respect.
- Developing the sociability, sense of responsibility and cooperation of the students by meeting students from different classes, schools, nationalities etc. and by working in team.
- Developing creativity, imagination, spontaneity, self-confidence etc. during games and funny activities.

The different activities offered can differ every year according to the demand. We propose a very large and diversified choice of activities in order to give every student several possibilities to join the Sports Club. This school year 2010-11, the following Sports will be proposed:

Gymnastics
Yoga
Body work
Golf

Mini-tennis
Climbing
Kick-boxing
Football

Aerobic-Muscles
Tennis
Track & Field
Judo

Swimming
Volley ball
Innebandy

Some sports activities are given in French by Belgian Physical Education teachers specialised in the sport they are teaching. The objective is to accompany the learning of French in a more relaxed way and help the students to understand and integrate the Belgian community. Friendly meetings and competitions will be organized in order to give a motivating objective to the learning and create contacts with Belgian and international schools.

Important information:

Sports activities will begin on Monday 13th September 2010 and will end on Thursday 9th June 2011.

Sports Club will be closed on public holidays and during school holidays or planning days for teachers. (See School calendar).

When should you register?

During Open House Week, after your trial session on week 37.

Registration in a sport will take place in the order in which the registration forms are received.

The number of places for each sport is limited! If there are no more places in your chosen sport, you will be informed and placed on a waiting list.

Due to a lack of interest, an activity could be cancelled. In that case, you will be informed and asked to make another choice.

How should you register?

Fill in the registration form and make it clear what sport you would like to do, as well as the day and time.

You can register online on our web site, www.ssb.be under Extracurricular activities or directly with your instructor.

You don't need to pay at that time; you will receive a bill later.

After the sports have been running for two weeks, the membership fees will be due.

Dates to remember:

The Sports Club starts: on Monday September 13th, 2010.

Public and school holidays: See school calendar.

The Sports Club will close for the school year on June 9th, 2011.

If you need more explanation, please contact Nathalie Dubois, responsible for the SSB Sports Club.

Phone number at school: 02 352 64 18 e-mail: nathalie.dubois@ssb.be

SPORTS	DAY -TIME	PLACE	ANNUAL FEE	AGES
Mini-Aero-GYMNASTICS	Monday 15.45-16.45	SSB	119 €	5-7 years
Aero-GYMNASTICS	Monday 15.45-16.45	SSB	119 €	Class 5-7
MINI-TENNIS	Monday 15.45-16.45	SSB	119 €	Class 1-3
AEROBIC / MUSCLE	Monday 17.00-18.00	SSB	49 €/Autumn Term 69 €/Spring Term	Class 9-Gym 3
FOOTBALL-STRENGTH	Monday 19.00-20.15	SSB	59 €/Autumn Term 79 €/Spring Term	Boys Gym 1-3
FOOTBALL	Tuesday 15.45-16.45	SSB	119 €	5-6 years
FOOTBALL	Tuesday 16.45-18.00	SSB	139 €	Class 8-10
TENNIS	Tuesday 16.00-17.00	Wimbledon	34 5€	Class 4-7
KICKBOXING	Tuesday 18.00-19.00	SSB	49 €/Autumn Term 69 €/Spring Term	Class 9-Gym 3
FOOTBALL	Wednesday 14.00-15.15	SSB	139 €	Class 2-4
FOOTBALL	Wednesday 14.00-15.15	SSB	139 €	Class 5-7
FOOTBALL	Wednesday 14.45-15.45	SSB	119 €	Girls Class 5-7
CLIMBING advanced *	Wednesday 16.30-18.00	Berlaymont Sports Hall	219 €	Compulsory and Upper Secondary
CLIMBING beginners	Thursday 15.45-16.45	SSB	89 €/Spring Term	Class 2-7
SWIMMING Advanced**	Thursday 16.00-17.15	Piscine de Waterloo	79 €/Autumn Term	Compulsory
SWIMMING Beginners**	Thursday 16.00-16.50 16.40-17.30	Piscine de Waterloo	89€/Autumn Term	5 years and compulsory
JUDO	Thursday 16.00-17.30	SSB	159 €	From class 3
TENNIS	Thursday 16.00-17.00	Wimbledon	345 €	Class 8-Gym 3
TRACK & FIELD	Thursday 15.45-16.45	SSB	89 €/Spring Term	Class 4-7

BODY WORK	Thursday 17.30-18.45	SSB	49 €/Autumn Term 69 €/Spring Term	Class 9-Gym 3
INNEBANDY MULTISPORTS	Friday 15.45-16.45	SSB	119 €	Class 1-3
VOLLEY GIRLS	Friday 15.45-17:00	SSB	59 €/Autumn Term 79€/ Spring term	Cl.9-Gym 3
INNEBANDY	Friday 17.00-18.00	SSB	119 €	Class 4-7
INNEBANDY	Friday 18.00-19.00	SSB	119 €	Class 8-Gym III
YOGA Students / Adults	19.30-20.30	Surya Center Waterloo	149€/189€ (adults) 3 lessons per week x 20 weeks	Cl.9-Gym 3 / Adults
GOLF	***	Golf Club de Pierpont	Special offer Fall 2010	Class 8-Gym III Class 5-7

* Climbing advanced: Starting Affiliation and equipment included, except shoes.

** Swimming: pool: Entrance fee included.

*** Following Golf Club availabilities. Price offer will come soon.

Registration form for SSB Sports Club 2010/2011

To be given back to Anna Desclous at the administration or to your instructor before the second session.

Name.....

Class (or a parent).....

Address.....
.....

Telephone.....

e-mail.....

I will register for the following sport activities:

Sport activity:	Day/time	Price:
1.....
2.....
3.....
4.....

TOTAL:

.....

Signature guardian

Warning! Reservations are non-retractable and will be invoiced in full.