

**Football Club: (All Levels)** Int. Cost: Free

**Monday** 16:10-17:50 - Sports Hall: B-0.36

**Trainer:** Mr. Green

Team training - Ball control - Fitness - Position training - Teamwork  
-Respect

Football Club is open to all - whether you are the next Lukas Podolski or if you have never kicked a ball in your life, you are more than welcome to join. Game-based learning is the theme, with plenty of fun ways to learn about the beautiful game. It is also possible to organize games and tournaments against other schools.

**Theater Club:** Ext. - Cost: 4,00€ per 45 min.

**Monday** 16:10-17:50 Art Room: C 1.07

**Trainer:** Ms. Lating

In theatre Club we try to create roles that support our imagination. A healthy fantasy carries us safely through life! I teach different techniques of theater pedagogy. Together we play in changing roles what we should be, what we could be and what we want to be. In addition, we will invent stories that will create our own theater. The designing of the stage and costumes is of course also a part of it!

**Boxing Club:** Int. - Cost: Free

**Tuesday** 16:10-17:50 - Sports Hall: B-0.36

**Trainer:** Mr. Cozens

In the Bilingo Boxing Club, students will learn the basics of boxing: defense, punching correctly, reactions, speed and power. The aim is not to fight but to learn a disciplined sport, which trains the whole body. The club is open for all levels, so don't hesitate, come and give it a go!

**Weightlifting Club:** Int. - Cost: Free

**Tuesday** 16:10-17:50 - Sports Hall: B-0.36

**Trainer:** Mr. Davis

The Weightlifting Club will work on developing a weekly fitness routine that will include identifying and strengthening different muscle groups. From the basics using tried and trained techniques focusing on core muscle groups, to eventually using free weights, this club is the place for building bodily strength, team work and mental toughness. "Mind Over Matter"

**BilingO News Club:** Int. Cost: Free

**Tuesday** 16:10-17:50 - Computer Room: C 3.02

**Trainer:** Mrs. Thomas

The News Club will work to create news content from around school that will be mainly published on the Campus Facebook and Instagram accounts. The students will have the opportunity to find stories and write about what is going on around them. The News Club will show photos and captions of different events, clubs and activities that are happening around the school. This is a fun and exciting way for the whole school to stay on top of all the current events that are happening around the campus. Each member of the club will have a voice on what gets published.

**Roots & Shoots Club:** Int. Cost: Free

**Wednesday** 16:10-17:50 - Computer Room: C 3.02

**Trainer:** Mrs. Hatmaker Moore

Roots & Shoots is a global service club founded in 1991 by Dr. Jane Goodall that now has hundreds of groups in nearly 100 countries. In our club, we will identify and address issues affecting the environment, animals and our community. Activities will be largely student-organized but might include gardening, volunteer opportunities and guest speakers through local non-profit organizations, and whole-school fundraisers for environmental and humanitarian concerns. You can visit <http://www.janegoodall.de/roots-shoots/> for more information on Roots & Shoots in Germany.

**Music Club:** Ext. - Cost: 4,00€ per 45 min.

**Wednesday** 16:10-17:50 Music Room: B-0.22

**Trainer:** Ms. Lating

There are endless possibilities to experience music. As a first step, I will try to find out which instrument fits your child. Perhaps your child has already found his or her instrument and would like to do something new with it. The focus of my musical work lies in the composition of music. I teach various techniques of composition and song writing. The participant creatively develops what they want from the music. For this they can get together as a band or even stay alone as a single song-writer.

**Advanced Basketball (grades 10 and up):** Int. - Cost: Free

**Wednesday** 16:10-17:50 - Sports Hall: B-0.36

**Trainer:** Mr. Wiesmann

The Advanced Basketball Club will include: fitness, ball-handling, shooting, defense, and games. It is also possible to organize games and tournaments against other schools.

This term the club is being offered for the upper school students only

(grades 10 and up). Hopefully next term there will be capacity for a lower school club as well.

**Art Club:** Ext. Cost: 4,00€ per 45 min.

**Thursday** 16:10-17:50 Art Room: C 1.07

**Trainer:** Ms. Lating

Every human being has his or her own individual expression, which can only be discovered when there is space for the greatest possible freedom. I support your child in the development of his or her own expression in substance and form. It will be drawn, painted, modeled, built and tinkered.

In the group, creativity can be simulated first, and then it goes to work. In doing so, I focus on the will of your child - what would it like to learn?

**Chess Club:** Int. Cost: Free

**Thursday** 16:10 - 17:50 Lunch Hall: A 2.04

**Trainer:** Mr. Andersson

For the most part students will be playing chess against each other. In addition, there will be puzzles to work on (e.g. mate-in-two). Students will learn strategies for the opening, middle- and end-game. Commentaries on games will complement the work.

Once a year the group will take part in a competition with other schools in the Cologne area.

The group is appropriate for beginners and experts alike.

**Hip Hop Club** Ext. Cost: 4,00€ per 45 min.

**Thursday** 16:10-17:50 - Sports Hall: B-0.36

**Trainer:** Ms. Meisner

The Hip Hop club will bring hip hop dancing to the campus! The club will include: Warming up - stretching - freestyle dancing - dance lesson - stretching/cool down