EXTRACURRICULAR ACTIVITIES AT TES

2021-2022





EXTRACURRICULAR ACTIVITIES

2021/2022

ON MONDAY 4 OCTOBER.

THE FIRST WEEK IS A TRIAL WEEK!

Come and try the group activities for free!

Please note that the children taking part in a group activity during the trial week should be registered. If you are not interested in taking part in the activity after the first week, please inform our Activity Manager Liis Teras (liis.teras@est.edu.ee).

MORE INFO AND REGISTRATION

TES.EDU.EE



EXTRACURRICULAR ACTIVITIES

2021/2022

Nursery

Art for Nursery2Nursery Dance11Ceramics5Science Class14English Club7Spanish Lessons17Football8Sports18Gymnastics9Zumbinos25

Secondary

Basketball 3	Student-company
Book Club 4	Entrepreneurship Course 20
Music is FUN!10	Table Tennis2
Seriously Smart Stories15	Video & Cinema22
Showdance16	Volleyball23

Primary

Art 1	Robotics and Coding	13
Ceramics5	Science Class	14
Chess 6	Seriously Smart Stories	15
Football8	Showdance	16
Gymnastics9	Street Dance	19
Music is FUN!10	Video & Cinema 2	22
Roblox Lab12	Yoga 2	24

Individual Lessons

Drum Lessons	2
Guitar Lessons	2
Piano with Kairiin	2
Piano with Maria	30
Solo Singing	3
Violin	3

Art

Do you also feel like Art lessons just fly by?

This is your chance to join the extracurricular Art club for more Art!

Have fun, learn, create, express, and challenge yourself, develop new skills, solve problems and try something new every week!





Group: P1-P2 / P3-P5

Time:

Tuesday 8:15-9:00 P1-P2 /

Friday 15:15-16:15 P3-P5

Fee: 34.50€ (P1-P2) /

40.30€ (P3-P5)

Teacher:

Triin Suurküla



Art for Nursery

Art for Nursery's main goals are to get familiar with different art techniques: painting, collage, sculpting, printmaking and explore shapes, lines, colours while expressing oneself and having fun along the way! Little students will also be introduced to art history and discover major artists, as well as forms of art from various cultures and time periods.

As often as possible, the lesson will be linked to an exhibition happening in Tallinn or in Estonia. A great opportunity to discover Estonian artists or plan a museum visit for the family!

Every child attending the activity will receive an "art portfolio" consisting of his/her works and pictures of the creating process. This portfolio will be brought home by the students at the end of each month.

Languages of the lesson: English and French





Group: Nursery
Time: Tuesday 16:30-17:15
Fee: 25€
Teacher:

Astrid de Boisfleury



Basketball

There are many benefits to playing basketball such as strength, shape, heart health, stress relief, quick thinking, hand-eye coordination skills, agility, timing, team building, self-discipline, work ethic, confidence, awareness of space and body.

As a passionate sportsman of many fields (athletics, table tennis, cycling, football...) I am especially keen on basketball, first as a player of a regional winning team and with a call up for the U-16 national team.

Later followed by 7 years of coaching teams participating in school leagues.

If you are interested in more than a leisure game, and you would like to uplift your technical skills to the next level, you are welcome to join the team.

"All kids need is a little help, a little hope and somebody who believes in them."

(Magic Johnson)

Group: P5-Secondary **Time:** Thursday 16:15-17:15

Fee: 35€

Teacher: Adrian Graziatti







Book Club

This club is for S3-S7 students who are independent users of Estonian (B1-level). Together we read Estonian literature according to interests and discuss the nature and role of literature in today's world. Tea and cookies are strictly recommended.

Raamatuklubi toimub eesti keeles. Oodatud on S3-S7 õpilased, kes on iseseisvad keelekasutajad. Loeme koos uuemat eesti kirjandust vastavalt huvidele ja arutame kirjanduse olemuse ja rolli üle tänapäeva maailmas.

Tee ja küpsised rangelt soovituslikud.



KAKS KORDA KUUS | TEISIPÄEVAL KELL 16

RAAMATUKLUBI

LOEME EESTI KEELES . S3-S7





Group: S3-S7
Time: Tuesday 16:00
twice a month

Fee: 23€

Teacher: Maris Maasikas



Ceramics

This is a great class for anyone wanting to make a start with clay. We cover simple techniques for making functional and decorative pieces. As working with clay can be very therapeutic, then there will be some classes where children can just play with clay. All materials including glazes are included in the course fee.

The tutor is Triin Türnpuu who has graduated from Kuressaare Regional Training Center as a ceramicist and has a BA degree from Estonian Art Academy as a ceramic artist.





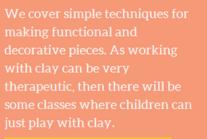
Group: N1-N2/P1-P5
Time: Monday
15:15-16:00 P1-P5 /
16:15-17:00 N1-N2
Fee: 51.80€

Teacher: Triin Türnpuu



CERAMICS COURSE ON MONDAY

PRIMARY 15.15-16.00 NURSERY 16.15-17.00





Chess

Chess is a strategy board game that was invented in India before the 7th century. Chess is a perfect example how learning, playing an having fun can be combined. It is also proven that chess can improve memory, elevate creativity, develop perspectives and boost planning skills.

And as it was said by Anatoly Karpov (World Champion 1975-1985): "Chess is everything - art, science and sport."



Group: Primary

Time: Friday 15.45-17:15

Fee: 28.80€

Teacher: Karl Erik Olde



CHESS CLUB

Fridays 15.45-17.15

Chess is a perfect example how learning, playing and having fun can be combined. All you have to do is to protect yours and checkmate your friend's king. Looks easy, right? Actually the great point is that even if you have played 10000 games, you still learn something new from every game.









Teacher: Karl Erik Olde

English Club

Would your child benefit from having some extra time learning the basics of English?

Then come along to The English Club. We will use songs, rhymes, pictures, movement, and games to help each individual child build up their confidence and word banks.





Group: N1-P1

Time: Thursday 16:00-16:30

Fee: 46€

Teacher: Rebekah Wisbey



English Club Would your child benefit from having some extra time learning the basics of English? Then come along to The English Club. We will use songs, rhymes, pictures, movement and games to help each individual child build up their confidence and word banks. For children aged 4-8years. (N1-P2) Teacher: Rebekah Wisbey (P1B Class Teacher) Time: Thursdays 16:00-16:30 Where: P1B classroom

Football

Football and sports training takes place at Tallin European School every Monday and Wednesday for Primary students, and every Monday for Nursery students.

Our trainings are versatile and interesting, offering elements from different sport activities to develop children's movement and coordination. The trainers will teach the child gymnastics, running, jumping, kicking the ball, throwing and movement with the ball. All this is taught through fun developing games.

Group: N1-N2 Time: Monday 16:45-17:15

Fee: 20.70€

Teacher: Rando Hallik



Group: Primary
Time:

Monday 15:30-16:30 /

Wednesday 16:00-17:00
Fee: 23€ once a week /

46€ twice a week

Teacher: Rando Hallik



FOOTBALL TRAININGS ON THE SPOT AT SCHOOL AND KINDERGADEN UNDER PROFESSIONAL TRAINERS!

Registering for football training has started!

Check out for more using contacts below and confirm your child's participation at the kindergarden or school. Children starting from the age of 4 are all welcome.



KALEV KRATID -13 YEARS OLD YOUTH-ORIENTED ELITE CLUB IN ESTONIA.

13

Don't forget to check out possibilities for children born in 2010 - 2016!

jalgpall@kratila.ee

566 088 88

www.kratila.ee

Gymnastics

Koit Dance School offers students gymnastic dance lessons, where dances are created through various acrobatic elements. The training focuses on creating unity, training skills, and learning responsibility. Students' physical abilities are developed in the lessons and the child's individual age-appropriate development is contributed. Dance lessons are based on general physical dance training, where you get to know and feel your body. Dance steps are learned, and choreography is created. Technically correct performance and body awareness play an important role. Part of the lesson is spent on mats, where acrobatic elements are learned, and flexibility exercises are performed. The content and structure of the lesson will be adapted to the group.



Group: N1-N2 / P1-P5

Time: Wednesday and Friday

16:00-17:00 P1-P5 /

17:15-18:00 N1-N2

Fee: 33€ once / 50.60€ twice

Teacher: Malle Alvela

KOIT DANCE SCHOOL

offers students gymnastic dance lessons, where dances are created through various acrobatic elements!



Primary: Wednesday and Friday 16:00-17:00 Nursery: Wednesday and Friday 17:15-18:00



Music is FUN!

This activity waits for upper primary and lower secondary students who love music.

In the music club:

- we sing and play different musical instruments.
- we listen to the music and try to understand it.
 - we improvise.
 - we develop our performing skills.

Music Club will be opened on Mondays at 15:15-16:00, room A235.





Group: P3-S3

Time: Monday 15:15-16:00

Fee: 32€

Teacher:

Ivi Rausi-Haavasalu



Nursery Dance

Active Studio invites nursery level girls and boys to a dance and body movement class! This is a developing and fun class, where we engage in rhythm and dance games, develop coordination, learn how to move to music, be creative, do different exercises and dance.



Group: N1-N2

Time: Friday 16:00-17:00

Fee: 28.80€

Teacher: Hanna-Liis Karp





Roblox Lab

Learn computer science developing 3D games in Roblox Studio. This course will teach children a wide range of skills - 3D modelling, coding, project management and also develop soft skills- like working in teams, communication, creativity. The core of the course is Roblox Studio - a powerful and engaging tool that enable kids to create their own 3D worlds and objects, learn coding and share created games with friends. During the course, each participant is creating 3 different games learning at the same time main modelling technics and coding basics (loop, condition, triggers, events, parameters, functions etc). Roblox Studio is a free-of-charge tool - that will also give the opportunity to practice at home and continue learning after the end of the course.

Teacher Olga Khodyreva (Tallinn Technical University Bsc, engineering) has four years of teaching experience: XTeadus (robotics and coding for kids), DigiScool Computer School (Algorithmics, Coding, Game development, Web development).





Group: P3-P5 **Time:** Wednesday
16:40-17:40 **Fee:** 41.40€

Teacher: Olga Khodyreva



3D GAMES DEVELOPMENT AND CODING BASICS

GRADES 3-5

- Roblox Game Studio basics
- 3D modelling basics
- Coding for begginners
- Game development technics

Wednesday 16:40-17:40

Robotics and Coding

An engaging introduction to robotics and computer science for kids.

The course is based on Lego Education Robotic and Scratch curriculum and covers such topics as robotics basics, modelling, basics of mechanics and coding. Lessons are conducted in playful and engaging mode- over 30 robotics and coding projects children will do by themselves and learn how modern technology is changing the world. Kids will develop problem-solving skills, critical thinking, modelling and coding skills. This course is a good introduction to next-level IT and technology courses.

Teacher Olga Khodyreva (Tallinn Technical University Bsc, engineering) has four years of teaching experience: XTeadus (robotics and coding for kids), DigiScool Computer School (Algorithmics, Coding, Game development, Web development).





Group: P1-P2 **Time:** Wednesday

15:30-16:30

Fee: 41.40€

Teacher: Olga Khodyreva



ROBOTICS and CODING

Engaging robotics and computer science for kids.

GRADES 1-2

Wednesday 15:30-16:30

Science Class

About science class:

⊠ once a week 45-minutes:

☐ Curriculum has been made in cooperation with scientists from Tartu University;

we do experiments in physics, chemistry and biology, we also study other areas of science:

☑ in a situation where it is not possible to conduct contact lessons, parents receive the necessary resources from school once a month and the lessons are conducted via video.





Group: N1-P1 / P2-P5

Time:

Wednesday 17:00-17:45 P2-P5

Friday 17:00-17:45 N1-P1

Fee: 32.20€

Teacher: Helene Leede



Three Piglets Science Class

In science class we do experiments in physics, chemistry, biology and other areas of science.

Do you know why flamingos are pink? Let's find out!

We meet once a week for 45 minutes on Wednesdays and Fridays at 5 PM



Seriously Smart Stories

Tim Heath, a full-time novelist and an International Bestselling Author, is delighted to continue to share the joy of storytelling with your children, in a return of last year's very successful club. Through activities and games for all ages, each student will learn the keys to telling a compelling story, growing in their confidence and ability, as well as their use of vocabulary. With a focus on the practical, students will see stories come alive around them, and from this, become better writers themselves. Students will also hear one of Tim's own stories told week by week. Don't miss this fascinatingly enjoyable and unique opportunity for your child!





15

Group: Primary-Secondary **Time:**

Tuesday 15:30-16:15; Thursday 15:30-16:15 Fee: 34.5€ once a week; 51.80€ twice a week Teacher: Tim Heath



BEST-SELLING AUTHOR

Showdance

Being a positive, enthusiastic and active young woman I dream big and do all my work with great commitment. All my life I have been very passionate about dancing. I've done it more seriously for the last ten years now and with that time I've studied different styles such as ballet, hip-hop, show dance, cheerleading, club freestyle, contemporary, jazz and so on. For a year I was also a cheerleader for the biggest basketball team in Estonia. It's my passion and joy to convey that same feeling and emotion, that I get from these trainings to others!

This group, where I am inviting you, is a place where everyone who wants to dance is welcome with open arms. If you don't have any experience in dancing then don't be afraid, just come to this group and we are going to find that courage and passion to dance freely! (2) All are welcome - beginners and advanced students. Come to the first open lesson and if you like it then you are more than welcome to stay for the whole year to dance with me and all the other students. In the lessons, we are going to do some choreographies, stretches, techniques and your own creations also!





Group: P3-S3 **Time:** Wednesday
15:00-16:00 **Fee:** 28.80€

Teacher: Liis Nesler



Lessons are going to take place every Wednesday 15:00-16:00 in the Aerobics

STARTING FROM
04.10.2
WITH A FIRST
TRIAL WEEK
The open lessor
takes place on the

Spanish Lessons

Hola! I am Carlos from Madrid, and I am a kindergarten teacher. It is my 3rd year working in the Nursery at TES.

Would you like your child to get to know Spanish with a native speaker? We will learn through reading stories, playing games, and working in teams. I offer 40 minutes of Spanish immersion lessons weekly for kids from Nursery 1 to Primary 1, language level 0.

I am excited to hear from you!



TUESDAYS: 16.15 - 16-50





Group: N1-P1

Time: Tuesday 16:15-16:50

Fee: 28.80€

Teacher: Carlos Rodriguez



Sports

My name is Carlos. I have been working as a Motor Skills teacher at TES for 2 years. I am a qualified kindergarten teacher and Sports teacher.

During sports activity lessons children will improve their physical skills and learn more about how important it is to have an active and balanced life.

Get ready for a healthy journey!



Thursdays: 16.15 - 16.50





Group: N1-P1

Time: Thursday 16:15-16:50

Fee: 23€

Teacher: Carlos Rodriguez





Street Dance

Feel free and take a challenge!

Learn to move your body, dance using great steps of this fascinating dance style. Listen to great music! High-intensity classes with a lot of improvisation and great emotional merit! This is your chance to learn something different and exciting!



Group: Primary **Time:** Tuesday 16:00-17:00

Fee: 28.80€

Teacher: Karina Kirs





Student-company Entrepreneurship Course

Starting this October, TES students have the opportunity to join a student-company entrepreneurship course where they'll have a unique chance to actually put their business ideas into action. By founding a student company in small teams, the students will learn about methods for brainstorming business ideas, marketing, financial accounting and how to establish, operate and terminate a student-company.

Additionally, the students will learn about teamwork, conflict resolution and motivation in teams. The course is instructed by a teacher who is currently working at a start-up and has previous experience with student-companies. All S4-S7 students are welcome to join, further information about the schedule will follow.





Group: S4-S7

More information:

Kristjan Heinmets

kristjan.heinmets@est.edu.ee



Table Tennis



I have always liked sports and developed a keen interest in playing tennis aside from soccer and I will like to share this passion with pupils.

Table tennis is a team sport as well and helps to promote awareness, hand-eye coordination and promotes bonding. Participants are going to learn the rules of the game- service rules and general match play. It is a team sport that develops perseverance and aids concentration as one needs to pay attention to the details of the game. Moreover, players will have fun as they learn the techniques of the game.

Table Tennis



Thursdays 15:30 P5+Secondar





Group: P5-Secondary **Time:** Thursday 15:30-16:30

Fee: 34.50€ Teacher:

Samuel Amankwaa

2

Video & Cinema

The short film represents a form of storytelling that can deliver a message, as any other form of communication. It is also, a form of art that borrows elements from disciplines including acting, human resource management, creative writing, visual arts, animation, covering the different stages of movie making from casting, directing, filming (photography), producing, editing, and delivering the final product. The participants in "Video and Cinema" are invited to explore different stages of filmmaking presented in an easy way, adapted to young pupils. In the end, they will have the chance to produce a 3' Sort film or animation, or a YouTube Vlog applying the knowledge and the skills that they gained in the classroom.

The Video and Cinema club is led by Multimedia and art teacher Hanna Geara, holder of a master's degree in Social Communication and Art.





Group: P3-Secondary **Time:** Thursday 16:00-17:00

Fee: 34.50€

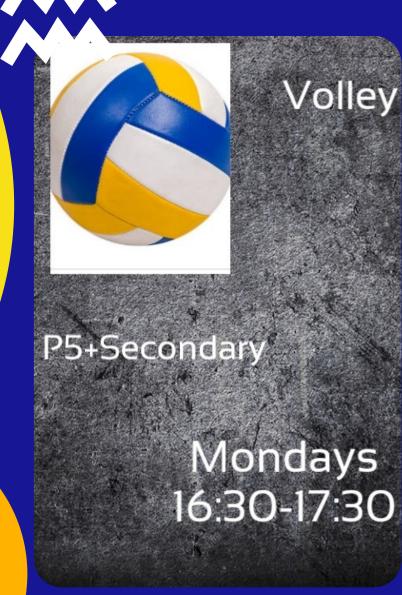
Teacher: Hanna Geara



Volleyball

As a sports enthusiast, I have always liked the different kinds of sports including volley, and this passion has given me the motivation to engage in sporting activities and to excel at them.

Participants will learn to serve, pass, set, block, and dig the ball as they undertake this sport. Volleyball is a team sport that develops perseverance and selflessness. One also stays fit whilst engaging in the sport. Hence participants develop hand-eye coordination as they learn the various skillsets of the game. Upon joining, participants hope to achieve the aforementioned and proper bonding with teammates.







Group: P5-Secondary
Time: Monday 16:30-17:30
Fee: 34.50€
Teacher:
Samuel Amankwaa

Yoga

In yoga class we enhance physical flexibility, refine balance and coordination, develop focus and coordination, boost confidence and strengthen the mind-body connection. It is a fun class beneficial for the mind and body!



Group: Primary
Time: Monday
15:30-16:15 P1-P2 /
16:15-17:00 P3-P5
Fee: 28.80€

Teacher: Kadi Valgma





Zumbinos

Zumbinos is a Zumba-like class for children. We dance and have a lot of fun. Games with music. Learning routines and of course times of interpretation. We learn rhythm, body and spatial awareness and develop our memories. Come and join the dance party and express yourself however you wish.



Group: N1-P1

Time: Tuesday 16:00-16:30

Fee: 26.50€

Teacher: Rebekah Wisbey

COME AND JOIN THE DANCE PARTY...

ZUMBINOS

A GREAT WAY TO KEEP KIDS ACTIVE WHILST THEY DANCE IT OUT TO FUN TUNES.

> Who: N1-P1 When: Tuesdays 16.00-16.30 Where: Nursery Assembly Hall Cost: €26.50 per month Teacher: Rebekah Wisbey Rebekah.wisbey@est.edu.ee

AGE APPROPRIATE MUSIC AND MOVES THAT GET KIDS MOVIN' TO THE BEAT. IT'S ALL ABOUT FEELING FEARLESS ON THE DANCE FLOOR, REINFORCHING THE IDEA THAT IT'S OKAY TO JUST BE YOURSELF AND DANCE LIKE NO ONE'S WATCHING! DANCING AND GAMES, ARE THEY WAY

TO END THE DAY 😊



INDIVIDUAL LESSONS

INDIVIDUAL MUSIC LESSONS ARE ALSO AVAILABLE AT TES!

Please note that individual lessons are not part of the trial week and the lesson fee will apply starting from the first lesson!

MORE INFO AND REGISTRATION

TES.EDU.EE



Drum Lessons

Drumming is a great way to develop coordination and dexterity alongside entertaining rhythmical exercises that support the evolvement of musical as well as mathematical thinking. During our lessons, we will cover the basics of many different music genres like pop, rock, swing, latin etc, and not only play the drum set but also familiarize ourselves with other percussive instruments such as the congas and bongos, tambourines, shakers and so forth.

My name is Hans K. Pikani and I have played the drums since I was 15 years old. I graduated from G. Ots Tallinn Music School in 2019 and started my undergraduate studies at Viljandi Academy of Culture. I have taught in children's summer camps for 10 years and for the last 2 years gave drumming lessons at Kaarli Kool in Tallinn. I have been teaching drumming at TES for a year now and recently started a new job as a drumming teacher at Viljandi Huvikool.





Fee:

30 min - 23€ 45 min - 28.80€ **Teacher:** Hans Kristjan Pikani



LEATEN YOUTZ FAVOUTZITE STYLES WHILE DEVELOPING COOTZDINATION, DEXTETZITY AND MUSICALITY.



FOR REGISTRATION PLEASE CONTACT ACTIVITY MANAGER,

Guitar Lessons

Mathieu is a professional guitar player, composer, and music teacher from France with more than 20 years of international experience. He has been a backing guitarist for some top-selling artists in France, touring around Europe, recording in some of the most prestigious studios and collaborating with world-class musicians. He has released 2 albums with his own project "KSIZ", distributed worldwide. In addition to his music career, Mathieu has always been sharing his passion with amateur and professional students of all ages. His versatility allows him to teach and explain many different music genres (such as jazz, blues, brazilian, funk, rock, hard-rock, etc) on both electric and acoustic guitar, to beginners as well as more advanced players. Patient, organized, reliable, flexible and earnest, Mathieu is a dedicated instructor who thinks that having a good time is the key to good learning. The content of the lessons will be adapted to each individual student depending on their age, level and musical preferences. In addition to practising the guitar, the students will also benefit from some notions of solfege and harmony. Mathieu is also teaching in Georg Otsa nimeline Tallinna Muusikakool.



Fee:

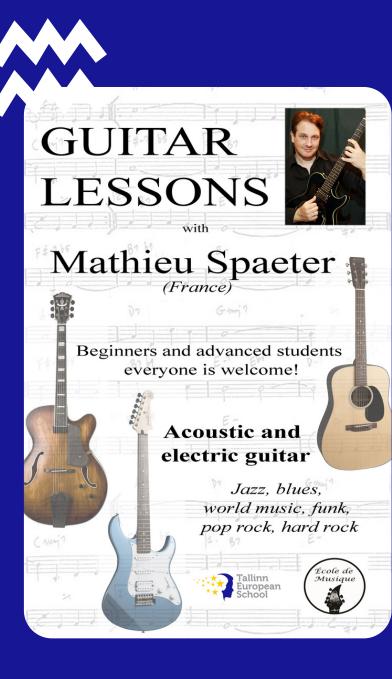
30 min - 22€

45 min - 28€

60 min - 35€

Teacher:

Mathieu Spaeter



Piano Lessons

Hi! My name is Kairiin, and I teach piano. I've been playing the piano since the age of 7 and am currently studying at the Estonian Academy of Music and Theatre. I've also been active in different bands and orchestras. I wish to pass on the music knowledge I've learned in 14 years.

The piano is a great instrument because you can play pretty much anything you want on it - basslines, chords, melodies. It's like a miniorchestra. It doesn't matter if you like classical, pop or even rock music, in some months you will be able to play your favourite song on the piano. In the lessons we will mostly focus on learning to read sheet music, using correct techniques and understanding basic music theory. We will also have some fun with synthesizers - explore different sounds, play along with a beat, and also improvise and make our own music.





Fee:

30 min - 23€ 45 min - 30€ Teacher: Kairiin Kukk



Piano Lessons

My name is Maria and I'm teaching piano for children already over 20 years! At the moment I'm working at the Estonian Music Academy and also at University for Music and Performing Arts Vienna. Teaching piano is my passion and work at the same time. I would be happy to share all my knowledge and enjoy music together!

Piano lessons and practice can be fun and creative! We learn chords, melodies, sight-reading sheet music, combining hands, ear training, key signatures, and so much more while playing favourite songs and music genres. I have an individual approach to each student. Lessons in TES available on Tuesdays and Fridays!





Fee:

30 min - 23€ 45 min - 30€ **Teacher:** Maria Bachmann

Piano Lessons beginner to advanced **FUN & Efective** Maria Bachmann Phone: 56815163 E-mail: Maria.Bachmann@mail.ee

Solo Singing

Personalised and individual vocal coaching sessions are the most effective to get guidance and support through your journey to **Find Your Voice!**

In the solo singing lessons, students can:

- Develop and improve the singing skills,
- Work on the skills of articulation and diction,
 - Practice on the performing skills.

Teacher Ms Ivi Rausi-Haavasalu is an Estonian jazz singer and experienced vocal coach. You can read more about her at www.ivirausi.com or listen to her on Spotify.





Fee:

30 min - 25€

45 min - 35€

Teacher:

Ivi Rausi-Haavasalu



SOLO SINGING

INDIVIDUAL LESSONS 30 MIN 45 MIN



Contact: ivi.rausi@est.edu.ee

Violin Lessons

With Individual lessons, children can learn how to play the violin and master classical violin basics. Folk music and favourite tunes can also be integrated into the learning process besides standard classical repertory.

Children aged 12 and above have the possibility to learn viola.

Individual lesson times will be agreed upon individually. Contact Talvi Nurgamaa: talvi.nurgamaa@gmail.com

Talvi Nurgamaa graduated in Estonia as a string teacher, has also studied viola at the University of Music and Performing Arts Vienna. Talvi is currently teaching at Old Town College Music school and possesses good experience in teaching children. She has participated in many international masterclasses and likes to learn and practice new things.





Fee:

30 min - 25€ 45 min - 30€ **Teacher:** Talvi Nurgamaa





Violin lessons
with
Talvi

30 or 45 min lessons. Time will be agreed individually