

**January
Edition!**

EXTRACURRICULAR ACTIVITIES AT TES

2021-2022

EXTRACURRICULAR ACTIVITIES

2021/2022

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MORE INFO AND REGISTRATION
TES.EDU.EE



SCAN ME

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!



EXTRACURRICULAR

ART with miss Triin

Created to create



P1-P2

Tuesdays 8.15-9.00

P3-P5

Fridays 15.15-16.15

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

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



Thursdays
16.15-17.15
BASKETBALL!



Ceramics for Nursery

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 Tüرنpuu 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
Time: Monday 16:15-17:00
Fee: 51.80€
Teacher: Triin Tüرنpuu



My Workshop
www.myworkshop.ee

CERAMICS COURSE ON MONDAY

PRIMARY 15.15-16.00
NURSERY 16.15-17.00



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.



Chess

Chess is a strategy board game that was invented in India before the 7th century. Chess is a perfect example how learning, playing and 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?

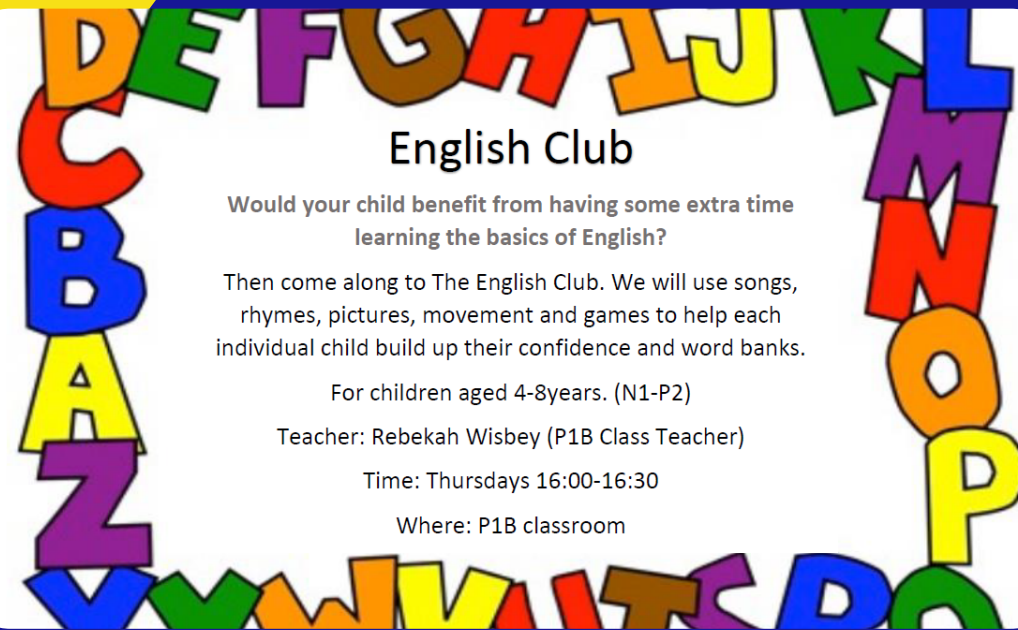
Then come along to The English Club. We will use songs, rhymes, pictures, movement and games to help each individual child build up their confidence and word banks.

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: Primary

Time:

Monday 15:30-16:30 /
Wednesday 16:00-17:00

Fee: 23€ once a week /
46€ twice a week

Teacher: Rando Hallik



2021-2022 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.

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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-P5
Time: Wednesday and Friday
16:00-17:00
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



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



ACTIVE STUDIO

dance and body movement class
nursery
level



on Fridays at 4 p.m. – 5 p.m.
FIRST CLASS 8 OCTOBER

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!



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



SERIOUSLY SMART STORIES

"SETTING MINDS FREE"

- All ages and abilities.
- Improve their English with a native speaker and their use of it.
- Grow a richness of vocabulary.
- Learn how to tell stories visually.
- Become a better writer.

**Tuesdays &
Thursdays
15:30-16:15**

HOSTED BY AN INTERNATIONAL
BEST-SELLING AUTHOR



**Join
The
Club**

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! 😊 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!

See you in the trainings



Group: P3-S3
Time: Wednesday
15:00-16:00
Fee: 28.80€
Teacher: Liis Nesler



all in
European
School
invites:

Students
from P3-S3
are invited
to dance
with our
own PE
teacher Liis

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



STARTING FROM
04.10.2
WITH A FIRST
TRIAL WEEK
The open lesson
takes place on the
6th of October

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!



Group: N1-P1
Time: Thursday 16:15-16:50
Fee: 23€
Teacher: Carlos Rodriguez

Sport lessons

**Thursdays:
16.15 - 16.50**

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



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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.



Group: P5-Secondary
Time: Thursday 15:30-16:30
Fee: 34.50€
Teacher:
Samuel Amankwaa



Table Tennis



Thursdays
15:30
P5+Secondary

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



VIDEO & CINEMA

be creative



Thursday | 16:00 | In the art class | Room 232-233

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



Volley

P5+Secondary

Mondays
16:30-17:30

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



ACTIVE STUDIO

Yoga class on Mondays

3.30 – 4.15 p.m. B1 – B2

4.15 – 5.00 p.m. B3 – B5



FIRST CLASS 4. OCTOBER

Info: info@activestudio.ee

Ph. 51917692

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



INDIVIDUAL LESSONS

PIANO LESSONS

Learn to play your favorite song
on piano!

From classical to pop or even rock!

Fee:

30 min - 23€

45 min - 30€

Teacher:

Kairiin Kukk

LESSONS AVAILABLE ON MONDAYS, WEDNESDAYS
AND FRIDAYS

SOLO SINGING

INDIVIDUAL
LESSONS
30 MIN
45 MIN



Contact:

ivi.rausi@est.edu.ee

Fee:

30 min - 25€

45 min - 35€

Teacher:

Ivi Rausi-
Haavasalu



Violin lessons with Talvi

30 or 45 min lessons. Time will be
agreed individually

Fee:

30 min - 25€

45 min - 30€

Teacher:

Talvi Nurgamaa

MORE INFO AND REGISTRATION
[TES.EDU.EE](https://tes.edu.ee)



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