

EXTRACURRICULAR ACTIVITIES

2025/2026



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General Rules

Inscriptions: Can be sent in from the **30th of June 2025** onward online through the Portal (accessible at lamiranda.eu) except for aquatic activities, for which inscriptions will be through poolmiranda.eu, and certain activities for which inscriptions will be handled via email, as mentioned in their respective sections below. New inscriptions shall only be considered effective once validation is received from the extracurricular coordination team, which will confirm based on the occupancy rates of the activities.

Calendar: Extracurricular activities will begin from September 8th onward. Activities shall take place in parallel with curricular activities until the **last day of the school year** (included). **In case of holidays and/or vacations, extracurricular sessions will not be made up for or otherwise compensated** (the calendar with all of the year's school days will be available on the school's website). Special events that occur during certain sessions (such as, but not limited to, open lessons or end of year concerts) are part of the activities and will not be made up for or otherwise compensated.

Cancellations: Cancellations are processed monthly, coming into effect on the first day of the month after the cancellation is received. In order to be correctly processed, cancellations must be notified to the extracurricular team via email **before the 20th of the month prior** to the effective cancellation of the inscription to the activity. If this procedure is not followed, the respective fees will not be refundable. Partial month cancellations will not be processed.

Limited availability: The groups presented below will have limited availability. The maximum number of students per group will vary depending on the activity.

Minimum occupancy: Group activities in this programme will be able to take place if the group is at least of **5 students**, except for **cooking activities and volleyball**, which will require **6 participants**. If at any point during the school year the minimum is no longer met, the activity may need to be cancelled. In case the minimum number of students is not reached at all and an activity cannot start or an activity needs to be cancelled during the school year, alternative options for the same schedule can be discussed with the extracurricular team.

Pricing: Monthly fees for each activity are set out in their corresponding sections. If two or more activities are combined, the monthly fee will be reduced by 5€ per activity for the first two. Each additional activity will have its monthly price reduced by 7.5€. For general activities, this reduction will be doubled. **Aquatic activities, languages and tutoring, speech therapy and reeducation, music activities and Kumon do not count** towards these price reductions. **For all activities that begin on the week of the 8th of September, a full monthly fee will be charged for the month of September.**

Tryouts: It will be possible to try out **one** session of any activity before formalising its inscription. Nevertheless, if the inscription is subsequently confirmed, **the session will be accounted for in the first payment**. If after the first session no inscription is made, said session will be free of charge **in the case of group sessions** or will have a cost of a **partial monthly fee** in the case of **individual or small group sessions**. To organise a tryout, an email must be sent to beyond@lamiranda.eu (or music@lamiranda.eu for music lessons) to agree on a date.

Other indications:

- Students from kindergarten, 1st and 2nd of Primary will be picked up by a teacher or supervisor from their classroom a few minutes before the start of the activity and will be accompanied to the extracurricular. The rest of the students who might need it will be shown where to go on their first day.
- Communications about events or incidents related to the extracurricular activities will be made through email and/or the school app/portal.
- On days in which meteorological conditions prevent normal development of outdoor activities, they might be relocated to different spaces.
- The schedules proposed in this document are subject to modifications depending on families' needs.

Contact: For any doubt or inquiry referred to extracurricular activities, the extracurricular coordination team can be contacted at:

Glen Albó, Juan Carlos Lomeña, Oscar Lemos – beyond@lamiranda.eu

To ask about specific activities, it is possible to directly contact the following members of our team:

Aquatic Activities:

Dani Martínez – pool@lamiranda.eu

Music School:

Alba Domènech – music@lamiranda.eu

Kumon:

Beatriz Alday – kumon@lamiranda.eu

Speech therapy and reeducation:

Psychopedagogical Department – orienta@lamiranda.eu



SPORTS SCHOOL

Basketball, Football, Tennis, Judo, Roller Skating,
Multisport, Volleyball **NEW**, Mixed Martial Arts (MMA) **NEW**



Basketball

Group sport aimed at students 5 to 12 years old in which we will develop physical skills and qualities through exercises, gameplay and games. Our main objectives are to create a healthy habit of regular physical activity through a fun and well-rounded sport and to teach school values like respecting peers, responsibility or teamwork.

Students will achieve these goals by progressively working on the basic techniques of this sport like dribbling, passing or shooting. They will also learn about this sport's rules and strategies in order to develop both skills and knowledge on basketball.

Required material: comfortable sports clothes and shoes.

Basketball Competition: The CEBLLOB League consists of playing 2 phases during the year. During these phases, a match will be played each week. On weeks with no matches, there will be an extra practice session instead.

Matches will be played on Saturday mornings. Registration to the league is optional, and requires a one-time annual enrolment fee to cover the necessary formalities (registration, insurance, referee expenses ...).

Participating in the basketball competition requires a team uniform, which can be purchased through the school upon request to beyond@lamiranda.eu. Basketball practice and competition take place on different days and are counted as two separate general activities, each with the same price.

Monday	· 17:15h to 18:15h ·	I5 - Primary Year 2
Wednesday	· 17:15h to 18:15h ·	Primary Year 3 to MYP3
Thursday	· 17:15h to 18:15h ·	Primary Year 3 to MYP3
Friday (practice)	· 17:15h to 18:15h ·	League** (Primary & MYP2)
Saturday (matches)	· Mornings ·	League** (Primary & MYP2)

Monthly price of the activities

45€ *

*General activity, more information in the pricing section of the general rules (page 04).

**Annual enrolment fee of 74€ for basketball league. The cost of the team uniform is 51€.

Football

Group sport aimed at students 3 to 14 years old, structured in various levels based on age. We have two main objectives that we work on at all levels:

- To take advantage of the benefits of regular physical activity, in order to create healthy habits.
- To teach La Miranda's core values through teamwork and respect towards teammates and opponents.

Football initiation (I2-I3): The goal of this activity is to initiate students to the practice of a variety of psychomotor experiences where the student, the ball and having fun are the protagonists. These experiences will be achieved through circuits, gameplay and games.

Pre-Football (I4-I5): With this activity we will initiate the students to the practice of different fun situations involving movement with and without a ball. Through these situations students will develop observation abilities, creativity, coordination and balance. They will also develop their technical abilities by initiation to aspects such as handling, passing and shooting. In addition, they will acquire knowledge on basic football rules and will experience them in friendly matches against other schools or organizations.

Primary and Secondary football: From first of Primary onward students will have the option of being part of five-a-side football that will be competing in a school league at their corresponding level. There will be one training session and one match a week. In the training sessions, technical and tactical aspects of the sport will be progressively worked on, and virtues such as diligence, companionship, respect, fair play... will be put into practice.



Football competition: On Friday afternoons matches from the Esplugues de Llobregat Five-a-Side Football School League will be played against other nearby schools and organizations. The matches will be played either at La Miranda or at nearby schools or organizations, in one of two possible time slots. Inscription to the league is optional, and will require an annual enrolment fee to cover the necessary procedures (registration, insurance, referee expenses...).

Required material: comfortable sports clothes and indoor or turf futsal shoes. For the football league the team uniform, which can be acquired through the school upon request to beyond@lamiranda.eu, is also required.

The practice sessions and football competition take place on different days and count as two different general activities with the same price.

Monday	· 17:00h to 18:00h ·	I4, I5
	· 17:15h to 18:15h ·	Primary Year 5, 6, MYP2
Tuesday	· 17:15h to 18:15h ·	Primary Year 1, 2
Wednesday	· 17:00h to 18:00h ·	I4, I5
Thursday	· 17:00h to 18:00h ·	I2, I3
	· 17:15h to 18:15h ·	Primary Year 3, 4
Friday	· 17:30h to 18:30h ·	Football League** (Primary and MYP)
	· 18:30h to 19:30h ·	Football League** (Primary and MYP)

Monthly price of the activities

45€ *

*General activity, more information in the pricing section of the general rules (page 04).

**Annual enrolment fee of 74€ for football league. The cost of the team uniform is 51€.

Tennis

The tennis initiation activity is designed for students between 4 and 7 years old. The main objectives of the sessions are to encourage participation, coordination and above all having fun. Groups are formed based on the age and level of the players. Considering that it may be their first guided sports experience, we propose games and activities with the goal of improving basic motor skills while students grow and develop and become familiar with racket sports in a playful, welcoming, and entertaining way, while always promoting the values of tennis such as discipline, fellowship and fair play.

Required material: comfortable sports clothes and shoes

Tuesday · 17:00h to 18:00h ·

I4, I5

Thursday · 17:00h to 18:00h ·

Primary Year 1, 2

Monthly price of the activities

57€

* In collaboration with:



ClubTennis
EL MOLÍ



Judo

Judo is a martial art of Japanese origin based on defeating an opponent through the use of grappling and throwing techniques. The main objectives we set for this activity are:

- To convey to our students the virtues that this martial art encompasses, such as respect, perseverance and discipline.
- To contribute to all-around psychomotor development and the creation of healthy life habits for our students.

At younger ages, we will focus on developing the fundamental skills and psychomotor abilities for the practice of this martial art, like for example falling, pushing, tractioning, grappling and rising. At older ages, we will progressively increase the complexity of the routines and exercises to learn judo technique in more detail while achieving deeper knowledge of the rules of this martial art.

Students training two or more days a week will have the option of participating in a series of competitions** throughout the school year which will take place on weekends, on which information will be sent out progressively as soon as it becomes available.

Required material: Judo kimono and judo belt.

Monday	· 17:00h to 18:00h · Year 3 to 6 (Expert) / 18:00h to 19:00h (MYP)
Tuesday	· 17:00h to 18:00h · I4 to Year 2 (Beginner) / 18:00h to 19:00h (MYP)
Wednesday	· 17:00h to 18:00h · Year 1, 2 (Advanced) / 18:00h to 19:00h (MYP)
Thursday	· 17:00h to 18:00h · I4 to I5 (Initiation) / 18:00h to 19:00h (MYP)
Friday	· 17:00h to 18:00h · Year 1 to MYP (Competition) / 18:00h to 19:00h (MYP)

Monthly price of the activities

45€ *

* General activity, more information in the pricing section of the general rules (page 04).

**Annual enrolment fee of 74€ for participation in competitions. The cost per competition day (on weekends) is 18€.

Roller Skating

Roller skating is a physical and leisure activity which is both healthy and fun. It enables a large improvement in coordination, balance and concentration. Our students will practice these abilities through different routines and acrobatics on roller skates. On two different days, both of the most common types of roller skating will be practiced: artistic skating and inline skating. We will contribute to creating a healthy habit of regular engagement in physical activity and we will work on values such as collaboration, perseverance and respect.

Required material: Roller skates (artistic or inline depending on the session).

Tuesday (inline)	· 17:00h to 18:30h ·	I5, PRIMARY
Thursday (artistic)	· 17:00h to 18:30h ·	I5, PRIMARY

Monthly price of the activities
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65€



Multisport

Sports activity aimed at students aged 2 to 3 years old in which we will work on 4 main areas: motor expressivity, games, dramatization and motor experimentation. The main objectives we will work on will be:

- To practice physical activity on a regular basis so the student can benefit from the advantages of said practice.
- To teach school values such as respecting peers, responsibility and teamwork through the practice of different sports and gameplays.

We will use psychomotor exercises adapted to sports material such as balls or rackets to develop the skills fundamental for the practice of sport. The main goal at this level is for the students to engage in regular physical activity and create a good psychomotor base to favor future more specialised practice of sport.

Required material: comfortable sports clothes and shoes

Monday

· 17:00h to 18:00h ·

I2, I3

Monthly price of the activities

46€ *

*General activity, more information in the pricing section of the general rules (page 04).



Volleyball **NEW**

Volleyball is a dynamic team sport that combines fun and physical exercise, promoting the development of motor skills, teamwork and strategy. Our students will improve their coordination, fitness and reflexes through learning the fundamental techniques and tactics of the game. In addition, volleyball helps develop quick decision making and reading the game state, skills that are useful both on and off the court.

We will work, in varied sessions, on the different aspects of volleyball: serving, receiving, setting, spiking and blocking. We will encourage the regular practice of physical activity and strengthen essential values such as companionship, effective communication and sportsmanship. We will contribute to creating an inclusive environment where all participants can enjoy and improve, regardless of their initial level, thus promoting an active and healthy lifestyle.

Monday and Wednesday* · 16:45h to 18:00h ·

Primary Year 3, 4

Monday and Wednesday* · 17:45h to 19:00h ·

Primary Year 5, 6

Monthly price of the activities

70€ **

*It is mandatory to participate on both days. In case of competition participation, matches would be played at other times and an annual enrolment fee of 74€ would apply.

**General activity, more information in the pricing section of the general rules (page 04). The price of 70€ already includes the fee reduction that applies to general activities when combining two days of activity.

* In collaboration with:



Mixed Martial Arts (MMA) **NEW**

Mixed Martial Arts (MMA) combine techniques from various disciplines such as boxing, muay thai, jiu-jitsu, wrestling and karate, creating a complete and dynamic sport. In this activity, students will have the opportunity to learn, practice and enjoy this martial art in a safe and controlled environment.

Activity objectives:

Physical Development: Improve physical condition, strength, endurance and flexibility.

Self-discipline: Foster self-discipline, self-control and perseverance in students.

Self Defense: Teach self-defense techniques that can be useful in risky situations.

Confidence and Self-esteem: Increase confidence and self-esteem through achieving goals and overcoming challenges.

Required material: MMA gloves

Tuesday and Thursday*

· 18:00h to 19:00h ·

MYP

Monthly price of the activities
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70€ **

*It is mandatory to participate on both days.

**General activity, more information in the pricing section of the general rules (page 04). The price of 70€ already includes the fee reduction that applies to general activities when combining two days of activity.



AQUATIC ACTIVITIES

Swimming

Club Wave **NEW**, Swimming, Competitive Swimming, AquaFamily, Waterpolo, Artistic Swimming, WSR (Waterpolo, Surf, Rescue), One to One, Free Swimming

Club Wave **NEW**

We are pleased to announce an exciting new offering for academic year 2025-2026: the Wave Club, a space designed for students to enjoy swimming in complete freedom. By joining this club, they will be able to come to the pool whenever they wish, with no limit to the number of days or sessions, thus adapting to their needs and schedules.

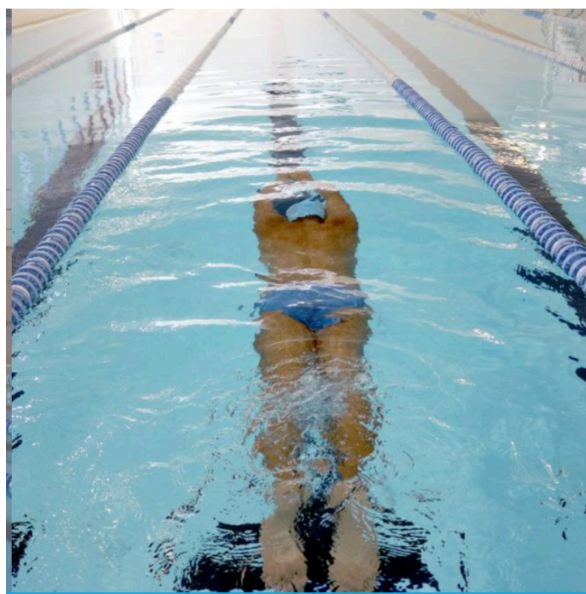
With a single fee, participants will have access to swimming, competition and water polo courses in different time slots. This activity is aimed at students from Primary Year 3 to Baccalaureate, although students in Primary Years 1 and 2 can consult special conditions.

- Payment of a single fee
- From Primary Year 3 to Bachillerato (special conditions can be consulted for Primary Year 1 and 2)
- Limited availability

From Monday to Friday · 17:00h to 17:55h · **Swimming**

From Monday to Thursday · 17:50h to 18:45h · **Competition and waterpolo**

See price/availability at <https://poolmiranda.eu/>

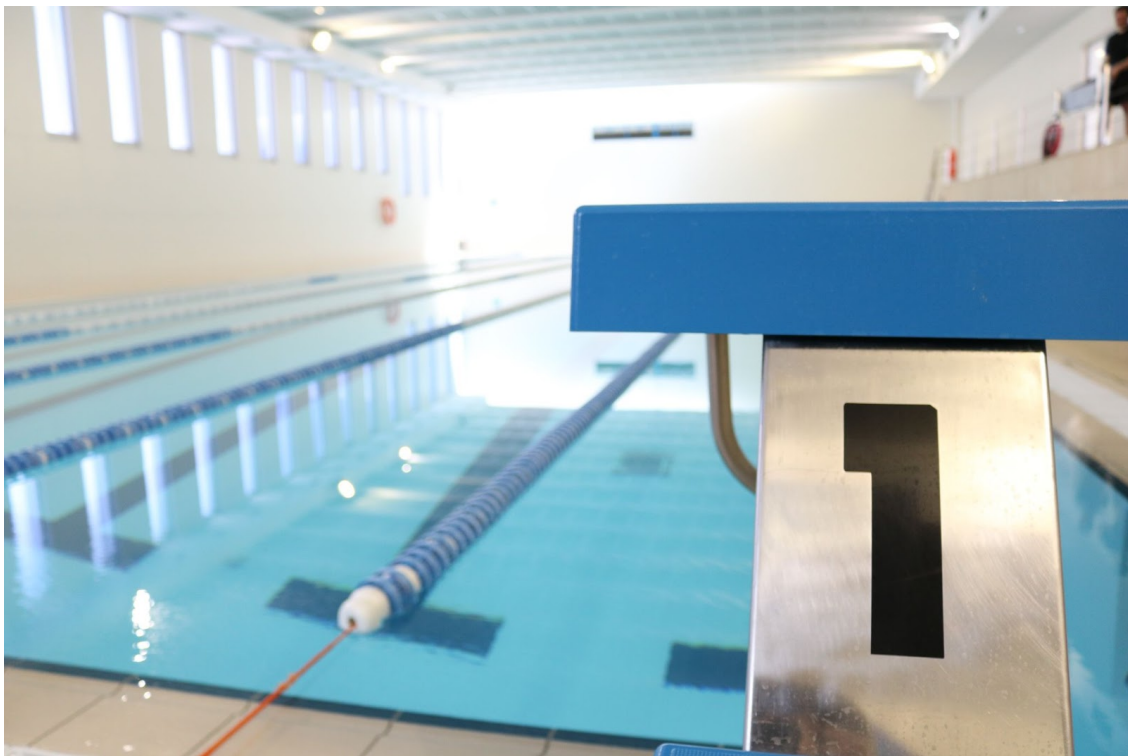


Swimming

The most complete sport

I3 to I5: Aquatic psychomotor activities are carried out with the goal of students achieving well-rounded motor skills. Sessions are based on exercises and progressions in which the student acquires an extraordinary base of motor skills, fundamental for life and future technification in different sports, including swimming.

Primary, MYP, DP and Baccalaureate: Students will train all swimming strokes and much more. With a method created and designed to offer students a well-rounded motor foundation (jumps, turns, slides, propulsions, dives, etc.), offering a variety of motor experiences and lots of fun. The sessions will offer a myriad of positive translations to other sports and skills (base of all sports), always prioritizing constant improvement of swimming stroke technique.



Monday	· 10:45h to 11:30h ·	I3, I4, I5
	· 17:00h to 17:55h ·	I3, I4, I5
	· 17:00h to 17:55h ·	PRIMARY
	· 17:00h to 17:55h ·	MYP, DP, BACH
Tuesday	· 12:00h to 13:00h ·	PRIMARY YEAR 1 TO 3
	· 13:30h to 14:30h ·	MYP
	· 17:00h to 17:55h ·	I3, I4, I5
	· 17:00h to 17:55h ·	PRIMARY
Wednesday	· 17:00h to 17:55h ·	I2, I3, I4, I5
	· 17:00h to 17:55h ·	PRIMARY
	· 17:00h to 17:55h ·	MYP, DP, BACH
Thursday	· 08:00h to 08:50h ·	I3, I4, I5, PRIMARY
	· 17:00h to 17:55h ·	I3, I4, I5, PRIMARY
Friday	· 13:00h to 14:00h ·	PRIMARY YEAR 4 TO 6
	· 16:45h to 17:30h ·	I3, I4, I5, PRIMARY

See price/availability at <https://poolmiranda.eu/>

Competitive swimming

Aquatic spirit

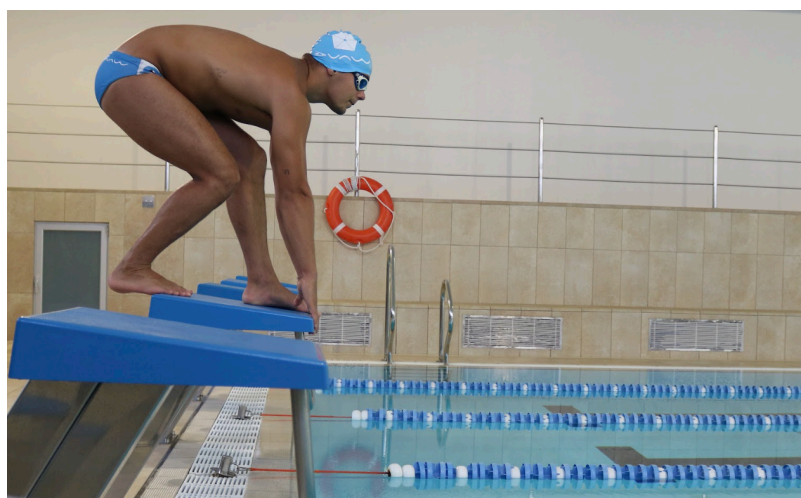
I5 to Primary Year 6: Students are introduced to the world of competition in a fun way and with commitment to themselves. From making an effort in practice sessions to being able to enjoy a real competition, not only in the race, but also in the day to day work on improving their technique in swimming strokes, starts, turns and physical capacities such as strength and endurance among others. Includes the experience of 5 annual competitions in swimming clubs: CN Barceloneta, CN Sant Andreu, among others.

Monday	· 17:50h to 18:45h ·	I5, PRIMARY, MYP
Wednesday	· 17:50h to 18:45h ·	I5, PRIMARY, MYP

See price/availability at <https://poolmiranda.eu/>

*Annual competition license fee not included.

**Students may stay at the childcare service (I5 to Primary Year 3) or at the library (Primary Year 4 and above) from the end of the school day until the start of the activity with no extra charge.



AquaFamily

Good autonomy minimises accidents

I0 to I2: Early aquatic autonomy with family (total autonomy at age 2). Training in the pool, preferably together with dad or mum, allows us to accelerate the phases of adaptation to the aquatic medium and bring out childrens' full potential through methodological sessions based on progression of the medium's basic skills.

I3 to I5: Autonomy with family, for all those students who have not yet had enough experiences to enjoy the aquatic medium in a safe and fun way.

Wednesday · 17:00h to 17:45h · **I0 to I5**

Thursday · 17:00h to 17:45h · **I0 to I5**

Friday · 16:45h to 17:30h · **I0 to I5**

See price/availability at <https://poolmiranda.eu/>



Waterpolo

Activity focused on promoting the values of a collective sport in the aquatic environment. Focus will be placed on training physical, technical and tactical development in a fun way and adapted to each stage.

Tuesday · 17:50h to 18:45h ·

PRIMARY

Thursday · 17:50h to 18:45h ·

MYP, DP, BACH



See price/availability at <https://poolmiranda.eu/>

Artistic Swimming

Synchronising learnings

I5 and Primary: Initiation and technification, work on rules, values, competition and physical condition needed to be able to enjoy this wonderful sport.

Monday · 17:00h to 17:55h · **I5, PRIMARY**



See price/availability at <https://poolmiranda.eu/>

WSR (Waterpolo, Surf, Rescue)

Primary, MYP, DP, Bachillerato: Multidisciplinary training throughout the school year focused on 3 main disciplines and sports. Achieving well-rounded students with transversal skills useful for life.

Waterpolo: Initiation, technification and training. Learning rules and technique; working on physical shape to be able to have the required physical skills.

Surf: Land and water practice to acquire the adaptations and necessary skills to be able to enjoy surfing at the beach.

Rescue: Practical learning of different techniques and rescue and first aid situations.

Thursday · 17:00h to 17:55h · **PRIMARY, MYP, DP, BACH**

See price/availability at <https://poolmiranda.eu/>



One to one

Personal trainer

All ages: Ideal activity to get the most out of each of its sessions. Completely individualised planning and training for each and every need and goal.

*one to two (2 students one teacher)

**one to three (3 students one teacher)

See price/availability at <https://poolmiranda.eu/>

Free Swimming

Whenever and however you want

MYP, DP, Bachillerato, friends and family: Free activity, where you will be able to enjoy free lanes to train your swimming or simply to improve your health.

The scheduling of this activity must be discussed with the staff.

See price/availability at <https://poolmiranda.eu/>





DANCE AND GYMNASTICS SCHOOL

Dance, Jazz, Dance Initiation, Artistic Gymnastics, Cheerleaders, Rhythmic Gymnastics, Urban Dance, Fitkid **NEW**

Dance

In this activity we will work on the fundamentals of dance, which will later serve as groundwork for any other more specific style. Dance is an artistic discipline that allows us to express feelings and communicate emotions. We will develop the necessary sensitivity for our feelings to flow with complete freedom. Our partners at the Dansa Menchu Durán school have created a method to learn to dance and empower corporal expression through the perfect balance between technique and fun.

Thursday

· 16:45h to 17:45h ·

I4 - I5

Monthly price of the activities

69€ *

*In addition to an annual enrolment fee of 75€ for clothing (dance leotard, skirt, shoes and bag to carry equipment).

* In collaboration with:

**DANSA
MENCHU
DURÁN.**
EXPLOTA TU MEJOR VERSIÓN



Jazz

The house special! Lively classes where we combine the technique of classical ballet with the rhythm and swing of jazz and contemporary music. Our discipline uses classical ballet and pure corporal expression techniques. Jazz is fun, and which is reflected in its dance with unexpected and sudden rhythm changes, even leaving room for improvisation. Energy and elegance combine to give way to commercial choreographies danced with style, always with our seal.

This fusion between classical jazz discipline and current dance elements is freer and more expressive than purer styles. The performed movements will be more fluid.

Tuesday	· 17:00h to 18:00h ·	Primary Year 1 to 2
Thursday*	· 17:00h to 18:15h ·	Primary Year 3 to 5

Monthly price of the activities **	69€ / 75€*
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**In addition to an annual enrolment fee of 55€ for clothing (dance leotard, shorts and bag to carry equipment).

* In collaboration with:

**DANSA
MENCHU
DURAN.**
EXPLOTA TU MEJOR VERSIÓN



Dance Initiation

Discovering dance! Together with our partners from the Menchu Durán dance school, we will introduce dance at the age of 3 using music to educate rhythm and coordination. We will become conscious of our own body, discovering that we have arms, legs, a head, hips... and we will learn to coordinate them through dance. We will perform creative movements using adapted choreographies and our youngest will have the experience of moving their bodies creating dance. We will use exercises both from classical ballet as well as motor skills activities adapted to dance.

Wednesday

· 16:45h to 17:45h ·

I3

Monthly price of the activities

69€ *

*In addition to an annual enrolment fee of 75€ for clothing (dance leotard, skirt, shoes and bag to carry equipment).

* In collaboration with:

DANSA
MENCHU
DURÁN.
EXPLOTA TU MEJOR VERSIÓN



Artistic Gymnastics

The artistic gymnastics extracurricular activity is an attractive proposal to expand the range of activities related to gymnastic, expressive and creative skills and to bring the practice and values of this sport closer to our La Miranda students.

The main objective is to become acquainted with and learn this beautiful sports discipline, which is complete, balanced and healthy, through gymnastic skills such as acrobatics, rhythm, balance, expressiveness, strength and flexibility and within a disciplinary framework through which, in addition to learning, they will also improve their psychomotor conditions while acquiring greater knowledge of physical control of their own body in sports in a totally safe way and in a familiar and welcoming environment.

In this activity, basic artistic gymnastics exercises will be learned by the students throughout the school year, with the goal of executing them with the proper technique thanks to guidance by professional teachers part of Dream Cheers Academy by La Miranda.

Required material: Gymnastics leotard (must be obtained by email request to beyond@lamiranda.eu and its cost will be added to the first monthly payment).

Tuesday	· 17:00h to 18:15h ·	Primary Year 3 to 6
Thursday	· 17:45h to 19:00h ·	Primary Year 3 to 6

Monthly price of the activities	65€
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*The cost of the gymnastics leotard is 90€.

* In collaboration with:

ACADEMY
DreamCheers



Cheerleaders

In this dance section our students will learn to dance like a real cheerleader with the help of the legendary Barça Cheerleaders, the Dream Cheers.

Our little cheerleaders will enjoy themselves while learning and perfecting their psychomotor and artistic qualities from the perspective of the professional show business world of the big sports teams. Explosiveness, energy, charisma and technique are the strong points of our dance style, all within a framework of discipline and teamwork as the main value. Under the guidance of the official FCBarcelona choreographer, our little Cheers will work as a team learning incredible choreographies appropriate to their age, carrying out a programme created specifically for La Miranda.

Required material: Cheerleading outfit and pom poms (must be obtained by email request to beyond@lamiranda.eu and its cost will be added to the first monthly payment).

Wednesday	· 17:00h a 18:00h ·	I4 - I5
Wednesday	· 17:00h a 18:15h ·	Primary Year 1 to 4
Friday	· 17:00h a 18:15h ·	MYP

Monthly price of the activities
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65€

* In collaboration with:



*The cost of the cheerleading outfit and pom poms is 150€.



Rhythmic Gymnastics

Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, flexibility and the use of various devices such as ropes, hoops, balls, clubs and ribbons. It is an activity where children will learn to communicate with their bodies and express their emotions through artistic movements and surprising choreographies to the rhythm of music, with the aim of learning to respect all components and encouraging teamwork, learning about the pieces of equipment and basic exercises of each one of them, promoting body coordination and acquiring a series of foundational motor skills through different exercises and knowledge of one's own body: segments, laterality, balance...

Required material: Gymnastics leotard and ribbon (must be obtained by email request to beyond@lamiranda.eu and its cost will be added to the first monthly payment).

Monday

· 17:00h to 18:15h ·

15 to Primary Year 2

Monthly price of the activities

65€

* In collaboration with:



*The cost of the gymnastics leotard and ribbon is 100€.



Urban Dance

The goal of this activity is to get to know urban dance from a technical perspective with which students will be able to learn this dance style from the ground up while having fun and improving all their psychomotor and artistic skills.

Following Dream Cheers Academy's distinctive work discipline, our students will delve into urban culture becoming familiar with all the variations of this exciting dance style.

Innovation, energy and a lot of dynamism are the basic components of the urban style that our students will discover.

Optional material: outfit for performances

Friday

· 17:00h to 18:15h ·

Primary Year 1 to 6

Monthly price of the activities
--

65€

* In collaboration with:



*The cost of the outfit for performances is 90€.



Fitkid **NEW**

Fitkid is a sport that combines gymnastics, dance and acrobatics. The aim is to introduce children to the world of acrobatics in a playful, healthy and fun way, working on skills such as coordination, strength, balance and flexibility under the values of discipline, perseverance and teamwork. The activity is adapted to the different ages and abilities of each student, with the aim of gradually developing acrobatic exercises within a professional and creative framework.

We will enjoy physical activity through music, as team choreographies will be prepared in which the different gymnastic elements learnt throughout the course will be shown.

Required material: shorts and top (must be obtained by email request to beyond@lamiranda.eu and its cost will be added to the first monthly payment).

Wednesday

· 17:00h to 18:15h ·

Primary Year 4 to 6

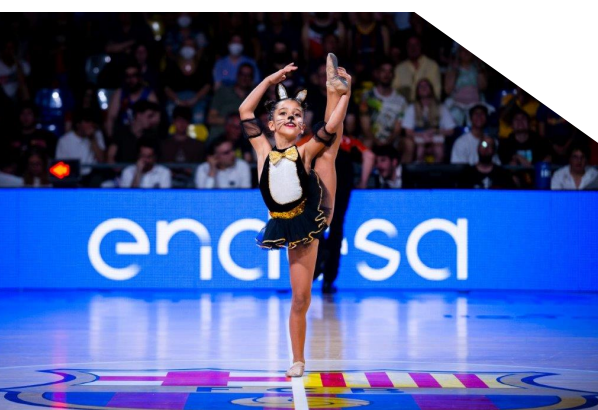
Monthly price of the activities
--

65€

*The cost of the required material (shorts and top) is 90€.

* In collaboration with:

ACADEMY
DreamCheers





WORKSHOPS

Chess, Art, Musical Theatre **NEW**, Art & Graphic Design **NEW**, Healthy Cooking, Cooking Club **NEW**, Teatro Musical **NEW**, Crochet and Create, Magic, YogaMind, Experimental Science

Chess

Through the chess activity we will contribute to the creation of good mental habits and teach decision-making and planning skills. We will help our students improve their efficiency while studying and we will stimulate key cognitive and emotional areas for their intellectual development. In addition to playing chess, we will do activities to teach this game's rules and strategies, and we will practice virtues like respect, perseverance and companionship.

Required material: The activity's book, included in the monthly price of the activity.

Wednesday

· 17:00h to 18:00h ·

I4 - I5

Wednesday

· 17:00h to 18:00h ·

PRIMARY

* In collaboration with:



Monthly price of the activities
--

45€

Art

Designed specifically to stimulate the creativity and artistic development of Infant and Primary pupils, adapting to the needs and abilities of each educational stage. In this activity, Infant pupils will be able to explore art in a playful and sensorial way. Using materials such as paints, plasticine and recycled elements, they will develop their motor skills, their imagination and their personal expression, a space to discover the world of art by playing and experimenting!

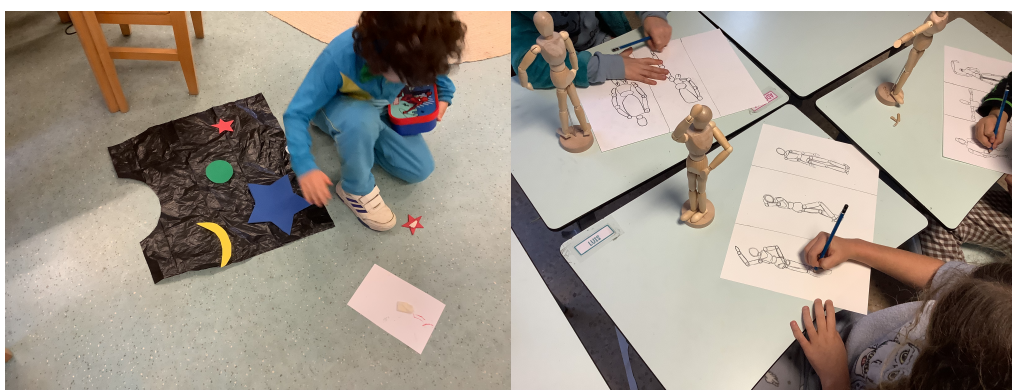
Primary students will have the opportunity to develop more complex artistic projects. We will explore various techniques such as drawing, painting and collage, learning about great artists and encouraging individual expression and teamwork.

All materials will be provided by the school.

Monday	· 17:00h to 18:30h ·	Primary
Tuesday*	· 17:00h to 18:00h ·	I3, I4, I5
Thursday	· 17:00h to 18:30h ·	Primary

Monthly price of the activities ** 45€/ / 68€

**General activity, more information in the pricing section of the general rules (page 04).



Musical Theatre **NEW**

Let your child step into the spotlight and experience the magic of musical theatre in this exciting class! Each week, we will dive into acting, singing, and dancing activities designed to spark creativity, build confidence, and develop essential performance skills. Students will learn vocal techniques to enhance their singing and improve dance coordination through fun and engaging choreography.

Throughout the semester, young performers will have the opportunity to sing and perform iconic Broadway tunes from popular musicals like *Matilda*, *The Lion King*, *Aladdin*, and more! We will work together as a cast, developing teamwork and learning all aspects of a theatrical production. The class fosters a creative environment where children can express themselves and build their self-esteem.

The semester culminates in a thrilling showcase, where students will perform their hard work for an enthusiastic audience. With a perfect balance of creativity, technique, and fun, this class gives your child the chance to shine on stage, gain new skills, and experience the excitement of Broadway in English!

Monday	· 17:00h to 18:00h ·	I3 to I5
Wednesday	· 17:00h to 18:00h ·	Primary Year 1 to 3
Friday	· 17:00h to 18:00h ·	Primary Year 4 to 6

Monthly price of the activities	65€
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* This activity is in English

* In collaboration with:



Art & Graphic Design **NEW**

This workshop is an opportunity for motivated young artists to create their own books, comics and posters. If drawing, printing and writing are your thing, 'Art and Graphic Design' could be the activity for you.

We study the history of printing and its evolution to the digital age. We create graphic designs with the 'movable type' invented by Johannes Gutenberg, with linoleum engraving and drawing. We are interested in lettering and handmade bookbinding and are inspired by the world of comics. The most important thing: together, we create a relaxed and friendly atmosphere with team spirit.

All materials will be provided by the school.

Wednesday

· 17:00h to 18:00h ·

MYP

Monthly price of the activities
--

70€



Healthy Cooking

The experience of cooking and enjoying

At MYGRANCHEF, cooking becomes an adventure where children and youths discover the pleasure of cooking, experimenting with quality ingredients and learning healthy habits in a fun and educational way.

Through our classes, they develop creativity, autonomy and a positive relationship with food, all in a dynamic and enriching environment, inspiring them to cook, create and enjoy!

All families will receive a password to download each week's recipes on the activity's website www.mygranchef.com.

Monday	· 17:00h to 18:00h ·	Primary Year 1 to 3 and 4 to 6
Tuesday	· 17:00h to 18:00h ·	MYP
Thursday	· 17:00h to 18:00h ·	I3 to I5

Monthly price of the activities*

55€

*In addition to annual enrolment fee of 47€

* In collaboration with:

MyGranchef



Cooking Club **NEW**

Imagine two hours in which your senses are awakened: the irresistible aroma of fresh ingredients, the sizzling sound of a hot frying pan, the texture of a perfect dough in your hands... and at the end, the satisfaction of tasting what you have created yourself.

In our Cooking Club for Adults, not only will you learn amazing recipes and tricks, but you will also live an experience full of laughter, creativity and unique moments with your family.

- Feel the thrill of creating something delicious from scratch
- Discover cooking secrets that will surprise you
- Gain confidence in the kitchen and surprise everyone at home
- Share a special, fun and relaxed time

All families will receive a password to download the recipes for each week on the activity's website www.mygranchef.com.

Wednesday*

· 16:45h a 18:45h ·

Adults

Monthly price of the activities*

55€

* Monthly fee for 1 session per month

**Only water will be served during the session.

* In collaboration with:

MyGranChef



Teatro Musical **NEW**

Musical theatre is a complete artistic experience that combines acting, singing and movement, offering a fun and enriching form of expression. In this activity, our students will develop their creativity, confidence and teamwork while learning the basics of acting, singing and staging.

Through dynamic sessions, we will explore character interpretation, vocal projection and stage coordination, strengthening essential skills such as body language, effective communication and improvisation. In addition, musical theatre fosters fellowship and respect, creating an inclusive environment where every participant can shine and grow, regardless of their level of experience.

This activity not only allows students to explore their artistic talent, but also strengthens skills such as emotional expression, cooperation and creative problem solving. Through musical theatre, we will learn to work as a team, overcome challenges and enjoy the process of stage creation.

At the end of the course, our students will take to the stage to bring a musical theatre show to life.

Thursday

· 17:00h a 18:30h ·

MYP

Monthly price of the activities
--

68€



Crochet and Create

The Crochet and Create activity is a practical and creative workshop to learn different textile crafts. In the activity's sessions we will try to flee from the frenetic speed that surrounds us and allow ourselves to flow through the feelings, the textures, the colors and the details. We will enjoy what we do from our inspiration, fun and creativity. The activity is designed for children to begin to work with different fibers and textiles such as wool, cotton threads or cloths, applying different traditional techniques such as crocheting, knitting, the loom, sewing, embroidering... favoring a greater knowledge of the artisanal world of textile.

It is an artistic expression activity and the objective is to promote participants' creativity and autonomy by playing with the creative process of a piece from scratch. They will enjoy themselves while we work on aspects as foundational as rigor, patience, logical and mathematic concepts, fine motor skills, group cohesion, teamwork, responsibility and the consolidation of basic cognitive processes in the development of children. The classes are designed for an individualized guidance of the student, respecting their development, needs and curiosity when creating.

Tuesday

· 17:00h to 18:00h ·

Primary Year 2 to MYP3

* In collaboration with:

Katia

Monthly price of the activities

51€



Magic

The goal of this activity is for the group to have a good time while learning amazing magic tricks with small objects that they themselves will have to create.

Learning magic is so much more than simple magic "tricks"; it also includes all the staging, rehearsals and presentation in front of an audience.

During the school year we will work on different theatrical, magical and juggling techniques, so that students will have enough resources to forget about their shame and fear and face an audience, establishing better interpersonal relationships and overcoming shyness, while working on their dexterity and agility with their fingers and all the motor skills of their body.

The course aims to be a fun moment of the week in which children can learn secrets about magic but also other concepts related to curricular subjects, since through magic we can learn about mathematics or history, for example.

Thursday

· 17:00h to 18:00h ·

Primary Year 1 to 6

Monthly price of the activities

65€

* In collaboration with:



YogaMind

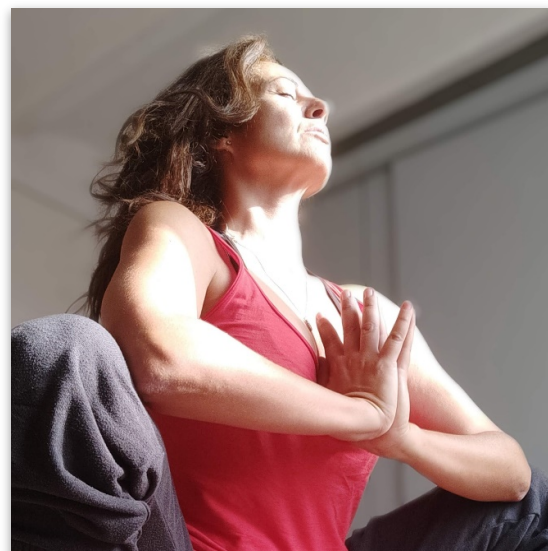
Yoga is a holistic discipline that works with the physical, mental and energetic body. Classes will be focused on different age groups due to their unique needs.

Asanas for the body, pranayamas for the breath, and concentration exercises for the mind are practiced, aiming to achieve meditation. Balance and tranquillity are essential to cope with daily demands. The benefits of yoga include improved concentration, emotional management, physical and postural health, relaxation and quality of sleep.

Monday	· 17:00h to 18:15h ·	MYP3, MYP4, MYP5
Wednesday	· 17:00h to 18:15h ·	Adults
Thursday	· 17:00h to 18:15h ·	Primary 5-6, MYP2

Monthly price of the activities
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83€



Experimental Science

The goal of our Experimental Science course is for students to be active participants, to experience exciting moments, and to learn in a fun and hands-on way. Our methodology promotes teamwork, respect, and cooperation, while aiming to convey a renovated view of science. In this course, we use a simple yet powerful approach: we learn through exploration, play, and the courageous art of making mistakes. Here lies the key to nurturing resilient and confident scientific minds. We foster active participation by the students, encouraging them to ask questions, develop hypotheses, and conduct their own investigations. We want them to feel empowered and realize that they too can do science. Additionally, we promote teamwork.

Imagine these little scientists venturing into a world full of thrilling discoveries, where there are no wrong answers, only learning opportunities. We provide a safe and encouraging space for them to explore, make mistakes, and learn from them without feeling frustrated.

Tuesday

· 17:00h to 18:00h ·

Primary Year 1 to 5

Monthly price of the activities

64€

* In collaboration with:





MUSIC SCHOOL

Musical Theory, Instrument Lessons

Musical Theory

In the Musical Theory activity children will gain deeper theoretical knowledge of music, through activities like musical dictation, auditions, musical reading or rhythm exercises. We offer group sessions for Primary Years 3 to 6, aimed mainly at those students following the program from the Liceu Project, for whom these sessions are compulsory. More information about the collaboration between La Miranda and the Liceu Conservatory can be found on the Liceu Project section of our website.

For Primary Year 6, the schedule is to be determined and will be confirmed by email from music@lamiranda.eu directly to the participants' families.

Moreover, depending on the availability of our teachers it will be possible to organise individual sessions or group sessions for other ages. In case of interest, music@lamiranda.eu must be contacted to confirm available options.

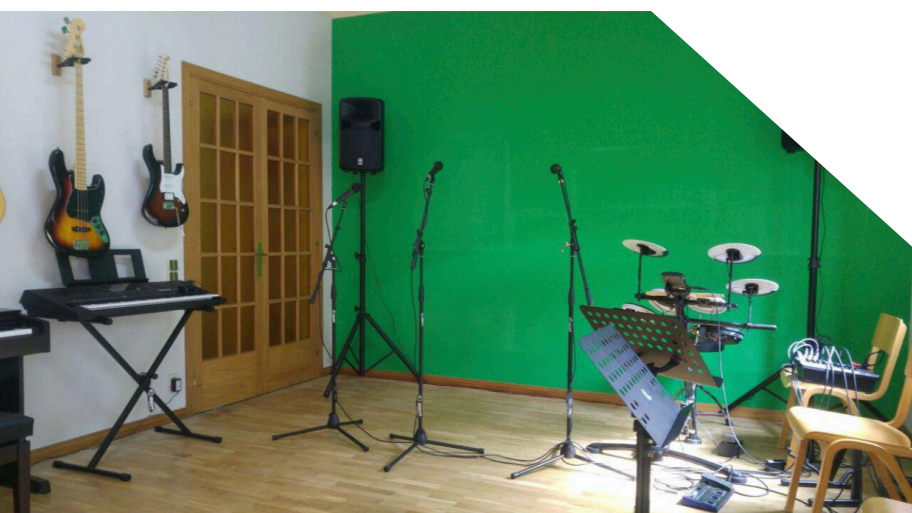
Tuesday	· 14:00h to 15:00h ·	Primary Year 4
Wednesday	· 12:30h to 13:30h ·	Primary Year 3
Thursday**	· 14:00h to 15:00h ·	Primary Year 5

Monthly price of the activities*	62€ / 66€ **
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*Price for 1h weekly lessons with 5 or more participants. For sessions with 5 or more participants but other durations, the monthly fee will be proportional to the duration. For sessions with less than 5 participants, the prices for 1h weekly lessons will be those set out on page 56 (Languages and Tutoring).

**The monthly price for Primary Year 5 and Year 6 will be 66€ (for 1h weekly with 5 or more participants).

* In collaboration with:



Instrument Lessons

In individual **piano, guitar, violin, cello, drums, oboe, flute, classical singing, electric guitar, electric bass and modern singing** lessons we will put musical concepts in practice. We will learn to read progressively more complex music scores and to know how to locate the correct sounds, with the right technique, on the instrument. We will discover new kinds of music and repertoires, improve our sound production through exercises on controlling technique and posture and we will understand the qualities of sound and its musical dynamics. All of this will allow us to gain interpretative quality and will grant us the capacity to master more and more complex pieces.

Playing or singing duos and improvisations with our teacher will nudge us toward the production of our own melodies, which will be richer and more beautiful every time. We will also prepare our body and mind for the end of the year performances and the Liceu official exams in the case of all Primary Year 1 and 2 students (more information in the Liceu Project section on our website), and also at later stages for those students who follow the Liceu Project from Primary Year 3 onward.

To request a scheduling proposal please contact music@lamiranda.eu indicating the instrument you are interested in and possible days of the week and times. Sessions will be individual, although sessions in small groups may be considered in some cases. The availability of other instruments can also be inquired about through this same email address.

Required material: one's own instrument (except for piano, singing and drums) and a music student diary, which has a cost of 9.5€.

Additional material: depending on the student's level, Liceu books may also be required for these lessons. These books will have a cost of 30€ each.

Piano, Guitar, Violin, Cello, Drums

ALL AGES

**Oboe, Flute, Singing,
Electric Guitar, Electric Bass**

Primary, MYP, DP, BACH

Monthly price per each weekly half hour	93.5€
Price for pack of weekly half hour together with one weekly hour of musical theory*	128€/132€

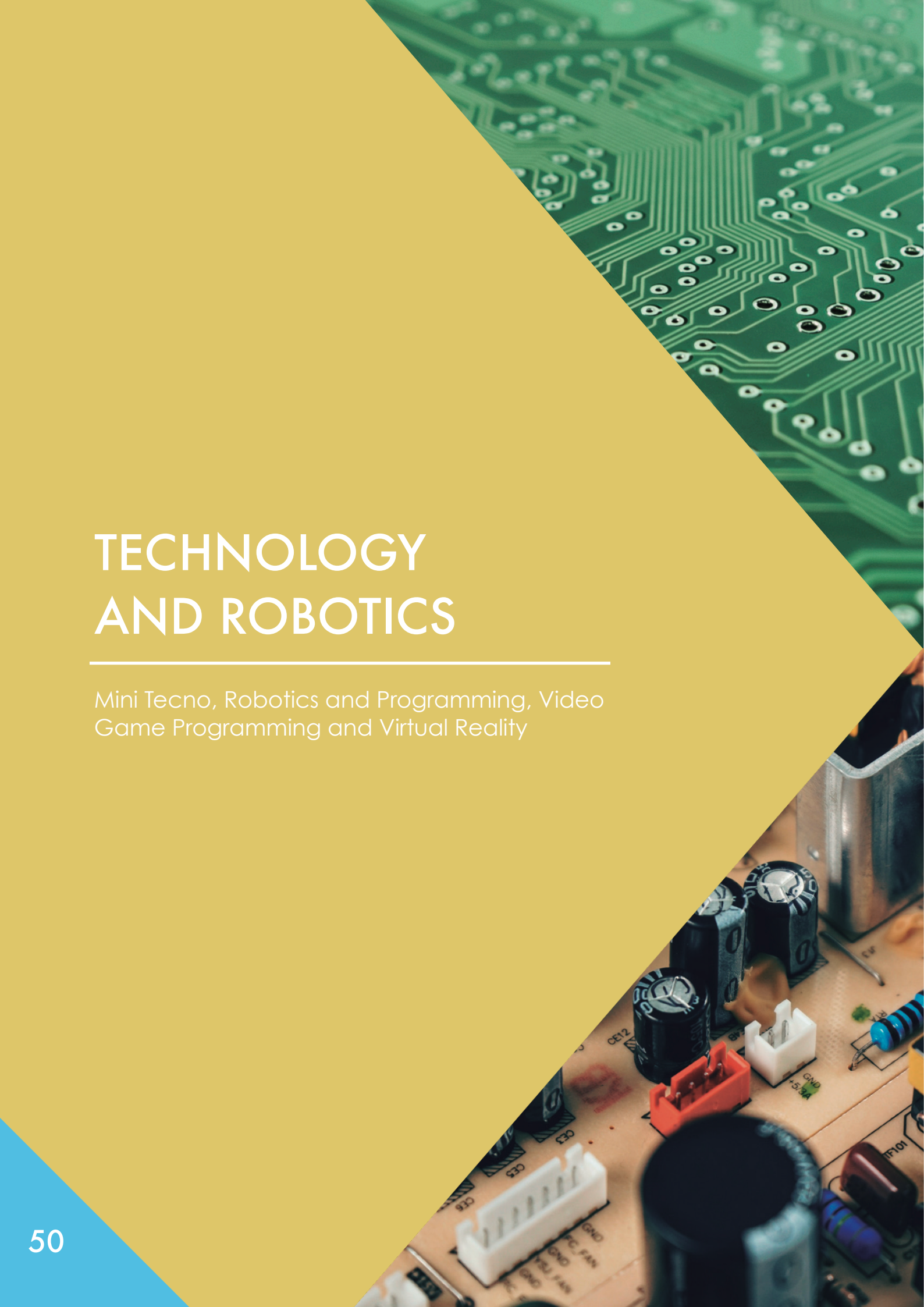
*Applicable only to 1h weekly lessons of musical theory with 5 or more participants. The 128€ fee is for Primary Years 3-4 students and the 132€ fee is for Primary Years 5-6 students.

**Enrolment fee for those students who participate in the Liceu Project of 48€ for Primary Years 1-2, 227€ for Primary Years 3-5 and 261€ for Primary Year 6. For those students who need to take a placement test at the start of the school year to participate in the Liceu Project, this test will have a cost of 90€.

***For sessions in small groups, the prices mentioned in the "Languages and Tutoring" section (page 56) shall apply.

* In collaboration with:





TECHNOLOGY AND ROBOTICS

Mini Tecno, Robotics and Programming, Video
Game Programming and Virtual Reality

Mini Tecno

Activity aimed at the youngest to get started in technological discovery and solving fun logical challenges, stimulating their curiosity. Learning is structured in three centers of interest with changing dynamics:

LEGO Models

Construction challenges that foster their technical creativity and help them become familiar with several mechanical components.

Floor Robots

Ideal for learning to sequence and exercising their visuo-spatial control by completing different missions individually or in a group.

Computational Thinking

Students will create their own digital stories using colorful programming blocks, choosing characters, settings, and even giving them their own voice!

We reinforce these concepts with exciting games and dynamics (unplugged).

Wednesday

· 17:00h to 18:00h ·

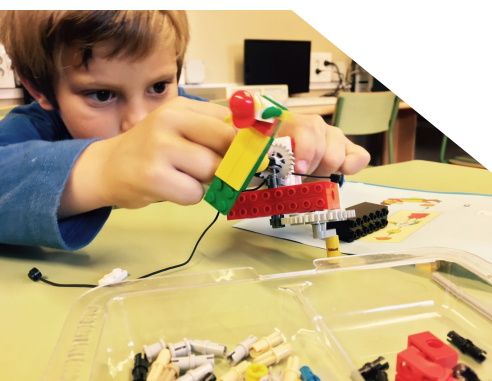
I3 to I5

* In collaboration with:



Monthly price of the activities

76€



Robotics and Programming

Tecno Kids Primary Year 1 to 3: We are looking for inventors with an adventurous spirit! In this activity, participants are part of a team that will have to solve a wide variety of technological challenges by putting their creativity into play. As they progress in their missions, they will incorporate new knowledge and skills, combining the mechanization of robots, the construction of maker elements tailored to their narratives or discovering the fastest route to travel by programming their prototypes.

Whether in outer space, sailing with pirates or designing a smart city with autonomous vehicles, each team will have to devise their own solutions and strategies to reach their goals. Progressively, they will improve the technical level of their prototypes, with more precise control of their speed and orientation, incorporating various sensors to orient themselves. We believe that the best way to train for the future is to build it with your own hands and imagine other possible worlds.

Super Coders Primary Year 4 to 6: Programming group in which students are introduced to computational thinking in a fun and creative way, designing and coding their own video games. This extracurricular activity focuses on learning programming and acquiring digital skills to create content and resources that will be part of these games. Our Super Coders will gradually enrich their programming “vocabulary” and become familiar with Artificial Intelligence as they progress in successive years.

In the first part of the course they will work with Make Code Arcade, with which they will develop games that incorporate scenarios, sprites and special effects. They will create games with classic video console aesthetics: Super Mario-style platform games, clickers, mazes of different levels, Angry Birds... During the second half, new programming structures will be explored with Minecraft Education to generate geometries, volumes and work with spatial coordinates.

Monday	· 17:00h to 18:30h ·	Primary Year 1 to 3
Tuesday	· 17:00h to 18:30h ·	Primary Year 4 to 6

Monthly price of the activities	88€
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* In collaboration with:

IGNITE
SERIOUS PLAY



Video Game Programming and Virtual Reality

Virtual Riders: Welcome to an immersive experience that combines the creation of 3D designs with the generation of virtual worlds, interactive narratives and digital simulations. We will start with the modeling of volumetric figures with Tinkercad, an ideal environment to understand the basic principles of construction and orientation by coordinates following design methodology processes that will guide us in the production of our prototypes.

Progressively, we will learn to integrate these models into virtual reality scenes with Delightex, a very versatile creation space in which we can incorporate animations and special effects through programming. With Virtual Riders, students will be able to express their creativity from multiple dimensions, with surprising interactive stories, augmented reality elements and spectacular scenes that will be able to be viewed on a screen or with virtual reality glasses.

Thursday

· 17:00h to 18:30h ·

MYP2 to MYP5

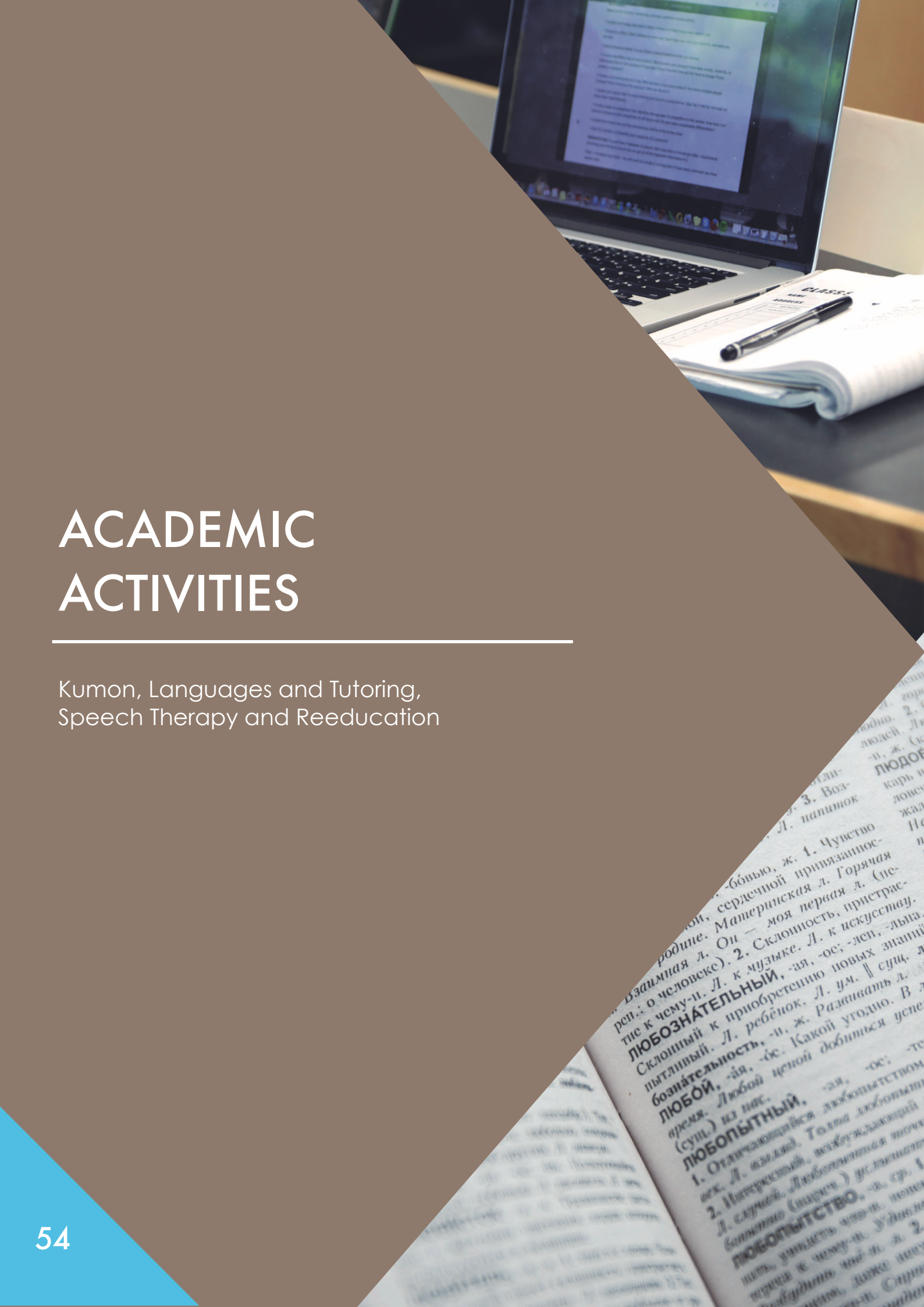
* In collaboration with:



Monthly price of the activities

88€





ACADEMIC ACTIVITIES

Kumon, Languages and Tutoring,
Speech Therapy and Reeducation

Kumon

The Kumon method encompasses reading and mathematics programs that consist of study sheets developed by experts and organised into levels. Students work at their own pace, acquiring knowledge gradually in a self-taught manner. Difficulty progresses slightly with exercises so our students can advance to more complex content with total confidence. In addition to consolidating their mathematical and linguistic skills, students learn to study on their own and to be consistent in their work. More information, can be obtained by contacting the Kumon teacher in charge of the activity, Beatriz Alday (kumon@lamiranda.eu).

Monday and Wednesday · 08:15h to 09:00h · **PRIMARY to BACCALAUREATE**
Monday to Thursday · 12:30h to 14:30h · **I3 to BACCALAUREATE**

Monthly price of the activities*

85€

*In addition to annual enrolment fee of 80€

* In collaboration with:

KUMON

Languages and Tutoring

It is possible to organise tutoring sessions on academic subjects (including the school's curricular languages) with the school's teaching staff, as long as they are available. These sessions can take place in reduced groups or individually and the length of the sessions and their weekly frequency can be adapted to each student's needs. Schedules for these sessions are determined on a case by case basis depending on teacher and student availability. Availability of these sessions is limited and in order to request a schedule and start date proposal it will be necessary to inform the extracurricular coordination team of schedule availability, duration and weekly frequency of the sessions and subjects of interest by filling out [this form](#) (see QR below).

1h weekly

Monthly price (€)

1 participant: 187€

2 participants: 112.5€

3 participants: 100.5€

4 participants: 88€

5 or more participants: 75.5€

45 minutes weekly

Monthly price (€)

1 participant: 140.5€

2 participants: 84.5€

3 participants: 75.5€

4 participants: 66€

5 or more participants: 57€

30 minutes weekly

Monthly price (€)

1 participant: 93.5€

2 participants: 56.5€

3 participants: 50.5€

4 participants: 44€

5 or more participants: 38€

QR code to access
the form to request
these sessions:



Speech Therapy and Reeducation

Speech therapy focuses on the prevention and/or intervention of difficulties related to communication, language, speech, voice and swallowing to promote the overall development of the student, enabling them to communicate effectively and participate in the school environment.

Psycho-pedagogical re-education focuses on intervention and support for students who present learning and/or behavioral difficulties that affect their academic performance and school adaptation. Specific strategies and techniques are used to help students develop skills that allow them to improve their school performance.

This service is aimed at meeting requests related to difficulties in: Speech, Voice, Swallowing, Spoken language, Reading and writing, Mathematics, Organization and planning, Study habits, Frustration and impulsivity management and Attention.

Interventions are customized and individualized on a case by case basis. To that end, an initial assessment is done to establish the appropriate objectives and frequency of the sessions

Sessions may be organized both within school hours as well as extracurricularly, as preferred by each family, subject always to remaining availability.

Requests for more information on the service or for an initial assessment should be sent by email to orienta@lamiranda.eu. Only if sessions are not begun after an initial assessment, it will be charged with a price of 25€.

Monthly price of the activities

1h weekly	240€
30min weekly	120€
2h weekly	420€

INFANTS



AQUATIC ACTIVITIES



SPORTS SCHOOL



DANCE AND GYMNASTICS



WORKSHOPS



MUSIC SCHOOL



TECNOLOGY AND ROBOTICS



ACADEMIC ACTIVITIES

SCHEDULE

MONDAY

08:00h to 08:50h

10:45h to 11:30h

16:45h to 17:30h

17:00h to 17:45h

17:00h to 17:55h

17:50h to 18:45h

17:00h to 18:00h

17:15h to 18:15h

17:00h to 18:30h

16:45h to 17:45h

17:00h to 18:00h

17:00h to 18:15h

17:00h to 18:00h

17:00h to 18:00h

12:30h to 14:30h

SWIMMING
I3 - I5

ARTISTIC SWIMMING
I5

SWIMMING
I3 - I5

COMPETITIVE SWIMMING
I5

FOOTBALL
I4 - I5

MULTISPORT
I2 - I3

BASKETBALL
I5

RHYTHMIC GYMNASTICS
I5

MUSICAL THEATRE
I3 - I5

KUMON
I3 - I5

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		SWIMMING 13 - 15	
			AQUAFAMILY/SWIMMING 10 - 15 / 13 - 15
	AQUAFAMILY 10 - 15	AQUAFAMILY 10 - 15	
SWIMMING 13 - 15	SWIMMING 12 - 15	SWIMMING 13 - 15	
	COMPETITIVE SWIMMING 15		
TENNIS 14 - 15	FOOTBALL 14 - 15	FOOTBALL INITIATION 12 - 13	
JUDO 14 - 15		JUDO 14 - 15	
INLINE SKATING 15		ARTISTIC SKATING 15	
	DANCE INITIATION 13	DANCE 14 - 15	
	CHEERLEADERS 14 - 15		
ART 13 - 15	CHESS 14 - 15	HEALTHY COOKING 13 - 15	
	MINI TECNO 13 - 15		
KUMON 13 - 15	KUMON 13 - 15	KUMON 13 - 15	

PRIMARY



AQUATIC ACTIVITIES



SPORTS SCHOOL



DANCE AND GYMNASTICS



WORKSHOPS



MUSIC SCHOOL



TECNOLOGY AND ROBOTICS



ACADEMIC ACTIVITIES

SCHEDULE

MONDAY

08:00h to 08:50h

12:00h to 13:00h
13:00h to 14:00h

16:45h to 17:30h
17:00h to 17:55h

17:50h to 18:45h

16:45h to 18:00h

17:00h to 18:00h

17:00h to 18:30h

17:15h to 18:15h

17:30h to 18:30h
18:30h to 19:30h

17:45h to 19:00h
Saturday morning

17:00h to 18:00h
17:00h to 18:15h

17:00h to 18:15h

17:45h to 19:00h

12:30h to 13:30h
14:00h to 15:00h

17:00h to 18:00h

17:00h to 18:00h
17:00h to 18:15h

17:00h to 18:30h

17:00h to 18:30h

08:15h to 09:00h

12:30h to 14:30h

SWIMMING
(+CLUB WAVE)
YEAR 1-6

ARTISTIC SWIMMING
YEAR 1-6

COMPETITIVE SWIMMING
(+CLUB WAVE)
YEAR 1-6

VOLLEYBALL
YEAR 3-4

JUDO
YEAR 3-6

BASKETBALL
YEAR 1-2

FOOTBALL
YEAR 5-6

VOLLEYBALL
YEAR 5-6

RHYTHMIC GYM.
YEAR 1-2

HEALTHY COOKING
YEAR 1-6

ART
YEAR 1-6

ROBOTICS & PROGRAM.
YEAR 1-3

KUMON
YEAR 1-6

KUMON
YEAR 1-6

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		SWIMMING YEAR 1-6	
SWIMMING YEAR 1-3			SWIMMING YEAR 4-6
SWIMMING (+CLUB WAVE) YEAR 1-6	SWIMMING (+CLUB WAVE) YEAR 1-6	SWIMMING (+CLUB WAVE) YEAR 1-6	SWIMMING (+CLUB WAVE) YEAR 1-6
		WSR YEAR 1-6	
WATERPOLO (+CLUB WAVE) YEAR 1-6	COMPETITIVE SWIMMING (+CLUB WAVE) YEAR 1-6	WATERPOLO (CLUB WAVE) YEAR 1-6	
	VOLLEYBALL YEAR 3-4		
JUDO YEAR 1-2	JUDO YEAR 1-2	TENNIS YEAR 1-2	JUDO YEAR 1-6
INLINE SKATING YEAR 1-6		ARTISTIC SKATING YEAR 1-6	
FOOTBALL YEAR 1-2	BASKETBALL YEAR 3-6	BASKETBALL YEAR 3-6	BASKETBALL YEAR 1-6
		FOOTBALL YEAR 3-4	
			FOOTBALL COMPETITION YEAR 1-6
	VOLLEYBALL YEAR 5-6		BASKETBALL COMPETITION YEAR 1-6
JAZZ YEAR 1-2	CHEERLEADERS YEAR 1-4		
ARTISTIC GYMNASTICS YEAR 3-6	FITKID YEAR 4-6	JAZZ YEAR 3-5	URBAN DANCE YEAR 1-6
		ARTISTIC GYMNASTICS YEAR 3-6	
MUSICAL THEORY YEAR 4	MUSICAL THEORY YEAR 3	MUSICAL THEORY YEAR 5	
CROCHET AND CREATE YEAR 2-6	MUSICAL THEATRE YEAR 1-3	MAGIC YEAR 1-6	MUSICAL THEATRE YEAR 4-6
EXPERIMENTAL SCIENCE YEAR 1-5	CHESS YEAR 1-6	YOGAMIND YEAR 5-6	
		ART YEAR 1-6	
ROBOTICS & PROGRAM. YEAR 4-6			
	KUMON YEAR 1-6		
KUMON YEAR 1-6	KUMON YEAR 1-6	KUMON YEAR 1-6	

	AQUATIC ACTIVITIES
	SPORTS SCHOOL
	DANCE AND GYMNASTICS
	WORKSHOPS
	MUSIC SCHOOL
	TECNOLOGY AND ROBOTICS
	ACADEMIC ACTIVITIES

SCHEDULE	MONDAY
13:30h to 14:30h	
17:00h to 17:55h	SWIMMING (+CLUB WAVE) MYP - BACC
17:50h to 18:45h	COMPETITIVE SWIMMING (+CLUB WAVE) MYP
17:00h to 18:00h	
17:15h to 18:15h	FOOTBALL MYP 2
17:30h to 18:30h 18:30h to 19:30h	
18:00h to 19:00h	JUDO MYP
Saturday morning	
17:00h to 18:15h	
17:00h to 18:00h	
17:00h to 18:00h 17:00h to 18:15h	YOGAMIND MYP 3-5
17:00h to 18:30h	
17:00h to 18:30h	
08:15h to 09:00h	KUMON MYP - BACC
12:30h to 14:30h	KUMON MYP - BACC

SECONDARY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SWIMMING MYP			
SWIMMING (CLUB WAVE) MYP - BACC	SWIMMING (+CLUB WAVE) MYP - BACC	SWIMMING (CLUB WAVE) MYP - BACC	SWIMMING (CLUB WAVE) MYP - BACC
		WSR MYP - BACC	
WATERPOLO (CLUB WAVE) MYP - BACC	COMPETITIVE SWIMMING (+CLUB WAVE) MYP	WATERPOLO (+CLUB WAVE) MYP - BACC	
			JUDO MYP
	BASKETBALL MYP 2 - 3	BASKETBALL MYP 2 - 3	BASKETBALL MYP 2
			FOOTBALL COMPETITION MYP 2
JUDO / MMA MYP	JUDO MYP	JUDO / MMA MYP	JUDO MYP
			BASKETBALL COMPETITION MYP 2
			CHEERLEADERS MYP
CROCHET AND CREATE MYP 2 - 3	ART & GRAPHIC DESIGN MYP		
HEALTHY COOKING MYP		YOGAMIND MYP 2	
		TEATRO MUSICAL MYP	
		VG Progr. & VIRT. REALITY MYP	
	KUMON MYP - BACC		
KUMON MYP - BACC	KUMON MYP - BACC	KUMON MYP - BACC	



AQUATIC ACTIVITIES



SPORTS SCHOOL



DANCE AND GYMNASTICS



WORKSHOPS



MUSIC SCHOOL



TECNOLOGY AND ROBOTICS



ACADEMIC ACTIVITIES

SCHEDULE

MONDAY

Upon request

**FREE SWIMMING
ADULTS**

16:45h to 18:45h

17:00h to 18:15h

ADULTS

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FREE SWIMMING
ADULTS

FREE SWIMMING
ADULTS

FREE SWIMMING
ADULTS

FREE SWIMMING
ADULTS

COOKING CLUB*
ADULTS

YOGAMIND
ADULTS

*This activity will take place once per month. Exact dates will be informed about in advance to participants.



Discover, Love
& Learn.



An updated digital version of this booklet is available on our website, www.lamiranda.eu (accessible by scanning the above QR code)



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