



AFTER SCHOOL ACTIVITIES 25-26

ART, MUSIC & SPORTS CLASSES | RECREATIONAL ACTIVITIES

SECOND SEMESTER:
February 03, 2026 to June 19, 2026
3:45 PM - 4:45 PM



Dear Parents and Students,

We are pleased to share the details of the **second semester of our After School Program**, continuing to offer engaging and enriching activities for the remainder of the academic year.

Our after school activities provide valuable opportunities for students to explore interests, develop new skills, and enjoy time together in a positive and stimulating environment beyond the school day.

Program Details

Second Semester Dates: February 3rd – June 19th, 2026
Time: 3:45 PM – 4:45 PM on scheduled days
Location: Activities are usually held on campus

Registration

If you have a child already registered in an activity in the first semester, **no further registration is required** to continue.

If you would like to **withdraw your child from an activity** from the first semester, please write to **m.bellone@isturin.it**.

If you would like to **register your child for a new activity**, please complete the [online form](#). Please note that places are limited and priority will be given to children already enrolled in the first semester.

New registrations must be submitted **by January 23rd, 2026**.

Contact Information

If you have any questions or require further information, please feel free to contact the After School Activities Coordinator: **m.bellone@isturin.it**



Important Information on After-School Activities

We would like to remind all parents and guardians that activities on the IST Campus are group-based. This means participants begin and end the activity together as a group.

To help maintain the flow of the activities, we kindly ask that early pickups are avoided, as they can be disruptive for all participants. For safety and security reasons, parents are not permitted to enter the school buildings to collect children directly from activities. Please wait at the green gate at 16:45 for the group dismissal.

Absences from After School Activities and Late Bus Service

Please notify us of any occasional changes or absences from activities by 1:00 PM on the same day by emailing [**m.bellone@isturin.it**](mailto:m.bellone@isturin.it).

A late bus service is available from Monday to Thursday at 5:00 PM.

If you would like to use this service regularly, please indicate it on the form to confirm your spot.

For **any occasional changes**, such as an absence or if you will not be using the service on a specific day, please notify both the school at [**m.bellone@isturin.it**](mailto:m.bellone@isturin.it) and the **BENESE** bus company directly.

Additional Information

There is a minimum number of participants required for each activity in order for it to take place. If an activity doesn't reach the minimum number of participants by the registration deadline, you will be informed and given the opportunity to choose another available activity.

Some activities have limited spaces and registration will be accepted on a first-come, first-served basis.

Students may try out activities only during the first week. After this trial period, the registration will be considered confirmed. Change activities after this period will be commitment only under extraordinary situation.

Please note that once students commit to an activity, they are expected to attend all sessions. Refunds will not be given if a student withdraws or misses sessions.

On-Campus Activities Schedule

AFTER SCHOOL ACTIVITIES <u>ON CAMPUS</u>					
ACTIVITY	LEADER	GRADES	SCHEDULE	COST PER SEMESTER (on avg 16 lessons)	MIN/MAX NUMBER OF PARTICIPANTS
MYP Rock Band	IST - Francesco Testa	G6-G12	Mondays	€250	5-6
IST Voices	Lydia Easley	G3-G6	Mondays	€200	10-20
Creative Dance	IST - Mabel Redaelli	G2-G5	Mondays	€200	8-15
Art Workshop	IST - Valentina Brizio	N-G1	Mondays	€200	5-8
Track and Field	Sport Magic Box	G2-G5	Mondays	€200	8-15
Eco Garden Club	I Soffioni	G2-G11	Mondays	€100	5-10
Little Acrobats at Play	Gea Sport	N-K	Mondays	€200	8-15
Chess	Arcotorre Scacchi	G3-G8	Mondays	€200	6-14
IST Young Journalists Club	IST - Caroline Parrett	G4-G6	Tuesdays	€200	6-15
Art & Craft Club	IST - Clarissa Ghelli	G2-G5	Tuesdays	€200	5-10
Artistic Gymnastics	Gea Sport	G2-G5	Tuesdays	€200	8-15
Sounds of the World	Mosè Morsutti	PreK-K	Tuesdays	€200	5-10
IST Rugby Junior	Luca Russo	G4-G5	Tuesdays	€200	8-20
Kids Black Belt	Luca Gandino	G2-G11	Once/week Tuesday or Wednesday or Thursday	€220	6-15
Kids Black Belt	Luca Gandino	G2-G11	Twice/week any day between Tues-Wed-Thurs	€380	6-15
Kids Black Belt	Luca Gandino	G2-G11	Three times a week	€540	6-15
Brazilian Jiu-Jitsu teens 14+	Luca Gandino	G9-G10	Wednesday	€220	6-15
Soccer Junior (Boys and Girls)	Sport Magic Box	PreK-K	Wednesday	€200	10-15
Soccer Junior (Boys and Girls)	Sport Magic Box	G1-G3	Wednesday	€200	10-15
IST Mini Voices	Lydia Easley	G1-G2	Wednesday	€200	10-20
Sounds of the World	Mosè Morsutti	PreK-K	Wednesday	€200	5-10
Little Acrobats at Play	Gea Sport	N-G1	Thursdays	€200	8-15
IST Rugby Junior	Luca Russo	G1-G3	Thursdays	€200	8-20
Lego Innovations	Bricks4Kidz	G1-G6	Thursdays	€250	10-15
Soccer Junior (Boys and Girls)	Sport Magic Box	G4-G5	Thursdays	€200	10-15

After School Home Club

The program provides a welcoming and engaging environment for children every afternoon from 3:30 pm to 4:45 pm.

Designed to extend the school day in a balanced and enjoyable way, it offers opportunities for social interaction, creativity, and relaxation in a safe setting.

Children are divided into two groups — Nursery to Kindergarten and Grade 1 to Grade 5 — to ensure age-appropriate activities and meaningful experiences.

With small group sizes of 5 to 8 participants, each child receives individual attention.

Families may choose multiple days, including non-consecutive options, offering flexibility and convenience.

Home Club participation requires prior registration and is not available on a casual basis. A dedicated teacher-to-student ratio ensures proper supervision, so occasional or last-minute attendance cannot be accommodated.

Home Club by grade (Nursery to Grade 1)(Grade 2 to Grade 5)					
OPTION	1 Day	2 Days	3 Days	4 Days	5 Days
COST PER SEMESTER	€100	€200	€300	€400	€500

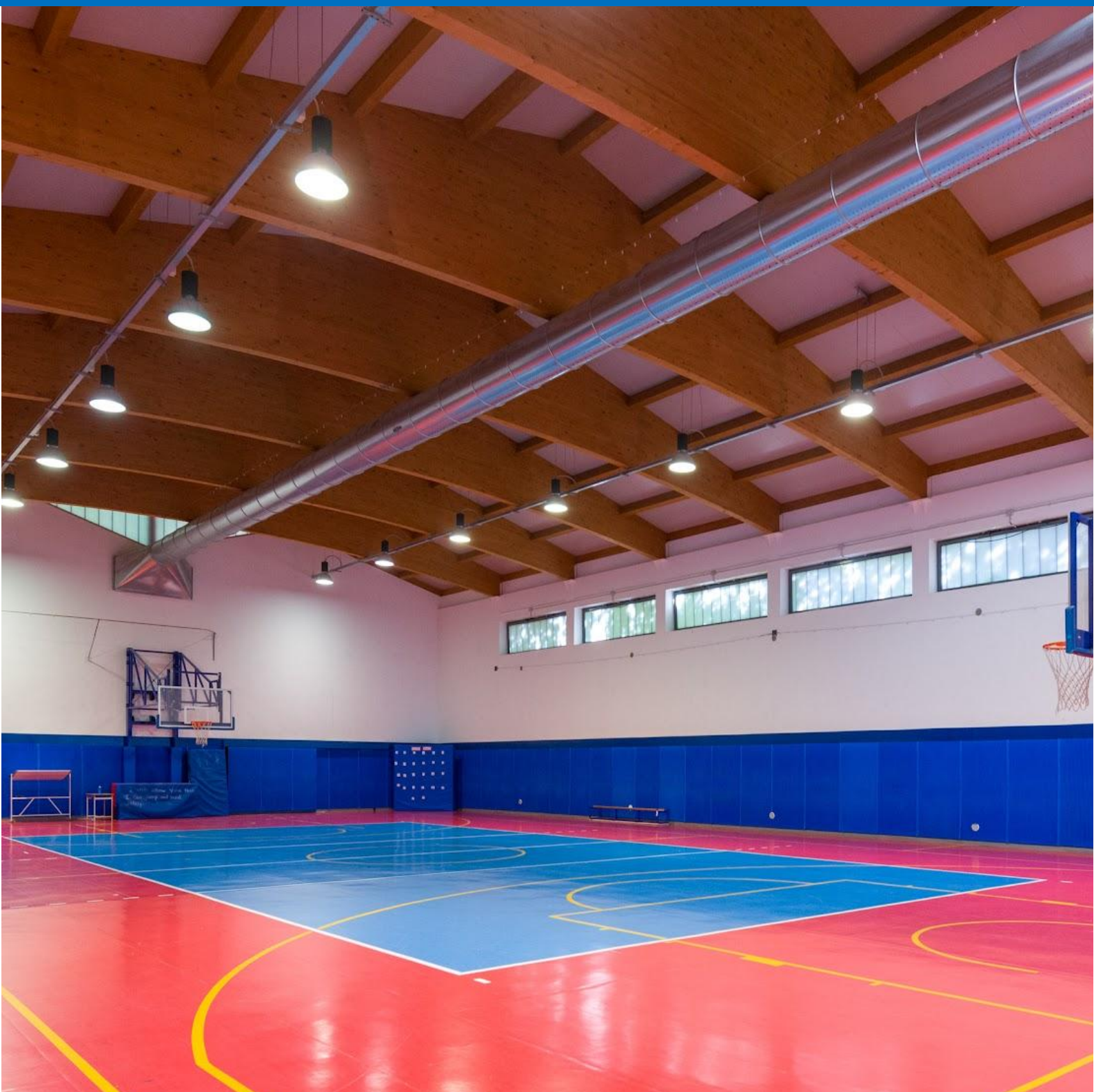
Off-Campus Activities

While most activities take place on campus, some are held off-site.

The school provides transportation to these clubs, while parents are responsible for pick-up at the activity location.

Detailed information, including addresses and timings, is provided in each activity's description to support planning and ensure smooth coordination.

ALL PRICES INCLUDE TRANSPORTATION TO THE ACTIVITY VENUE					
ACTIVITY	LOCATION	GRADES	SCHEDULE	COST PER SEMESTER (on avg 16 lessons)	MIN/MAX NUMBER OF PARTICIPANTS
Swimming (divided by level)	Ronchi Verdi (Turin)	ALL	Tuesdays	€350	10-30
Swimming (divided by level)	Club 77 (Pecetto)	ALL	Mondays or Wednesdays (once a week)	€350	10-30
Introduction to Tennis	Club 77 (Pecetto)	K-G1	Wednesdays	€400	5-10
Tennis (Beginners)	Club 77 (Pecetto)	G2-G8	Wednesdays (once a week)	€420	5-10
Tennis (Intermediate)	Club 77 (Pecetto)	G4-G12	Mondays or Wednesdays (once a week)	€460	5-10
Swimming (divided by level)	Club 77 (Pecetto)	ALL	Mondays and Wednesdays (twice a week)	€500	10-30
Tennis (Intermediate)	Club 77 (Pecetto)	G4-G12	Mondays and Wednesdays (twice a week)	€830	5-10
Golf	I Ciliegi (Pecetto)	G1-G12	Thursdays - starting 12 March	€450 13 lessons	10-12



AFTER SCHOOL ACTIVITIES DESCRIPTION

Primary & Secondary

Swimming & Tennis at Club 77 Pecetto

Located just five minutes from the school campus, **Club 77** offers swimming and tennis classes tailored by age and skill level. Programs are available once or twice a week.

The program includes bus transportation from the school and supervision. Parents are asked to pick up their children at the Club at the end of the activity (Strada Chieri 34, Pecetto Torinese).

More information is available on their website: sportvillageclub77.com

All lessons start at 4:00 pm. Swimming lessons last 50 minutes, while tennis lessons last 1 hour. Students enrolled in intermediate tennis also participate in athletic preparation, either before or after their tennis lesson.

Please note that Club 77 requires all parents to submit subscription forms and a valid medical certificate for their children to participate. Staff at the Club can provide these forms, and an authorized sports doctor is available on-site to issue medical certificates.



MYP Rock Band

Rock Band is an awesome and fun way to boost - and show off - your talent, so if you're ready to take your musical skills to the next level, you are in the right place.

Our goal is for students to step up and take the reins of this project, for this reason we are planning on having at least two all-student bands, who will be in charge of choosing their songs, ensuring all practice sessions runs smoothly, in preparation for various school performances (Open Days, Art and Music Day, Earth Day, International Day, Ceremonies).

Mr. Testa will be supervising and coaching students on the sidelines throughout, so even if you only know a few chords, do not hesitate to join!

Basic knowledge of the instrument is required.

Course Information

Led by IST teacher Mr Francesco Testa, this Monday class has a fee of €250.00



IST Voices

This program is designed for students in Grades 3 to 6 and aims to cultivate musical expression, foster teamwork, and instill a deep appreciation for the power of collective singing.

Through this initiative, students will experience a transformative musical journey. The choir will not only develop their vocal skills but also nurture qualities such as collaboration, self-confidence, and a profound understanding of the beauty of musical expression.

As students blend their voices and perform a variety of choral pieces, they will experience the joy of creating music that resonates emotionally and spiritually. IST Voices aims to foster unity, where diverse voices come together in perfect harmony.

By embracing the art of choral singing, students will not only refine their vocal talents but also find a medium for personal growth, artistic exploration, and camaraderie that extends beyond the classroom.

Course Information

Led by Mrs. Lydia Easley, this Monday class has a fee of €200.00.



Let's Move!

The Magic of Creative Dance

NEW

Creative Dance supports children's development through movement, encouraging physical coordination, creativity, and emotional awareness in a positive and engaging environment.

Through guided exploration, children develop body awareness and confidence. Rather than learning fixed steps, they are encouraged to experiment, invent, and express ideas through movement.

The program also fosters social skills. Working individually and in groups, participants learn cooperation, respect, and communication, strengthening their ability to relate to others.

Dance activities support cognitive growth by involving planning, decision-making, and problem-solving in motion.

Our Creative Dance laboratory values every child's unique way of moving. An inclusive and exploratory approach ensures that each participant feels supported, engaged, and confident to create.

Course Information

Led by IST Mrs. Mabel Redaelli, this Monday class is designed for students from Grade 2 to Grade 5 and has a fee of €200.00.

MAGIC MOVES
DANCE

Eco Garden Club

Join the Eco Garden Club and take part in projects that make a difference for our planet.

This after-school activity combines hands-on gardening with environmental awareness, offering children the chance to learn how nature thrives and how we can protect it.

Participants will grow plants, care for the school garden, and explore themes such as biodiversity, recycling, and sustainability. Working together, they will develop teamwork skills while contributing to a greener community.

The Eco Garden Club inspires curiosity, responsibility, and respect for the environment, empowering young people to take action and become guardians of the natural world.

Course Information

Led by Federico Chiais - I Soffioni, this Monday class has a fee of €100.00.



Art Workshop

This course is designed for students from Nursery to Grade 1 and offers a space where children can unleash their imagination.

In our creative lab, children will explore a world of endless possibilities by drawing, cutting, building, and experimenting freely with different materials. Each session invites them to follow their curiosity and express their unique creativity in fun and engaging ways.

Their creative energy will guide them on a playful and imaginative journey, where everyone can feel free to explore, invent, and shine.

Course Information

Led by IST Mrs Valentina Brizio, this Monday class has a fee of €200.00.



Track and Field

This course is designed for students from Grade 2 to Grade 5 and offers an energetic introduction to the world of track and field. Participants will develop fundamental skills such as running, jumping, and throwing through a variety of fun drills, games, and challenges.

The focus is on improving coordination, strength, and endurance while promoting teamwork, sportsmanship, and a love for physical activity.

Whether racing on the track or practicing technique in the field, students will stay active and engaged in a supportive environment that encourages personal growth, effort, and a healthy competitive spirit.

Course Information

Led by Mrs Agagliati Sveva - Sport Magic Box, this Monday class has a fee of €200.00



Chess

This after-school course is for students from Grade 3 to Grade 8 and introduces them to the fascinating world of chess, a game that develops concentration, strategy, and problem-solving skills while encouraging patience and creativity.

Participants will be grouped by age, ensuring a balanced and engaging learning experience. Through interactive lessons and practice games, they will learn the fundamentals of chess and gradually build confidence in applying tactics and strategies.

The course will be run by *Associazione Sportiva Dilettantistica ARCOTORRE*, founded in 2010 and affiliated with the Italian Chess Federation (recognized by CONI). The club competes nationally with teams in Serie B and Promozione.

Course Information

Led by Arcotorre, this Monday class has a fee of €200.00.



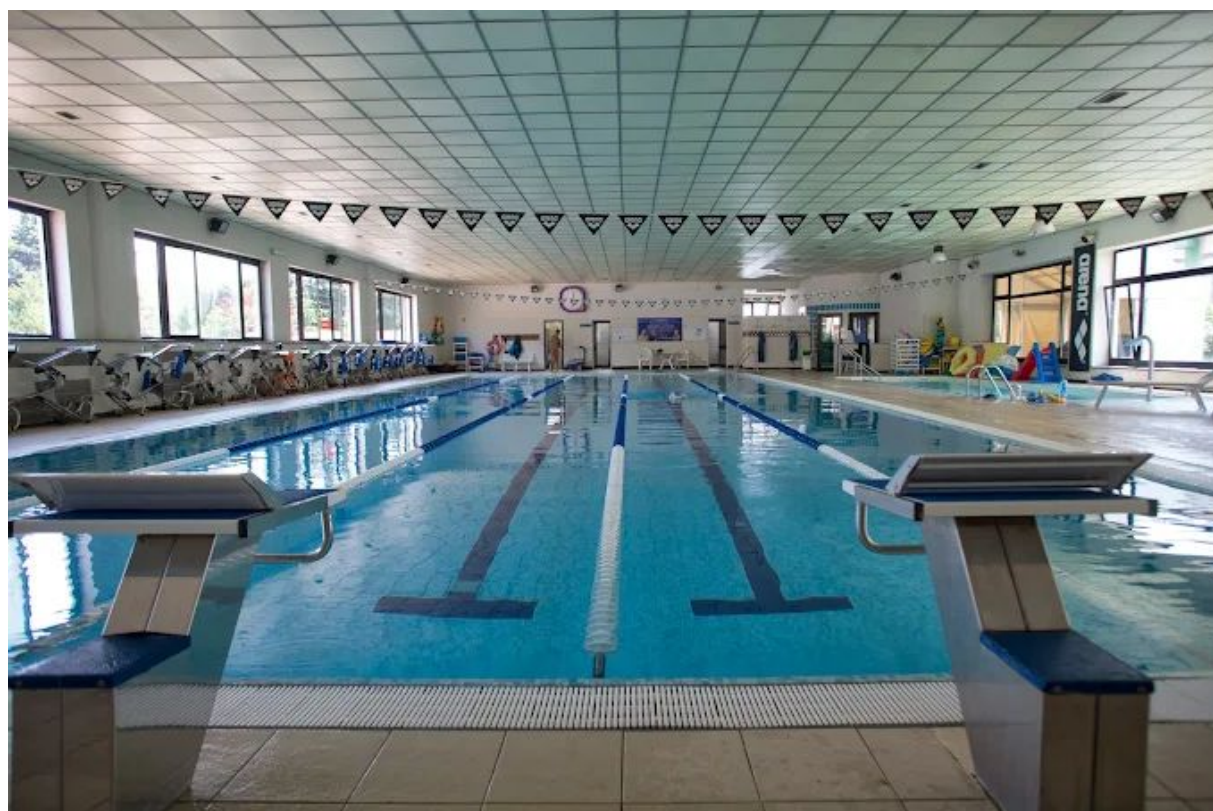
Swimming - Ronchiverdi

Located between Moncalieri and downtown Turin, **Ronchiverdi Health & Sport Club** offers swimming lessons tailored to different ages and skill levels.

The program includes bus transportation from the school and supervision during activities. Parents are asked to collect their children at the Club at the end of the session (C.so Moncalieri 466/16, 10133 Torino).

Lessons run from 4:20 pm to 5:00 pm, providing 40 minutes of structured swimming practice. The program ensures a safe and engaging environment where children can develop their skills, confidence, and enjoyment in the water, while families benefit from convenient transportation and flexible scheduling.

More information is available on their website: Ronchiverdi



IST Young Journalists Club

This course is designed for students from Grade 4 to Grade 6 who are curious, creative, and eager to explore the world of journalism.

Whether you love writing, asking questions, drawing comics, or uncovering school news, the **Newspaper Club** is the place for you!

You'll write articles, interview teachers and classmates, design puzzles and comics, and help publish a real school newspaper.

No experience is needed, just bring your enthusiasm and ideas. It's a great chance to develop your voice, collaborate with others, and tell the stories that matter in our school community.

Course Information

Led by IST teacher Mrs Caroline Parrett, this Tuesday class has a fee of €200.00



Art & Craft Club

This course is designed for students from Grade 2 to Grade 5 who wish to discover the art of sewing in a fun and supportive setting.

Meeting after school, participants will enjoy hands-on projects that encourage creativity, focus, and imagination. They will learn basic stitching techniques, experiment with simple patterns, and design small crafts to proudly take home. Along the way, children will practice problem-solving, patience, and teamwork while developing confidence in their abilities.

No prior sewing experience is required, just curiosity, enthusiasm, and the joy of making something unique with their own hands.

Course Information

Led by IST teacher Mrs Clarissa Ghelli, this Tuesday class has a fee of €200.00



Artistic Gymnastics – Acrobatic Play

This course is designed for students from Grade 2 to Grade 5 and introduces the fundamentals of artistic gymnastics through playful and structured activities.

The *Acrobatic Play* project is an elegant and formative initiative created to help children discover the fascinating world of artistic gymnastics. The aim is not only to teach basic movements, but also to encourage them to explore their body's capabilities, develop coordination and flexibility, and cultivate discipline and grace in movement.

All activities take place in a safe, stimulating, and joyful environment where creativity and play are combined with structured exercises.

Course Information

Led by Mrs Lattanzi Teodora - Gea Sport, this Tuesday class has a fee of €200.00



Sounds of the World

Sounds of the World is a music workshop for Nursery - Pre-K and K students that invites children on a playful journey across continents through sound.

Each session focuses on a different culture, with traditional music, images, videos, and hands-on exploration using percussion, strings, keyboards, and more. Together, we'll build a colorful "Sound Map of the World," reinforced with fun games like musical memory cards and sound-matching quizzes.

Later in the year, children will collaborate to sing and play simple folk songs and lullabies. The workshop nurtures attention, creativity, teamwork, and empathy, helping young learners connect with music and the wider world.

Course Information

Led by Mosè Morsutti, this course is designed for kids in PreK and K. Students can join either the Tuesday or Wednesday session, depending on space availability. Each session costs €200.00.



IST Rugby

Rugby is a dynamic sport that combines physical activity with teamwork and discipline. It promotes strength, endurance, and agility while helping children develop key life skills such as cooperation, communication, and resilience.

Players learn to work together, think strategically, and support one another, fostering a strong sense of camaraderie and mutual respect. Rugby also teaches discipline and the importance of staying focused under pressure.

Activities will take place on two different days: Tuesdays for Grades 4 and 5, and Thursdays for Grades 1 to 3, offering age-appropriate sessions that encourage personal growth through sport and teamwork.

Course Information

Led by IST Mr. Luca Russo, this class has a fee of €200.00



Kids Black Belt

Unlock resilience and critical thinking with the Kids Black Belt Methodology.

More than self-defense, this unique approach builds confidence, emotional intelligence, and problem-solving through 32 martial arts principles.

Children learn to handle bullying with verbal assertiveness and non-violent control holds, developing communication and adaptability.

Through “Verbal Jiu-Jitsu” and the five “Rules of Engagement,” they cultivate leadership, perseverance, and character—skills that support lifelong success and personal growth.

Sessions are available from Tuesday to Thursday. Participants may choose to attend one, two, or all three days per week.

All students in the Kids Black Belt Program will be required to wear a Brazilian Jiu-Jitsu (BJJ) kimono and a white belt during their training sessions.

Please note that BJJ kimonos can be purchased on Amazon or at Decathlon. Students are free to choose any color for their kimono, but the belt must be a BJJ white belt.

Course Information

Lead by Mr Luca Gandino, Jiu Jitsu champion and creator of the Black Belt Methodology.

Fee: once a week	Euro 220,00
twice a week	Euro 380,00
three times a week	Euro 540,00



Brazilian Jiu-Jitsu Teens 14+

Brazilian Jiu-Jitsu for Teens (14+) is one of the most complete sports a teenager can practice.

It is a real self-defense system, not based on punches or kicks, but on leverage, balance, timing, and intelligent use of the body. The focus is on technique and body mechanics rather than raw strength, making it effective and accessible for all participants.

Brazilian Jiu-Jitsu also develops calm under pressure. Each training session is a live problem-solving exercise, often compared to playing human chess. Teens learn to analyze situations, make decisions under stress, adapt to change, and stay focused rather than panic. These skills naturally transfer to school life, social situations, and future challenges.

Training sessions are structured, safe, and carefully supervised. Respect, discipline, and cooperation are core values of the practice. Participants develop body awareness and build genuine self-confidence based on competence, not aggression.

Enrolling in Brazilian Jiu-Jitsu means offering more than just a sport: it supports the development of practical self-defense skills, mental resilience, and self-awareness at a crucial stage of growth.

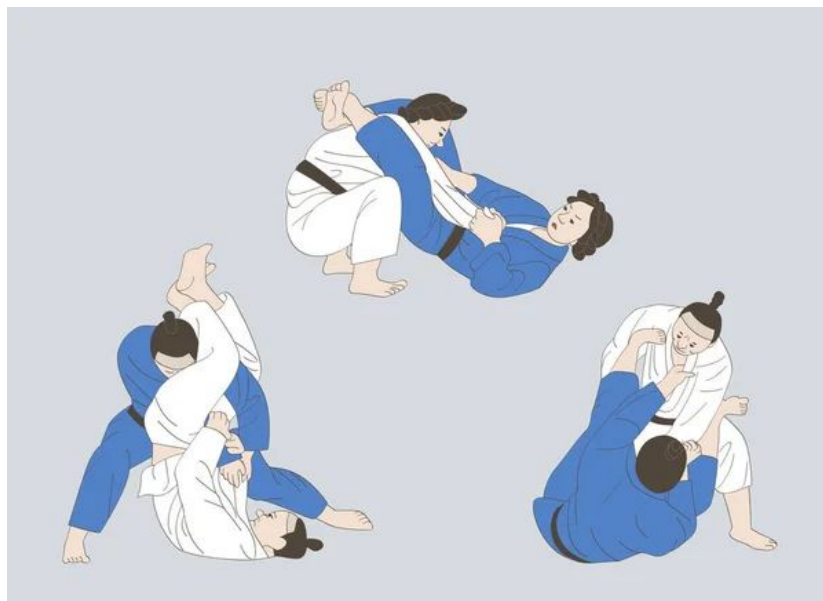
For families, it is a meaningful and enriching activity that supports both physical and personal development.

All students in the Program will be required to wear a Brazilian Jiu-Jitsu (BJJ) kimono and a white belt during their training sessions.

Please note that BJJ kimonos can be purchased on Amazon or at Decathlon. Students are free to choose any color for their kimono, but the belt must be a BJJ white belt.

Course Information

Lead by Mr Luca Gandino, Jiu Jitsu champion this Wednesday class has a fee of €220.00



Soccer Junior

This course is designed for students who want to enjoy playing soccer with their schoolmates in a fun and inclusive environment, without the pressure of joining a professional league.

Instructors, who also work with the Juventus Junior teams, will teach basic skills, rules, and teamwork through age-appropriate games and exercises.

The activity is divided into three age groups:

- **Pre-Kindergarten to Kindergarten** – Wednesdays
- **Grade 1 and 3** – Wednesdays
- **Grade 4 and 5** – Thursdays

Students in the **Grade 3 to 5** group may also have the opportunity to participate in tournaments (not included in the ASA fee).

Course Information

Led by qualified instructors from Sport Magic Box, the course has a fee of €200.00



IST Mini Voices

This course is designed for students of Grade 1 and 2, IST Mini Voices offers a joyful introduction to group singing and musical expression.

In this fun and engaging after-school course, children will discover how to use their voices as they use their bodies—moving with rhythm, energy, and creativity.

Guided by Miss Lydia, sessions combine singing, movement, and playful activities that develop listening skills, coordination, and a sense of beat. No prior experience is required—just curiosity and a love of music.

With a focus on confidence, teamwork, and fun, IST Mini Voices invites young children to explore, express, and enjoy music together.

Course Information

Led by Mrs. Lydia Easley, this Wednesday class has a fee of €200.00



Little Acrobats at Play



This course is designed for students from Nursery to Grade 1 and introduces the fundamentals of artistic gymnastics through playful and structured activities.

Led by qualified instructors, the program helps children explore their physical abilities, improve coordination, balance, flexibility, and develop confidence and motor autonomy.

Using fun circuits, games, and safe equipment, participants will gradually learn basic gymnastic movements while building focus, patience, and perseverance.

More than a physical activity, *Acrobatic Play* nurtures self-esteem, inclusion, and body awareness. The course will conclude with a joyful performance where children can proudly share what they've learned with their families and school community.

Due to high demand, an additional **Monday** session has been added, **provided a minimum of 8 participants is reached**.

Course Information

Led by Mrs Lattanzi Teodora (Gea Sport). Classes are held on Mondays and Thursdays.

Fee: €200.00 for one day per week.



LEGO® Innovations

Journey with LEGO invites children to explore technology and innovation through play and discovery.

Starting with hands-on models of typewriters, PCs, and robots, participants will learn about key milestones in technological evolution while developing computational thinking.

Using the Bricks 4 Kidz Italia method, they'll be introduced to coding with 1x1 LEGO bricks, making abstract concepts practical and fun. With **Scratch**, children will design and program their own interactive games, building creativity and logic.

Finally, with **LEGO EV3 Mindstorms**, developed at MIT and integrated with Scratch, they will construct and program real robots, bringing ideas to life through coding and engineering.

Course Information

Led by Mr Daniele Tamiatto- Bricks4kidz, this Thursday class has a fee of €250.00



Golf Course at I Ciliegi Golf Club

This after-school course offers children the opportunity to discover the game of golf in the beautiful setting of I Ciliegi Golf Club in Pecetto.

Designed for beginners and young learners, the program introduces the fundamentals of the sport, including posture, swing, and basic techniques, while promoting concentration, patience, and respect. With professional instructors and a supportive environment, participants will enjoy learning, developing new skills, and experiencing the values of sportsmanship and teamwork through golf.

The program includes bus transportation from the school and supervision. Parents are kindly requested to collect their children at the club at the end of the activity at 17:30.

Following the winter break, the activity will **resume on Thursday, 12 March**, and will run for a total of **13 lessons**, concluding at the end of the programme.

Course Information

I Ciliegi Golf - Strada Valle Sauglio 130, Pecetto Torinese, this Thursday class has a fee of € 450,00 (13 lessons)

Federgolf Membership: €10,00 - to be paid directly to the Golf Club

