

Tardes Gándara: the week

Lunch from 14:00 to 15:00, activities from 15:00 and the **after-lunch club included with lunch until 17:00** (until 16:00 on Fridays). Activities **start in October** once they reach their minimum number of places, with enrolment by term. For adults, yoga with Sandra on Mondays and **Pilates Gándara with Elena** every afternoon from 8 September. On the following pages, every activity explained one by one.

Early Years · 3-6 Cycle 1 · 6-9 Cycle 2 · 9-12 All ages Adults Lunch and after-lunch club, with Paula

	Monday	Tuesday	Wednesday	Thursday	Friday
14:00 Lunch	Lunch · Paula €195 · 125 · 90/month · single day €15	Lunch · Paula €195 · 125 · 90/month · single day €15	Lunch · Paula €195 · 125 · 90/month · single day €15	Lunch · Paula €195 · 125 · 90/month · single day €15	Lunch · Paula €195 · 125 · 90/month · single day €15
15:00 Club and activities	15:00-16:00 Fun science and robotics Primary 6-12 · David €40/month · min. 8	After-lunch club Free play with Paula Included with lunch	15:00-15:45 English for Early Years Early Years 3-6 · Patri €40/month · min. 6	15:00-15:45 Galician tambourine and rhythms All ages · Patri €35/month · min. 6	After-lunch club On Fridays, free play with Paula until 16:00 Included with lunch
	15:00-15:45 Conversation Club Cycle 2 · 9-12 · Sandra €40/month · min. 8		15:00-16:00 English for Cycle 1 Cycle 1 · 6-9 · Carmen €40/month · min. 6	15:00-16:00 Creative writing Primary 6-12 · Carmen €35/month · min. 6	
	15:45-16:30 Iyengar Yoga Adults · Sandra €35/month · min. 8		15:00-15:45 Tai chi All ages · Iago €35/month · min. 6		
16:00 Club and activities	16:00-17:00 Dance · ages 3-6 Early Years 3-6 · Pau €40/month · min. 8	16:00-17:30 La Paleta · painting workshop From age 4 · La Paleta Workshop's own price · min. 4 (max. 8)	16:00-17:00 STEAM-ICT in English COMING SOON Primary 6-12 · Dani Coming soon	16:00-17:00 Chess COMING SOON Primary 6-12 · Xabai Association Coming soon	16:00-22:00 · 1-hour groups Pilates Gándara · Elena From €50/month · one-to-one, duo or group
17:00 Pick-up · pilates until 22:00	17:00-18:00 Dance · ages 6-12 Primary 6-12 · Pau €40/month · min. 8	17:00-22:00 · 1-hour groups Pilates Gándara · Elena From €50/month · one-to-one, duo or group	17:00-22:00 · 1-hour groups Pilates Gándara · Elena From €50/month · one-to-one, duo or group	17:00-22:00 · 1-hour groups Pilates Gándara · Elena From €50/month · one-to-one, duo or group	Pilates, until 22:00
	17:00-22:00 · 1-hour groups Pilates Gándara · Elena From €50/month · one-to-one, duo or group				

Pick-up at 17:00: children go to the after-lunch club when their activity ends. Two longer afternoons: dance for ages 6-12 finishes at **18:00** on Mondays and La Paleta at **17:30** on Tuesdays. On Fridays the club closes at 16:00. STEAM-ICT and chess are coming soon: if you are interested, let us know and we will tell you as soon as they are confirmed.

The activities, one by one

One afternoon a week, in small groups and with the people who already know your children. All of them start in October once they reach their minimum number of places. Each has its own monthly fee; a second activity costs €5 less, and siblings get 20 % off.

WITH DAVID

Fun science and robotics

Monday · 15:00-16:00 · Primary 6-12

Experiments that surprise, robots that come to life and really good questions. Every week, a challenge for hands and head: hypothesis, test, error and discovery. For those who never stop asking why.

€40/month · minimum 8

WITH SANDRA

Conversation Club

Monday · 15:00-15:45 · Cycle 2 · 9-12

Speaking real English, no textbook: games, debates and real-life situations in a small group, to loosen up and gain confidence. Cycle 2 only, where the leap shows most.

€40/month · minimum 8

WITH PAU

Dance

Mondays · 16:00-17:00 (ages 3-6) and 17:00-18:00 (ages 6-12)

Choreography, musicality, coordination and expression, adapted to each age. Two groups, one for ages 3 to 6 and one for 6 to 12, and two shows for families: one at Christmas and one at the end of the year.

€40/month · minimum 8 per group

WITH LA PALETA

La Paleta · painting workshop

Tuesday · 16:00-17:30 · From age 4

Painting and technique with real artists, on the long Tuesday afternoon. For those who love getting their hands covered in colour and taking their own work home. Small groups of 4 to 8.

Workshop's own price · minimum 4 (max. 8)

WITH PATRI

English for Early Years

Wednesday · 15:00-15:45 · Early Years 3-6

English from age 3 the way it is best learnt: through play. Songs, stories and themed activities in a small group, with the ease of an international school and with Patri, whom they already know.

€40/month · minimum 6

WITH CARMEN

English for Cycle 1

Wednesday · 15:00-16:00 · Cycle 1 · 6-9

Games, conversation and a first taste of Cambridge Young Learners (Starters and Movers) without pressure: confidence first, the exam later, if they feel like it. With Carmen, Cycle 1 educator.

€40/month · minimum 6

WITH IAGO

Tai chi

Wednesday · 15:00-15:45 · All ages

Moving slowly to listen to yourself: balance, breathing and attention, through play. A moment of calm in the middle of the afternoon, for children of all ages, with Iago.

€35/month · minimum 6

WITH DANI

STEAM-ICT in English COMING SOON

Wednesday · 16:00-17:00 · Primary 6-12

Coding, digital design and technology, in English and project-based: making things that work while practising the language. Coming soon: tell us if you are interested and we will let you know once it is confirmed.

Coming soon

WITH PATRI

Galician tambourine and rhythms

Thursday · 15:00-15:45 · All ages

An introduction to the Galician tambourine, traditional songs and a walk through Galician culture. Mixed ages from Early Years, for anyone keen to play and sing. The school provides tambourines to try.

€35/month · minimum 6

WITH CARMEN

Creative writing

Thursday · 15:00-16:00 · Primary 6-12

Inventing worlds and putting them into words: stories, comics, poems and word games. Writing for pleasure, reading aloud and publishing at school. For those with stories inside.

€35/month · minimum 6

WITH XABAI ASSOCIATION

Chess COMING SOON

Thursday · 16:00-17:00 · Primary 6-12

Concentration, strategy and sportsmanship with the Xabai Association. From the first check to the first tournaments, each at their own pace. Coming soon: tell us if you are interested.

Coming soon

For adults

WITH SANDRA · MONDAYS 15:45-16:30

Iyengar Yoga

Group of 8 to 12 · 45 minutes

Time for yourself while the afternoon goes on: precision, alignment and calm in a small group. For complete beginners or to refine your practice. Open to school families and to anyone from outside.

€35 a month · minimum 8 people

Pilates Gándara with Elena. The studio is open **Monday to Thursday from 17:00 to 22:00 and Fridays from 16:00 to 22:00**, in one-hour classes. The fee is monthly, with **one or two classes a week**, always at the same time. **It starts on Tuesday 8 September**, with no termly commitment: you can join at any point in the year. Open to school families and to the whole town.



ONE-TO-ONE · ONE PERSON

€200 per person per month

One class a week · €50 per class
€360/month with two classes a week
Single class: €60



DUO · TWO PEOPLE

€120 per person per month

One class a week · €30 per class



GROUP CLASS · UP TO 6 PEOPLE

€50 per person per month

One class a week
€90/month with two classes a week

Groups form on demand: tell us your preferred time and who you would like to come with, and we set up the group as soon as there are enough people.

What you need to know

CHILDREN'S ACTIVITIES

€35 or €40 a month

One afternoon a week. Second activity, €5 less. Siblings, 20 % off.

MINIMUMS

6 or 8 places

Each activity starts once it reaches its minimum. If it does not, we let you know before it starts and nothing is charged. Above 12, it splits into two groups.

ENROLMENT

By term

Places are reserved and paid for the full term. Activities start in October. Also open to children from other schools.

LUNCH AND CLUB

14:00 to 17:00

Lunch €195, €125 or €90 a month depending on the days, with the after-lunch club included. Fridays until 16:00.

ADULTS

Yoga and pilates

Iyengar Yoga with Sandra on Mondays at 15:45 (€35 a month). Pilates Gándara with Elena from 8 September, with a monthly fee and no termly commitment.

How to sign up

- **Reply to this email by Friday 25 September** with your child's name and the activities you would like. If they would like to go with someone in particular, tell us: it helps us form the groups.
- **Activities start in October.** We will confirm the start date of each one as soon as the groups are closed.
- For **yoga and pilates**, tell us the option and your preferred time. Pilates starts on 8 September and you can join whenever you like, month by month.
- If an activity does not reach its minimum, we will tell you before it starts and nothing is charged. Any that fills up splits into two groups.

All activities

ACTIVITY	FOR WHOM	WHEN	WITH WHOM	MINIMUM	PRICE
Fun science and robotics	Primary 6-12	Monday · 15:00-16:00	David	8	€40/month
Conversation Club	Cycle 2 · 9-12	Monday · 15:00-15:45	Sandra	8	€40/month
Iyengar Yoga	Adults	Monday · 15:45-16:30	Sandra	8	€35/month
Dance · ages 3-6	Early Years 3-6	Monday · 16:00-17:00	Pau	8	€40/month
Dance · ages 6-12	Primary 6-12	Monday · 17:00-18:00	Pau	8	€40/month
La Paleta · painting workshop	From age 4	Tuesday · 16:00-17:30	La Paleta	4 (max. 8)	Workshop's own price
English for Early Years	Early Years 3-6	Wednesday · 15:00-15:45	Patri	6	€40/month
English for Cycle 1	Cycle 1 · 6-9	Wednesday · 15:00-16:00	Carmen	6	€40/month
Tai chi	All ages	Wednesday · 15:00-15:45	Iago	6	€35/month
STEAM-ICT in English COMING SOON	Primary 6-12	Wednesday · 16:00-17:00	Dani	to be confirmed	Coming soon
Galician tambourine and rhythms	All ages	Thursday · 15:00-15:45	Patri	6	€35/month
Creative writing	Primary 6-12	Thursday · 15:00-16:00	Carmen	6	€35/month
Chess COMING SOON	Primary 6-12	Thursday · 16:00-17:00	Xabai Association	to be confirmed	Coming soon
Pilates Gándara	Adults	Every day · Mon-Thu 17:00-22:00 · Fri 16:00-22:00	Elena	group up to 6	Group €50/month (€90 for two days) · duo €120 · one-to-one €200

Spread the word

The activities are open to children from other schools, and pilates to the whole town. If you have friends who might be interested, pass this document on to them.

If something does not add up or you have questions, write to us or stop us at the gate. We would rather talk it through.

See you in the afternoons.
The Gándara team

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