



Dear UCA Parents and Guardians,

We are excited to announce that our after-school activities will kick off on February 3rd! We are happy to offer these engaging and enriching opportunities to our students free of charge. Your child will have the chance to explore a variety of activities, from arts and crafts to sports and academic support. These sessions will take place on Monday, Tuesday, Thursday, and Friday at UCA campus from 2:15 till 3:30 following a specific schedule. We believe that these activities will not only enhance our students' skills but will also provide a fun and safe environment for them to learn, grow, and showcase their talents and passions.

Through participation in UCA after-school activities, students will develop new skills while working collaboratively with their peers in developmentally age-appropriate activities not offered at home or within the context of the regular teaching and learning program.

HOW TO REGISTER

Please fill in the form provided on the last sheet, and hand it to the homeroom teacher by **Tuesday, January 14, 2025 the latest as places are limited**. Please take the time to read all course descriptions and specify what your child is interested in doing this year.

Note: Each student may select a maximum of two activities per week. Once enrolled, changes to activities will not be allowed during the school year. Please note that classes with low enrollment may be canceled, and students will be offered an opportunity to choose another class, subject to availability.

DISMISSAL

All club participants will be escorted to the lower gate for dismissal. Access to the upper gate will not be permitted, with no exceptions. Pickup must be arranged promptly at 3:30 PM, as teachers will not provide supervision after classes conclude. Students whose rides have not arrived will wait with security personnel.



AFTER-SCHOOL SCHEDULE 2024-2025

MONDAY

Arts & Crafts

Bahaa Jurdi
Grades 4 - 5
📍 White Building



Kick Boxing *

Eyad About Said
Grades 7-12
📍 Pre-K PE Room



Basketball

Walaa Hajj
Grades 2-3
📍 Tennis Court



* Bring your own Gloves and Leg Protectors.

Dabke

Majd Fakhereddine
Grades 7 - 12
📍 Old Bldg – Conference Room



Arts & Crafts

Nidaa Abdelkhalek
Grades 7-12
📍 HS Art Room



Soccer: School Teams *

Hussein Lahib
Grade 5
📍 Playground 3



French

Rania Kabboul
Grades 1 - 2
📍 White Building



* Advanced players from Coach Ayman's Class.

TUESDAY

Gymnastics

Walaa Hajj
Grades 3-4
📍 White Bldg. Lobby



Modern Crochet *

Nidaa Abdelkhalek
Grades 7-12
📍 White Building



Soccer

Ayman Tarabay & Hussein Lahib
Grades 10 - 12
📍 Playground 2



* Bring Thin Macramé crochet yam and crochet rod 2.5mm.

Kick Boxing *

Eyad About Said
Grades 4 - 6
📍 Pre-k PE Room



Zumba

Lilian Al Awar
Grades 4 - 6
📍 Old Bldg – Conference Room



French

Rania Kabboul
Grades 3 - 4
📍 White Building



* Bring your own Gloves and Leg Protectors.

THURSDAY

Basketball

Amin Masri
Grades 4-6
📍 Playground 1



Soccer

Ayman & Hussein
Grades 7-9
📍 Playground 2



UCA Voice

Darine Saab
Grades 10-12
📍 White Building



Arts & Calligraphy

Bahaa Jurdi
Grades 4-6
📍 White Building



Gymnastics

Walaa Hajj
Grades 1-2
📍 White Building Lobby



Punch Needle

Nidaa Abdelkhalek
Grades 7-12
📍 White Building



UCA School Choir

Soha Ahmadieh
Grades 4 - 12
📍 Elementary Music Room



French

Rania Kabboul
Grades 5 - 6
📍 White Building



Zumba - Girls

Lilian Al Awar
Grades 1 - 3
📍 Old Bldg – Conference Room



* Bring Your own Punch Needle Set.

FRIDAY

Youth Leadership

Bassem Akl
Grades 7 - 12
📍 White Building



Dabke

Majd Fakhereddine
Grade 4 - 6
📍 Old Bldg – Conference Room



Spanish

Monica Nasser
Grades 7 - 9
📍 White Building



Soccer: School Teams *

Hussein Lahib
Grade 6
📍 Playground 3



School Band *

Hadeel Abdelkhalek
Grades 7-12
📍 HS Music Room



* Advanced players from Coach Ayman's Class.

* Bring your own instrument, if available.

All after-school clubs start at 2:15 p.m. and end at 3:30 p.m.



Abstracts



Arts & Crafts | Nidaa Abdelkhalek

Grades 7-12 [📍 HS Art Room](#)

Arts & Crafts offers students a stimulating environment to nurture their creativity. Guided by an artistic educator and provided with instructions and materials, participants explore their artistic talents, creating unique and imaginative crafts while developing essential skills in a supportive and structured setting.



School Band | Wael Malaeb

Grades 7-12 [📍 HS Music Room](#)

Band Training provides a dynamic platform for aspiring musicians to refine their skills and collaborate harmoniously. Students are immersed in comprehensive lessons on instrument techniques and music styles, fostering a collective passion for music, with personal instruments enhancing their learning experience.



Youth Leadership | Bassem Akl

Grades 7-12 [📍 White Building](#)

This program equips students with essential leadership skills, including public speaking, critical thinking, and teamwork, while preparing them for opportunities like Model Arab League (MAL) and Model United Nations (MUN). Through interactive sessions and practical experiences, participants gain the confidence and knowledge needed to excel in these competitive, real-world simulations of diplomacy and global decision-making.



Yoga | Danny Mahmoud

Grades 7-12 [📍 White Bldg. Lobby](#)

Yoga Club offers diverse classes in Hatha, vinyasa, power yoga, and stretching, emphasizing physical and mental well-being. Participants cultivate strength and flexibility, focusing on breath and body awareness, with the option to enhance their practice using yoga mats, blocks, and straps for optimal support and grip. Please note that blocks and straps are optional.



Punch Needle | Nidaa Abdelkhalek

Grades 7-12 [📍 White Bldg.](#)

Punch needle is a creative and relaxing fiber art activity where students craft beautiful designs using yarn and fabric. This program fosters artistic expression, fine motor skills, and patience, offering a fun and rewarding way for participants to explore their creativity and make unique, handmade projects.



Soccer | Ayman Tarabay & Hussein Lahib

Grades 7-12 [📍 Playground 2](#)

Futsal Club offers comprehensive training in essential skills for Futsal, creating a supportive and enjoyable environment for participants. Regardless of experience level, from beginners to lower-level competitive players, this club provides a nurturing space to learn and improve, making it an ideal choice for anyone looking to enhance their soccer abilities in a relaxed setting.



Soccer: School Teams | Hussein Lahib

Grades 5-6 [📍 Playground 3](#)

Soccer Club offers skilled students a unique opportunity to showcase their talents by representing UCA in soccer tournaments while focusing on refining their individual skills. This engaging activity provides a platform for aspiring athletes to excel both competitively and personally, fostering a strong sense of teamwork and sportsmanship.



Dabke | Majd Fakhereddine

Grades 4-12 [📍 Old Bldg.](#)

Dabke is a traditional folkloric dance that combines rhythm, teamwork, and cultural heritage. This after-school activity allows students to explore vibrant group choreography, enhance coordination, and build a sense of community while celebrating the rich traditions of this energetic and unifying dance form.



Basketball | Amin Masri

Grades 4-6 [📍 Playground 1](#)

Basketball Club provides students with a focused platform to enhance their basketball skills, including dribbling, passing, and shooting. Through collaborative efforts, participants cultivate sportsmanship, teamwork, and strategic play, fostering a well-rounded approach to the game both offensively and defensively.



Abstracts



Kick Boxing | Eyad Abou Said

Grades 4-12 [Pre-k PE Room](#)

Muay Thai Club offers students a holistic approach to martial arts, emphasizing self-defense skills, discipline, teamwork, and confidence. Participants engage in a comprehensive training program covering striking techniques, defense, footwork, and attack combinations, catering to all skill levels while prioritizing safety through personal boxing gear requirements.



Gymnastics | Walaa Hajj

Grades 1-4 [White Bldg. Lobby](#)

Gymnastics Club offers students a structured environment to develop fundamental gymnastic skills while focusing on essential stretches. Participants will master a range of techniques including rolls, flips, handstands, splits, cartwheels, and balance exercises, fostering physical coordination and agility in a supportive learning setting.



Zumba Girls | Lilian Al Awar

Grades 1-6 [White Bldg](#)

Zumba offers a fun, high-energy dance fitness experience, blending rhythmic movements with lively music to promote physical health and self-expression. Perfect for all skill levels, it encourages students to stay active, build confidence, and enjoy a sense of community.



Spanish | Monica Naser

Grades 7-9 [White Bldg](#)

Spanish Afterschool Club provides an immersive and interactive environment for students to learn and practice the Spanish language. Through engaging activities and conversations, participants enhance their language skills while exploring the rich culture and traditions of Spanish-speaking countries.



French | Rania Kabboul

Grades 1-6 [White Bldg](#)

French Afterschool Club offers students an enriching experience to learn and embrace the French language and culture. Through interactive lessons and cultural activities, participants engage in a vibrant environment, fostering language proficiency and a deep appreciation for the Francophone world.



Arts & Calligraphy | Bahaa Jurdi

Grades 4-6 [White Bldg](#)

Arts & Crafts Afterschool Club fosters artistic and creative development in students, enhancing their manual dexterity, intellectual abilities, and calligraphy skills. Through innovative projects using neglected household items, students are encouraged to unleash their creativity, transforming everyday objects into unique works of art.



Modern Crochet | Nidaa Abdelkhalek

Grades 7-12 [White Bldg](#)

Modern Crochet Afterschool Club provides a tailored learning experience for students, focusing on crochet techniques suited to individual skill levels. Under the guidance of the educator, participants (ladies) work with thin Macramé crochet yarn and a 2.5 mm crochet hook, enabling them to create personalized crochet patterns while honing their craft.



UCA School Choir | Soha Ahmadih

Grades 5-12 [Elem. Music Room](#)

The Choir Club offers students a unique opportunity to immerse themselves in the world of music, learning traditional Lebanese and classic songs. Through harmonious singing and guidance from the choir director, participants gain valuable knowledge, experience, and self-discipline, fostering a deep appreciation for the art of choral performance.



UCA Voice | Darine Saab

Grades 10-12 [White Bldg](#)

UCA Magazine Club invites students to explore their creativity and become storytellers. Participants engage in writing, design, and collaboration, crafting captivating school narratives and vibrant layouts, fostering a sense of community through the art of storytelling.



Please go over the rules and regulations carefully with your child.

1. To participate in our after-school activities, students must meet the criteria for "**ACTIVITY ELIGIBILITY**", which includes maintaining passing grades, exhibiting good behavior, and ensuring up-to-date school accounts. ***If a student has three or more failing grades (3Fs), three or more instances of poor behavior (3Ps), he/she will be ineligible to participate.***
2. Each team member is expected to attend all practice sessions and games unless they are absent from school or have received a personal excusal from the coach or sponsor. ***Consistent nonattendance may result in the student's removal from the activity.***
3. Outside of scheduled practice or activity times, team members are **NOT PERMITTED TO USE SCHOOL FACILITIES** without the supervision of a coach or sponsor.
4. Students interested in joining the Soccer / Basketball / Zumba / Dabke activity are requested to wear the **UCA P.E. UNIFORM.**
5. Students planning to participate in the Kickboxing activity are expected to provide their own Kickboxing gear.
6. Participants in the Yoga activity are encouraged to bring their own yoga mats for comfort and hygiene.
7. Students interested in joining the Punch Needle class are required to bring their own punch needle set for embroidery, including a wooden embroidery hoop (medium size), punch needle pen, threads, and foundation fabric.
8. Students interested in joining the Modern Crochet Club are required to bring Thin Macramé crochet yarn and crochet rod 2.5mm.
9. Students interested in joining the School Band are encouraged to bring their own instruments, if available.
10. Please note that Choir enrollment is limited to 40 students, and tryouts will be conducted during the first after-school rehearsal.
11. For the safety of our students, those participating in after-school activities are **NOT ALLOWED TO LEAVE CAMPUS TO PURCHASE SNACKS.** Therefore, please ensure they are provided with extra snacks for the day.
12. Prompt and suitable transportation arrangements should be made for your child after the activity concludes.
13. During the winter season, students are advised to dress appropriately for the weather when leaving after-school classes.

Name of Student: _____ Class & Section: _____

Name of Parent or Guardian: _____

Signature of Parent or Guardian: _____