



School of the Nations
Escola das Nações

sports
arts
languages
more



AFTER SCHOOL ACTIVITIES

2026-27 EDITION



WHAT IS THE AFTER SCHOOL PROGRAM?

School of the Nations offers engaging After School and School Teams programs for students from Nursery 2 to Grade 12. These programs enrich the curriculum and support students' holistic development by fostering curiosity, teamwork, problem-solving, and personal growth.

With the guidance of experienced professionals, students have the opportunity to engage in a diverse range of activities in arts, music, sports, technology, academics, and culture. This program also serves as a gateway for students to explore and discover their unique identities within these fields. By extending learning beyond the classroom, these activities also promote physical, emotional, and moral development, nurturing responsible, engaged, and open-minded individuals.

HOW TO SIGN-UP FOR AFTER SCHOOL

You may sign up for After School activities at any time; however, it must be done by the person responsible for paying school tuition. We suggest enrolling in After School by the 5th of each month for better pedagogical benefit.

To enroll, please access the [parents portal](#) on the school website. From the menu, select "After School & School Teams Enrollment". To log in, use the CPF (Brazilian ID) and password of the person who is responsible for paying the student's tuition.

Once logged in, click on the After School tab in the upper left-hand corner, and all available After School options available to your children according to their age will be displayed.

Each activity has an ON/OFF button that must be activated to proceed with enrollment. If a class is full, the button will turn orange and display "Waiting List." Once you are on the waiting list, the system will automatically email the person who is responsible for the student's tuition as soon as a spot becomes available.

After selecting the ON position for the chosen activity, click on the continue button in the lower right corner. After reading and accepting the contract terms, press "Finish." The contract will be sent to you by email.

Students are welcome to begin attending classes immediately after completing enrollment.

To cancel an activity, please follow the same process described above. You may cancel enrollment in an activity by clicking the "ON/OFF" button, selecting the "OFF" option.

Contact Information

- Email: after.school@edn.org.br
- WhatsApp: +55 61 98407-8365
- Phone: +55 61 3366-1800 Ext. 202

OFFICE MEMBERS



YASMIN YAMAMOTO brings a multidisciplinary background that connects education, the arts, sports, and communication. She holds a degree in Social Communication, is a registered professional artist, and has extensive experience as an educator committed to safe, confidence-building learning environments. A former dancer with the Companhia Brasileira de Dança and a member of the Brazilian national synchronized swimming team, she values discipline, teamwork, and creativity. As After School Supervisor, she is dedicated to offering enriching experiences that support holistic student development and celebrate diversity.

GABRIELA OLIVEIRA holds a degree in Physical Education and Pedagogy, with a postgraduate specialization in Psychopedagogy and School Supervision, as well as a technical qualification in Nursing. Passionate about education, she believes in care, movement, and attentive awareness of each student's individual needs.



ACTIVITIES SCHEDULE CHART

EARLY CHILDHOOD

All classes are from 3:30 to 4:20 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
Musiart Pre-K to Grade 1	Musiart Nursery 2 and 3	Musiart Pre-K to Grade 1	Musiart Nursery 2 and 3	Robotics Kinder and Grade 1
Ballet Kinder and Grade 1	Ballet Pre-K and Kinder	Ballet Kinder and Grade 1	Ballet Pre-K and Kinder	Ballet Nursery 3 and Pre-K
Judo 1 Kinder and Grade 1	Judo 2 Kinder and Grade 1	Judo 1 Kinder and Grade 1	Judo 2 Kinder and Grade 1	Judo 3 Nursery 3 and Pre-K
Soccer Grade 1	Soccer Pre-K and Kinder	Soccer Grade 1	Soccer Pre-K and Kinder	Chess Pre-K to Grade 1
Games & Sports Nursery 2 and 3	Kids Theatre Pre-K to Grade 1	Games & Sports Nursery 2 and 3	Kids Theatre Pre-K to Grade 1	Rhythmic Gymnastics Pre-K to Grade 1
Circus Pre-K to Grade 1	Capoeira Pre-K to Grade 1	Circus Pre-K to Grade 1	Capoeira Pre-K to Grade 1	Kids Choir Pre-K to Grade 1
	Gymnastics Pre-K to Grade 1	Criart Pre-K to Grade 1	Gymnastics Pre-K to Grade 1	
	Criart Pre-K to Grade 1		Criart Pre-K to Grade 1	

ACTIVITIES SCHEDULE CHART

ELEMENTARY

	Monday	Tuesday	Wednesday	Thursday	Friday
3:15 to 4:15 p.m.	French Enfant Grades 4 and 5	French Enfant Grades 2 and 3	French Enfant Grades 4 and 5	French Enfant Grades 2 and 3	Creative Art Lab Grades 2 to 5
	Basketball Grades 3 to 5	Cheerleading Grades 2 to 5	Basketball Grades 3 to 5	Cheerleading Grades 2 to 5	Le Parkour Grades 2 to 5
	Gymnastics Grades 2 to 5	Karate Grades 2 to 8	Gymnastics Grades 2 to 5	Karate Grades 2 to 8	Ukulele Grades 2 to 5
	Soccer Grades 2 and 3	Soccer Grades 4 and 5	Soccer Grades 2 and 3	Soccer Grades 4 and 5	Coding Grades 2 to 5
	Footvolley Grades 4 to 7	Musical Theater Grades 2 to 5	Beach Volleyball Grades 4 to 6	Musical Theater Grades 2 to 5	Beach Volleyball Grades 4 to 6
	Chess Grades 2 to 5	Chess Grades 2 to 5	Chess Grades 2 to 5	Chess Grades 2 to 5	Ceramics Studio Grades 4 to 8 From 3:20 to 4:50 p.m.
	Judo Grades 2 to 5	Volleyball Grades 3 to 6	Judo Grades 2 to 5	Volleyball Grades 3 to 6	
	Kids Yoga Grades 2 to 5	Lego Robotics Grades 2 and 3	Girls Soccer Grades 2 to 5	PO Creative Studio Grades 2 to 5	Girls Soccer Grades 2 to 5
4:30 to 5:30 p.m.	Aerial Circus Arts Grades 2 to 5				PLE Lettering Grades 2 to 5
	Judo Grades 4 to 8	Ballet Grades 2 to 5	Aerial Circus Arts Grades 2 to 5	Ballet Grades 2 to 5	
		Capoeira Grades 2 to 5	Judo Grades 4 to 8	Capoeira Grades 2 to 5	

ACTIVITIES SCHEDULE CHART

MIDDLE SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
3:20 to 4:15 p.m.	Footvolley Grades 4 to 7	French Adolescent Grade 6 to 12	Beach Volleyball Grades 4 to 6	French Adolescent Grade 6 to 12	Beach Volleyball Grades 4 to 6
	Chess Grades 6 to 8	Karate Grades 2 to 8	Chess Grades 6 to 8	Karate Grades 2 to 8	Cheerleading Nations Team Grades 6 to 12 3:20 to 5:20 p.m.
	Self-Defense Grades 6 to 12	Strenght & Conditioning Grade 6 - 12	Self-Defense Grades 6 to 12	Strenght & Conditioning Grade 6 - 12	Aerial Circus Grades 6 to 9 3:30 to 5:00 p.m.
4:15 to 5:15 p.m.		Volleyball Grade 6	Robotics Grades 4 to 6	Volleyball Grade 6	
			Musical Theater Grade 6 to 8 3:20 to 5:20 p.m.		
4:15 to 5:15 p.m.	Basketball Grades 6 to 8	Volleyball Grades 6 to 8	Basketball Grades 6 to 8	Volleyball Grades 6 to 8	
	Girls Soccer Grades 6 to 8	Boys Soccer Grades 6 to 8	Girls Soccer Grades 6 to 8	Boys Soccer Grades 6 to 8	
	Judo Grades 4 to 8	Capoeira Grades 2 to 7	Judo Grades 4 to 8	Capoeira Grades 2 to 7	

ACTIVITIES SCHEDULE CHART

HIGH SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
3:20 to 4:15 p.m.	Self-Defense Grade 6 to 12	Strenght & Conditioning Grade 6 to 12 French Adolescent Grade 6 to 12	Self-Defense Grade 6 to 12	Strenght & Conditioning Grade 6 to 12 French Adolescent Grade 6 to 12	Cheerleading Nations Team Grades 6 to 12 3:20 to 5:20 p.m.
5:30 to 6:45 p.m.	Boys/Girls Basketball (School Teams) Grades 9 to 12 Girls Soccer (School Teams) Grades 9 to 12	Boys/Girls Volleyball (School Teams) Grades 9 to 12 Boys Soccer (School Teams) Grades 9 to 12	Boys/Girls Basketball (School Teams) Grades 9 to 12 Girls Soccer (School Teams) Grades 9 to 12	Boys/Girls Volleyball (School Teams) Grades 9 to 12 Boys Soccer (School Teams) Grades 9 to 12	



EARLY CHILDHOOD

ACTIVITIES OFFERED

EARLY CHILDHOOD

CRIART In Criart, students learn to express their creativity through visual arts, painting, drawing, sculpture, collage, and coloring. Classes are engaging - designed to develop students' creative and critical thinking skills. Criart focuses on providing students a wide variety of experiences with art. Students also learn new art techniques through studying the works of a variety of artists.

- ***Pre-K, Kinder, and Grade 1***

Tuesday & Thursday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 261.15



GAMES & SPORTS Students practice various pre-sports games (from soccer, basketball, volleyball, and handball, among others) to simultaneously develop their motor, cognitive, and social-emotional skills through the actions that encompass the universe of sports.

- ***Nursery 2 and Nursery 3***

Monday & Wednesday - 3:30 to 4:20 p.m.

MONTHLY FEE

- Once a week: R\$ 168.06

- Twice a week: R\$ 280.10

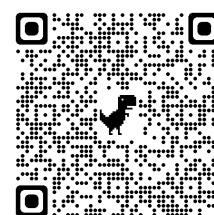


ACTIVITIES OFFERED

EARLY CHILDHOOD

BALLET classes are designed taking into account the child's individuality, their creative potential, and their curiosity to get to know the world. Students will be introduced to classical ballet and develop specific skills at an introductory level through playful exercises, musicality, and psychomotor skills.

- **Nursery 3 & Pre-K**
Friday - 3:30 to 4:20 p.m.
- **Kinder & Grade 1**
Monday & Wednesday - 3:30 to 4:20 p.m.
- **Kinder & Pre-K**
Tuesday & Thursday - 3:30 to 4:20 p.m.



MONTHLY FEE

- Nursery 3 and Pre-K (Friday): R\$ 246.79
- Kinder and Grade 1 (Monday and Wednesday): R\$ 411.32
- Kinder and Pre K (Tuesday and Thursday): R\$ 411.32

ROBOTICS & PROGRAMMING In this course, students learn concepts of programming logic in a fun and intuitive way. Students use the Blockly programming language to program Dash and Dot behaviors through movement, lights, sensors, and sounds. Blockly introduces advanced concepts of coding through playful projects and puzzles. The program focuses on teaching children how to solve problems procedurally and helps them practice logical thinking.

- **Kinder**
Friday - 3:30 to 4:20 p.m.
- **Grade 1**
Friday - 3:30 to 4:20 p.m.



MONTHLY FEE: R\$ 414.05

ACTIVITIES OFFERED

EARLY CHILDHOOD

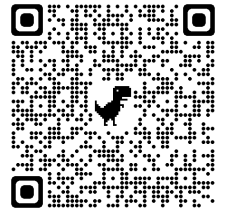
SOCCER helps students develop motor skills through playful and competitive activities, provides opportunities for healthy integration among participants, and improves quality of life. The level of competitiveness varies according to age.

- ***Pre-K & Kinder***

Tuesday and Thursday - 3:30 to 4:20 p.m.

- ***Grade 1***

Monday and Wednesday - 3:30 to 4:20 p.m.



MONTHLY FEE: R\$ 440.80

MUSIART program develops students' interest in music and musical instruments, encouraging them to exercise motor coordination and rhythm and memorize lyrics and musical melodies through games, rhymes, and popular culture.

- ***Nursery 2 and Nursery 3***

Tuesday & Thursday - 3:30 to 4:20 p.m.

- ***Pre-K, Kinder, and Grade 1***

Monday & Wednesday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 280.10



ACTIVITIES OFFERED

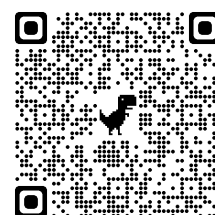
EARLY CHILDHOOD

CHESS aims to improve students' cognitive, social, and emotional skills. It develops logical reasoning, concentration, and memory and helps practitioners enhance respect for their opponents. Throughout our Chess program, children will learn initial rules, opening moves, strategies, tactics, and behavioral aspects required for good interaction between players.

- ***Kinder and Grade 1***

Friday - 3:30 to 4:20

MONTHLY FEE: R\$ 246.83



JUDO applies the principle of maximum efficiency to the improvement of mind and body in the science of attack and defense. It helps develop order, harmony, and discipline.

- ***Nursery 3 & Pre-K***

Friday - 3:30 to 4:20 p.m.

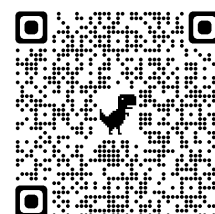
- ***Kinder & Grade 1***

Monday and Wednesday - 3:30 to 4:20 p.m.

MONTHLY FEE

- **Nursery 3 and Pre-K: R\$ 246.79**

- **Kinder and Grade 1: R\$ 411.32**

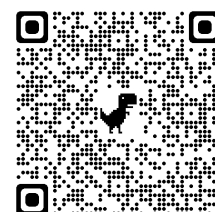


CAPOEIRA is a Brazilian cultural expression that mixes martial arts, sports, popular culture, and music. What distinguishes capoeira from other martial arts is its musicality. Practitioners of this Brazilian art learn not only to "play, fight, and dance" but also to play traditional Brazilian instruments and sing. Capoeira is body expression.

- ***Pre K, Kinder and Grade 1***

Tuesday and Thursday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 411.32



ACTIVITIES OFFERED

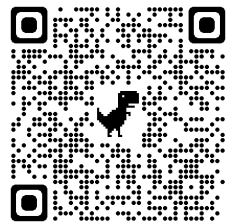
EARLY CHILDHOOD

KIDS GYMNASTICS course is designed for young Pre-Kinder, Kinder, and Grade 1 children. This course provides a fun and engaging introduction to gymnastics, focusing on developing fundamental movement skills and coordination. Children are introduced to basic gymnastics elements such as rolling, jumping, balancing, and swinging through age-appropriate activities. The course is carefully structured to promote physical development, body awareness, flexibility, and strength in a safe and supportive environment.

- ***Pre-K, Kinder, and Grade 1***

Tuesday and Thursday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 440.80

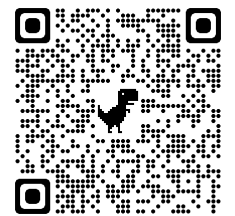


CIRCUS ARTS develops our students as a whole through a variety of juggling, acrobatics, and balance challenges. In addition to awakening the playful, imaginative, and creative universe, circus activities promote the development of various cognitive and motor skills such as coordination, laterality, peripheral vision, agility, strength, balance, and body expression. With practical and fun classes, the circus experience also develops social-emotional skills through team interactions where trust in others enhances the ability to overcome personal challenges, increasing self-esteem, communication, and confidence while reducing shyness.

- ***Pre-K, Kinder, and Grade 1***

Monday and Wednesday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 424.59



ACTIVITIES OFFERED

EARLY CHILDHOOD

KIDS THEATRE encourages creativity, imagination, and artistic expression through theatre games, playful activities, and acting exercises. Throughout the classes, students develop communication skills, body expression, self-confidence, and cooperation while exploring characters, stories, and different ways of telling narratives.

- ***Pre-K, Kinder, and Grade 1***

Tuesday and Thursday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 418.94

KIDS CHOIR fosters musical development through group singing. During classes, students explore rhythm, pitch, musical perception, vocal expression, and song interpretation in a fun and engaging way. In addition to musical skills, choir practice encourages concentration, self-confidence, cooperation, and teamwork, creating opportunities for learning, creativity, and social connection.

- ***Pre-K, Kinder, and Grade 1***

Friday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 251.36

KIDS RHYTHMIC GYMNASTICS is a branch of gymnastics that combines body movements, music and playful elements, promoting the development of coordination, balance, flexibility, and self-expression. Through games and age-appropriate exercises, children explore different forms of movement in a welcoming, fun, and stimulating environment.

- ***Pre-K, Kinder, and Grade 1***

Friday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 264.48



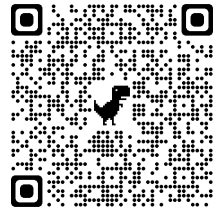
ELEMENTARY

ACTIVITIES OFFERED

ELEMENTARY

JUDO applies the principle of maximum efficiency to the improvement of mind and body in the science of attack and defense. It helps develop order, harmony, and discipline.

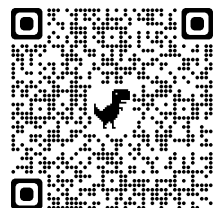
- **Grades 2 to 5**
Monday and Wednesday - 3:15 to 4:15 p.m.
- **Grades 4 to 8**
Monday and Wednesday - 4:30 to 5:30 p.m.



MONTHLY FEE: R\$ 411.32

SOCCER helps students develop motor skills through playful and competitive activities, healthy integration of participants, and improvement in the quality of life. The level of competitiveness varies according to age.

- **Grades 2 and 3 (Boys & Girls)**
Monday and Wednesday - 3:15 to 4:15 p.m.
- **Grades 4 and 5 (Boys & Girls)**
Tuesday and Thursday - 3:15 to 4:15 p.m.
- **Girls Soccer (Grades 2 to 5)**
Wednesday and Friday - 3:15 to 4:15 p.m.



MONTHLY FEE

- Grades 2 and 3: R\$ 440.80
- Grades 4 and 5: R\$ 440.80
- Girls Soccer (Grades 2 to 5), Twice a Week: R\$ 440.80
- Girls Soccer (Grades 2 to 5), Once a Week: R\$ 264.48

KARATE is beneficial to all age groups. It helps develop motor coordination, laterality, socialization, the ability to define and achieve goals, self-discipline, and a sense of respect. It promotes conflict resolution without violence, and helps develop focus and attention.

- **Grades 2 to 8**
Tuesday and Thursday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 411.32



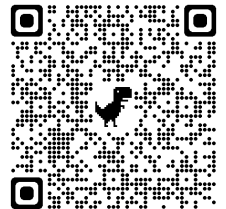
ACTIVITIES OFFERED

ELEMENTARY

VOLLEYBALL helps develop motor, cognitive and psychomotor skills, socialization, and teamwork. Participants train technical and tactical skills for both playful and competitive environments.

- **Grades 3 to 6**
Tuesday and Thursday - 3:15 to 4:15 p.m.

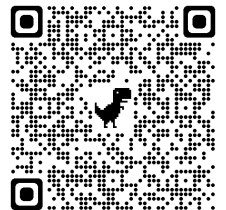
MONTHLY FEE: R\$ 440.80



BASKETBALL classes focus on developing physical skills, techniques, and tactical learning of the game. Activities are practiced in playful and competitive environments, in games and in championships.

- **Grades 3 to 5**
Monday and Wednesday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 440.80



CODING FOR GAME DEVELOPMENT In this course, students join the world of digital game creation while learning programming principles in a fun and engaging way. They learn to create phase layouts, behaviors for characters and objects, event programming, variables, functions, and logical conditions. Game development helps develop logical reasoning and problem-solving skills.

- **Grades 2 to 5**
Friday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 414.05



ACTIVITIES OFFERED

ELEMENTARY

CHEERLEADING involves all elements of gymnastics (artistic, acrobatic, and rhythmic) bringing together the gracefulness of dance to create beautiful choreography with gymnastic movements.

- ***Grades 2 to 5***

Tuesday and Thursday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 440.80



MUSICAL THEATER classes will happen entirely in English, providing students with a fun and safe environment to become well-rounded, cultured, and empathetic individuals as they explore and develop acting, voice, and dance skills in order to connect with an audience and tell powerful stories.

- ***Grades 2 to 5***

Tuesday and Thursday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 418.94



BALLET classes are designed taking into account the child's individuality, their creative potential, and their curiosity to get to know the world. Students will be introduced to classical ballet and develop specific skills at an introductory level through playful exercises, musicality, and psychomotor skills.

- ***Grades 2 to 5***

Tuesday and Thursday - 4:30 to 5:30 p.m.

MONTHLY FEE: R\$ 411.32



ACTIVITIES OFFERED

ELEMENTARY

BEACH VOLLEYBALL classes offer students the opportunity to develop athletic skills in a fun and engaging environment. Through teamwork, coordination, and game strategies, students will improve their volleyball techniques while enjoying outdoor activities on our sand courts.

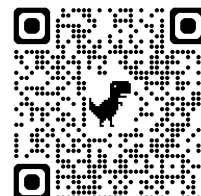
- **Grades 4 to 6**

Wednesday and Friday - 3:15 to 4:15 p.m.

MONTHLY FEE:

- Once a Week: R\$ 264.48

- Twice a Week: R\$ 440.80

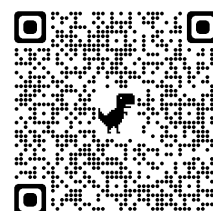


CAPOEIRA is a Brazilian cultural expression that mixes martial arts, sports, popular culture, and music. What distinguishes capoeira from other martial arts is its musicality. Practitioners of this Brazilian art learn not only to "play, fight, and dance" but also to play traditional Brazilian instruments and sing. Capoeira is body expression. It develops motor coordination, the notion of space and time, interaction, respect, and friendship.

- **Grades 2 to 7**

Tuesday and Thursday - 4:30 to 5:30 p.m.

MONTHLY FEE: R\$ 411.32

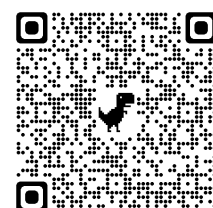


CREATIVE ART LAB aims to give Elementary students the tools to develop their talent and sensitivity in the Arts. This project-based learning activity allows children to find their artistic voice by supporting student-led inquiries and discourse while introducing different media and artistic techniques.

- **Grades 2 to 5**

Friday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 224.04



ACTIVITIES OFFERED

ELEMENTARY

GYMNASTICS combines sport and art, linking acrobatic elements with dance. Our Program seeks to build students' self-confidence and develop healthy bodies and minds. Students develop flexibility, posture and learn to express grace through body movement.

- ***Grades 2 to 5***

Monday and Wednesday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 440.80



UKULELE classes foster children's musical development using the ukulele as a means of expressing the musicality of each student. Ukulele classes are based on Edwin Gordon's Music Learning Theory, which focuses on developing audiation, an equivalent to thinking musically. Throughout the classes, students learn not only to play the instrument but also to engage in movement and musical activities, learning to make music not only with their fingers, but also with their body and ears.

- ***Grades 2 to 5***

Friday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 261.06



KIDS YOGA is a class designed to introduce children to the true essence of yoga: the Science of the Mind. This class focuses on teaching various techniques to help children control and calm their minds through engaging activities, meditation, and yoga poses.

- ***Grades 2 to 5***

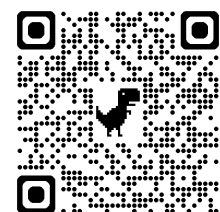
Monday - 3:15 to 4:15 p.m.

Wednesday - 3:15 to 4:15 p.m.

MONTHLY FEE:

- **Once a Week: R\$ 261.06**

- **Twice a Week: R\$ 440.16**



ACTIVITIES OFFERED

ELEMENTARY

LE PARKOUR encourages students to explore movement through fun, age-appropriate physical challenges. Guided by trained instructors, children develop coordination, balance, and strength as they learn to navigate obstacles safely and creatively. Through jumping, climbing, and problem-solving, Parkour promotes confidence, resilience, and an active lifestyle in an engaging and supportive environment.

- **Grades 2 to 5**
Friday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 248.97



CHESS aims to improve students' cognitive, social, and emotional skills. It develops logical reasoning, concentration, and memory and helps practitioners enhance respect for their opponents. Throughout our Chess program, children learn the initial rules, opening moves, strategies, tactics, and behavioral aspects required for good interaction between players.

- **Grades 2 to 5**
Monday and Wednesday - 3:15 to 4:15 p.m.
- **Grades 2 to 5**
Tuesday and Thursday - 3:15 to 4:15 p.m.

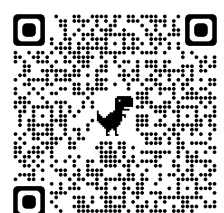
MONTHLY FEE
- Once a week: R\$ 246.83
- Twice a week: R\$ 412.39



CERAMICS STUDIO introduces students to handicraft techniques to create artwork and functional objects with clay. After understanding the three basic clay techniques, students receive mentoring as they develop personal, original projects based on their own ideas and aesthetic inspirations.

- **Grades 4 to 8**
Friday - 3:20 to 4:50 p.m.

MONTHLY FEE: R\$ 326.43



ACTIVITIES OFFERED

ELEMENTARY

FRENCH ENFANT For Elementary students, in addition to the activities proposed in the books, teachers provide games and pedagogical approaches to optimize learning, focusing on communication and understanding of the French language. Children are guided through concrete projects to discover, play, sing, move, and interact with the French language to perform various motivational tasks. Purchase of material required.

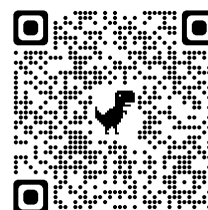
- ***Grades 2 and 3***
Tuesday and Thursday - 3:15 to 4:15 p.m.
- ***Grades 4 and 5***
Monday and Wednesday - 3:15 to 4:15 p.m.



MONTHLY FEE: R\$ 490.00

AERIAL CIRCUS ARTS aims to foster the growth of diverse cognitive and motor skills, including coordination, laterality, peripheral vision, agility, strength, balance, and body expression.

- ***Grades 2 to 5***
Monday and Wednesday - 4:30 to 5:30 p.m.



MONTHLY FEE: R\$ 424.59

LEGO ROBOTICS goes far beyond building and programming robots. In each class, students are introduced to different projects inspired by real-world situations and challenges through hands-on, playful, and creative learning experiences. Using LEGO Education materials, a global leader in educational technology, students develop problem-solving, teamwork, creativity, and logical reasoning skills while exploring concepts in Science, Technology, Engineering, and Mathematics (STEM) in an engaging and meaningful way.

- ***Grades 2 and 3***
Tuesday - 3:15 to 4:15 p.m.
- ***Grades 4 to 6***
Wednesday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 398.54

ACTIVITIES OFFERED

ELEMENTARY

FOOTVOLLEYBALL is a sport played on a sand court that combines elements of soccer and volleyball, providing a dynamic, fun, and challenging experience in a collaborative environment.

- ***Grades 4 to 7***
Monday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 264.48

PO CREATIVE STUDIO is designed for curious, expressive children who are full of imagination and eager to explore their creativity. Through engaging, hands-on experiences, students develop valuable artistic and creative skills in a fun and inspiring environment. The program is divided into different creative modalities that rotate throughout the year, allowing students to explore a variety of techniques, materials, and forms of artistic expression.

- ***Grades 2 to 5***
Thursday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 414.05

PLE LETTERING is an extracurricular activity that combines art, social-emotional development, self-regulation, and creativity through the art of lettering. Throughout the classes, children learn to express themselves and improve their fine motor skills while using creativity and lettering techniques to design letters, words, and artistic, emotional, and communication skills in a welcoming and stimulating setting.

- ***Grades 2 and 3***
Friday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 414.05

A young woman with dark hair, wearing a grey hoodie, is shown in profile, speaking into a small microphone. She is gesturing with her right hand, which is raised with fingers spread. The background is dark, and there are blurred figures of other people in the foreground, suggesting a stage or presentation setting. A bright blue horizontal bar is at the bottom of the image, containing the text "MIDDLE SCHOOL" in white, bold, sans-serif capital letters.

MIDDLE SCHOOL

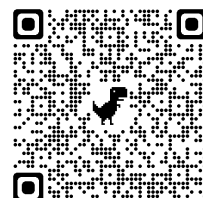
ACTIVITIES OFFERED

MIDDLE SCHOOL

FRENCH ADOLESCENT Our French course for adolescents seeks to teach students through subjects that interest them. The teacher seeks to use matters connected to students' daily lives, making classes both interesting and relevant.

- ***Grades 6 to 12***
Tuesday and Thursday - 3:20 to 4:15 p.m.

MONTHLY FEE: R\$ 490.00



BASKETBALL classes focus on developing the physical skills, techniques and tactical learning of the game. Activities are practiced in playful and competitive environments, in games and in championships.

- ***Grades 6 to 8***
Monday and Wednesday - 4:15 to 5:15 p.m.

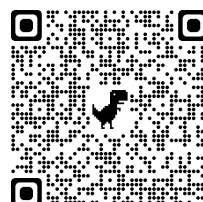
MONTHLY FEE: R\$ 440.80



SOCCER helps students develop motor skills through playful and competitive activities, promotes healthy integration among participants, and helps improve quality of life. The level of competitiveness varies according to age.

- ***Grades 6 to 8 (Boys)***
Tuesday and Thursday - 4:15 to 5:15 p.m.
- ***Grades 6 to 8 (Girls)***
Monday and Wednesday - 4:15 to 5:15 p.m.

MONTHLY FEE: R\$ 440.80



BEACH VOLLEYBALL classes offer students the opportunity to develop athletic skills in a fun and engaging environment. Students will improve their volleyball techniques while enjoying outdoor activities on our sand courts.

- ***Grades 4 to 6***
Wednesday and Friday - 3:15 to 4:15 p.m.

MONTHLY FEE
- Once a week: R\$ 264.48
- Twice a week: R\$ 440.80

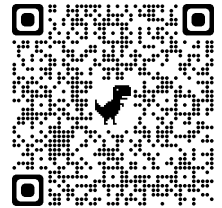
ACTIVITIES OFFERED

MIDDLE SCHOOL

VOLLEYBALL helps develop motor, cognitive and psychomotor skills, socialization, and teamwork through specific exercises. Participants train technical and tactical skills for both playful and competitive environments.

- ***Grades 6 to 8***
Tuesday and Thursday - 4:15 to 5:15 p.m.

MONTHLY FEE: R\$ 440.80



CHEERLEADING involves all elements of gymnastics (artistic, acrobatic, and rhythmic) bringing together the gracefulness of dance to create beautiful choreography with impressive movements and cheering energy.

- ***Grades 6 to 12***
Friday - 3:20 to 5:20 p.m.

MONTHLY FEE: R\$ 440.80



MUSICAL THEATER classes aim to develop singing and dancing skills through text interpretation, body language, diction, posture, character construction, and improvisation, among other skills. This course is aligned with the vision and mission of our school, as it enhances academic, ethical, and spiritual qualities, and fosters students' desire to know and love humanity through art.

- ***Grades 6 to 8***
Wednesday - 3:20 to 5:20 p.m.

MONTHLY FEE: R\$ 418.94



ACTIVITIES OFFERED

MIDDLE SCHOOL

CHESS In Middle School chess, we seek students' holistic development through creativity. Students learn the basic rules of the game and develop cognitive skills such as logic and reasoning. Students also learn about great chess masters and their strategies.

- **Grades 6 to 8**
Monday and Wednesday - 3:20 to 4:15 p.m.

MONTHLY FEE
- Once a week: R\$ 246.83
- Twice a week: R\$ 412.39



CERAMICS STUDIO introduces students to handicraft techniques to create artwork and functional objects with clay. After understanding the three basic clay techniques, students receive mentoring as they develop personal, original projects based on their own ideas and aesthetic inspirations.

- **Grades 4 to 8**
Friday - 3:20 to 4:50 p.m.

MONTHLY FEE: R\$ 326.43



SELF DEFENSE class aims to develop self-confidence, body awareness, and the ability to respond safely and responsibly in challenging situations. Through age-appropriate techniques, students learn fundamental principles of personal protection, balance, coordination, discipline, and control. Classes take place in a safe and respectful environment, promoting not only physical skills but also values such as respect, responsibility, and sound decision-making.

- **Grades 6 to 12**
Monday and Wednesday - 4:15 to 5:15 p.m.

MONTHLY FEE: R\$ 411.32

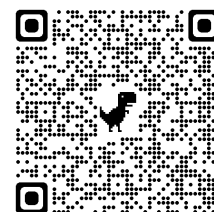
ACTIVITIES OFFERED

MIDDLE SCHOOL

KARATE is beneficial to all age groups. It helps develop motor coordination, laterality, socialization, the ability to define and achieve goals, self-discipline, and a sense of respect.

- **Grades 2 to 8**
Tuesday and Thursday - 3:15 to 4:15 p.m.

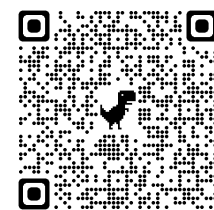
MONTHLY FEE: R\$ 411.32



JUDO the principle of maximum efficiency is applied to the improvement or perfection of mind and body in the science of attack and defense. It helps develop order and harmony.

- **Grades 4 to 8**
Monday and Wednesday - 4:30 to 5:30 p.m.

MONTHLY FEE: R\$ 411.32



ROBOTICS introduces students to hands-on STEM learning through building, programming, and problem-solving. Working with age-appropriate robotics kits, students develop logical thinking, creativity, and collaboration skills as they tackle engaging challenges.

- **Grades 4 to 6**
Wednesday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 398.54

CAPOEIRA is a Brazilian cultural expression that mixes martial arts, sports, popular culture, and music.

- **Grades 2 to 7**
Tuesday and Thursday - 4:30 to 5:30 p.m.

MONTHLY FEE: R\$ 411.32

ACTIVITIES OFFERED

MIDDLE SCHOOL

AERIAL CIRCUS ARTS now extended to our Middle School students, combines artistic expression and physical activity in a unique learning experience. Through aerial techniques and movement exploration, students develop coordination, laterality, peripheral vision, strength, balance, body awareness, and self-expression in a safe and supportive environment.

- ***Grades 6 to 8***
Friday - 3:30 to 5:00 p.m.

MONTHLY FEE: R\$ 326.43

STRENGHT AND CONDITIONING TRAINING is designed for students who want to improve their physical fitness, whether to enhance their performance in other sports or simply maintain an active and healthy lifestyle. Through functional exercises, circuits, and dynamic activies, participants develop straght, endurance, agility, coordination, and balance.

- ***Grades 6 to 12***
Tuesday and Thrusday - 3:20 to 4:20 p.m.

MONTHLY FEE: R\$ 411.32



HIGH SCHOOL

ACTIVITIES OFFERED

HIGH SCHOOL

CHEERLEADING involves all elements of gymnastics (artistic, acrobatic, and rhythmic) bringing together the gracefulness of dance to create beautiful choreography with impressive movements and cheering energy.

- **Grades 6 to 12**
Friday - 3:20 to 5:20 p.m.

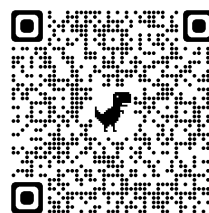
MONTHLY FEE: R\$ 440.80



FRENCH ADOLESCENT Our French course for adolescents seeks to teach students through subjects that interest them. The teacher seeks to use matters connected to students' daily lives, making classes both interesting and relevant.

- **Grades 6 and 12**
Tuesday and Thursday - 3:20 to 4:15 p.m.

MONTHLY FEE: R\$ 490.00



STRENGTH AND CONDITIONING TRAINING is designed for students who want to improve their physical fitness, whether to enhance their performance in other sports or simply maintain an active and healthy lifestyle. Through functional exercises, circuits, and dynamic activities, participants develop strength, endurance, agility, coordination, and balance.

- **Grades 6 to 12**
Tuesday and Thursday - 3:20 to 4:20 p.m.

MONTHLY FEE: R\$ 411.32

SELF DEFENSE class aims to develop self-confidence, body awareness, and the ability to respond safely and responsibly in challenging situations. Through age-appropriate techniques, students learn fundamental principles of personal protection, balance, coordination, discipline, and control. Classes take place in a safe and respectful environment, promoting not only physical skills but also values such as respect, responsibility, and sound decision-making.

- **Grades 6 to 12**
Monday and Wednesday - 4:15 to 5:15 p.m.

MONTHLY FEE: R\$ 411.32

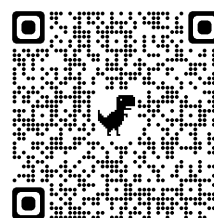
SCHOOL TEAMS

HIGH SCHOOL

*School Teams is a program led by the **Nations Athletics Department** and is focused exclusively on sports for **High School students**, Grades 9 to 12. All matters related to pedagogical planning, communication with families, decisions, and general information for the Basketball, Volleyball, and Soccer School Teams are handled directly by the Athletics Team at athletics@edn.org.br, ext (214).*

SOCCER (SCHOOL TEAMS) Sports practices aims to offer High School students the opportunity to improve specific motor skills in Soccer. Students are invited to represent School of the Nations in friendly games, tournaments, and championships in Brasília and other cities.

- **Grades 9 to 12 (Boys)**
Tuesday and Thursday - 5:30 to 6:45 p.m.
- **Grades 9 to 12 (Girls)**
Monday and Wednesday - 5:30 to 6:45 p.m.



MONTHLY FEE: R\$ 160.49

BASKETBALL (SCHOOL TEAMS) Sports practices aim to offer High School students the opportunity to improve specific motor skills in Basketball. Students are invited to represent School of the Nations in friendly games, tournaments, and championships in Brasília and other cities.

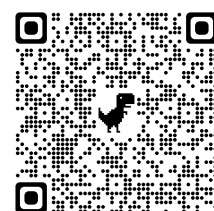
- **Grades 9 to 12**
Monday and Wednesday - 5:30 to 6:45 p.m.



MONTHLY FEE: R\$ 160.49

VOLLEYBALL (SCHOOL TEAMS) Sports practices aim to offer High School students the opportunity to improve specific motor skills in Volleyball. These students are invited to represent School of the Nations in friendly games, tournaments, and championships in Brasília and other cities.

- **Grades 9 to 12**
Tuesday and Thursday - 5:30 to 6:45 p.m.



MONTHLY FEE: R\$ 160.49



School of the Nations
Escola das Nações