



# Whole School CCA Schedule

Pre-K to Grade 12

Semester 1, 2026

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## OUR PROGRAMS

Stamford American's Co-Curricular Activities (CCA) program offers more than 500 activities for students from Pre-K through Grade 12. Organized into six categories, CCAs give every student a structured way to explore interests, develop skills, and build connections beyond the classroom. Activities are led by Stamford teaching staff, qualified coaches, and specialist instructors from partner organizations.

Full details and registration are managed through SchoolsBuddy, our online booking and payment platform. Parents receive an email notification when sign-up opens each semester. To register:

- Download the SchoolsBuddy mobile app or go to [sais.schoolsbuddy.net](https://sais.schoolsbuddy.net)
- Log in with your MyStamford portal credentials, shared during onboarding
- Browse CCAs by weekday, grade level, or CCA group name filter
- Free CCAs use preference-based allocation - places are assigned randomly, subject to availability
- Paid CCAs book on a first-come, first-served basis upon payment
- You can add or remove CCAs each semester while registration is open

## FREE AND PAID

### SCHOOL CCAs

#### **Academic Enrichment, Creative Arts, Performing Arts, Service & Leadership, STEM, Sports (Free)**

School CCAs are led by Stamford American teaching staff and specialist instructors. Activities can change each semester depending on demand. Most are free of charge, with places allocated by preference.

### SPORTS

#### **Activity, Athletics & Academy (Free and Paid)**

Sports CCAs follow three pathways designed to meet every student where they are - from first movement experiences through to competitive and elite training.

##### **1. Activity (Free & Paid):**

Entry-level, non-competitive options - chess, table tennis, yoga, inline skating, climbing, karate, cheerleading, parkour, learn-to-swim. Available across all divisions.

##### **2. Athletics (Free):**

Competitive SEASAC and ACSIS teams. Try-outs each semester. Sports include Football, Basketball, Tennis, Cross Country, Badminton, Golf, Rugby, Touch Rugby, Volleyball, Swimming, Gymnastics, Softball, and Track. SEASAC eligibility starts in Grade 6; ACSIS from age 8U.

##### **3. Academy (Paid):**

Semester-based coaching in one of eight sports: Swimming, Basketball, Football, Tennis, Golf, Gymnastics, Badminton, or Volleyball. No try-outs. Open to all skill levels.

## HOW REGISTRATION WORKS

| Feature           | Detail   |
|-------------------|--|
| Platform          | SchoolsBuddy - app (recommended) or web: <a href="https://sais.schoolsbuddy.net">sais.schoolsbuddy.net</a> |
| Login             | Use your MyStamford portal credentials   |
| Free CCAs         | Preference-based. Places assigned randomly, subject to availability.                                       |
| Paid CCAs         | First-come, first-served upon payment. Instant booking confirmation.                                       |
| Semesters         | Two CCA semesters per school year. Students can change CCAs each semester.                                 |
| Schedule          | CCAs run before, during and after school as well as on Saturdays   |
| Eligible students | Pre-K through Grade 12 across both campuses.   |

## HELP AND QUESTIONS

For questions about specific CCA categories, contact the relevant team below:

| CCA Category  | Contact  |
|---|--|
| Academic Enrichment, Creative Arts, Performing Arts, Service & Leadership, STEM, Sports | <a href="mailto:cca@sais.edu.sg">cca@sais.edu.sg</a>               |
| Sports - Activity and Athletics (SEASAC / ACSIS)  | <a href="mailto:athletics@sais.edu.sg">athletics@sais.edu.sg</a>   |
| Sports - Academies (all eight sports)   | <a href="mailto:athletics@sais.edu.sg">athletics@sais.edu.sg</a>   |
| General enquiries   | <a href="mailto:admissions@sais.edu.sg">admissions@sais.edu.sg</a> |
| Admissions helpdesk   | +65 6653 2949  |
| Stamford families helpline  | +65 6709 4800  |

## CCA ACTIVITIES

### EARLY LEARNING VILLAGE

| Category            | Program Name                       | Grade    | Fees | Days     |
|---------------------|------------------------------------|----------|------|----------|
| Academic Enrichment | Bee Bot and Coding Explorers!      | K1-K2    | Free | Monday   |
| Academic Enrichment | Bookworm Buddies                   | K1-K2    | Free | Monday   |
| Academic Enrichment | EAL ASA                            | K2       | Free | Monday   |
| Academic Enrichment | Russian Language Explorers!        | K1-K2    | Free | Monday   |
| Academic Enrichment | Bookworm Buddies                   | PK-K1    | Free | Tuesday  |
| Academic Enrichment | Little Math Explorers!             | K1-K2    | Free | Tuesday  |
| Academic Enrichment | Spanish Club                       | K1-K2    | Free | Tuesday  |
| Academic Enrichment | Story Writing & Telling Explorers! | K1-K2    | Free | Tuesday  |
| Academic Enrichment | World Explorers!                   | K1-K2    | Free | Thursday |
| Creative Arts       | Directed Drawing                   | PK-K1    | Free | Monday   |
| Creative Arts       | Arts & Crafts Storytime Club       | K1-K2    | Free | Tuesday  |
| Creative Arts       | Directed Drawing                   | K1-K2    | Free | Tuesday  |
| Creative Arts       | Jewelry Making                     | K1-K2    | Free | Thursday |
| Creative Arts       | Play-Doh Creations                 | K1-K2    | Free | Thursday |
| Creative Arts       | Watercolour Creations              | K1-K2    | Free | Thursday |
| Creative Arts       | Young Chefs Club                   | K1-K2    | Free | Thursday |
| Performing Arts     | ELV Suzuki Violin (Music Dept)     | PK,K1,K2 | Free | Thursday |
| Performing Arts     | Dance Squad                        | K1-K2    | Free | Tuesday  |
| STEM                | Puzzle Fun                         | K1-K2    | Free | Thursday |
| Sports              | Smash Ball (New!)                  | K1-K2    | Free | Monday   |
| STEM                | Board Games                        | K1-K2    | Free | Monday   |
| STEM                | Lego Construction (Mon)            | K1-K2    | Free | Monday   |
| STEM                | Lego Construction                  | PK-K1    | Free | Tuesday  |
| STEM                | Build & Construct                  | K1-K2    | Free | Thursday |
| Sports              | Skate For Fun!                     | PK-K1    | Paid | Monday   |
| Sports              | Football Skills                    | K1-K2    | Paid | Tuesday  |
| Sports              | Karate Kids                        | K1-K2    | Paid | Tuesday  |
| Performing Arts     | Mini Maestro                       | PK-K1    | Paid | Tuesday  |
| Sports              | Football Skills                    | K1-K2    | Paid | Thursday |
| Sports              | Skate For Fun!                     | PK-K1    | Paid | Thursday |
| Performing Arts     | Teddy Tutus                        | PK,K1,K2 | Paid | Thursday |
| Sports              | Football Skills                    | PK-K1    | Paid | Friday   |
| Sports              | Karate Kids                        | PK-K1    | Paid | Friday   |
| Sports              | Mini Tennis                        | K2       | Paid | Friday   |
| Academic Enrichment | STEM Discovery Club                | K1-K2    | Paid | Friday   |

### WOODLEIGH CAMPUS

| Category        | Program Name         | Grade | Fees | Days       |
|-----------------|----------------------|-------|------|------------|
| STEM            | 2D Animation Station | G6-G8 | Free | Tuesday    |
| STEM            | 3D Printing          | G7-G8 | Free | Monday     |
| Performing Arts | Acting for the Stage | G6-G8 | Free | Tue or Fri |

## CCA ACTIVITIES

| Category            | Program Name                                  | Grade | Fees | Days       |
|---------------------|---|-------|------|------------|
| Creative Arts       | Anime and Manga Fan Club                      | G6-G8 | Free | Tue or Fri |
| Creative Arts       | Art Design                                    | G1-G2 | Free | Thursday   |
| Creative Arts       | Art Design                                    | G3-G5 | Free | Monday     |
| Creative Arts       | Art Journaling                                | G1-G2 | Free | Tuesday    |
| Creative Arts       | Beading Fun                                   | G1-G2 | Free | Tuesday    |
| Academic Enrichment | Board Games                                   | G6-G8 | Free | Monday     |
| Academic Enrichment | Board Games                                   | G1-G2 | Free | Monday     |
| Academic Enrichment | Board Games                                   | G3-G5 | Free | Tuesday    |
| Performing Arts     | Bollywood Dance                               | G1-G2 | Free | Tuesday    |
| Academic Enrichment | Book Club                                     | G3-G5 | Free | Thursday   |
| Academic Enrichment | Book Club                                     | G6-G8 | Free | Tuesday    |
| STEM                | CAD - Computer Aided Design                   | G4-G5 | Free | Wednesday  |
| STEM                | CAD CAM Technology                            | G6-G8 | Free | Tue or Fri |
| Creative Arts       | Calligraphy                                   | G3-G5 | Free | Tuesday    |
| STEM                | Canva Creators                                | G3-G5 | Free | Thursday   |
| Sports              | Chess - Learn to Play                         | G3-G5 | Free | Monday     |
| Sports              | Chess - Learn to Play                         | G3-G5 | Free | Friday     |
| Sports              | Chess - Learn to Play                         | G1-G2 | Free | Thursday   |
| Sports              | Chess   | G6-G8 | Free | Monday     |
| Academic Enrichment | Chinese Board Games                           | G3-G5 | Free | Monday     |
| Academic Enrichment | Conversational Japanese                       | G6-G8 | Free | Thursday   |
| Sports              | Cosmic Yoga                                   | G1-G2 | Free | Monday     |
| Creative Arts       | Crafting Fun                                  | G3-G5 | Free | Friday     |
| Creative Arts       | Crafting Fun                                  | G1    | Free | Friday     |
| Creative Arts       | Crafting Fun                                  | G2    | Free | Friday     |
| Creative Arts       | Crafting Fun                                  | G3-G5 | Free | Thursday   |
| Academic Enrichment | Creative Reading & Writing                    | G3-G5 | Free | Thursday   |
| Academic Enrichment | Creative Reading & Writing                    | G1-G2 | Free | Thursday   |
| Academic Enrichment | Creative Writing                              | G6-G8 | Free | Monday     |
| Academic Enrichment | Current Affairs                               | G6-G8 | Free | Thursday   |
| Academic Enrichment | Current Affairs                               | G4-G5 | Free | Thursday   |
| Academic Enrichment | Debate  | G6-G8 | Free | Friday     |
| Academic Enrichment | Debate  | G6-G8 | Free | Friday     |
| STEM                | Digital Art and Graphic Design                | G6-G8 | Free | Thursday   |
| STEM                | Digital Music Production                      | G6-G8 | Free | Thursday   |
| STEM                | Digital Photography                           | G6-G8 | Free | Tue or Fri |
| Creative Arts       | Directed Drawing                              | G3-G5 | Free | Monday     |
| Creative Arts       | Directed Drawing                              | G1-G2 | Free | Thursday   |
| Creative Arts       | Directed Drawing                              | G1-G2 | Free | Monday     |
| Creative Arts       | DIY Heat Press Vinyl Designs G6-G8 Monday     | G6-G8 | Free | Tuesday    |
| Creative Arts       | Dungeons and Dragons                          | G6-G8 | Free | Friday     |
| Creative Arts       | Dungeons and Dragons                          | G6-G8 | Free | Friday     |
| Academic Enrichment | EAL After-School Activity (EAL students only) | G7    | Free | Monday     |
| Academic Enrichment | EAL After-School Activity (EAL students only) | G6    | Free | Monday     |

## CCA ACTIVITIES

| Category             | Program Name                                  | Grade | Fees | Days       |
|----------------------|---|-------|------|------------|
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G6    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G8    | Free | Thursday   |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G8    | Free | Thursday   |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G2    | Free | Tuesday    |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G1    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G1    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G2    | Free | Tuesday    |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G2    | Free | Tuesday    |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G1    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G1    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G4    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G4    | Free | Monday     |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G3    | Free | Tuesday    |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G5    | Free | Tuesday    |
| Academic Enrichment  | EAL After-School Activity (EAL students only) | G5    | Free | Tuesday    |
| STEM                 | Engineering Minds                             | G1-G2 | Free | Monday     |
| Academic Enrichment  | English Poetry Writing                        | G6-G8 | Free | Friday     |
| Academic Enrichment  | English Poetry Writing                        | G3-G5 | Free | Friday     |
| Academic Enrichment  | Entrepreneurship                              | G6-G8 | Free | Monday     |
| Academic Enrichment  | Escape Room Breakout Box Challenge            | G5    | Free | Thursday   |
| Academic Enrichment  | Escape Room Breakout Box Challenge            | G3-G4 | Free | Monday     |
| Creative Arts        | Folk Art                                      | G3-G5 | Free | Tuesday    |
| Creative Arts        | Friendship Bracelets                          | G3-G5 | Free | Tuesday    |
| Academic Enrichment  | Geography Trivia                              | G3-G5 | Free | Tuesday    |
| Sports               | GET FIT                                       | G6-G8 | Free | Monday     |
| Sports               | GET FIT                                       | G6-G8 | Free | Thursday   |
| Academic Enrichment  | Global Friendship Club                        | G1-G2 | Free | Friday     |
| Service & Leadership | Go Green Gardeners                            | G6-G8 | Free | Thursday   |
| Service & Leadership | Go Green Gardeners                            | G6-G8 | Free | Monday     |
| Creative Arts        | Inspired Drawing                              | G3-G5 | Free | Thursday   |
| Creative Arts        | Inspired Drawing                              | G3-G5 | Free | Monday     |
| Academic Enrichment  | Japanese through Anime & J-Pop                | G3-G5 | Free | Tuesday    |
| Creative Arts        | Jewelry Making                                | G1-G2 | Free | Tuesday    |
| Creative Arts        | Jewelry Making                                | G3-G5 | Free | Friday     |
| Creative Arts        | Jewelry Making                                | G6-G8 | Free | Monday     |
| Academic Enrichment  | Junior Investors                              | G6-G8 | Free | Tue or Fri |
| Performing Arts      | Just Dance!                                   | G3-G5 | Free | Tuesday    |
| Creative Arts        | Knitting Fun                                  | G3-G5 | Free | Friday     |
| Creative Arts        | Knitting Fun                                  | G3-G5 | Free | Tuesday    |
| Academic Enrichment  | Know Thyself - Personality Assessment         | G6-G8 | Free | Monday     |
| STEM                 | Lego Construction Challenge                   | G1-G2 | Free | Thursday   |
| STEM                 | Lego Construction Challenge                   | G3-G5 | Free | Monday     |
| STEM                 | Lego Construction Challenge                   | G1-G2 | Free | Tuesday    |
| STEM                 | Lego Construction Challenge                   | G3-G5 | Free | Friday     |

## CCA ACTIVITIES

| Category             | Program Name  | Grade | Fees | Days              |
|----------------------|---|-------|------|-------------------|
| Academic Enrichment  | Library Intern Team (LIT)   | G6-G8 | Free | Tuesday           |
| Academic Enrichment  | Life Skills through Storytelling                                      | G1-G2 | Free | Monday            |
| Service & Leadership | Lions Wilderness Survival Challenge                                   | G6-G8 | Free | Thursday          |
| Creative Arts        | Makerspace Creations  | G3-G5 | Free | Thursday          |
| Creative Arts        | Manga and Comic Art   | G3-G5 | Free | Friday            |
| STEM                 | Math Games  | G3-G5 | Free | Friday            |
| STEM                 | Math Wizards  | G1-G2 | Free | Friday            |
| STEM                 | Math Wizards  | G1-G2 | Free | Thursday          |
| STEM                 | Minecraft   | G6-G8 | Free | Thursday          |
| STEM                 | Minecraft   | G3    | Free | Thursday          |
| STEM                 | Minecraft   | G4    | Free | Thursday          |
| STEM                 | Minecraft   | G5    | Free | Thursday          |
| STEM                 | Mini Motion Studio  | G6-G8 | Free | Friday            |
| Service & Leadership | Model United Nations - MUN  | G6-G8 | Free | Monday & Tuesday  |
| Service & Leadership | Model United Nations - MUN  | G6-G8 | Free | Monday & Tuesday  |
| Academic Enrichment  | MS News   | G6-G8 | Free | Tuesday or Friday |
| Creative Arts        | Origami and Me  | G3-G5 | Free | Any day           |
| Creative Arts        | Origami and Me  | G1-G2 | Free | Thursday          |
| Creative Arts        | Play Dough Modelling  | G1-G2 | Free | Tuesday           |
| Service & Leadership | Public Speaking   | G6-G8 | Free | Tuesday           |
| Academic Enrichment  | Puzzle Problems   | G4-G5 | Free | Tuesday           |
| Performing Arts      | Readers Theatre   | G6-G8 | Free | Monday            |
| Service & Leadership | Right and Wrong Rangers   | G6-G8 | Free | Tuesday           |
| Performing Arts      | Salsa and Latin Dance   | G1-G5 | Free | Friday            |
| Academic Enrichment  | Secondary After-School Support (Hosted by Student Support Department) | G6    | Free | Monday            |
| Academic Enrichment  | Secondary After-School Support (Hosted by Student Support Department) | G6    | Free | Monday            |
| Academic Enrichment  | Secondary After-School Support (Hosted by Student Support Department) | G7-G8 | Free | Monday            |
| Creative Arts        | Sewing for Beginners  | G1-G2 | Free | Tuesday           |
| Creative Arts        | Sewing for Beginners  | G3-G5 | Free | Friday            |
| Academic Enrichment  | Spanish Club  | G1-G2 | Free | Tuesday           |
| Creative Arts        | Stage Crew  | G6-G8 | Free | Thursday          |
| Academic Enrichment  | Student Support Department hosted - Board Games                       | G3-G5 | Free | Monday            |
| Academic Enrichment  | Student Support Department hosted - Board Games                       | G3-G5 | Free | Monday            |
| Academic Enrichment  | Student Support Department hosted - Board Games                       | G1-G2 | Free | Monday            |
| Academic Enrichment  | Student Support Department hosted - Board Games                       | G1-G2 | Free | Monday            |
| Service & Leadership | Student Support Department hosted - Board Games Circle                | G7-G8 | Free | Tuesday           |
| Service & Leadership | Student Support Department hosted - Board Games Circle                | G7-G8 | Free | Tuesday           |
| Service & Leadership | Student Support Department hosted - Board Games Circle                | G7-G8 | Free | Tuesday           |
| Performing Arts      | Student Support Department hosted - Karaoke                           | G1-G5 | Free | Monday            |
| Performing Arts      | Student Support Department hosted - Karaoke                           | G1-G5 | Free | Monday            |
| Performing Arts      | Student Support Department hosted - Karaoke                           | G1-G5 | Free | Monday            |
| STEM                 | Student Support Department hosted - Lego                              | G3-G5 | Free | Monday            |

## CCA ACTIVITIES

| Category            | Program Name  | Grade | Fees | Days             |
|---------------------|---|-------|------|------------------|
| Academic Enrichment | Student Support Department hosted - Lego                        | G3-G5 | Free | Monday           |
| Academic Enrichment | Student Support Department hosted - The Reading Lab (Book Club) | G1-G2 | Free | Thursday         |
| Academic Enrichment | Student Support Department hosted - The Reading Lab (Book Club) | G1-G2 | Free | Thursday         |
| Sports              | Table Tennis  | G6-G8 | Free | Friday           |
| Sports              | Table Tennis  | G6-G8 | Free | Monday           |
| Sports              | Table Tennis  | G6-G8 | Free | Thursday         |
| Sports              | Table Tennis  | G6-G8 | Free | Tuesday          |
| Sports              | Table Tennis Fun  | G3    | Free | Friday           |
| Sports              | Table Tennis Fun  | G4    | Free | Tuesday          |
| Sports              | Table Tennis Fun  | G4    | Free | Thursday         |
| Sports              | Table Tennis Fun  | G4    | Free | Monday           |
| Sports              | Table Tennis Fun  | G5    | Free | Thursday         |
| Sports              | Table Tennis Fun  | G5    | Free | Tuesday          |
| Sports              | Table Tennis Fun  | G5    | Free | Friday           |
| Sports              | Table Tennis Fun  | G3    | Free | Monday           |
| STEM                | Vlog Making   | G6-G7 | Free | Thursday         |
| Creative Arts       | Weaver's Art  | G4-G5 | Free | Friday           |
| Creative Arts       | Weaver's Art  | G6-G8 | Free | Monday           |
| Academic Enrichment | World Geography   | G6-G8 | Free | Friday           |
| Sports              | Yoga  | G6-G8 | Free | Friday           |
| Creative Arts       | Zentangle   | G3-G5 | Free | Thursday         |
| STEM                | AR VR Coding Adventure by Presence Pictures                     | G1-G2 | Paid | Wednesday        |
| STEM                | AR VR Coding by Presence Pictures                               | G3-G5 | Paid | Friday           |
| Performing Arts     | Ballet by Evolve Arts   | G1-G2 | Paid | Wednesday        |
| Sports              | Chess 101 by Chess at Three                                     | G3-G5 | Paid | Tuesday          |
| Sports              | Chess 101 by Chess at Three                                     | G1-G2 | Paid | Tuesday > Friday |
| STEM                | Coding Micro:bit by Code Gakko                                  | G3-G5 | Paid | Thursday         |
| STEM                | Coding PictoBlox by Code Gakko                                  | G3-G5 | Paid | Monday           |
| STEM                | eSports by JUMP League  | G6-G8 | Paid | Wednesday        |
| STEM                | eSports by JUMP League  | G4-G5 | Paid | Wednesday        |
| Sports              | Fencing by Gladius Fencing                                      | G3-G5 | Paid | Wednesday        |
| Sports              | Inline Skating by Extreme Inline Sports                         | G3-G5 | Paid | Tuesday          |
| Sports              | Inline Skating by Extreme Inline Sports                         | G1-G2 | Paid | Wednesday        |
| Academic Enrichment | Junior Money Managers by Kidz Economy                           | G1-G2 | Paid | Wednesday        |
| Sports              | Learn to Swim   | G1-G5 | Paid | Friday           |
| Sports              | Learn to Swim   | G1-G5 | Paid | Monday           |
| Sports              | Learn to Swim   | G1-G5 | Paid | Thursday         |
| Sports              | Learn to Swim   | G6-G8 | Paid | Friday           |
| Sports              | Learn to Swim   | G1-G5 | Paid | Tuesday          |
| Sports              | Learn to Swim   | G6-G8 | Paid | Monday           |
| Sports              | Learn to Swim   | G6-G8 | Paid | Thursday         |
| Sports              | Learn to Swim   | G6-G8 | Paid | Tuesday          |
| Sports              | Learn to Swim   | G6-G8 | Paid | Wednesday        |

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| Category             | Program Name                                 | Grade  | Fees | Days                   |
|----------------------|--|--------|------|------------------------|
| Sports               | Learn to Swim                                | G1-G5  | Paid | Wednesday              |
| STEM                 | Lego Robotics                                | G1-G2  | Paid | Thursday               |
| STEM                 | Lego Robotics                                | G3-G5  | Paid | Friday                 |
| STEM                 | Lego Robotics                                | G1-G2  | Paid | Monday                 |
| Performing Arts      | Magic by Magic Castle                        | G3-G5  | Paid | Tuesday                |
| Performing Arts      | Musical Theatre by Evolve Arts               | G1-G2  | Paid | Wednesday              |
| Sports               | Parkour by Superfly                          | G1-G2  | Paid | Monday                 |
| Sports               | Parkour by Superfly                          | G3-G5  | Paid | Tuesday                |
| Sports               | Rock Climbing by Redefine Space              | G6-G8  | Paid | Wednesday              |
| Sports               | Rock Climbing by Redefine Space              | G3-G5  | Paid | Friday                 |
| STEM                 | Science Explorers by Funovator               | G1-G2  | Paid | Friday                 |
| STEM                 | Science Explorers by Funovator               | G1-G2  | Paid | Tuesday                |
| Sports               | Stamford Cheer Squad Junior by CheerForce SG | G3-G5  | Paid | Thursday               |
| Academic Enrichment  | The Wealth Challenge 1.0 by Kidz Economy     | G3-G5  | Paid | Wednesday              |
| STEM                 | Vex IQ Robotics                              | G6-G8  | Paid | Monday & Thursday      |
| STEM                 | 3D Printing                                  | G9-G12 | Free | Friday                 |
| Academic Enrichment  | AP Pre-Calculus                              | G9-G12 | Free | Thursday               |
| Creative Arts        | Art Club                                     | G9-G12 | Free | Thursday               |
| Creative Arts        | Arthood                                      | G9-G12 | Free | Friday                 |
| Academic Enrichment  | ASDANFORD Business Pioneers                  | G9-G12 | Free | Thursday               |
| STEM                 | Astronomy club                               | G9-G12 | Free | Friday                 |
| Service & Leadership | Athletic Council                             | G9-G12 | Free | Wednesday              |
| Creative Arts        | BTEC Art & Design                            | G9-G12 | Free | Tuesday                |
| Service & Leadership | Burmese Cultural Club                        | G9-G12 | Free | Wednesday              |
| Academic Enrichment  | Business Insight                             | G9-G12 | Free | Tuesday                |
| Creative Arts        | Camera Action Club                           | G9-G12 | Free | Thursday               |
| Creative Arts        | Card Games Club                              | G9-G12 | Free | Tuesday                |
| Service & Leadership | Care for Animals Club                        | G9-G12 | Free | Tuesday                |
| Sports               | Chess Club                                   | G9-G12 | Free | Tuesday                |
| Service & Leadership | Chinese Cultural Club                        | G9-G12 | Free | Friday                 |
| Service & Leadership | Chinese Debate Club                          | G9-G12 | Free | Tuesday/Friday         |
| Performing Arts      | Chinese Drama                                | G9-G12 | Free | Thursday/Friday/Friday |
| Academic Enrichment  | Chinese Tutoring Club                        | G9-G12 | Free | Wednesday              |
| Service & Leadership | Circle of Care club                          | G9-G12 | Free | Monday                 |
| Sports               | Climbing Club                                | G9-G12 | Free | Thursday               |
| STEM                 | Code4All                                     | G9-G12 | Free | Friday                 |
| Creative Arts        | Cooking Club                                 | G9-G12 | Free | Tuesday                |
| Creative Arts        | Craft Corner                                 | G9-G12 | Free | Tuesday                |
| Service & Leadership | Debate Club                                  | G9-G12 | Free | Wednesday              |
| Creative Arts        | Design Master (Service) Club                 | G9-G12 | Free | Tuesday and Thursday   |
| Creative Arts        | Digital Art Club                             | G9-G12 | Free | Friday                 |
| Performing Arts      | Drama Lens                                   | G9-G12 | Free | Tuesday                |
| Creative Arts        | Dungeons and Dragons                         | G9-G12 | Free | Friday                 |
| Academic Enrichment  | Economic Honor Society                       | G9-G12 | Free | Friday                 |

## CCA ACTIVITIES

| Category             | Program Name                     | Grade  | Fees | Days               |
|----------------------|----------------------------------|--------|------|--------------------|
| Academic Enrichment  | English Support Club             | G9-G12 | Free | Thursday           |
| Service & Leadership | Elderly Tech Support Club        | G9-G12 | Free | Monday             |
| Sports               | Esports                          | G9-G12 | Free | Thursday           |
| Service & Leadership | Ethic Olympiad                   | G9-G12 | Free | Friday             |
| Service & Leadership | Filipino Cultural Club (F.C.C)   | G9-G12 | Free | Thursday           |
| Academic Enrichment  | Finance Talk Network             | G9-G12 | Free | Friday             |
| Creative Arts        | Furry&Goods                      | G9-G12 | Free | Thursday           |
| STEM                 | Future Flyers                    | G9-G12 | Free | Monday             |
| Academic Enrichment  | Future Medics                    | G9-G12 | Free | Thursday           |
| STEM                 | Game Design & Development Club   | G9-G12 | Free | Thursday           |
| Creative Arts        | Gardening Club                   | G9-G12 | Free | Tuesday            |
| Service & Leadership | Gawad Kalinga                    | G9-G12 | Free | Monday             |
| Academic Enrichment  | Global Issues Network            | G9-G12 | Free | Tuesday            |
| Service & Leadership | Green Lions                      | G9-G12 | Free | Tuesday            |
| Service & Leadership | GrinGreen International          | G9-G12 | Free | Wednesday          |
| Service & Leadership | Guardianship Club                | G9-G12 | Free | Wednesday          |
| STEM                 | Hack Club                        | G9-G12 | Free | Thursday           |
| Service & Leadership | Handmade for Homes               | G9-G12 | Free | Wednesday          |
| Service & Leadership | House Captains                   | G9-G12 | Free | Tuesday            |
| Sports               | HS Strength-Fit Club (S.W.D.A.)  | G9-G12 | Free | Tuesday & Thursday |
| Academic Enrichment  | IB Math AA/AI club               | G9-G12 | Free | Monday             |
| Service & Leadership | Indian Cultural Club (ICC)       | G9-G12 | Free | Wednesday          |
| Service & Leadership | Interact                         | G9-G12 | Free | Wednesday          |
| Service & Leadership | Interact Executive Meeting Group | G9-G12 | Free | Wednesday          |
| Academic Enrichment  | Investment Club                  | G9-G12 | Free | Thursday           |
| Service & Leadership | Japanese Cultural Club           | G9-G12 | Free | Wednesday          |
| Service & Leadership | Stamford Military Honor Society  | G9-G12 | Free | Thursday           |
| Creative Arts        | Kings' Honor Training Guild      | G9-G12 | Free | Thursday           |
| Service & Leadership | Korean Cultural Club             | G9-G12 | Free | Wednesday          |
| Academic Enrichment  | Korean Marketing Club (KMC)      | G9-G12 | Free | Friday             |
| Academic Enrichment  | Korean Reading Club              | G9-G12 | Free | Thursday           |
| Performing Arts      | Live Stream Club                 | G9-G12 | Free | Monday             |
| Service & Leadership | Living Skill Club                | G9-G12 | Free | Tuesdays/Thursdays |
| Academic Enrichment  | Math Honor Society               | G9-G12 | Free | Monday             |
| Service & Leadership | Model United Nations             | G9-G12 | Free | Thursday           |
| Service & Leadership | Operation Smiles                 | G9-G12 | Free | Tuesday            |
| Creative Arts        | Origami Club                     | G9-G12 | Free | Thursday           |
| Creative Arts        | Painting Charity Club            | G9-G12 | Free | Wednesday          |
| Creative Arts        | Photography Club                 | G9-G12 | Free | Friday             |
| Academic Enrichment  | Reasoning and Strategy           | G9-G12 | Free | Monday             |
| Performing Arts      | Resonance of Korea Samulnori     | G9-G12 | Free | Tuesday            |
| STEM                 | Robotics Club - Vex V5           | G9-G12 | Free | Monday & Thursday  |
| Performing Arts      | SAIS Delta Eta Pi Honor Society  | G9-G12 | Free | Friday             |
| Creative Arts        | SAIS VOUGE                       | G9-G12 | Free | Tuesday            |

## CCA ACTIVITIES

| Category             | Program Name                                | Grade  | Fees | Days              |
|----------------------|---|--------|------|-------------------|
| Academic Enrichment  | SAT Prep Club                               | G9-G12 | Free | Friday            |
| Academic Enrichment  | Science Honours Society                     | G9-G12 | Free | Tuesday           |
| Academic Enrichment  | Science National Honor Society              | G9-G12 | Free | Monday & Thursday |
| Service & Leadership | Service Council                             | G9-G12 | Free | Thursday          |
| Service & Leadership | SNAP interview club -SAIS (SICS)            | G9-G12 | Free | Monday            |
| Service & Leadership | SPCA Club                                   | G9-G12 | Free | Wednesday         |
| Creative Arts        | Stamford Carrom Club                        | G9-G12 | Free | Wednesday         |
| Academic Enrichment  | Statistics club                             | G9-G12 | Free | Tuesday           |
| STEM                 | STEM Competition Club                       | G9-G12 | Free | Tuesday           |
| Service & Leadership | Student Council                             | G9-G12 | Free | Thursday          |
| Service & Leadership | Student Welfare and Development Association | G9-G12 | Free | Thursday          |
| Sports               | Table Tennis Club                           | G9-G12 | Free | Friday            |
| Service & Leadership | TEDxSAIS Youth                              | G9-G12 | Free | Monday or Friday  |
| Service & Leadership | Third Culture Club                          | G9-G12 | Free | Thursday          |
| Service & Leadership | Vietnamese Culture Club                     | G9-G12 | Free | Tuesday           |
| Service & Leadership | Waves of Change                             | G9-G12 | Free | Monday            |
| STEM                 | WUJI STEM CLUB                              | G9-G12 | Free | Thursday          |

## ATHLETICS

### SEASAC & ACSIS BY AGE GROUP

| Age Group | SAIS Grades | Semester 1 (Aug - Feb)   | Semester 2 (Feb - May)   |
|-----------|-------------|--|--|
| 8U        | Grade 2     | ES Cross Country (B/G)   | 8U Football (B/G)  |
| 9U        | Grade 3     | 9U Football (B/G), 9U Netball (Mixed), ES Cross Country  | —  |
| 10U       | Grade 4     | 10U Football (B/G), ES Cross Country, 10U Netball  | —  |
| 11U       | Grades 4/5  | 11U Basketball (B/G), 11U Football (B/G), 11U Badminton (B/G), ES Cross Country, 11U Tennis                      | 11U Cricket (M), 11U Netball (G) 11U Rugby (mixed), 11U Touch (G)          |
| 12U       | Grades 5/6  | 12U Basketball, 12U Rugby, 12U Badminton, 12U Table Tennis (Mixed), 12U Cricket, 12U Touch                       | 12U Cricket (Mixed), 12U Football, 12U Tennis, 12U Volleyball              |
| 13U       | Grades 6/7  | MS Cross Country   | U13 Rugby (B)  |
| 14U       | Grades 7/8  | 14U Football, 14U Cricket, 14U Volleyball, 14U Rugby (B), MS Cross Country                                       | 14U Tennis (B/G), 14U Basketball, 14U Touch (G), MS Track, 14U Netball (G) |
| 16U       | Grades 9/10 | 16U Football, 16U Basketball, 16U Volleyball, 16U Rugby, 16/19U Touch (G), HS Cross Country                      | —  |
| 19U       | Grades 9-12 | 19U Football, 19U Basketball, 19U Volleyball, 19U Rugby, 19U Netball, 19U Tennis, 16/19U Touch, HS Cross Country | 19U Badminton, 19U Softball, 19U Table Tennis, 19U Ultimate, HS Track      |

### ELEMENTARY SCHOOL ATHLETICS

|                    | Semester 1 (Aug - Feb)   | Semester 2 (Feb - May)  |
|--------------------|--|---|
| AC SIS Teams       | Basketball: 11U (B/G)<br>Football: 9U, 10U, 11U (B/G)<br>Netball: 9U, 10U Mixed<br>Badminton: 11U (B/G)<br>Cross Country 9U, 11U (B&G) | Netball: 11U (G)<br>Touch 11U<br>Cricket: 11U (M)<br>Rugby 10U, 11U (M)<br>Football: 8U (B/G), Gymnastics (B&G), Swimming 9U,11U (B&G), Track and Field 9U, 11U (B&G) |
| Stamford Academies | Year-Round: Basketball, Football, Swimming, Gymnastics, Tennis, Badminton  | Year-Round: Basketball, Football, Swimming, Gymnastics, Tennis, Badminton   |

### MIDDLE SCHOOL ATHLETICS

|                    | Semester 1 (Aug - Feb)   | Semester 2 (Feb - May)  |
|--------------------|--|---|
| AC SIS Teams       | Basketball 12U (B/G)<br>Football 14U (B&G)<br>Table Tennis: 12U Mixed, 14U (B&G)<br>Touch: 12U & 14U (G)<br>Volleyball 14U (B/G)<br>Swimming U12, U14 (B&G)<br>Rugby: 12U (M), 14U (B)<br>Badminton (12/14U), Cricket (12/14U) | Tennis: 12U (B&G), 14U (B/G)<br>Rugby 13U (B)<br>Volleyball 12U (B&G)<br>Basketball:14U (B&G)<br>Track: MS Track (B/G), Netball 14U (G), Gymnastics 14U (B&G) |
| Stamford Academies | Year-Round: Basketball, Football, Swimming, Gymnastics, Golf, Tennis, Badminton, Volleyball  | Year-Round: Basketball, Football, Swimming, Gymnastics, Golf, Tennis, Badminton, Volleyball   |



## ATHLETICS

### HIGH SCHOOL ATHLETICS

|                    | Semester 1 (Aug - Feb)  | Semester 2 (Feb - May)  |
|--------------------|---|---|
| ACSIS Teams        | Basketball/Football/Volleyball: 16U & 19U (B&G)<br>Netball 16U (G)<br>Swimming U16, U18 (B&G)<br>Table Tennis 19U (M)<br>Rugby/Touch: 16U & 19U<br>Golf U19 (B&G)<br>Other: Tennis (19U), Cross Country | Badminton: 19U (B/G)<br>Netball 19U (G)<br>Softball/Ultimate: 19U<br>Table Tennis: 19U (B)<br>Track: HS Track (B/G) |
| Stamford Academies | Year-Round: Basketball, Football, Swimming, Gymnastics, Golf, Tennis, Badminton, Volleyball   | Year-Round: Basketball, Football, Swimming, Gymnastics, Golf, Tennis, Badminton, Volleyball                         |

### WEEKLY PRACTICE SCHEDULE

| Division          | Team Level          | Weekly Commitment | Format  |
|-------------------|---------------------|-------------------|---|
| Elementary School | All Athletic Squads | 1 Session         | Morning or After School                                 |
| Middle School     | All Athletic Squads | 2 Sessions        | Morning and/or After School                             |
| High School       | 16U Teams           | 2 Sessions (Min)  | Morning and/or After School                             |
| High School       | Varsity (19U)       | 3 Sessions + S&C  | 3 Sport-specific sessions + 1hr Strength & Conditioning |