



School of the Nations
Escola das Nações

sports
arts
languages
more



AFTER SCHOOL ACTIVITIES

2024-25 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.



OFFICE MEMBERS



DIEGO CONSIDERA has worked at School of the Nations since 2014 and began as After School Coordinator in July 2018. He holds a degree in Physical Education from the Universidade de Brasília and a postgraduate degree in Collaborative Methods from UNIBR São Vicente, São Paulo. He also holds a Masters in Multidisciplinary Studies from the State University of New York.

Mr. Considera has also pursued studies at the Escola Brasileira de Choro Raphael Rabello (Clube do Choro de Brasília), where he has showcased his talent internationally and provided musical accompaniment to various artists in Brasília.

LOUISE NERI holds a degree in Economics from the Universidade Católica de Brasília. Her professional experience is in both the public and private sectors having worked at the National Civil Aviation Agency (ANAC) and Geap Saúde. She began her journey at School of the Nations in the 2022-23 school year.

Ms. Louise enjoys Photography and Music and is fluent in English. In 2021, she took a five-month trip to learn about and experience different regions of Brazil, meeting people from around world.

THE TEAM



MALU TORRES (BALLET) is an educator and artist from Brasília. She is pursuing a degree at the University of Brasília and continues her artistic development on stages across the city. Malu is passionate about art education and its transformative potential in the classroom. As an educator, she has worked at institutions such as Scala Cia de Artes and Ritmos Escola de Dança, as well as in regular schools like Escola Eleve de Brasília, Centro de Ensino Especial para Deficientes Visuais, and Centro de Ensino Médio Elefante Branco, opportunities facilitated by UnB through its Pedagogical Residency and PIBID programs. As an artist, Malu was a dancer with Corpo de Baile Noara Beltrami and currently dances with Flyer Cia de Dança, representing Brasília in competitions across Brazil. With nine years of dance experience, she has participated in five competitions and ten performances. For her, dancing is being alive, and her dance classes move students with tenderness.



JOÃO VITOR (EARLY YEARS GYMNASTICS) is a Physical Education student and an athlete with extensive experience in acrobatic gymnastics and cheerleading. After six years in gymnastics and practicing cheerleading since 2016, João became a national champion and competed internationally, achieving second place in the Pan-American Cheerleading Championship as an athlete and in the Cheerleading World Championship as a coach for Team Brazil Coed Junior Advanced. Additionally, he has enhanced his expertise through various courses in the field, establishing himself as a dedicated sports professional.



LUDMYLLA LOIOLA (ARTS) is an educator passionate about creativity and innovation. With training in Creative Learning and Contemporary Educational Technologies, she encourages students to explore art in expressive and meaningful ways. Her passion for the arts began in adolescence through volunteer projects that nurtured children's creativity, an experience she also brings into the classroom.



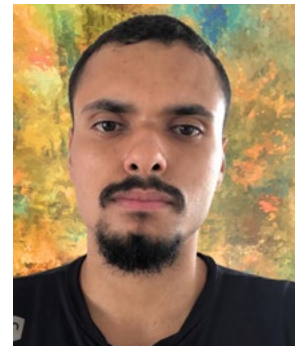
SYNARA SILVA (CREATIVE ART LAB) holds a Bachelor's degree in Critical Theory and Art History from the University of Brasília and a teaching degree in Pedagogy from UniDF. She has completed courses in Technical Drawing and Experimental Photography. She has worked on developing an educational project for the Casa de Cultura da América Latina, a gallery affiliated with the university. Ms. Synara has been working at our school since 2019. For Ms. Synara, the Creative Art Lab is a unique opportunity to stimulate students' creativity and autonomy, allowing them to choose different materials and pursue projects of their own choice.

THE TEAM

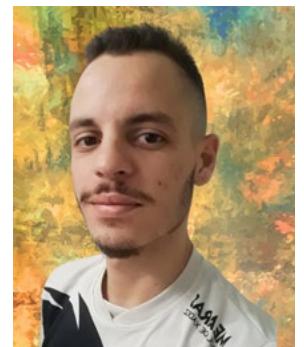
CLAUDIA PORTO (YOGA) is a Language and Yoga teacher, with a degree in Languages from CEUB University in Brasília, and a Master's in ESL from Marymount University in Virginia, USA. Professor Claudia is a former ESL and a former Grade 2 teacher at Nations, where she introduced and practiced Mindfulness Meditation with her students. Later, in the United States, she earned her certificate as a yoga instructor for adults and children. Over the past nine years, in the United States, New Zealand, and now back in Brazil, she has been teaching yoga to children, adults, and people with disabilities.



YGOR CARDOSO (CHESS) is a chess teacher with experience teaching in Brasília's schools. He specializes in making chess engaging and accessible for all skill levels, helping students develop strategic thinking and cognitive skills. Excited to contribute, he aims to inspire growth through chess.



MATEUS FERREIRA (CHESS) is a CBX federated referee. Since childhood, chess has always been a passion for him. Eight years ago, he decided to turn this passion into a profession, dedicating himself to the study and professional practice of chess. For the past two years, Matheus has had the joy and satisfaction of sharing his knowledge and experiences as a chess teacher, helping his students develop their skills, strategies, and love for the game. He believes that chess is a powerful tool for learning and personal development, and he is committed to conveying this to each of his students.



LÉO BARBOSA (MUSIART) has been a renowned percussionist for over 20 years and has actively contributed to the local music scene, collaborating with various artists. He has traveled to countries such as Japan, the USA, Mexico, and Italy, where he has conducted percussion workshops and performed. Mr. Barbosa also teaches early childhood music at other ECE schools in our region and co-owns Espaço Aconchego, where he offers percussion classes for both adults and children.



THE TEAM



SENSEI CÁSSIO DANTAS (KARATE) has been practicing karate for twenty-two years, and for six of those, he has been teaching classes to children and adults. He holds a 4th Dan degree and the title of Jun-Shihan (junior instructor); both title and certificate were received in Okinawa, Japan. Karate is movement; it is 'life.' It is a practice through which a person can continue learning, practicing, and developing for the rest of their life.



MARIA ISABEL DA SILVA (CRIART) holds a degree in Pedagogy from FAEL and has led our Criart Program since 2013. Ms. Bel enjoys guiding students through the incredible process of discovery and fun through art.



LUÍZA NUCCI (FRENCH) holds a degree in Pedagogy and a Master's degree in Applied Linguistics - research on teaching languages to children. She has been a teacher for sixteen years. Throughout her career, she has contributed to the development of play and interaction in the classroom. Ms. Nucci is also engaged in training and coordinating new French teachers.



ANDRÉ JUGNET (FRENCH) is a French-Brazilian and holds degrees from Sorbonne Université in Paris and the Federal University of Paraná. André has been a professor of French, Français Langue Étrangère (FLE) for sixteen years. Throughout his career, he has specialized in FLE courses for children and worked simultaneously training and coordinating teachers.

THE TEAM

ULLY VILLAÇA (CHEERLEADING) has been an athlete since she was 6 years old, having participated in artistic gymnastics, diving, pole fitness, and has now been a cheerleading athlete for 11 years. Throughout her career, she has won several important titles in all these disciplines and represented Brazil at the Cheerleading World Championship for 3 years. Through sports, she had the opportunity to work in Italy and Sweden for a few months. With a degree in Physical Education, Ully has been working with School Cheerleading for 5 years. She conducts camps across Brazil and also serves as a judge in the sport.



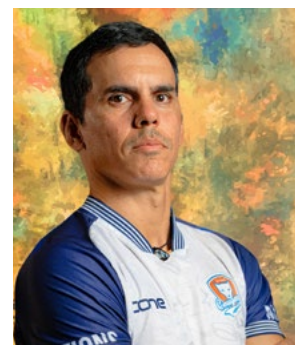
ALLAN GALVÃO (UKULELE) is a music teacher with 21 years of experience, teaching guitar, electric guitar, bass, ukulele, and music theory at institutions such as Melodia and Bateras Beat. With an extensive composition portfolio that blends classical guitar techniques, blues, rock, and Brazilian music, Allan is currently pursuing a degree in Music Education. He believes in the transformative power of artistic learning for everyone.



SOPHIA ALMEIDA (GYMNASTICS, CHEERLEADING, AND AERIAL SILKS - ASSISTANT COACH) is a Physical Education student and holds a Bachelor's degree in Tourism from UnB. Throughout her life, she has dedicated herself to various sports, including rhythmic gymnastics, boxing, karate, kung fu, and figure skating. Additionally, she has been a drummer since the age of 11. In 2019, Sophia began practicing pole acrobatics and, in 2021, added aerial silks to her skills. Currently, she seeks to expand her practices to other circus disciplines, always learning and sharing her experiences.



ISRAEL MATOS (VOLLEYBALL) holds a degree in Physical Education and has taken part in multiple Volleyball courses such as "Amigos do Vôlei" and "Instituto Compartilhar," both administered by the former coach of the Brazilian National Team, Bernardinho. With fifteen years of experience, coach Israel has played volleyball as a professional for twenty-three years and has been part of School of the Nations since 2009.



THE TEAM



SILLAS DE OLIVEIRA (VOLLEYBALL & BASKETBALL - ASSISTANT COACH) is an assistant coach in volleyball, basketball, and parkour. Over his more than 15 years as a volleyball athlete, he has collected numerous awards and medals. He has represented the Federal District in various national competitions and was recruited in 2017 to represent the under-21 volleyball team in Mogi das Cruzes, SP. Currently, he plays for an adult team in Brasília, where they win most of the championships they compete in. Sports have always been a part of his life, through which he has won and continues to win not only medals and titles but also experiences, opportunities, friendships, and numerous lessons that have helped shape him as a person and professional. Sillas is very grateful for everything sports have provided him, and now he wishes to share all his knowledge and experience.



RODRIGO QUEIROZ (SOCCER) holds a degree in Physical Education from the University of Brasília (UnB) and has a deep passion for sports, especially soccer. In 2024, he had the opportunity to spend a season in the United States, where he honed his soccer coaching skills and contributed to the development of children across various states. This experience broadened his expertise and strengthened his commitment to using soccer as a tool for transformation and positive impact in people's lives.



JOÃO PEDRO NERES (SOCCER - ASSISTANT) is in his final semester of a Physical Education degree at the University of Brasília. As a school athlete, he participated in various regional futsal championships, including Jisesc and Jesam. With three years of experience, he has worked as a children's soccer and futsal coach at various football schools in the Federal District. Known as Coach JP, he is passionate about soccer and is dedicated to bringing the best teaching methodologies to help students develop both their skills in the sport and their personal growth in life.



KAIO LAMOUNIER (SOCCER) is a Physical Education teacher and Soccer coach at Escola das Nações. He holds a degree in Physical Education from Universidade de Brasília (UNB) and has a postgraduate degree in School Physical Education. With over seven years of experience teaching Soccer, he has been part of our Nation's team since 2015. Coach Kaio believes that sports are a fundamental tool in fulfilling the school's mission: Educate global citizens. Go Cougars!

THE TEAM

FELIPE BARBOSA (SOCCER) has taught soccer at School of the Nations since 2016. He holds a degree in Physical Education and has played soccer since he was seven years old. Mr. Felipe has experience in professional soccer and has played in Europe. Coach Felipe focuses on motivation, dedication to training, and the evolution of students' physical, affective, cognitive, and social skills.



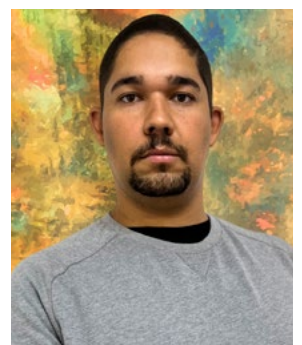
KALEBE SANTOS (GAMES & SPORTS) is a Physical Education teacher with five years of experience, working with children from early years to the final years of elementary school. Throughout this period, he has observed that children's development occurs according to the opportunities and possibilities presented to them. Therefore, he constantly strives to be the facilitator of this continuous development.



GABRIEL MARINHO (SOCCER - ASSISTANT COACH) is a former football athlete and currently a Physical Education student, as well as an intern in the football field. He was a champion at the Federal Institutes Games representing IFG, winning titles at the state and regional levels, and participated in a national competition in both football and futsal between 2017 and 2019. Gabriel also gained experience through trials with various Brazilian clubs and played for amateur football and futsal clubs in Formosa-GO, achieving numerous podium finishes and collective and individual titles in school competitions. Passionate about football, Gabriel is determined to dedicate himself fully to gain new opportunities and experiences, as well as to acquire knowledge for a deep understanding of the game and to build a long-lasting career in the sport, now as a coach.



PAULO SÉRGIO SIQUEIRA (LE PARKOUR) holds a degree in Physical Education and a postgraduate degree in Child Training. He worked as a children's instructor and a coordinator at Cia Athletica Brasília from 2016 through 2023. He is the founder of the "Move Parkour" group, which is present in various academies and schools in Brasília. As a coach of Children's Parkour, he seeks to work on psychomotor development through Parkour techniques in a playful and individualized way.



THE TEAM



JOSÉ CARLOS LOPES (CIRCUS ARTS) has been a teacher for 30 years, holding a degree in Philosophy from the University of Brasília (UNB). In the early 2000s, he created the "The Circus Goes to School" project and has since been dedicated to developing his pedagogical work, utilizing the language of the circus in various renowned schools and academies in Brasília. In 2014 and 2015, he was invited by Caixa Cultural to participate in the "Eu Faço Cultura" project, where he conducted Circus workshops in more than ten cities across Brazil. Additionally, José Carlos is the founder and owner of Cia. de Circo do Zé - Intelligent Diversions, a reputable company that collaborates and organizes Circus Art workshops in our city.



GABRIEL MELLO (KEYBOARD BAND) has extensive experience in composing both popular and concert music. His training includes choral and orchestral conducting, as well as skills in singing, bass, and piano, developed at Escola de Música de Brasília e Universidade de Brasília. He has a strong background in Musical Cognition research, applying this knowledge to create innovative and effective educational materials. With 9 years of teaching experience, he is focused in providing an engaging and personalized learning experience for each student.



EMÍLIA WOLF (CERAMICS STUDIO) has been a ceramicist since 2016, specializing in utilitarian items, experimental techniques, and sculpture. She graduated in Architecture and Urbanism from the University of Brasília in 2020, completed a post-graduate program at the Brasília School of Landscaping in 2021, and obtained a Master's in Heritage and Cultural Landscapes from Université Jean Monet de Lyon through the Science Without Borders program in 2015.



FELIPE "MÓBIL" COLLARES (IOT MAKER & GAME DEVELOPMENT) holds a degree in Design from the University of Brasília and has been working as a programming and technology teacher for over five years. He has a great appreciation for game design and strongly believes in the transformative power that games have in the lives of young people.

THE TEAM

LUCAS CARDOSO (ROBOTICS) is a graduate in Computer Science from the University of Brasília. He has been working as a programming teacher and course coordinator since 2016. Passionate about technology, education, and games, he sees programming as an essential form of expression and active interaction to solve future challenges.



SENSEI SIRLEY SILVA (JUDO) has taught Judo for thirty-six years and has taught at School of the Nations since 2017. Sensei Sirley, through his vast experience, believes that through sport and education we can disseminate human values and develop a social-educational didactic to develop a model of social recovery that makes it possible to change. Changing the world depends on changing man. The great challenge of a Judoka is to transform oneself and then to transform the world.



SENSEI MARCOS ALEXANDRE (JUDO) has thirty-two years' experience as a Judo teacher. He has taught at AABB, Minas Tênis Clube, Colégio Moraes Rêgo, and Nossa Senhora de Fátima. He considers judo an excellent sport for human development, not only in terms of developing motor coordination and physical abilities but also to develop character, discipline, competitiveness, and the understanding of the importance of helping others.



MÁRCIO DOS SANTOS (CAPOEIRA) has taught Capoeira since 2000 and has been teaching at School of the Nations since 2002. Through Capoeira, Mr. Márcio helps student develop their social, cognitive, and motor skills and shares his knowledge of the history of Capoeira with students.



THE TEAM



SAMUEL TEIXEIRA (BASKETBALL) a former player for the DF Selection (2005), is a referee for the Federal District Basketball Federation, recognized as the best referee of the 2018 season, and serves as a referee for Paralympic basketball. He is the only national-level 3x3 basketball referee from the Midwest and a video referee for the NBB (Novo Basquete Brasil), in addition to being a referee instructor for the FBDF. Feeling the need to contribute to the development of new athletes, he was a consultant at the American School of Brasília and Marist College, collaborating with the Brasília Basketball League, and is currently a coach at Kingdom School. After his experience with high-performance basketball, he is focused on training the next generations of athletes and citizens through sports.



YASMIN YAMAMOTO (DRAMA) started learning ballet at the age of four and continues to practice it to this day. Ms. Yamamoto joined the Companhia Brasiliense de Dança, and her studies include training at Bolshoi Brazil. Currently, Yasmin is a member of the Institute of Fine Arts under the guidance of Luciana Maia and Stevan Corrêa. She combines the arts of singing, dancing, and acting to teach Drama and Broadway-style Musical Theater classes.



LEANDRO VAZ (MUSIART) is a specialist in early childhood music education and a researcher focused on the role of music as a cornerstone for early development. With degrees in Performing Arts and Visual Arts and postgraduate qualifications in Music Therapy and Child Psychology, he integrates playful teaching methods to create opportunities for learning, playing, and fostering holistic growth in children. Passionate about body percussion and traditional Brazilian instruments, Leandro incorporates these cultural elements into his practices, enriching musical experiences while supporting emotional, social, and cognitive development.



IGNÁCIO GOMEZ (UKULELE ECE) is a teacher specializing in guitar, ukulele, and children's music education with over 20 years of experience. He holds degrees in classical guitar from the School of Music of Brasília and the Raphael Rabello Brazilian Choro School. Ignacio is passionate about sharing the art of music with dedication and enthusiasm.

THE TEAM

ALEXANDRE GRANGEIRO (BEACH TENNIS) graduated in Social Communication and is a pioneer of Beach Tennis in Brasília, starting in the sport in 2012. In 2013, he won his first national title in Porto Seguro/BA and founded the first Beach Tennis school in the Federal District. A two-time Brazilian champion at the Copacabana Open/RJ (2018/2019), he also won the mixed doubles master category at the Sand Series Brasília in 2023 and was runner-up in the same category in 2024, establishing himself as a leading figure in the sport.



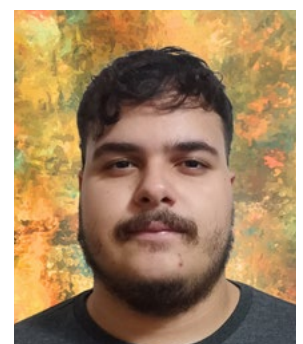
GEOVANNA CALAZANS (EARLY YEARS GYMNASTICS ASSISTANT) graduated in Physical Education from the University of Brasília (UnB) and has experience in Ballet, artistic and rhythmic gymnastics, as well as cheerleading, both as an athlete and a teacher. With expertise in school physical education and inclusive education, Geovanna combines technical knowledge with pedagogical practice.



FABRICIA PARMAGNANI (CHEERLEADING ASSISTANT) is a student of Physical Education and Applied Foreign Languages. A cheerleading athlete since 2009, she was part of the Brazilian National Team in 2018 and 2022. Fabrícia has been coaching cheerleading since 2018 and has been with Brasília Xtreme since its founding in 2014, earning medals both as an athlete and as a coach.



GUSTAVO ANDRADE (CHESS) is a chess teacher passionate about math and strategy. Teaching since 2021, he enjoys logical reasoning challenges as much as a great chess match. He is excited to inspire students and help them grow through the game.



THE TEAM



ANA LUIZA RODRIGUES (ECE CHESS) has been a chess athlete since the age of 12 and is currently in her fourth semester of a Pedagogy degree at Estácio de Brasília. With experience in school chess tournaments, she has been teaching chess to young children since 2023. Ana values chess as an inclusive sport and a powerful tool for personal and social development. For her, chess fosters critical thinkers ready to engage with society.



IANE DE FREITAS (GYMNASTICS - ASSISTANT COACH) is a graduate in Physical Education from UNIP/DF, with a teaching degree from UniCeub, and holds a postgraduate degree in Inclusive School Physical Education. She was a member of the Brazilian Acrobatic Gymnastics team and participated in the 2012 World Championships in Orlando. Iane has worked in Artistic Gymnastics and as an assistant coach for both gymnastics and cheerleading at School of the Nations. A lifelong gymnastics enthusiast, Coach Iane is passionate about sharing that love and inspiring her students.



ACTIVITIES SCHEDULE CHART

EARLY CHILDHOOD

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

Monday	Tuesday	Wednesday	Thursday	Friday
Criart Nursery 2 to Pre-K	Ballet Kinder and Grade 1	Criart Nursery 2 to Pre-K	Ballet Kinder and Grade 1	Games & Sports Nursery 2 and 3
Musiart Pre-K to Grade 1	Criart Pre-K to Grade 1	Musiart Pre-K to Grade 1	Criart Pre-K to Grade 1	Chess Kinder and Grade 1
Games & Sports Nursery 2 and 3	Games & Sports Nursery 2 and 3	Games & Sports Nursery 2 and 3	Games & Sports Nursery 2 and 3	Ballet Pre-K
Ballet Kinder and Grade 1	Musiart Nursery 2 and 3	Ballet Kinder and Grade 1	Musiart Nursery 2 and 3	Judo Nursery 3 and Pre-K
Judo Kinder and Grade 1	Judo Kinder and Grade 1	Judo Kinder and Grade 1	Judo Kinder and Grade 1	Robotics & Programming Kinder and Grade 1
Soccer Grade 1	Soccer Pre-K and Kinder	Soccer Grade 1	Soccer Pre-K and Kinder	
Circus Arts Pre-K to Grade 1	Early Years Gymnastics Pre-K to Grade 1	Circus Arts Pre-K to Grade 1	Early Years Gymnastics Pre-K to Grade 1	
	Capoeira Kinder and Grade 1		Capoeira Kinder and Grade 1	
	Ukulele Musical Initiation Kinder and 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	Ukulele Grades 2 to 5
	Basketball Grades 3 to 5	Soccer Grades 4 and 5	Basketball Grades 3 to 5	Soccer Grades 4 and 5	Creative Art Lab Grades 2 to 5
	Rhythmic Gymnastics Grades 2 to 5	Cheerleading Grades 2 to 5	Rhythmic Gymnastics Grades 2 to 5	Cheerleading Grades 2 to 5	Game Development Grades 2 to 5
	Kids Yoga Grade 2 to 5	Keyboard Band Grades 2 to 5	Kids Yoga Grade 2 to 5	Keyboard Band Grades 2 to 5	Ceramics Studio Grades 4 and 5 From 3:20 to 4:50 p.m.
	Chess Grades 2 to 5	Musical Theater Grades 2 to 5	Chess Grades 2 to 5	Musical Theater Grades 2 to 5	Girls Soccer Grades 2 to 5
	Judo Grades 2 to 5	Chess Grades 2 to 5	Judo Grades 2 to 5	Chess Grades 2 to 5	Le Parkour Grades 2 to 5
	Soccer Grades 2 and 3	Volleyball Grades 3 to 5	Soccer Grades 2 and 3	Volleyball Grades 3 to 5	
		Karate Grades 2 to 5	Girls Soccer Grades 2 to 5	Karate Grades 2 to 5	
				Creative Art Lab Grades 2 to 5	
4:30 to 5:30 p.m.	Aerial Circus Arts Grades 2 to 5	Capoeira Grades 2 to 5	Aerial Circus Arts Grades 2 to 5	Capoeira Grades 2 to 5	

ACTIVITIES SCHEDULE CHART

MIDDLE SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
3:20 to 4:15 p.m.	Chess Grades 6 to 8 French Adolescent Grades 6 and 7	French Adolescent Grade 8 Karate Grades 6 to 8	Musical Theater Grades 6 to 8 From 3:20 to 5:20 p.m. French Adolescent Grades 6 and 7 Chess Grades 6 to 8	French Adolescent Grade 8 Karate Grades 6 to 8	Ceramics Studio Grades 6 to 8 3:20 to 4:50 p.m.
4:15 to 5:15 p.m.	Basketball Grades 6 to 8 Girls Soccer Grades 6 to 8 Judo Grades 6 to 8 Aerial Circus Arts Grades 6 and 7	Volleyball Grades 6 to 8 Boys Soccer Grades 6 to 8 Capoeira Grades 6 Cheerleading Grades 6 to 8 Beach Tennis Grades 6 to 8	Basketball Grades 6 to 8 Girls Soccer Grades 6 to 8 Judo Grades 6 to 8 Aerial Circus Arts Grades 6 and 7	Volleyball Grades 6 to 8 Boys Soccer Grades 6 to 8 Capoeira Grades 6 Cheerleading Grades 6 to 8 Beach Tennis Grades 6 to 8	

ACTIVITIES SCHEDULE CHART

HIGH SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
3:20 to 4:15 p.m.	Chess Grades 9 to 12	French Adolescent Grade 9	Chess Grades 9 to 12	French Adolescent Grade 9 to 12	
3:20 to 4:15 p.m.		Judo Grades 9 to 12	Musical Theater Grades 9 to 12 From 3:20 to 5:20 p.m.	Judo Grades 9 to 12	
5:30 to 6:45 p.m.	Boys/Girls Basketball (School Teams) Grades 9 to 12	Boys/Girls Volleyball (School Teams) Grades 9 to 12	Boys/Girls Basketball (School Teams) Grades 9 to 12	Boys/Girls Volleyball (School Teams) Grades 9 to 12	
	Girls Soccer (School Teams) Grades 9 to 12	Boys Soccer (School Teams) Grades 9 to 12	Girls Soccer (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.

- ***Nursery 2, Nursery 3, and Pre-K***
Monday & Wednesday - 3:30 to 4:20 p.m.
- ***Pre-K, Kinder, and Grade 1***
Tuesday & Thursday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 224.97



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.
- ***Nursery 2 and Nursery 3***
Tuesday & Thursday - 3:30 to 4:20 p.m.
- ***Nursery 2 and Nursery 3***
Friday - 3:30 to 4:20 p.m.

MONTHLY FEE

- Once a week: R\$ 147.44
- Twice a week: R\$ 241.26



ACTIVITIES OFFERED

EARLY CHILDHOOD

BALLET Understanding that dance is a form of knowledge that allows people to express themselves in their entirety, After School 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**
Tuesday & Thursday - 3:30 to 4:20 p.m.
- **Grade 1**
Monday & Wednesday - 3:30 to 4:20 p.m.



MONTHLY FEE

- Nursery 3 and Pre-K: R\$ 193.00
- Kinder and Grade 1: R\$ 354.33

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\$ 356.67

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**
Tuesday and Thursday - 3:30 to 4:20 p.m.
- **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\$ 379.98

UKULELE Our Ukulele course helps students develop their musicality. We learn to strum, sing, and dance to popular songs and compose our own music. Students learn basic coordination and the care necessary to play the instrument. Students need: a ukulele (size: soprano or concert) and gig bag, a tuner, and ukulele strings.

- **Kinder and Grade 1 (Musical Initiation)**
Tuesday - 3:30 to 4:20 p.m.



MONTHLY FEE: R\$ 224.97

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\$ 241.26

ACTIVITIES OFFERED

EARLY CHILDHOOD

CHESS 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\$ 224.97



JUDO In 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.

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

MONTHLY FEE
- **Nursery 3 and Pre-K: R\$ 193.00**
- **Kinder and Grade 1: R\$ 354.33**



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.

- ***Kinder and Grade 1***
Tuesday and Thursday - 3:30 to 4:20 p.m.

MONTHLY FEE: R\$ 340.11



ACTIVITIES OFFERED

EARLY CHILDHOOD

EARLY YEARS 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\$ 379.98



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\$ 365.76





ELEMENTARY

ACTIVITIES OFFERED

ELEMENTARY

JUDO In 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 2 to 5**
Monday and Wednesday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 354.33



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

MONTHLY FEE
- Grades 2 and 3: R\$ 379.98
- Grades 4 and 5: R\$ 379.98
- Girls Soccer (Grades 2 to 5), Twice a Week: R\$ 379.98
- Girls Soccer (Grades 2 to 5), Once a Week: R\$ 193.00



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 5**
Tuesday and Thursday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 340.11



ACTIVITIES OFFERED

ELEMENTARY

VOLLEYBALL helps develop motor, cognitive and psychomotor skills, socialization, and teamwork through specific exercises. Participants train technical and tactical skills.

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

MONTHLY FEE: R\$ 379.98



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\$ 379.98



GAME DEVELOPMENT In this course, students join the world of digital game creation with Construct 2 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\$ 356.67



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\$ 379.98



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\$ 369.89



ACTIVITIES OFFERED

ELEMENTARY

KEYBOARD BAND Students improve their musicality and creativity in our Keyboard Band Program by exploring a varied repertoire, musical arrangements, and ensemble practice.

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

MONTHLY FEE: R\$ 241.26



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

MONTHLY FEE: R\$ 340.11



Elementary School students enrolled only in After School activities from 4:30 to 5:30 PM at the main campus will stay in the Library under supervision until their class begins. This service is free, but children must follow [Library Rules](#).

Parents are encouraged to send a snack or set up a cafeteria meal card.

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

MONTHLY FEE: R\$ 193.00



ACTIVITIES OFFERED

ELEMENTARY

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

Uniform: Gymnastics Cougars uniform

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

MONTHLY FEE: R\$ 379.98



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\$ 224.97



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: R\$ 224.97



ACTIVITIES OFFERED

ELEMENTARY

LE PARKOUR 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\$ 214.47



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\$ 224.97
- Twice a week: R\$ 354.33



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 and 5**
Friday - 3:20 to 4:50 p.m.

MONTHLY FEE: R\$ 281.21



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. During the learning process, students are encouraged to become autonomous through a reflective development process. 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\$ 422.20

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\$ 365.76

Elementary School students enrolled only in After School activities from 4:30 to 5:30 PM at the main campus will stay in the Library under supervision until their class begins. This service is free, but children must follow [Library Rules](#). Parents are encouraged to send a snack or set up a cafeteria meal card.



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 and 7**
Monday and Wednesday - 3:20 to 4:15 p.m.
- **Grade 8**
Tuesday and Thursday - 3:20 to 4:15 p.m.

MONTHLY FEE: R\$ 422.22



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\$ 379.98



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\$ 379.98



ACTIVITIES OFFERED

MIDDLE SCHOOL

VOLLEYBALL helps develop motor, cognitive and psychomotor skills, socialization, and teamwork through specific exercises. Participants train technical and tactical skills.

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

MONTHLY FEE: R\$ 379.98



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

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

MONTHLY FEE: R\$ 379.98



MUSICAL THEATER classes aim to develop basic acting skills and 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 and Friday - 3:20 to 4:15 p.m.

MONTHLY FEE: R\$ 360.89



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



MONTHLY FEE

- Once a week: **R\$ 224.97**
- Twice a week: **R\$ 354.33**

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

MONTHLY FEE: R\$ 281.21



BEACH TENNIS Played on sand courts, this activity enhances fitness, agility, coordination, and strategic thinking through drills, matches, and tournaments. It fosters teamwork, social interaction, and a passion for outdoor sports.

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

MONTHLY FEE: R\$ 430.00



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. It promotes conflict resolution without violence, and helps develop focus and attention.

- **Grades 6 to 9**
Tuesday and Thursday - 3:15 to 4:15 p.m.

MONTHLY FEE: R\$ 340.11



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 6 to 8 (Under 12 to Under 16 and Graduates)**
Monday and Wednesday - 4:15 to 5:15 p.m.

MONTHLY FEE: R\$ 354.33



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. Through engaging and enjoyable classes, this circus experience nurtures socio-emotional skills through team interactions, where trust in others enhances the capacity to overcome personal challenges, thus boosting self-esteem, communication, and physical agility.

- **Grades 6 to 8**
Monday and Wednesday - 4:30 to 5:30 p.m.

MONTHLY FEE: R\$ 365.76





HIGH SCHOOL

ACTIVITIES OFFERED

HIGH SCHOOL

CHESS In High 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. In addition, participants develop social-emotional skills, such as respect for one's opponent, emotional control, and empathy.

- ***Grades 9 to 12***
Monday and Wednesday - 3:20 to 4:15 p.m.
- ***Grades 9 to 12***
Monday - 3:20 to 4:15 p.m.
- ***Grades 9 to 12***
Wednesday - 3:20 to 4:15 p.m.



MONTHLY FEE

- Once a week: R\$ 224.97

- Twice a week: R\$ 354.33

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 9 and 10***
Tuesday and Thursday - 3:20 to 4:15 p.m.



MONTHLY FEE: R\$ 422.20

JUDO In 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 9 to 12 (Under 12 to Under 16 and Graduates)***
Monday and Wednesday - 4:15 to 5:15 p.m.

MONTHLY FEE: R\$ 354.33



ACTIVITIES OFFERED

HIGH SCHOOL

SOCCER (SCHOOL TEAMS) Sports practices aims to offer High School students the opportunity to improve specific motor skills in Soccer and promote the development of social-emotional skills such as self-esteem, discipline, respect, fair play, and teamwork. 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\$ 125.25



BASKETBALL (SCHOOL TEAMS) Sports practices aim to offer High School students the opportunity to improve specific motor skills in Basketball and promote the development of social-emotional skills such as self-esteem, discipline, respect, fair play, and teamwork. 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\$ 125.25



VOLLEYBALL (SCHOOL TEAMS) Sports practices aim to offer students the opportunity to improve specific motor skills in Volleyball and promote the development of social-emotional skills such as self-esteem, discipline, respect, fair play, and teamwork. 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\$ 125.25





School of the Nations
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