



THE
**KING'S
HOSPITAL**
A SCHOOL AND A WAY OF LIFE

Saturday Morning Programme

5 week term– 12th November to 10th December

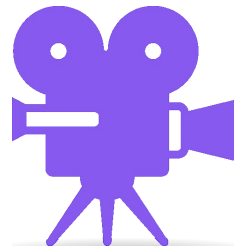
Day Pupils €50 per Term per Module

Day Pupils can now enjoy a vibrant and well-organised weekend programme, which includes Saturday morning fitness and knowledge-based classes, including some taught by lecturers from the gifted programme at Dublin City University.



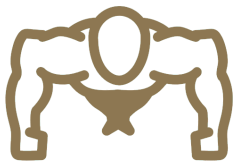
JUDO

This is a 12 week course run by Valery Vaniukevich, a Judo coach for over 20 years. In this Judo module students will learn self-respect, respect for others, discipline, develop physically & build-self confidence. Students must commit for 12 weeks but can pay in 2 6-week instalments.



FILM STUDIES

Sarah Galavan a tutor at the DCU Talented Youth Gifted Program introduces students to the language of cinema. It explores a wide range of subjects including how film scripts work, the uses of cinematography, editing and special effects, the development of different genres of film, and more.



BOOTCAMP

Run by past pupil Athletics & Rugby champion, Rolus Olusa, students will be put to the test as the instructor looks to improve the overall strength and conditioning of the participants, through challenging workouts in a team-building environment.



COMPUTER ANIMATION

Allan-James Burns a tutor at the DCU Talented Youth Gifted Program will teach the techniques, theories & methods involved in computer-aided design and modelling for today's animation that we see on our screens with Disney, Pixar, etc.



ZUMBA FITNESS

Led by Aleksandra Szwedka, Zumba takes the 'work' out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party



Game Design

Mark Deane provides a course designed for students to create computer games & learn how to draw game objects, animate them, add audio & connect players. Students will master foundational concept of game design for computers, smartphones & tablets.

To register your child for the Saturday Morning Programme or if you have any questions; contact the Saturday Morning Programme Coordinator, Dean Maguire @ satpro@thekingshospital.ie



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Dance

Swing dance of different types: Charleston, Lindy Hop, Rockabilly, Blues, Boogie Woogie, Shag, Balboa). These dances are from the 20's & 30's, originating in the U.S & can be truly described as an energizing & strengthening body & soul dance. Lindy Hop is a pair dance, the others solo.



Body Shape

Train and shape your muscles in this freestyle class with a low impact warm up and muscle toning exercises for the complete body. High repetitions with or without light weights and muscle burn are characteristics for this Body Shape class.

SATURDAY PROGRAMME TIMETABLE – 12th November to 10th December 2016

10.00 - 11.00	GAME DESIGN	DANCE	ZUMBA	COMPUTER ANIMATION (2)	FILM STUDIES	JUDO**	CONVERSATION ENGLISH
11.00-11.30	BREAK						
11.30-12.30	GAME DESIGN	BOOTCAMP	BODY SHAPE	COMPUTER ANIMATION (1)	FILM STUDIES	JUDO**	CONVERSATION ENGLISH
12.45 - 13:30	LUNCH						

NOTES

On Saturday 17th December all the 7-Day boarders will be going into either town or to the RDS for a Christmas Festival trip. They will be accompanied by several members of staff and will return to school for lunchtime, after which the remainder of the weekend programme will take over.

JUDO** - the Judo module will run for a period of 90 minutes without any break. Pupils will be allowed to bring water with them, but they cannot leave the venue for the course. This time is needed for the module to run successfully. Judo will therefore start at 10:00am and finish at 11:30am. Pupils who are in this module will then have a break before they go a study session for the remainder of the day, which will start at 12:00pm and run for 30 minutes.

CONVERSATION ENGLISH - This module is provided for the international boarders in the school to assist with the development of their knowledge of the English language. Unlike weekly class time, these sessions will be geared towards improving the pupils verbal use and understanding of the language.

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SATURDAY PROGRAMME TIMETABLE – 12th November to 10th December

10.00 - 11.00	GAME DESIGN	DANCE	ZUMBA	COMPUTER ANIMATION (2)	FILM STUDIES	JUDO**	CONVERSATION ENGLISH
11.00-11.30	BREAK						
11.30-12.30	GAME DESIGN	BOOTCAMP	BODY SHAPE	COMPUTER ANIMATION (1)	FILM STUDIES	Judo finishes at 11.30	CONVERSATION ENGLISH
13:00 - 13:30	LUNCH						

NOTES

JUDO** - Judo is an 11 week course so only students that took it in the first term can continue with it in this term. For new students interested in taking Judo a new term will begin in January. The Judo module will run for a period of 90 minutes without any break. Pupils will be allowed to bring water with them, but they cannot leave the venue for the course. This time is needed for the module to run successfully. Judo will therefore start at 10:00am and finish at 11:30am. Boarding pupils who are in this module will then have a break before they go a study session, which will start at 12:00pm and run for 30 minutes

----- DETACH AND RETURN WITH PAYMENT -----

Pupil Name _____ Form _____

Parent Name _____ email/mobile _____

Class(es)/Time chosen—please tick box(es)

JUDO	<input type="checkbox"/> 10.00-11.30	
BOOTCAMP	<input type="checkbox"/> 11.30-12.30	BODYSHAPE <input type="checkbox"/> 11.30-12.30
ZUMBA	<input type="checkbox"/> 10.00-11.00	DANCE <input type="checkbox"/> 10:00-11:00
FILM STUDIES	<input type="checkbox"/> 10.00-11.00	<input type="checkbox"/> 11.30-12.30
COMPUTER ANIMATION	<input type="checkbox"/> (1) 11.30-12.30	<input type="checkbox"/> (2) 10-00-11.00
GAME DESIGN	<input type="checkbox"/> 10.00-11.00	<input type="checkbox"/> 11.30-12.30

I enclose payment (€50 per module) per term of €_____.

Parent signature _____

If you have any questions; contact the Weekend Coordinator, Dean Maguire (satpro@thekingshospital.ie).