



## CAPOEIRA

Martial art from Brazil that combines different attack / defense movements and corporal expression along with music in a playful way aiming to improve physical, psychological and social skills by working values such as respect, discipline, involving everyone whatever their capabilities and characteristics.

### Diego

30 € (one day); 60 € (two days)

+ 5 years | + 4 pax

**Monday and Friday** 16 - 17 h

## VIDEOGAME PROGRAMMING

You will create your own video games and best of all, anyone from the WORLD with an internet connection will be able to play them! Can you imagine your whole class playing your videogame?

### Nexus

57 € | + 6 years | + 6 pax

**Wednesday** 16 - 17 h

## BALL DE BOT

Initiation to ball de bot (traditional mallorcan dance) for children as well as adults.

*Children under 6 years old must be accompanied by an adult.*

### Francina

25 € | + 6 years | + 4 pax

**Monday** 16 - 17 h



## GUITAR / UKELELE

Initiation to guitar or ukelele,  
groups divided by levels.

**Maximiliano**

50 € | + 3 years | + 4 pax

**Tuesday** 16 - 17 h

## WeDo

Wedo is robotics with Lego where  
the children will be able to  
assemble robots and give them  
movement through a simple  
programming.

**Nexus**

47 € | + 6 years | + 8 pax

**Thursday** 16 - 17 h

## BALLET

In this hour of weekly ballet, ballet  
elements will be mixed, also with  
rhythmic elements of  
choreography, flexibility,  
psychomotricity and basic physical  
preparation.

**Carla**

35 € | 4 to 6 years | + 6 pax

**Wednesday** 16 - 17 h

35 € | 7 to 11 years | + 6 pax

**Wednesday** 16 - 17 h



## EXPERIENTIAL EDUCAT. PSYCHOMOTRICITY

To play is to learn to live, to play is to create, to play is to relate, to play is to express oneself and to understand.

We recognize life impulses, we observe them at their most primitive level, at a corporal level, without rejecting them, letting them express themselves, thus favoring the evolution of the child, allowing them to Be, with all their potential, in a safe space, a space to favour their integral development: emotional, social, motor and cognitive through movement and play.

**Myriam**

48 € | 4-7 years | + 5 pax

**Monday** 16.15 - 17.15 h

## CREATIVE DANCE

From creative stimuli provided by contemporary dance, music and body pedagogy, we offer children tools to become "researchers" of their bodies, respecting their rhythms and creative interests. This type of learning allows them to appropriate their discoveries, acquire security and confidence to integrate their experiences, enriching their body and artistic language.

**Dolores**

35 € | + 4 years | + 8 pax

**Wednesday** 16.10 - 17 h

## CONTEMPORARY ART

Introduction to all kinds of artistic techniques and styles. Different drawing and painting techniques. Imaginative creation. Contemporary artists.

**Aina**

50 € | + 7 years | + 5 pax

**Friday** 16.10 – 17.40 h



## YOGA FOR PARENTS

The basis of the movement is yoga with a strong focus on recognizing and releasing tension in the physical, emotional and mental body. Through various movement techniques, breathing and deep relaxation we will create more space for harmony within and in all our relationships.

**Joanna**

40 € | + 5 pax

**Friday** 16 - 17 h

## CHESS

Enter the world of chess, master strategy, intuition and mental agility.

**Jeroni**

30 € | + 5 years | + 4 pax

**Thursday** 16 - 17 h

## LINE DANCE

Do you want to have a good time line dancing to simple choreographies of well-known songs? This is the activity for you!

**Rosa**

25 € | + 5 years | + 4 pax

**Friday** 16 - 17 h



## COOKING

Cooking classes to promote healthy habits and to motivate them to get their hands on healthy, simple and delicious recipes.

The classes combine the pleasure of cooking, with guidelines for a healthy and balanced diet.

I look forward to seeing you, little chefs!

**Piti**

60 € | + 6 years | + 4 pax

**Thursday** 16 - 17 h

## PILATES

A balanced body leads to a balanced mind. I am here to guide you along your journey, to awaken your body's inner strength, revealing your most centered self. The benefits of Pilates include a strong core, increased flexibility, improved posture, stress reduction, body awareness, heightened energy and happiness.

**Ilana**

Children class in group: 30 € one day per week and month

Adult one-to-one class: 30 €

Adult class in group: 15 €

**Day to choose** 16 - 17 h

## GERMAN

German language for new students and improvement classes for children who are proficient in German.

**Britta**

50 € | **New students** | 3-6 pax

**Tuesday** 16 a 17 h

50 € | **Improvement** | 3-6 pax

**Thursday** 16 a 17 h

## PAINT FOR CHILDREN

Free and expressive painting with lots of colour.

I want to teach the children the different colours and their facets, how to mix them (how to mix one colour or another), how to use different materials, water etc.

We will start with acrylics and then explore watercolour and tempera.

We will use brushes, sponges, string, toothbrushes and our hands to create artwork. The idea is to experiment, learn and have fun with paint and work with colours.

**Ava**

55 € | 3 to 5 years old | + 5 pax

**Wednesday** 16 - 17 h

## BASKET

Initiation to basketball through cooperative play.

**Mario**

30 € (1 day); 50 € (2 days)

6 to 9 years old | + 5 pax

**Wednesday - Friday** 16 - 17 h