

# EXTRATALENTS 2023/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16-17h	Capoeira 35-65 Grass	Athletics 28 Pineforest	Theatre for Primary 46 Emotional	Chess 30 Bar Area	Art for primary 40 Art
	Narrative stories 30 Aula	Ceramics 55 Art	Volleyball 45 Pinforest	Athletics 28 Pineforest	Capoeira 35-65 Grass
	Voley 45 Pinar	Musical Initiation 40 Scenic			
16.-17.30h			Cinema 55 Scenic		

### MUSICAL INITIATION

Tuesday - Thursday  
16-17h  
Demi  
3-6 & 7-10 years old  
40 €

A space for pure exploration of musical language through play, movement, and dance. Accompanied by songs with 'Rita la Guitarrita' to sing together and, above all, have fun.

### CAPOEIRA

Monday - Friday  
16-17h  
Diego  
From 5 years old  
35 € (1d); 65 € (2d)

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.

### EXPERIENTIAL EDUCATIONAL PSYCHOMOTRICITY

Monday  
16:15-17:15h  
Joana Maria  
4-7 & 8-11 years old  
60 €

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 after integrating through the body". The body is the basic instrument for learning, it is the receiver and transmitter of emotions.

**ART - DRAWING - PAINTING - LETTERING**

<p>Friday 16-17h Demi From 10 years old 40 €</p>	<p>Immerse yourself in the exciting world of art, experiment with your own style and imagination to create drawings and paintings using various techniques. We will also focus on lettering, graffiti, and artistic typography.</p>
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**THEATRE FOR PRIMARY EDUCATION**

<p>Tuesday 16-17h Adri 5-10 years old 46 €</p>	<p>Thanks to the tools of improvisational theater, they will learn to invent (and act out) stories without a script and to create characters on the spot. They will bring out their creativity in an environment that encourages group work and empathy, and where the only limit is their imagination.</p>
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**THEATRE FOR SECONDARY EDUCATION**

<p>Thursday 16-17h Adri 11-15 years old 46 €</p>	<p>Thanks to the tools of improvisational theater, they will learn to invent (and act out) stories without a script and to create characters on the spot. They will bring out their creativity in an environment that encourages group work and empathy, and where the only limit is their imagination.</p>
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### ATHLETICS

<p>Tuesday 16-17h Pep From 5 years old 28 €</p>	<p>Our goal is to grow on a personal level through the activity of the Trail running, explore and improve the inner self of each person respecting the values of the trail, sacrifice, collaboration and respect for others and the environment.</p>
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### JUDO

<p>Tuesday - Thursday 16:15-17:15h Miguel Ángel From 3 to 11 years old 35 € (1d); 45 € (2d)</p>	<p>Introduction to martial arts.</p>
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### CERAMICS

<p>Monday 16-17h Dan From 9 years old 55 €</p>	<p>Development of different ceramic techniques. Classes where you can model and work the clay.</p>
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### VOLLEYBALL

Wednesday  
16-17h  
María  
From 11 years old  
45 €

Initiation to volleyball through cooperative play.

### NARRATIVE STORIES

Monday  
16-17h  
Eduard  
From 11 years old  
30 €

Create your character and, together with your fellow companions, embark on an epic adventure with an unpredictable ending. Take control of your destiny.

### SENSES

Friday  
16-17h  
Anika, Maria, Camila  
5-12 years old  
55 €

A creative and dynamic space to train the senses to their fullest expression, incorporating movement, breath, hearing, voice, smell, and extraocular vision. Using masks and other materials to create synergies among these senses, preparing individuals for meditation, contemplation, and intuition.

\*+21 € 1st month for mask and mat

### CINEMA

<p>Wednesday 16-17:30h Esther From 10 years old 55 €</p>	<p>Who said that filmmaking is for adults? We have the desire, the creativity and the tools to make anything we set our minds to.</p> <p>In this cinema workshop we will immerse ourselves in the audiovisual language to be the protagonists of our own film, short film or whatever comes out! You will have to wait for the premiere!</p>
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### COOKING FOR PRIMARY EDUCATION

<p>Wednesday 16-17h Piti 6-11 years old 65 €</p>	<p>Cooking classes to promote healthy habits and motivate them to get their hands in the dough with healthy, simple and delicious recipes.</p> <p>The classes combine the pleasure of cooking with guidelines for a healthy and balanced diet. I look forward to seeing you little chefs!</p>
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### COOKING FOR SECONDARY EDUCATION

<p>Tuesday 16-17h Piti 12-16 years old 65 €</p>	<p>Cooking classes to promote healthy habits and motivate them to get their hands in the dough with healthy, simple and delicious recipes.</p> <p>The classes combine the pleasure of cooking with guidelines for a healthy and balanced diet. I look forward to seeing you little chefs!</p>
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### FITFLAM

Wednesday  
16-17h  
Antonia  
From 6 years old  
40 €

Physical activity through flamenco dancing.

### CHESS

Thursday  
16-17h  
Jeroni  
From 3 years old  
30 €

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

### ART FOR SECONDARY EDUCATION

Friday  
16:20-17:20h  
Ana María  
From 12 years old  
60 €

Course focused on secondary school students where they will learn freehand proportions, perspective, and light.

**BALLET**

Thursday  
16-17h  
Carla  
From 7 years old  
47 €

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

**BATUCADA, RHYTHM and SIGN LANGUAGE**

Wednesday  
16-17h  
Demi  
From 10 years old  
40 €

In this workshop, we will delve into the world of percussion with signs, using recycled instruments and the language of improvisation to unleash creative potential.

**YOGA & MINDFULNESS**

Tuesday - Thursday  
16:15-17:15h  
Laura  
5-10 years old  
35 € (1d); 45 € (2d)

Yoga and mindfulness are tools for life. They help establish the connection between body, mind, and emotions. Through play, movement, and imagination, postures or asanas are learned. Silence, breathing, and relaxation invite a return to calmness and self-awareness.



### YOGA & MINDFULNESS FOR ADULTS

Wednesday - Friday  
8-9h  
Laura  
Adults  
35 € (1d); 50 € (2d)

A complete and holistic practice. It offers the present opportunity to work on all vital processes in different aspects of being: physical, mental, emotional, and spiritual. It includes asanas, pranayamas, mudras, relaxation, and meditation/mindfulness.

### ARTISTIC SKATING

Tuesday - Thursday  
16:15-17:30h  
Sonia  
From 3 years old  
45 € (1d); 55 € (2d)

Initiation to artistic skating.