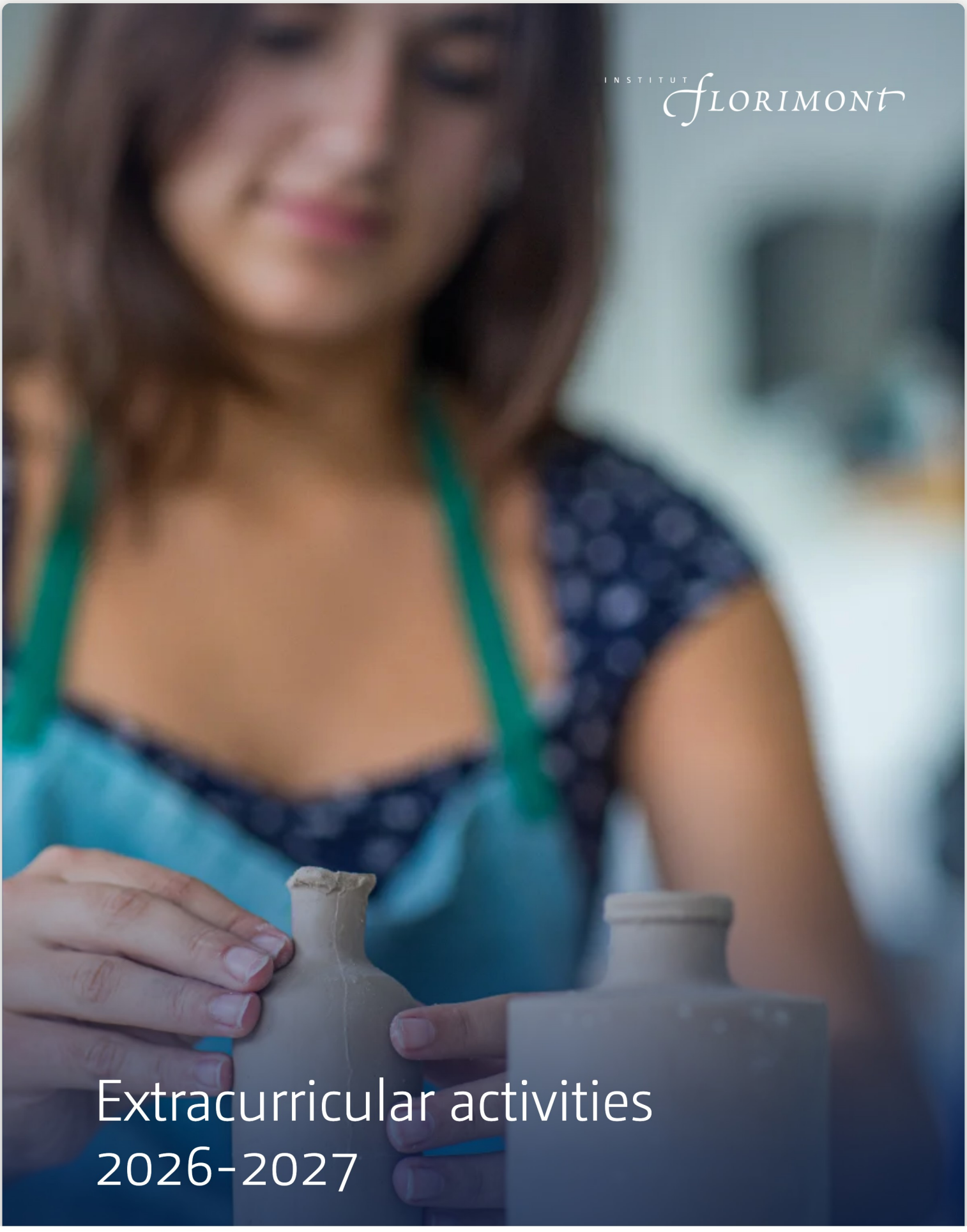


Extracurricular activities 2026-2027

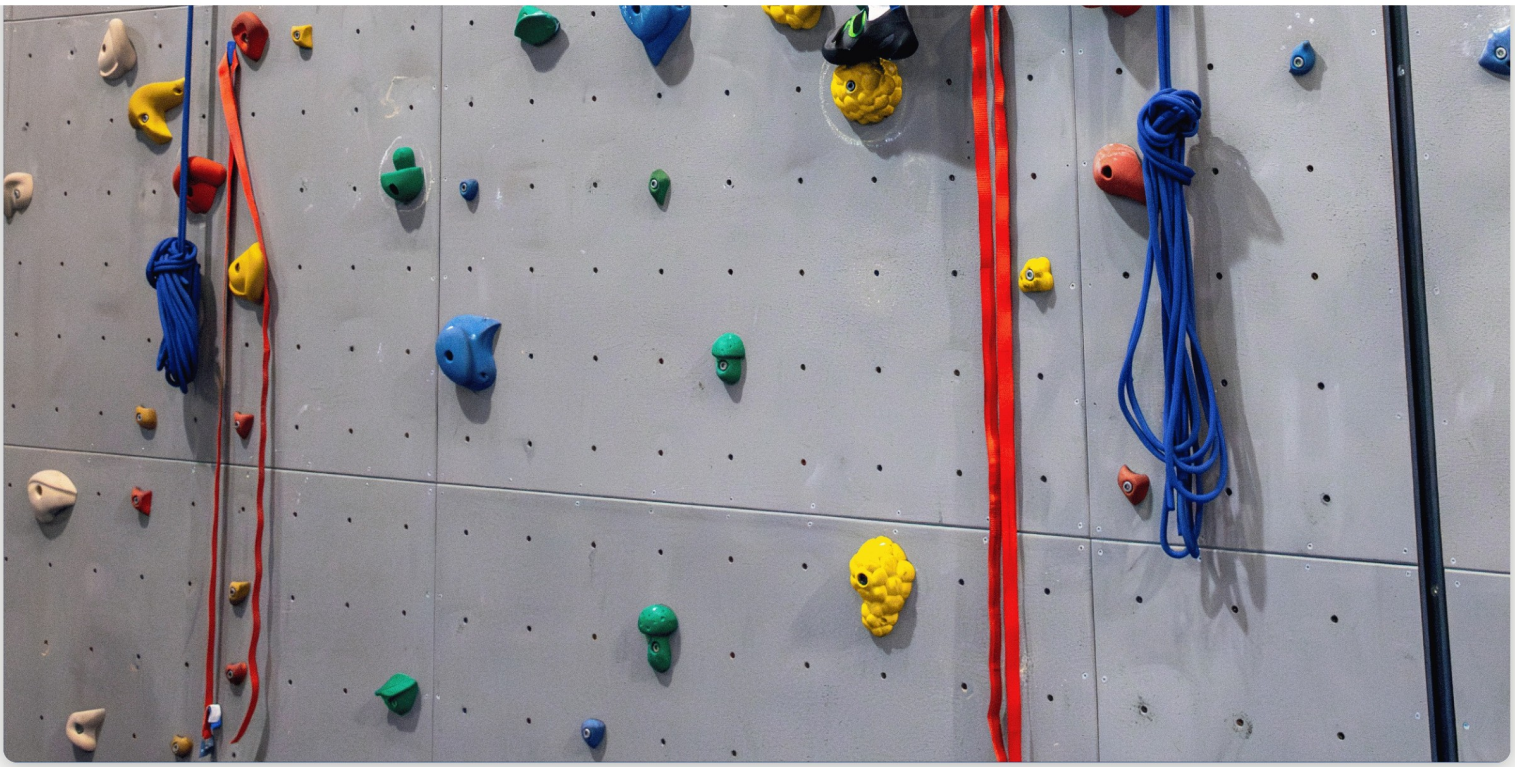
EXTRACURRICULAR ACTIVITIES 2026-2027

Sports

ACTIVITIES	AGE	CLASSES
Aikido A Japanese martial art that helps channel energy and emotions	11-14	*6e-4e*
Athletics Long-distance running, sprinting and relays at the Florimont stadium	8-14	*9e-4e*
Basketball Introduction and training, with participation in the ADISR championship day	9-15	*8e-3e*
Boxing/fitness The basics of boxing, with an emphasis on physical fitness	3-15	*14e-3e*
Calisthenics Strength, control, agility. Bodyweight training focused on perfecting every movement	11-17	*6e-T*
Ballet Solid technical foundations and work on mastering the link between music and movement	6-9	*11e-9e*
Contemporary dance A free, powerful and creative form of expression combining fluidity, grounding, flexibility and emotion	11-14	*6e-4e*
Modern jazz dance Dance that encourages good posture and self-expression through choreography	6-11	*11e-7e*
Introduction to dance Discovering dance through play, letting off steam while developing motor skills	3-5	*14e-12e*
Climbing Builds endurance, good motor skills and teamwork in pairs	8-17	*9e-T*
Fencing Florimont's fencing club. Flexibility, reflexes, speed, power.	6-13	*11e-5e*
Football with Djourou Elite Training sessions combining passion, high standards and a love of the game. Optional immersion trip	8-14	*9e-4e*
Gymnastics Floor, uneven bars, rings	6-14	*11e-4e*
Judo An introduction to this martial art, helping children gain confidence and discover their bodies	3-11	*14e-7e*
Mental skills training Concentration, self-confidence, managing stress and emotions.	11-14	*6e-4e*
Pilates Training that combines breathing, concentration, centring, control, precision and flow	11-14	*6e-4e*
Flag rugby A fast-paced, non-contact sport built on speed, evasion and teamwork.	11-14	*6e-4e*
Self-defence Learning to react to any potential situation and trust the body's instinctive response	11-14	*6e-4e*
Table tennis Technique and training, followed by games with challenges	7-14	*10e-6e*
Triathlon Running, cycling and swimming (Plan-les-Ouates club), with participation in Swiss competitions	11-13	*6e-5e*

Yoga & relaxation An introduction through breathing, sophrology and stretching. Channelling energy	3-11	*14e-7e*
Zumba Exploring and sharing creativity through movement and music	5-11	*12e-7e*





EXTRACURRICULAR ACTIVITIES 2026-2027

Arts and creativity

ACTIVITIES	AGE	CLASSES
Organic cosmetics workshop An introduction to modelling, sculpture, press moulding, slip decoration and engraving	7-11	*10e-7e*
Ceramics workshop An introduction to modelling, sculpture, press moulding, slip decoration and engraving	11-14	*6e-4e*
Sewing workshop A creative activity in which children learn to imagine, make and personalise their own pieces	11-14	*6e-4e*
Drawing workshop Artistic expression using pencils, watercolours, felt-tip pens, pastels, Neocolors, pens and charcoal	8-11	*9e-7e*
Colour workshop Exploring the world of colour through a range of playful techniques with paints and inks	6-11	*11e-7e*
Nature and gardening workshop A workshop to explore nature, discover gardening and learn to grow things through the seasons	6-11	*11e-7e*
Junior drama workshop in English For beginner or intermediate English speakers, to build the confidence to speak up while having fun	6-8	*11e-10e*
English theatre Simply Theatre offers group drama in English, including improvisation	8-11	*9e-7e*
Choir Singing in unison and in two-part rounds, in French and English, with an eclectic repertoire	7-11	*10e-7e*

Musical theatre A workshop exploring singing, dance and drama through the creation of a show.	4-14	*9e-4e*
Cookery classes Learning to cook the fun way, with a recipe book and seasonal themes	4-11	*13e-7e*
Drama Learning to express yourself, improvise and move on stage. Discovering the world of theatre	8-15	*9e-3e*



EXTRACURRICULAR ACTIVITIES 2026-2027

Science and technology

ACTIVITIES	AGE	CLASSES
Science exploration workshop in English An activity in English to experiment, observe and discover	6-8	*11e-10e*
Computer engineering course A course for developing digital projects.	15-18	*3e-T*
Futurekids – Website and smartphone app creation Learn the basics of web and mobile development and bring your own digital projects to life.	11-14	*6e-4e*
Futurekids – Spike Essential robotics Robotics with LEGO, through semi-guided and independent projects	6-9	*11e-9e*

Futurekids – Spike Prime robotics Building LEGO robots and learning to program them	9-14	*9e-4e*
Futurekids – Python programming with Minecraft Coding in Python through a variety of fun projects	11-14	*6e-4e*
Futurekids – Roblox Studio: create & code your own video games Design and code your own video games through guided and independent projects	11-14	*6e-4e*
TechLabs – JR STEAM Medley An introduction to coding, robot programming and 3D design	6-9	*11e-9e*
TechLabs – VEX competition VEX competitions spark creativity, build teamwork and communication skills, and encourage pupils to see themselves as tomorrow's innovators.	11-14	*6e-4e*



EXTRACURRICULAR ACTIVITIES 2026-2027

Wednesday afternoon childcare

ACTIVITIES	AGE	CLASSES
Flo'découverte *14e* After nap time, afternoons of discovery at Florimont (crafts, dance, cooking)	3	*14e*
Flo'découverte	4-11	*13e-7e*

Afternoons of discovery, at Florimont or on outings (museums, treetop adventure parks, farms, etc.)		
Round the World with Flo Afternoons of discovery in English	4-7	*13e-10e*

Private music lessons

ACTIVITIES	AGE	CLASSES
Violin	6-17	*11e-T*
Piano	4-17	*12e-T*
Cello	8-17	*9e-T*
Acoustic guitar	8-17	*9e-T*
Electric guitar	8-17	*9e-T*





Personal and cognitive development

ACTIVITIES	AGE	CLASSES
Chess Develops concentration, sharpens attention and strengthens analytical skills	4-14	*13e-4e*
Debates and emotions workshop A safe and trusting space where we think together, listen to one another and express ourselves	7-10	*10e-8e*
Debating and emotional intelligence club Developing social and emotional skills in a safe, trusting environment	11-14	*6e-4e*
Conflict and strategy through history A course in strategy and military history that prepares students for geopolitical and geostrategic analysis	15-18	*2e-T*
Budding Entrepreneurs workshop Developing an entrepreneurial mindset and business projects	11-15	*6e-3e*
The Duke of Edinburgh's International Award (DofE) A programme that recognises creativity, physical activity and service, notably through expeditions	14-18	*3e-T*

INFORMATION AND REGISTRATION

For timetables or any further information, please contact Ms Laetitia Massin: lmassin@florimont.ch.

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