

GRESOL

International-American School



EXTRACURRICULAR NEWS 2024-25 NOVEDADES EXTRAESCOLARES 2024-25





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EXTRACURRICULAR ACTIVITIES NEWS 2024-25

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SPORT



Mr. Rudy Vera



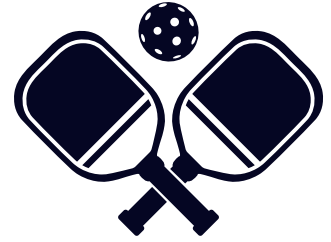
Hi I am thrilled to share with you our new extracurricular catalog for this year! At Gresol, we believe in nurturing our students' passions beyond the classroom, and we have a wide variety of activities to offer, including sports, music, languages, and much more.

Last year was incredible for our sports teams. Our volleyball and soccer teams achieved remarkable success, showcasing the dedication and talent of our students. Building on this momentum, we are excited to announce a significant addition to our facilities: new pickleball courts! We are one of the first schools in the area to offer this fast-growing sport, and we can't wait for our students to try it out. To make it even more engaging, we'll be organizing friendly leagues for parents, children, and mixed teams, creating a vibrant community spirit and a lot of fun!

In addition to pickleball, we have also taken steps to further enhance our soccer program. We have partnered with a renowned external company to provide professional coaching to our football teams, ensuring that our students receive the best training and guidance to develop their skills and reach their full potential.

Whether your child is interested in sports, music, languages, or exploring new activities, we have something for everyone. Our extracurricular program is designed to inspire, motivate, and create lasting memories.

I am looking forward to seeing your children on the courts, on the field, or in any of our exciting activities. Let's make this year one to remember!



PICKLEBALL



General information:

Are you ready to have a blast and try something new? We're excited to introduce pickleball—a super fun sport that's easy to learn and great for everyone!

Pickleball combines the best parts of tennis, badminton, and ping-pong, so it's always exciting. Plus, it's a mixed sport, which means boys and girls can play together, learn from each other, and have tons of fun!

Our pickleball classes will be in English and taught by expert coaches from Vila Pickleball. It's a fantastic way to stay active, improve your coordination, and boost your confidence. You will not only play on our brand-new courts, but you'll also practice English in a fun and interactive way!

To make it even better, Vila Pickleball will provide trial paddles for everyone to use, and they're offering great prices on paddles for Gresol families. You can also find paddles at Decathlon if you prefer.

So come join us, try out pickleball, and be part of something exciting at Gresol! We can't wait to see you on the courts!

Recommended Courses:

G4 to G12 (groups will be formed based on level)

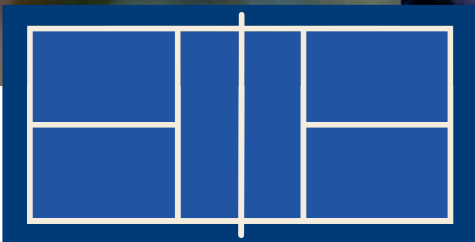
Schedule:

Tuesdays and Thursdays from 2:00 PM to 3:00 PM

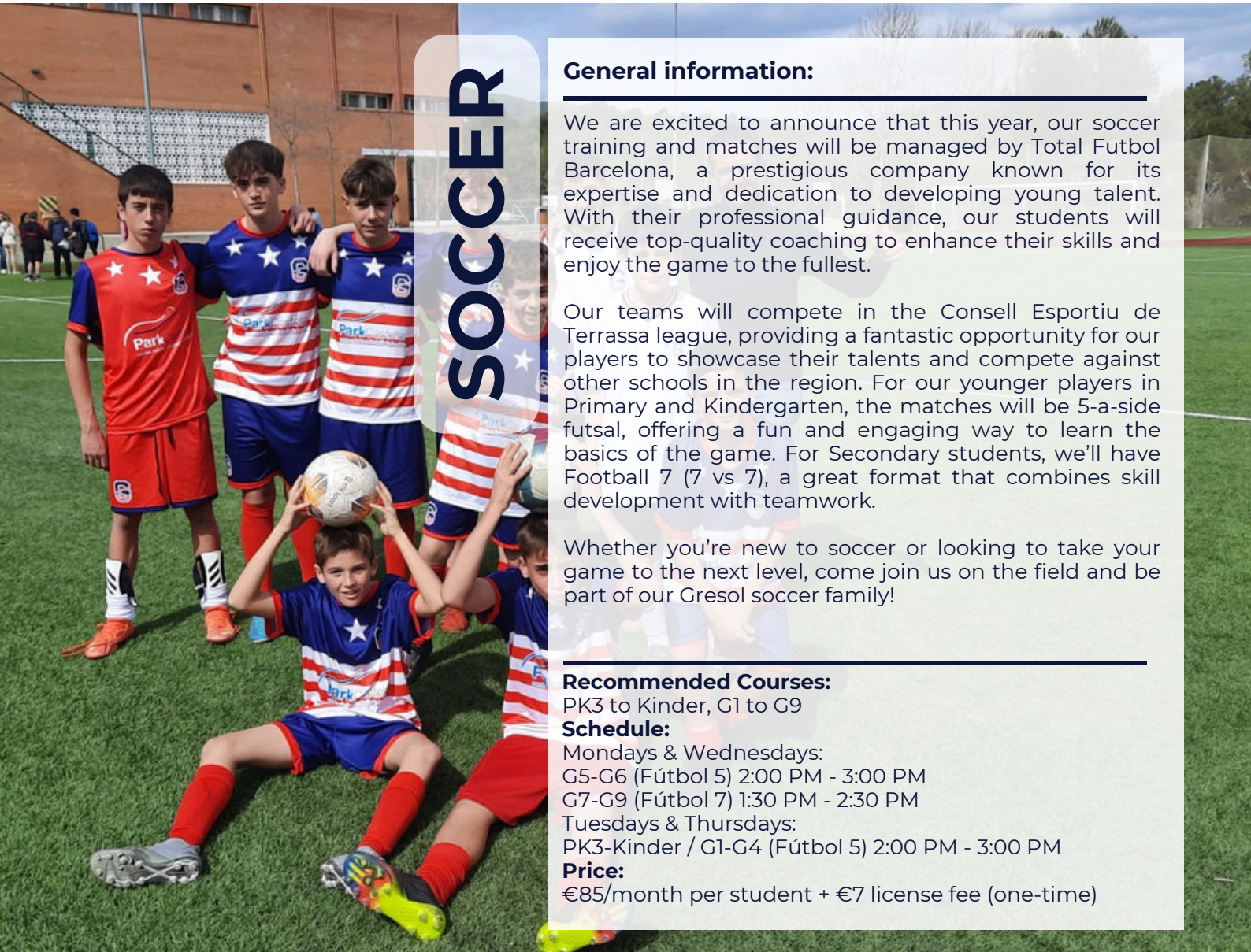
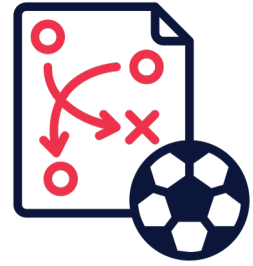
Price:

1 day: €36/month/child

2 days (recommended): €60/month/child



With:
Vila Pickleball



SOCCER

General information:

We are excited to announce that this year, our soccer training and matches will be managed by Total Futbol Barcelona, a prestigious company known for its expertise and dedication to developing young talent. With their professional guidance, our students will receive top-quality coaching to enhance their skills and enjoy the game to the fullest.

Our teams will compete in the Consell Esportiu de Terrassa league, providing a fantastic opportunity for our players to showcase their talents and compete against other schools in the region. For our younger players in Primary and Kindergarten, the matches will be 5-a-side futsal, offering a fun and engaging way to learn the basics of the game. For Secondary students, we'll have Football 7 (7 vs 7), a great format that combines skill development with teamwork.

Whether you're new to soccer or looking to take your game to the next level, come join us on the field and be part of our Gresol soccer family!

Recommended Courses:

PK3 to Kinder, G1 to G9

Schedule:

Mondays & Wednesdays:

G5-G6 (Fútbol 5) 2:00 PM - 3:00 PM

G7-G9 (Fútbol 7) 1:30 PM - 2:30 PM

Tuesdays & Thursdays:

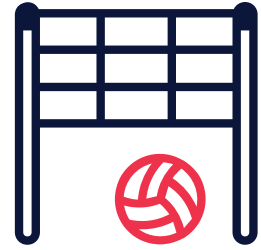
PK3-Kinder / G1-G4 (Fútbol 5) 2:00 PM - 3:00 PM

Price:

€85/month per student + €7 license fee (one-time)



With:
Total Futbol Barcelona



VOLLEYBALL

General information:

At Gresol, we have a rich history of excellence in volleyball, and over the years, we've become a benchmark for girls' volleyball in Terrassa and across Catalonia. Our commitment to fostering a positive, encouraging environment has helped us build a strong volleyball community where everyone feels welcome and motivated to play their best.

We are proud to offer volleyball teams that are inclusive and open to everyone, allowing up to two boys on each team. This creates a dynamic and diverse environment where players can learn from each other and grow together. Whether you're a beginner eager to learn the ropes or an experienced player looking to refine your skills, there's a place for you in Gresol Volleyball.

Volleyball at Gresol isn't just about the game; it's about having fun, making new friends, and experiencing the joy of being part of a team.

Recommended Courses:

G6 to G12

Schedule:

Mondays & Wednesdays:

G6-G8: 1:30 PM - 2:30 PM

Tuesdays & Thursdays:

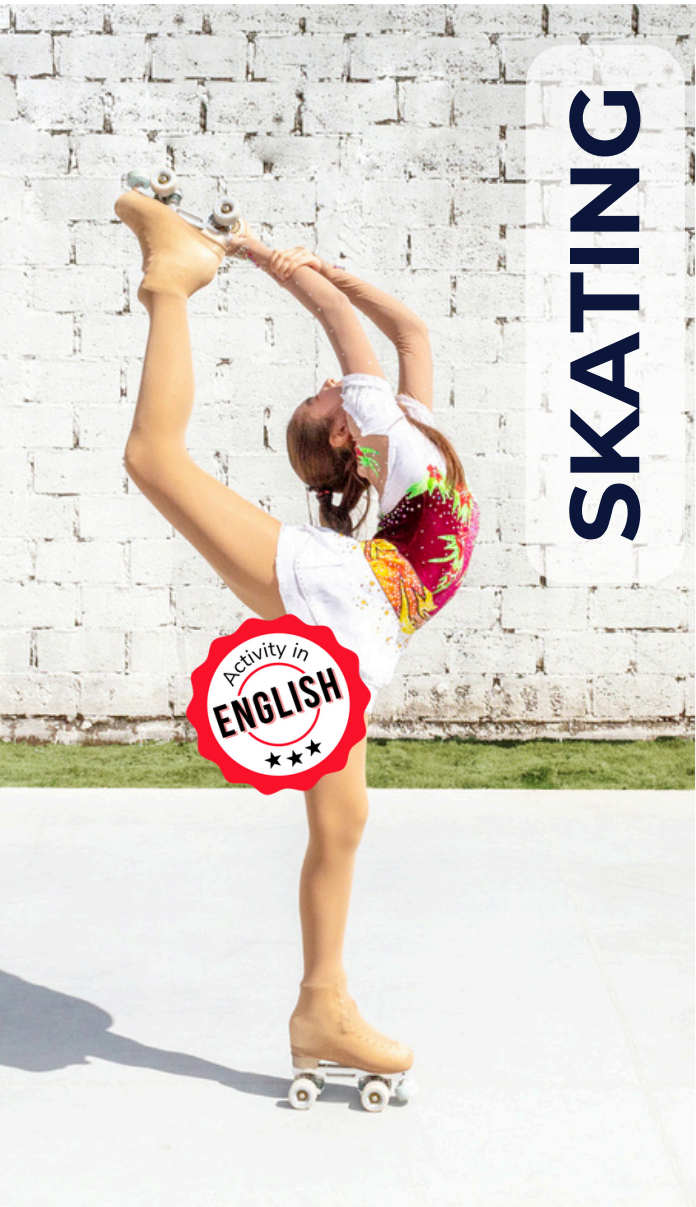
G9-G12: 1:30 PM - 2:30 PM

Price:

€65/month per student



With:
Mr. Rudy Vera



SKATING

General information:

Skating is a fantastic activity for children to develop a sense of balance, coordination, and control. At Gresol, our skating program is designed to help students learn how to navigate on wheels with confidence and agility. From mastering how to control speed and direction to smoothly stopping and starting, our students will enjoy the thrill of skating while building important physical skills.

Our classes focus on fun and personal growth, with expert guidance to ensure everyone learns in a safe and supportive environment. By the end of the course, students will have the opportunity to showcase their newfound skills in a special presentation for parents, highlighting their progress and achievements.

Each participant will need their own skates to join the class. Don't worry about the specifics—the teacher will provide recommendations for the right equipment so everyone can get started smoothly.

Come skate with us at Gresol and discover a fun way to improve balance, coordination, and confidence!

Recommended Courses:

G1 to G6

Schedule:

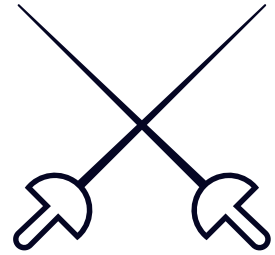
Tuesdays & Thursdays: 2:00 PM - 3:00 PM

Price:

€65/month per student



With:
Carla Bou



FENCING

General information:

Fencing is a sport with a rich history, spanning thousands of years and combining physical and intellectual challenges. At Gresol, we are excited to introduce our students to this timeless discipline that is both inclusive and empowering for girls and boys alike. Fencing is a fantastic way to improve coordination, focus, and quick decision-making, all while fostering respect and teaching valuable lessons about winning and losing gracefully.

Our fencing program aims to inspire young athletes to develop their skills and join a vibrant fencing community. We will be training in both foil and laser saber, offering a comprehensive introduction to the sport. With the support of Club d'Esgrima Sabadell, one of Spain's leading clubs for foil fencing, our students will have the opportunity to learn from the best. This prestigious club is known for producing several Spanish champions and has a strong international reputation, hosting World Cup contests twice a year in Sabadell.

If you're looking for a unique and challenging sport that develops both body and mind, come join our fencing program and be a part of this exciting journey!



Recommended Courses:

PK4 to G6 (groups by age)

Schedule:

Mondays: PK4-G2, 2:00 PM - 3:00 PM

Wednesdays: G3-G6, 2:00 PM - 3:00 PM

Price:

€55/month per student



With:
Club d'Esgrima Sabadell



BALLET



General information:

Our ballet program at Gresol introduces children to the wonderful world of dance, promoting their overall development through art. Ballet helps children explore creativity, enhance expression, and have fun with movement.

In our Initiation to Dance classes, we focus on two main goals: fostering comprehensive growth by using dance to build confidence and physical abilities, and encouraging artistic development through expression and creative activities.

Students will learn about body movements, explore directions and speeds, and develop coordination, strength, and flexibility. They will also express emotions like joy, anger, or sadness through dance.

Join our ballet program and let your child experience the joy and creativity of dance at Gresol!

Recommended Courses:

PK3 to G1

Schedule:

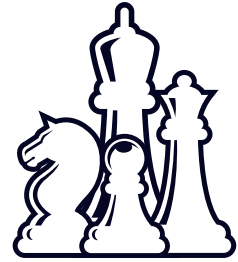
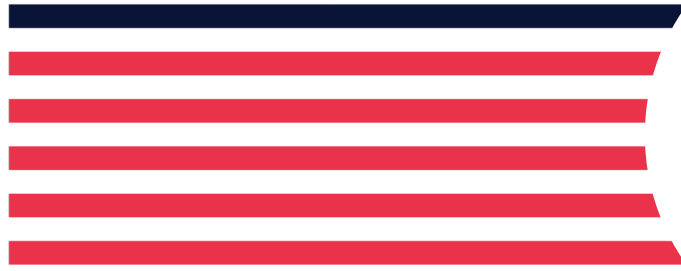
Tuesdays & Thursdays: 2:00 PM - 3:00 PM

Price:

€60/month per student



With:
Ballet de Catalunya



CHESS

General information:

Welcome to the chess club!

Learning chess is an excellent way for students to develop a range of valuable skills that go beyond the board. Through chess, students learn to structure their thinking, solve problems, and make thoughtful decisions. It's a fantastic way to practice analyzing situations, paying close attention, and concentrating on tasks.

Chess also helps strengthen visual memory and perception, allowing students to better understand and recall complex patterns. By learning how to plan their moves and anticipate their opponent's strategy, students become more mentally organized and rigorous in their approach to challenges.

Whether you're a beginner or an experienced player, the chess club offers a welcoming environment to improve your skills, meet new friends, and enjoy the game.

Come join us and discover the many benefits of chess at Gresol!

Recommended Courses:

G2 to G6

Schedule:

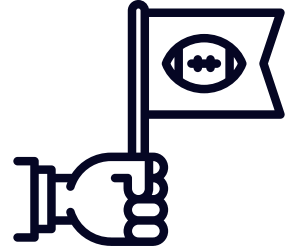
Wednesdays: 2:00 PM - 3:00 PM

Price:

€45/month per student



With:
Richard Michael



FLAG FOOTBALL



General information:

Flag football is a thrilling variant of American football, where instead of tackling players, you pull a flag from their waist to stop the play. The goal is simple: score points by getting the ball into the end zone. This non-contact sport makes it safe and enjoyable for everyone, while still capturing all the excitement and strategy of traditional football.

At Gresol, our flag football program focuses on teaching the basics of the game, from running plays and passing to understanding team strategy and communication. Players will develop their physical fitness, coordination, and agility while learning valuable life skills like teamwork, quick decision-making, and fair play.

Whether you're new to the game or have played before, our flag football club is a fantastic way to stay active, build friendships, and have a great time on the field.

Come join us and experience the fun and excitement of flag football at Gresol!

Recommended Courses:

G1 to G8 (groups by age)

Schedule:

Wednesdays: G1-G4, 2:00 PM - 3:00 PM

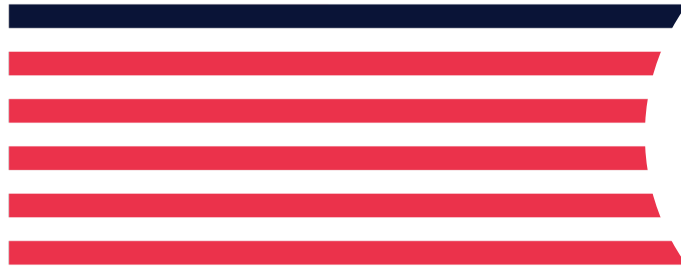
Fridays: G5-G8, 2:00 PM - 3:00 PM

Price:

€45/month per student



With:
Nomadball



JUDO

General information:

Judo is more than just a sport—it's a powerful way for children and adolescents to develop both physically and mentally. At Gresol, students will enhance their strength, flexibility, and coordination, while learning valuable life skills like discipline, focus, and self-control. Beyond the physical benefits, judo helps improve concentration and instills respect for others, making it a holistic experience for personal growth.

We are proud to have Paula Saldarriaga as our judo instructor. A 1st Dan black belt, with over 12 years on the Colombian national team and Olympic experience, Paula brings incredible expertise. With more than 6 years of coaching, she knows how to guide students of all levels in a fun and supportive way. Her experience and passion for the sport ensure that each child will not only improve their judo skills but also gain confidence in themselves.

Whether your child is new to judo or experienced, our program offers the perfect environment to grow, learn, and thrive! It's a fantastic opportunity to be active, make new friends, and develop skills that will last a lifetime. Join us and see the benefits of judo for yourself!

Recommended Courses:

Junior & Senior groups

Schedule:

Wednesdays & Fridays:

Junior: 2:00 PM - 3:00 PM

Senior: 1:30 PM - 2:30 PM

Price:

€55/month per student



With:
Paula Saldarriaga



THEATRICAL MUSICALS

General information:

Are you passionate about singing, acting, and dancing? Our after-school Musical Theatre Program is the perfect place for you to explore your creativity, build confidence, and develop your performance skills. Whether you're a beginner or have experience, this program offers a fun and supportive environment for all levels.

Students will work on all aspects of musical theatre, including voice training, choreography, acting techniques, and stage presence. Through exciting group activities, workshops, and performances, participants will learn to shine on stage and collaborate with fellow performers.

The program culminates in a live performance, giving students the opportunity to showcase their talents in front of family and friends.

Recommended Courses:

G2 to G5

Schedule:

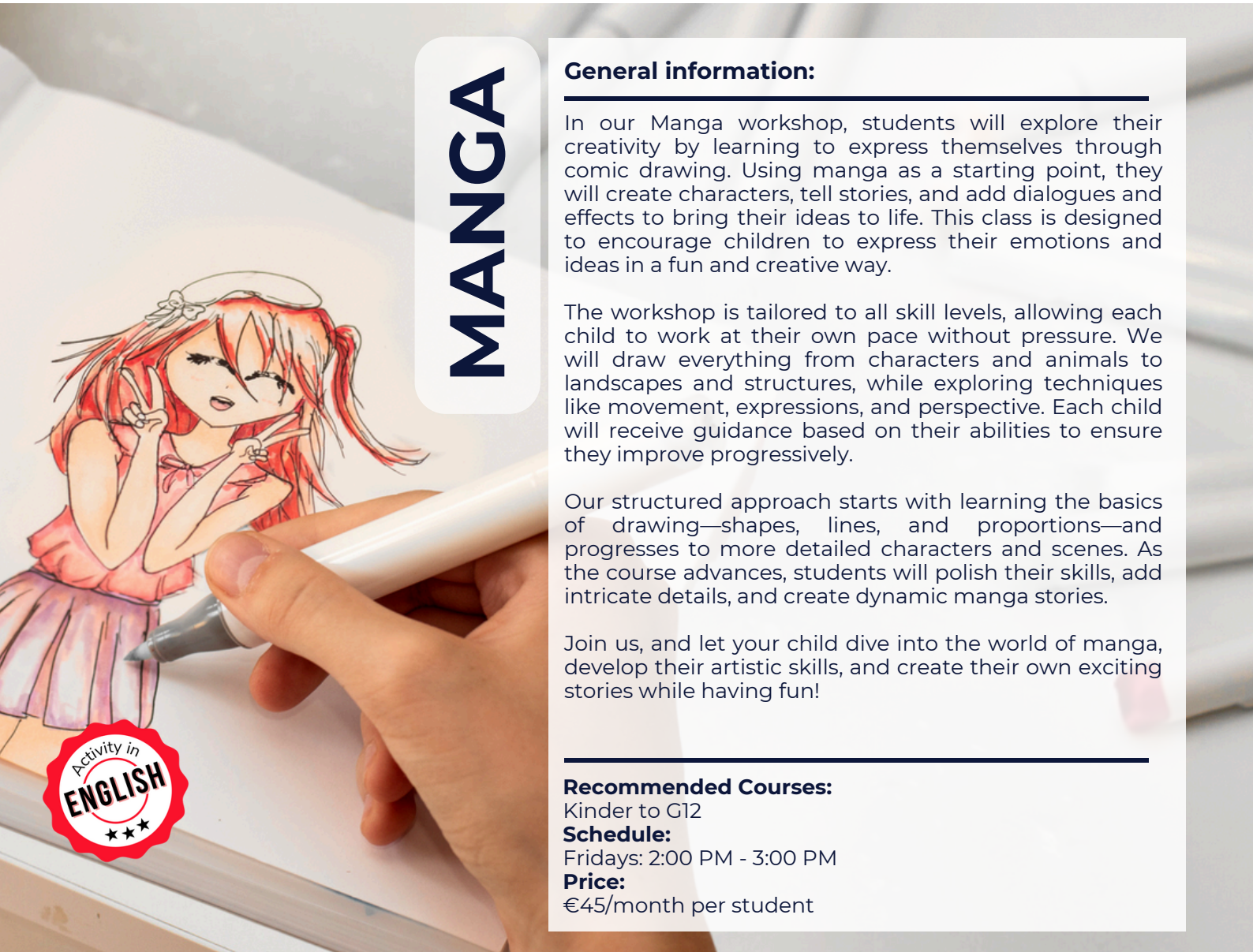
Wednesdays: 2:00 PM - 3:00 PM

Price:

€45/month per student



With:
Alexandra Pumarola



MANGA

General information:

In our Manga workshop, students will explore their creativity by learning to express themselves through comic drawing. Using manga as a starting point, they will create characters, tell stories, and add dialogues and effects to bring their ideas to life. This class is designed to encourage children to express their emotions and ideas in a fun and creative way.

The workshop is tailored to all skill levels, allowing each child to work at their own pace without pressure. We will draw everything from characters and animals to landscapes and structures, while exploring techniques like movement, expressions, and perspective. Each child will receive guidance based on their abilities to ensure they improve progressively.

Our structured approach starts with learning the basics of drawing—shapes, lines, and proportions—and progresses to more detailed characters and scenes. As the course advances, students will polish their skills, add intricate details, and create dynamic manga stories.

Join us, and let your child dive into the world of manga, develop their artistic skills, and create their own exciting stories while having fun!

Recommended Courses:

Kinder to G12

Schedule:

Fridays: 2:00 PM - 3:00 PM

Price:

€45/month per student



With:
Lomas Art



FINANCIAL LITERACY INVEST CHALLENGE

General information:

The Invest Challenge is an engaging, gamified virtual investment contest designed specifically for Gresol students in G9 and G10.

Through this program, students will dive into the world of finance, learning how to manage virtual investments and make smart financial decisions. Integrated into the Business Management classes, this challenge offers a hands-on learning experience that makes complex financial concepts accessible and exciting for young learners.

This challenge not only helps students develop essential financial skills but also brings an element of competition and excitement to their learning journey, preparing them for real-world financial decisions in a fun, interactive way.

Target:

G9 and G10 students

Duration:

October 1, 2024 - May 30, 2025

Dedication:

1 hour weekly in class + 1 hour self-paced learning at home

Tutoring:

10 hours of tutoring, including program kick-off and monthly follow-ups

Fee:

€90/student/month



With:
Hollymontt



FINANCIAL LITERACY TWO TAILS

General information:

Two Tails is a comprehensive financial literacy program tailored for Gresol's G11 students and their families. This full course offers an interactive e-learning experience designed to enrich the students' understanding of financial management, budgeting, and investment strategies.

The program ensures that both students and their family members are equipped with the tools they need to navigate the financial world confidently.

Led by HollyMontt, this program helps participants build a strong foundation in financial literacy, with the added bonus of personalized tutoring sessions to reinforce learning. It's a fantastic opportunity for both students and parents to grow their financial knowledge together.

Target:

G11 students, G11 Parents

Duration:

October 1, 2024 - May 30, 2025

Dedication:

60 hours of student learning

Tutoring:

2 hours at program kick-off, 1 hour per month

Fee:

€80/user/month, €120/month for a family pack (student + 1 family member)



With:
Hollymontt



MUSIC

Music Department

Gresol students, through music and instruments, learn values and develop skills that help them in their growth. That is why, in order to continue feeding their minds with something as wonderful as music, they have all these activities to choose from.



VIOLIN



General information:

Unlock your child's musical potential with our individual violin lessons! Tailored to each student's level and pace, these sessions offer the perfect opportunity to explore the beauty and complexity of the violin.

Our experienced instructors provide focused, one-on-one guidance, ensuring that every lesson is both fun and challenging.

Students will learn not only the technical aspects of playing the violin, such as posture, bowing, and fingering, but also how to express themselves through music, fostering creativity and confidence.

Whether your child is a beginner taking their first steps in music or an advanced player looking to hone their skills, these lessons are designed to inspire growth and a deep love for music.

Violin is a wonderful way to develop discipline, patience, and a lifelong passion for music. Let your child embark on this exciting journey, and watch them flourish as they discover the joy of playing the violin!

Recommended Courses:

Open to all students

Schedule:

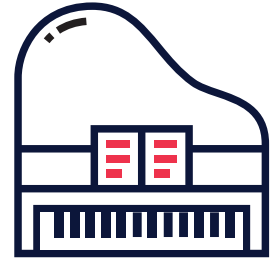
30-minute classes once a week, between 1:30 PM - 3:00 PM (based on child's availability)

Price:

€70/month per student



With:
Natalia Brzewska



PIANO



General information:

Dive into the world of music with our individual piano lessons, designed to inspire creativity and musical growth. Whether your child is a complete beginner or has some experience, our personalized approach allows students to progress at their own pace while exploring the beauty of piano.

Our skilled instructors provide focused, one-on-one guidance, helping students master essential techniques such as hand positioning, rhythm, and reading music.

Through these lessons, students will not only improve their technical skills but also learn to express themselves through music, building confidence and fostering a deeper appreciation for the art.

Piano is a wonderful way to develop discipline, concentration, and creativity, making it the perfect instrument for students of all ages.

Let your child discover the magic of piano playing, and watch them grow both musically and personally as they embark on this rewarding journey!

Recommended Courses:

Open to all students

Schedule:

30-minute classes once a week, between 1:30 PM - 3:00 PM (based on child's availability)

Price:

€70/month per student



With:
Celestino Picazo / Aldo Tizcareño



VIOLA

General information:

The viola offers a unique and rich sound that stands out in the world of music, and our individual viola lessons are designed to help your child tap into its full potential. Unlike other instruments, the viola provides a deep, resonant tone that allows students to explore a wide range of musical styles and express themselves in a truly distinctive way.

Our expert instructors tailor each lesson to the student's abilities, ensuring they build a strong foundation while gradually mastering the intricacies of the instrument. From developing a refined bowing technique to understanding musical phrasing and dynamics, students will learn to navigate the nuances of this beautiful instrument with confidence and skill.

Playing the viola not only nurtures musical talent but also enhances concentration, coordination, and emotional expression. Encourage your child to embrace the power and grace of the viola, and let them embark on a musical journey that will expand their horizons and inspire a lifelong passion for music!

Recommended Courses:

Open to all students

Schedule:

30-minute classes once a week, between 1:30 PM - 3:00 PM (based on child's availability)

Price:

€70/month per student



With:
Glòria Casanovas / Roger Beroy



LANGUAGES

Language Department

At Gresol, we are proud to be a multicultural school with a diverse community of families from various nationalities. To support this diversity, we offer a range of language services tailored specifically for parents. Whether you want to improve your business English or, as an international parent, you're eager to learn Catalan or Spanish, we have the perfect classes for you.

Our language lessons are fun, highly conversational, and designed to make learning engaging.

What could be better than learning English with the same dedicated teachers who teach your children?

In small, personalized groups, you'll enhance your conversational skills and, if needed, develop your business English to feel more confident in professional settings.

Join us at Gresol and make learning a language an enjoyable experience!.



ENGLISH FOR PARENTS

General information:

At Gresol, we offer English for Parents classes at the perfect time—4:00 PM to 5:00 PM—so you can learn and then conveniently pick up your children afterwards. Our classes are designed to help you improve your everyday English or sharpen your business communication skills, all in a relaxed and friendly environment.

What makes these lessons even more special?

You'll be taught by the same dedicated teachers who teach your children, ensuring a consistent and engaging learning experience.

With small group sizes, the focus is on conversation and practical use, helping you feel more confident in both personal and professional settings.

Take advantage of this great opportunity to boost your English skills while staying connected to the Gresol community!

Schedule:

Fridays: 4:00 PM - 5:00 PM

Price:

€60/month per student



With:
Helena Garía



SPANISH FOR PARENTS

General information:

At Gresol, we understand the importance of helping international families feel at home. That's why we offer Spanish for Parents, designed specifically for those who want to learn or improve their Spanish.

Held from 4:00 PM to 5:00 PM, these classes fit perfectly into your schedule, allowing you to learn before picking up your children.

Our engaging, conversational lessons are taught by the same passionate teachers who guide your children, making it a comfortable and familiar learning environment.

Whether you're a complete beginner or looking to refine your skills, these classes will help you gain confidence in speaking Spanish and understanding local culture.

Join us and take the step to master Spanish while building stronger connections with the Gresol community and the region around you!

Schedule:

Fridays: 4:00 PM - 5:00 PM

Price:

€60/month per student



With:
Gemma Seijo



CATALAN FOR PARENTS

General information:

At Gresol, we believe that learning the local language is key to feeling truly connected to the community. That's why we offer Catalan for Parents—a unique opportunity to dive into the language spoken throughout Catalunya. Our classes, held from 4:00 PM to 5:00 PM, are perfectly timed so you can enhance your language skills and still pick up your children afterward.

Our passionate teachers, who also guide your children, will lead you through engaging, practical lessons designed to help you confidently navigate everyday conversations in Catalan.

You'll learn not just the language, but also gain valuable insights into the local culture, helping you feel more integrated into the life and customs of Catalunya.

Whether you're a complete beginner or looking to improve your skills, these classes are designed to meet your needs.

Learning Catalan is a fantastic way to strengthen your connection to the region and deepen your engagement with the Gresol community. Take this opportunity to embrace a new language and culture while making the most of your time in Catalunya!

Schedule:

Mondays: 4:00 PM - 5:00 PM

Price:

€60/month per student



With:
Alicia Amate



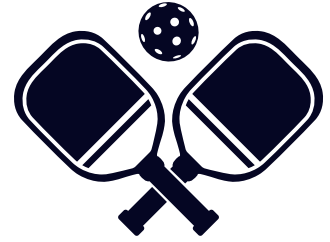
OTHER ACTIVITIES

Gresol families activities

At Gresol, we believe that our school is more than just a place for learning—it's a thriving community where families come together and build lasting connections. To strengthen these bonds, we offer a range of activities designed to bring parents, children, and staff closer as part of the Gresol family. From soccer for parents to pickleball classes and tournaments for moms and dads, there's something for everyone to enjoy while staying active and having fun.

In addition to these on-campus activities, we also have a dedicated group of parents who regularly organize social events and activities outside the school. These events provide a wonderful opportunity to meet other families, create new friendships, and enhance the sense of community that makes Gresol so special.

Join us in these activities and experience the warmth, energy, and togetherness of the Gresol family!.



PICKLEBALL FOR PARENTS

General information:

We're excited to invite you to be part of our Pickleball Parents Group—a fantastic way to stay active, socialize with other parents, and enjoy some friendly competition. This is the perfect opportunity to combine school pick-up with something fun! While you participate in your own pickleball class or match, your children can join their own pickleball classes or other activities at the same time, making it convenient for the whole family to stay active and engaged.

Our weekday sessions start at 5:15 PM, depending on natural light availability. If your schedule doesn't allow you to join during the week, don't worry! We'll also host exciting weekend tournaments and events where you can still participate and enjoy the game.

Pickleball is a great way to stay fit, meet other parents, and connect with the Gresol community.

Come give it a try and enjoy a fun, active time with your children nearby!

Whether you're looking to learn a new sport or simply want to stay active, this is the perfect way to unwind after school. We can't wait to see you on the court!

Weekdays:

Monday to Friday, from 5:15 PM onwards

Weekends:

American-style leagues, days to be determined based on availability

Price:

To be confirmed



With:
Juanlu Blanco





SOCCER FOR PARENTS

General information:

At Gresol, we invite all parents—both moms and dads—to join our Soccer for Parents program! This is a fantastic opportunity to stay active, have fun, and connect with other parents in a friendly and relaxed environment. Also we are extending this invitation to Gresol Alumni.

Whether you're a seasoned player or just looking to try something new, our soccer sessions are open to all skill levels.

Playing soccer together is a great way to unwind after a busy day, build camaraderie, and strengthen the bonds within our Gresol community. You'll not only enjoy the health benefits of staying active but also the joy of being part of a supportive, energetic group of parents who share a love for the game.

It doesn't matter if you've never played before—what counts is your enthusiasm and desire to have fun.

Come with a positive attitude, and we'll make sure every session is full of laughs, teamwork, and great moments with the Gresol family!



Recommended Participants:

Open to all moms and dads & Gresol Alumni

Schedule:

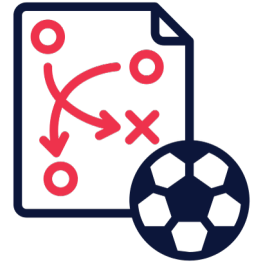
Thursdays from 7:00 PM to 8:00 PM

Price:

Free activity



Organized by Gresol families activities group:
Raquel Serrano



SABADELL ATLÈTIC

General information:

Do you love soccer and want to enjoy it without pressure? At Sabadell Atlètic, we believe that if you don't win, you learn. Your skill level or physical condition doesn't matter. Our goal is for you to learn, have fun, and grow both on and off the field.

Recommended ages: from 7 to 18 years old. It doesn't matter if you've never played before—everyone is welcome here!

Facilities: Train comfortably without leaving the school, at the Gresol International American School facilities, and proudly wear the team jersey featuring the American flag and the Gresol name. You'll be part of a project that values friendship, commitment, respect, and enthusiasm, where you'll not only learn to play soccer but also work as a team and enjoy the sport.

Training schedule:

Training sessions are held twice a week, either on Mondays and Wednesdays or Tuesdays and Thursdays, depending on the player's age.

Fees:

Federated teams: 10 monthly payments of €45

Consell teams: 10 monthly payments of €35
The first-year enrollment is free. Plus, if you sign up with a sibling, you'll get a 10% discount on all monthly payments.

Registration: Open now! The season starts on September 2, 2024, and ends on June 27, 2025.



With:
Sabadell Atlètic



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