



GRESOL

International-American School



EXTRACURRICULAR 2025-2026





WELCOME



Mr. Rudy Vera



At Gresol, we see **extracurricular activities as a powerful extension of learning**—spaces where students grow, discover new passions, and build lasting memories.

This year's catalog brings together the best of what makes our school community so special: **a wide variety of activities in sports, music, languages, creative arts**, and more, designed for different ages, interests, and abilities.

After last year's **incredible achievements in soccer and volleyball**, we've expanded our sports offering even further—most notably with the **development of pickleball**, which has sparked a wonderful community of **students, parents, and friends playing together** on our new courts. What began as a new activity has quickly become a movement.

We've also strengthened **our football program with professional coaching** to ensure our players grow with guidance and ambition.

Whether your child is looking to compete, create, perform, or simply try something new, **there's a place for them in this program**.

Let's turn talent into passion, effort into growth, and moments into memories.

This year, the game is on—and everyone's invited.



GUIDELINES FOR EXTRACURRICULAR ACTIVITY ENROLLMENT

Guidelines for Extracurricular Activity Enrollment

To ensure the proper functioning of each activity, enrolling in an extracurricular activity requires a commitment to participate for an **entire trimester**. Withdrawals before the end of the trimester in which the student is enrolled are not permitted.

For the convenience of families, **activity fees will be charged monthly**.

The activities of **Soccer, Volleyball, Pickleball, Ballet, Judo, and Skating** require specific equipment.

Students who do not have the required equipment, or who need to update their current gear, **must purchase it through the school**.

Gresol will handle the **management of equipment** purchases.

Each activity requires a **minimum number of participants** in order to take place.

If the **minimum** is not met after the enrollment period closes, families who signed up will be notified.



SPORT

At Gresol, sports are a core part of our students' holistic education. Beyond physical fitness, they nurture resilience, teamwork, and discipline—key values of the IB learner profile. Through practice and competition, students learn empathy, respect, and integrity while embracing cultural diversity. Sports also promote balance, well-being, and the confidence needed to face future challenges. In our international environment, athletics become a powerful tool to grow not only as athletes but as global citizens.



PICKLEBALL

General information:

The **fastest-growing sport in the USA**, Pickleball is **widely expected to become an Olympic demonstration sport** at the upcoming Los Angeles Games—and in the near future, it may even lead to **college scholarship opportunities** at top American universities.

At Gresol, students can now enjoy this exciting sport right on our **Diadem** new courts. Pickleball combines the best elements of tennis, badminton, and ping-pong, offering a fast-paced, social, and highly engaging experience for everyone.

Classes are led by **Juanjo Gómez**, a certified Pickleball coach and technical specialist. On special occasions, we'll also have the honor of welcoming **Ignasi de Rueda**, multiple-time Spanish national Pickleball champion, for exclusive training sessions.

Gresol provides paddles for all students, and for those who want to continue playing, **paddles are also available for purchase at school.**

Whether you're new to the game or already hooked—**Pickleball at Gresol is the perfect way to move, compete, and have fun.**

We can't wait to see you on the court!

Recommended Courses:

G4 to G12 (one or two days) and Kinder to G3 (one day)

Schedule:

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

Pickleball KIDS Kinder to G3

Fridays from 2:00 PM to 3:00 PM

Price:

1 day: €36/month/child

2 days (recommended): €60/month/child



With:

Juanjo Gómez de Haro

Técnico especialista en Pickleball



With:

Ignasi de Rueda Genover

Campeón de España de Pickleball



SOCCER

General information:

We are excited to share that this year, **our soccer training and matches will be led by the professional staff of Sabadell Atlètic**, bringing their experience and passion for the game directly to our students. With their guidance, players will enjoy top-quality coaching while developing their skills and love for soccer.

Our students will compete in the **Consell Esportiu de Sabadell league**, giving them the chance to showcase their talent and represent Gresol against other schools in the region. **Younger players in PK4 through Grade 6 will take part in 5-a-side futsal**, a fun and dynamic way to learn the fundamentals. **Secondary students from Grades 7 to 10 will play Fútbol 7 (7 vs 7)**, an exciting format that combines technical growth with teamwork.

Whether you're just starting out or already passionate about the sport, join us on the field and become part of the **Gresol soccer family**.

Recommended Courses:

PK4 to Kinder, G1 to G6, G7 to G10

Schedule:

Mondays & Wednesdays:

G7-G10 (Fútbol 7) 1:30 PM - 2:30 PM

Tuesdays & Thursdays:

PK4-Kinder / G1-G6 (Fútbol 5) 2:00 PM - 3:00 PM

Price:

€60/month per student + €10 license fee (one-time)



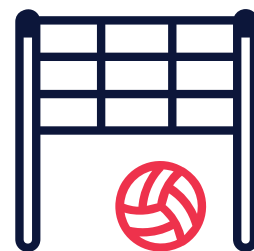
GRESOL
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With:
Sabadell Atlètic



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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:

G4 to G12

Schedule:

Mondays & Wednesdays:

G4-G6: 2:00 PM - 3:00 PM

Mondays & Wednesdays:

G7-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 G7

Schedule:

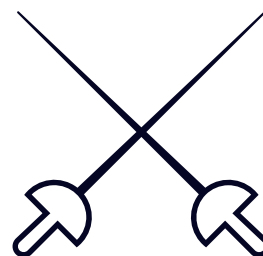
Tuesdays & Thursdays: 2:00 PM - 3:00 PM

Price:

€65/month per student



With:
Rocío Mota



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: 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:

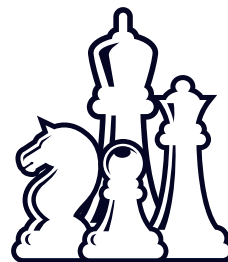
Tuesdays & Thursdays: 2:00 PM - 3:00 PM

Price:

€70/month per student



With:
Ballet de Catalunya



CHESS AND BOARD GAMES CLUB

General information:

The Chess and Board Games Club is a **fun and welcoming space** where students can **learn, play, and grow together**.

Through chess and a variety of classic and modern board games, children will practice important skills such as **critical thinking, problem-solving, patience, and teamwork**—all while having a great time with friends.

The club is designed for **every level of player**, from beginners who are just learning the rules to more experienced students who enjoy a challenge.

Each session encourages creativity, builds confidence, and helps children strengthen their **focus in a supportive, engaging environment**.

By joining, students will not only enjoy the excitement of the games but also **gain skills** that can **benefit them both in and out of the classroom**.

Recommended Courses:

PK4 to G10

Schedule:

Wednesdays: 2:00 PM - 3:00 PM

Price:

€45/month per student



With:
Megan Johnson



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 7 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:

G1 to G10 (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



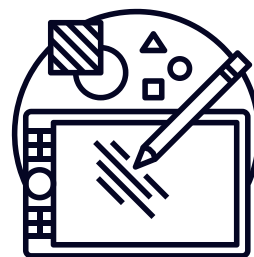
ARTISTIC EXPRESSION

A space where creativity takes center stage through drawing and visual storytelling.

Students explore shapes, characters, and scenes while discovering techniques such as perspective, movement, and expression.

The program adapts to all skill levels, encouraging progress at each student's own pace.

An inspiring journey where imagination comes to life through art.



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



ECONOMY

At Gresol, we believe financial education is key to preparing our students for the future.

Through programs like Invest Challenge (G9 & G10) and Two Tails (families), students explore how to manage investments, budgeting, and smart financial decisions in an engaging way.

Interactive and gamified experiences make complex concepts simple and exciting.

A valuable learning journey that equips both students and families to face real-world financial challenges with confidence.



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, G10 and G11 students

Duration:

October 1, 2025 - May 30, 2026 (Mandatory full year)

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:

€315/student/per term (Oct, Dec, Feb)



With:
Hollymontt



FINANCIAL LITERACY TWO TAILS

General information:

Two Tails is a comprehensive financial literacy program tailored for **Gresol's 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 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 **parents** to grow their financial knowledge together.

**OPEN TO
FAMILIES!**

Target:

Parents

Duration:

October 1, 2025 - May 30, 2026 (mandatory full year)

Dedication:

60 hours of student learning

Tutoring:

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

Fee:

€235/student /per term (Oct, Dec, Feb)



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:

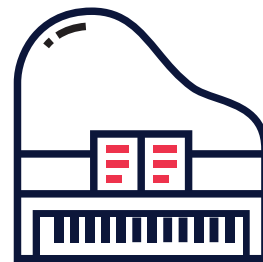
30-minute classes once a week, between 1:30 PM - 3:00 PM (based on child's availability)

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



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



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, Catalan or Spanish 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:

Thursdays: 4:00 PM - 5:00 PM

Price:

€60/month per student



With:
Mark Wilson



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:

Tuesdays: 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:

Wednesdays: 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 ACADEMY

**OPEN TO
ALL!**

General information:

The **Gresol Pickleball Academy** welcomes **everyone**: **parents, students, and even players from outside the school** who want to take their game to the next level.

Classes are **available both in groups and individually**, designed for all levels—from absolute beginners to advanced players seeking refinement.

Training is led by **Ignasi de Rueda, multiple-time Spanish Champion, together with Juanjo Gómez de Haro, pickleball technical specialist** and the driving force behind Gresol's pickleball program.

A unique opportunity to **learn, train, and grow** in the world's fastest-growing sport, guided by top professionals in an inspiring environment.

Beyond technique, the academy builds values such as **teamwork, discipline, and resilience** that make a real difference on and off the court.

Each session is an opportunity to **push limits, celebrate progress, and share the excitement of the game**.

Join us and experience pickleball not just as a sport, but as a community.

Recommended Participants:

Open to all moms, dads, child, Gresol Alumni and parents friends

Schedule:

Fridays, from 5:00 PM to 7:00 PM

Price:

€60/month/person



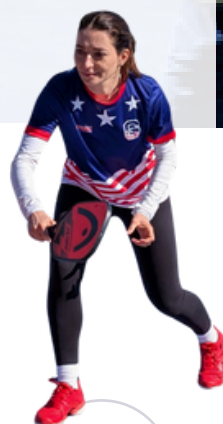
With:

Juanjo Gómez de Haro
Técnico especialista en Pickleball



With:

Ignasi de Rueda Genover
Campeón de España de Pickleball



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OPEN TO
ALL!
PICKLEBALL
FRIENDS

WEEKEND PICKLEBALL LEAGUES & COURT RENTALS

General information:

Looking for a **fun way** to play pickleball and **meet new people**? Join our **American-style leagues on weekends**—open to **Gresol families and friends from outside the school**!.

In "Americanas", you play in rotating doubles: **winners move up, losers move down**, and partners change. It's a social, fast-paced format where **everyone gets to play with and against different people**.

- **All levels** welcome
- **Paddles available** to borrow
- **Come solo or with friends**—we can match you with players

Want to play on your own?

You can **rent the courts every day from 7:00 p.m.** onwards to enjoy a private match with friends. Just contact us to book a slot—we can even help you find people to play with. Let's play! **Pickleball. Friends. Fun.**

Weekdays:

Court rentals available Monday to Friday, from 7:00 PM onwards

Weekends:

American-style leagues
(Days and times to be confirmed based on demand and availability)

Price:

€8 per person

Special rate for Gresol parents: €5

- Paddles available to borrow



With:

Juanjo Gómez de Haro

Técnico especialista en Pickleball



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!

FREE

Recommended Participants:

Open to all moms and dads & Gresol Alumni

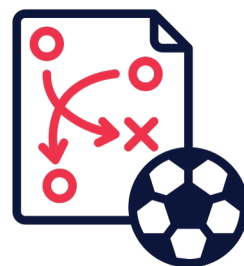
Schedule:

Thursdays from 7:00 PM to 8:00 PM

Price:

Free activity

Organized by Gresol families activities group



**OPEN TO
ALL!**

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 **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, 2025, and ends on June 27, 2026.

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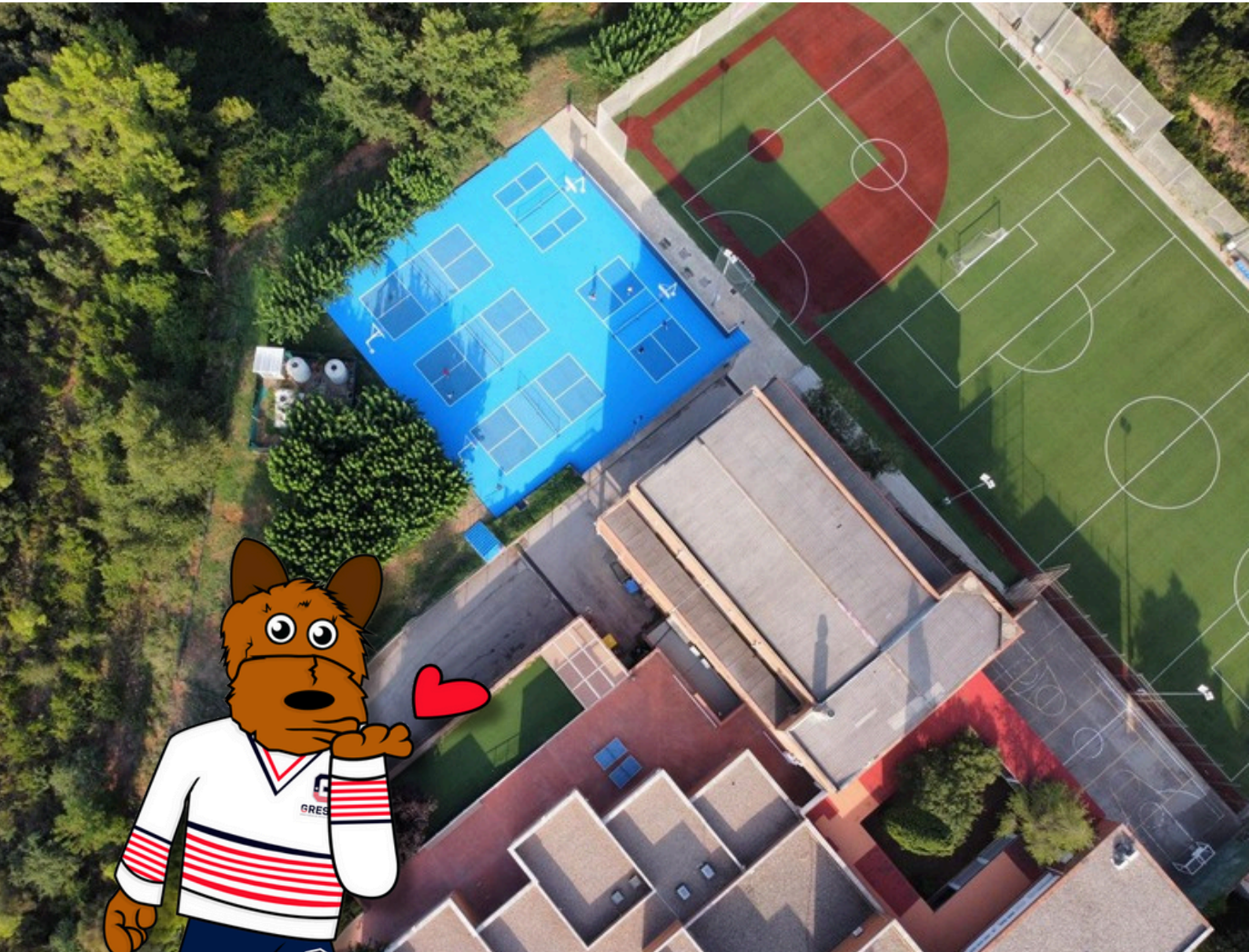


With:
Sabadell Atlètic



Extracurricular Activities 2025 - 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNIOR & SENIOR SCHOOL					
2,00 pm to 3,00 pm		PICKLEBALL (G4 to G12)		PICKLEBALL (G4 to G12)	PICKLEBALL KIDS (K to G3)
		BALLET (PK3 to G1)		BALLET (PK3 to G1)	
		SKATING (G1 to G7)		SKATING (G1 to G67)	MANGA (K to G12)
			JUDO (G1 to G6)		JUDO (G1 to G6)
	FENCING (ESGRIMA) (PK4 to G6)				
	VOLLEYBALL (G4 to G6)		VOLLEYBALL (G4 to G6)		
		SOCCER KIDS (PK4 to G6)	CHESS & BOARD GAMES (PK4 to G6)	SOCCER KIDS (PK4 to G6)	
SENIOR SCHOOL					
1,30 pm to 2,30 pm	VOLLEYBALL (G7 & G8)	VOLLEYBALL (G9 to G12)	VOLLEYBALL (G7 & G8)	VOLLEYBALL (G9 to G12)	
			JUDO (G7 to G10)		JUDO (G7 to G10)
	SOCCER (G7 to G10)		SOCCER (G7 to G10)		
PARENTS					
3,45 pm to 4,45 pm					
4,00 pm to 5,00 pm		SPANISH FOR PARENTS GRESOL	CATALAN FOR PARENTS GRESOL	ENGLISH FOR PARENTS GRESOL	
5,00 pm to 7,00 pm					PICKLEBALL PARENTS GRESOL
7,00 pm to 8,00 pm				PARENTS SOCCER GRESOL	





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