



Four Forest

EXTRA-CURRICULAR
ACTIVITIES (ECA'S)
FFL

2025 BLOCK A

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Four Forest



Extra-Curricular Activities Programme

We are excited to announce a new structure for our extra-curricular activities programme, designed to optimize participation and learning capabilities. Activities will now run in 10-week blocks, allowing students to fully immerse themselves in their chosen courses while offering flexibility to explore new interests throughout the year.

Why the 10-Week Block Structure?

The shorter, focused duration of our blocks promotes better engagement and allows students to balance their interests with academic commitments. This format also provides the opportunity to explore a variety of activities over the course of the year

Key Features of the Program

- Limited Spaces for Enhanced Learning: Each course has a defined capacity to ensure an optimal environment for all participants. Spaces are allocated on a first-come, first-served basis.
- 10-Week Commitment: Registrations are now made per 10-week block, allowing parents and students to evaluate their participation on a more manageable timeline.
- Mid-Block Entry: Students may join mid-block if spaces are available, ensuring flexibility while maintaining group continuity.

Expert-Led Activities

All activities will be coached and taught by professionals who specialize in their respective fields. Each course is conducted by trusted external companies, carefully selected by Four-Forest to ensure the highest quality instruction and enriching experiences for our students.

Cancellations and Refunds

As we are running the program in 10-week blocks, cancellations will not be necessary to submit. Before the end of the 10-week block, a new schedule will be sent out for you to sign-up for. However, if you wish to cancel during the 10-week block please get in touch with us via email. Refunds are not applicable for absences or withdrawals made after the block begins.

Contact Us

For any inquiries regarding our extra-curricular activities programme, please contact the Four-Forest ASC Coordinator, or our management assistant. We are here to assist you and ensure your child has a rewarding experience.

Contact Information:

Four-Forest Luzern

Alisa Beul, Management Assistant

office-luzern@four-forestschooll.ch

Charlotte Mills, ASC Coordinator

charlotte.mills@four-forestschooll.ch

Important Information

Behavioural Policies

At Four-Forest Luzern we expect the students to maintain a level of respect and awareness for the teachers, peers, and external staff members. We reserve the right to remove your child if they are not following our behavioural standards. This includes but is not limited to: disrespectful language, bullying, physical violence, continuous negative feedback from club providers, and disruptive behaviour/language.

Please visit the link below to review our behaviour policy:

https://cognitaschoolsukmy.sharepoint.com/:b:/g/personal/charlotte_mills_cognita_com/EdfIhBRXiQxJlwCFBvd94XoB-SpWucATubKffa-60ZT7_g?e=8sJjpO

Age Limits

Four-Forest Luzern will no longer be providing ECA's for children in preschool. From our perspective, and from our external providers, the children are much too young, and tired at 15:30. It is in their best interest that preschool children are in ASC Care no longer than 16:30 without an ECA. Our goal is to provide quality care and service, over quantity. If you have a child in preschool starting August, there will be a morning dance class provided for preschoolers instead of an afternoon ECA 3 times a week. You can sign-up for this instead of Early Bird from 07:30 - 08:30.

External Companies

Our external providers have been providing their services to many schools around Zurich, Zug, and Luzern for many years. During the trial period, the teachers you may meet may not be the definite club teacher once ECA's officially start. Once ECA's are confirmed, an email will be sent out to introduce you to the club teachers and their experience and qualifications. All external providers will have back-up-teachers if that exact teacher is sick or otherwise unable to provide the club on a particular day, so the entire block is secure for attendance.

Internal Teachers

Our internal teachers who run ECA's provide their time and expertise. When our internal teachers are sick, or unable to provide their designated club, we may not be able to provide an additional teachers to take over the club. We will however, let you know as soon as possible if this is the case, and your child will be able to attend ASC Care for free until their pick-up time.

Frequently Asked Questions

We have compiled a list of questions relating to ASC Care/ECA's and policies. Please be sure to take a read through the questions before returning to FFL in August.

Please see link below:

https://cognitaschoolsuk-my.sharepoint.com/:b:/g/personal/charlotte_mills_cognita_com/EWT-3eD-3jZEi7zRhFDxIgBWnuQ5TZZz3CGmvJ8lyoCFg?e=hGnGEi

YEARLY CALENDAR OVERVIEW

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	ECA WEEKS	KEY DATE INFO	INFO
AUGUST	18th	19th	20th	21st	22nd	23rd	24th		NO ECA'S ONLY ASC	ECA TRIALS TUESDAY AND THURSDAY
	25th	26th	27th	28th	29th	30th	31st	1	START OF BLOCK A	CHECK YOUR SIGN-UPS FOR ECA'S
SEPTEMBER	1st	2nd	3rd	4th	5th	6th	7th	2		
	8th	9th	10th	11th	12th	13th	14th	3		
	15th	16th	17th	18th	19th	20th	21st	4		
	22nd	23rd	24th	25th	26th	27th	28th	5		
OCTOBER			1st	2nd	3rd	4th	5th		HOLIDAYS	
	6th	7th	8th	9th	10th	11th	12th		HOLIDAYS	
	13th	14th	15th	16th	17th	18th	19th		NO ECA'S ONLY ASC	
	20th	21st	22nd	23rd	24th	25th	26th	6		
	27th	28th	29th	30th	31st	1st	2nd	7		
NOVEMBER	3rd	4th	5th	6th	7th	8th	9th	8		
	10th	11th	12th	13th	14th	15th	16th	9		
	17th	18th	19th	20th	21st	22nd	23rd	10	END OF BLOCK A	
	24th	25th	26th	27th	28th	29th	30th		NO ECA'S ONLY ASC	
DECEMBER	1st	2nd	3rd	4th	5th	6th	7th	1	START OF BLOCK B	
	8th	9th	10th	11th	12th	13th	14th	2	LONG WEEKEND	NO SPARK SCIENCE
	15th	16th	17th	18th	19th	20th	21st	3		
	22nd	23rd	24th	25th	26th	27th	28th		CHRISTMAS HOLIDAY	
JANUARY	29th	30th	31st	1st	2nd	3rd	4th		CHRISTMAS HOLIDAY	
	5th	6th	7th	8th	9th	10th	11th		NO ECA'S ONLY ASC	
	12th	13th	14th	15th	16th	17th	18th	4		
	19th	20th	21st	22nd	23rd	24th	25th	5		
	26th	27th	28th	29th	30th	31st	1st	6		
FEBRUARY	2nd	3rd	4th	5th	6th	7th	8th	7		
	9th	10th	11th	12th	13th	14th	15th		HOLIDAYS	
	16th	17th	18th	19th	20th	21st	22nd		HOLIDAYS	
	23rd	24th	25th	26th	27th	28th	1st	8		
MARCH	2nd	3rd	4th	5th	6th	7th	8th	9		
	9th	10th	11th	12th	13th	14th	15th	10	END OF BLOCK B	SS WILL RUN THEIR LAST CLASS MON 16TH.
	16th	17th	18th	19th	20th	21st	22nd		NO ECA'S ONLY ASC	ONLY SPARK SCIENCE MONDAY
	23rd	24th	25th	26th	27th	28th	29th		NO ECA'S ONLY ASC	TRIAL CLUBS START FOR BLOCK C
	30th	31st	1st	2nd	3rd	4th	5th			
APRIL	6th	7th	8th	9th	10th	11th	12th		HOLIDAYS	
	13th	14th	15th	16th	17th	18th	19th		HOLIDAYS	
	20th	21st	22nd	23rd	24th	25th	26th	1	START OF BLOCK C	
	27th	28th	29th	30th	1st	2nd	3rd	2		
MAY	4th	5th	6th	7th	8th	9th	10th	3		
	11th	12th	13th	14th	15th	16th	17th	4		LONG WEEKEND
	18th	19th	20th	21st	22nd	23rd	24th	5		
	25th	26th	27th	28th	29th	30th	31st	6		
JUNE	1st	2nd	3rd	4th	5th	6th	7th	7		LONG WEEKEND
	8th	9th	10th	11th	12th	13th	14th	8		
	15th	16th	17th	18th	19th	20th	21st	9		
	22nd	23rd	24th	25th	26th	27th	28th	10	END OF BLOCK C	
JULY	29th	30th	1st	2nd	3rd	4th	5th		NO ECA'S ONLY ASC	

WEEKLY TIMETABLE OVERVIEW

Day	ECA Activity	Time	Grades	Staffing
Monday	Mini Movers	07:30 – 08:30	Preschool & KG1	External – Evilia
Monday	Spark Science	15:30 – 16:30	KG2 & G1	External – Spark Science
Monday	Spark Science	15:30 – 16:30	G2, G3, G4, & G5,	External – Spark Science
Tuesday	Mini Movers	07:30 – 08:30	Preschool & KG1	External - Evilia
Tuesday	Tanzhaus Dance Club	10:00 – 11:00	G3, G4, & G5	External - Julia
Tuesday	Karate	15:30 – 16:30	KG2, G1 & G2	External - Masterplan
Tuesday	Digital Art/Coding	15:30 – 16:30	G3, G4, & G5	External - Masterplan
Tuesday	Football Club	15:30 – 16:30	KG1, KG2, & G1	Internal - Michelle
Wednesday	Cross-Country Training	12:30 – 13:30	G2, G3 & G4	Internal - Lawrence
Wednesday	Lego Club	12:30 – 13:30	KG1 & KG2	External – Young Engineers
Wednesday	Robo Lego	13:30 – 14:30	G2, G3, & G4	External – Young Engineers
Thursday	Mini Movers	07:30 – 08:30	Preschool & KG1	External - Evilia
Thursday	Creative Art	15:30 – 16:30	G1, G2, & G3	External – Caroline
Thursday	Fitness Club	15:30 – 16:30	KG2, G1 & G2	External – Masterplan
Thursday	Football Club	15:30 – 16:30	G3, G4, G5, & G6	Internal - Michelle
Thursday	Videography Club	15:30 – 16:30	G3, G4, G5, & G6	External - Masterplan
Friday	Art Club	15:30 – 16:30	KG2 & G1	External - Elena
Friday	Creative Art	15:30 – 16:30	G3, G4, G5, & G6	External - Caroline
Friday	French Club	15:30 – 16:30	G3, G4, G5, & G6	Internal - Virginie
Friday	Playball	15:30 – 16:30	G1, G2, & G3	External - Playball
Friday	Tanzhaus Dance Club	12:00 – 13:00	G1 & G2	External - Tanzhaus

Preschool Programme

If you would like your child to attend a morning dance class to get ready for the day, Evilia is a professional Ballet Teacher, with 3 children of her own. Evilia is a passionate, energetic, and kind teacher and mother. A great way for your child to loosen up, make friends, gain gross motor skills, and develop a love for dancing and music.

Early Years Mini Movers

Who: Evilia

When: Monday 07:30 - 08:30

Language: Mixed (English/German&French)

Cost: 220

Room: German Preschool

Early Years Mini Movers

Who: Evilia

When: Tuesday 07:30 - 08:30

Language: Mixed (English/German&French)

Cost: 220

Room: German Preschool

Early Years Mini Movers

Who: Evilia

When: Thursday 07:30 - 08:30

Language: Mixed (English/German&French)

Cost: 220

Room: German Preschool

Kindergarten 1 Programme

Early Years Mini Movers (Morning)

Who: Evilia

When: Monday/Tuesday/Thursday 07:30 - 08:30

Language: Mixed (English/German&French)

Cost: 220

Room: German Preschool

Early Years Mini Movers

Who: Evilia

When: Tuesday 15:30 - 16:30

Language: Mixed (English/German&French)

Cost: 220

Room: German Preschool

Lego Club

Who: Lego Big Builders/Challenge

When: Wednesday 12:30 - 13:30

Language: German

Room: Grade 2

Cost: 300

Kindergarten 2 Programme

Spark Science (maximum 14 students)

Who: Spark Science

When: Monday 15:30 - 16:30

Language: English

Room: Grade 1 FFL

Cost: 400

Karate

Who: MasterPlan AcadeME (Nielson)

When: Tuesday 15:30 - 16:30

Language: English

Room: LMS Mensa (Rotsee)

Cost: 350

Little League Football Team (minimum 8 students to run)

Who: Michelle. O

When: Tuesday 15:30 - 16:30

Language: German

Room: Outside training

Cost: 160

Lego Challenge

Who: Young Engineers (YE)

When: Wednesday 12:30 - 13:30

Language: German

Room: Grade 2

Cost: 300

Fitness Club

Who: MasterPlan AcadeME

When: Thursday 15:30 - 16:30

Language: German/English

Room: Outside FFL/Rotsee

Cost: 300

Art Club (Max 6 students)

Who: Elena

When: Friday 15:30 - 16:30

Language: English

Room: English Preschool

Cost: 160

Grades 1 & 2 Programme

Spark Science (maximum 12 students) (G1)

Who: Spark Science

When: Monday 15:30 - 16:30

Language: English

Room: Grade 1 FFL

Cost: 400

Spark Science (maximum 12 students) (G2)

Who: Spark Science

When: Monday 15:30 - 16:30

Language: English

Room: Grade 1 FFL

Cost: 400

Football Club Training (minimum 8 students to run)

Who: Michelle. O

When: Tuesday 15:30 - 16:30

Language: German

Room: Outside Training

Cost: 160

Karate

Who: MasterPlan AcadeME (Nielson)

When: Tuesday 15:30 - 16:30

Language: English

Room: LMS Mensa (Rotsee)

Cost: 350

Cross Country/P.E Training (G2)

Who: Lawence

When: Wednesday 13:00 - 14:00

Language: English

Room: Outside training Rotsee

Cost: 120

Creative Art

Who: Caroline. L

When: Thursday 15:30 - 16:30

Language: English

Room: FFL Mensa

Cost: 200

Art Club (G1)

Who: Elena

When: Friday 15:30 - 16:30

Language: English

Room: English Preschool

Cost: 160

Playball

Who: Playball

When: Friday 15:30 - 16:30

Language: English

Room: Outside FFL

Cost: 250

Tanzhaus

Who: Tanzhaus

When: Friday 12:00 - 13:00

Language: German/English

Room: LMS Mensa Rotsee

Cost: 150

Grades 3 & 4 Programme

Spark Science (maximum 12 students)

Who: Spark Science

When: Monday 15:30 - 16:30

Language: English

Room: Grade 1 FFL

Cost: 400

Tanzhaus Dance Club

Who: Julia Rossa

When: Tuesday 10:00 - 11:00

Language: English/German

Room: LMS Mensa (Rotsee)

Cost: 150

Digital Art/Coding

Who: Masterplan AcadeME

When: Tuesday 15:30 - 16:30

Language: English/German

Room: English Preschool

Cost: 350

Robo Lego

Who: Young Engineers (YE)

When: Wednesday 13:30 - 14:30

Language: German

Room: Grade 2 FFL

Cost: 350

Football Club Training (minimum 8 students to run)

Who: Michelle. O

When: Thursday 15:30 - 16:30

Language: German

Room: Outside Training

Cost: 160

French Club

Who: Virginie

When: Friday 15:30 - 16:30

Language: French

Room: Grade 1 FFL

Cost: 230

Creative Art

Who: Caroline. L

When: Friday 15:30 - 16:30

Language: English

Room: FFL Mensa

Cost: 200

Grades 5 & 6 Programme

Please enquire about additional tutoring classes for French and German support for grades 5 & 6 if needed.

Digital Videography

Who: Masterplan AcadeME

When: Tuesday 15:30 - 16:30

Language: English/German

Room: English Preschool

Cost: 350

Football Club Training (minimum 8 students to run) GIRLS AND BOYS

Who: Michelle. O

When: Thursday 15:30 - 16:30

Language: German

Room: Outside Training

Cost: 160

Creative Art

Who: Caroline. L

When: Friday 15:30 - 16:30

Language: English

Room: FFL Mensa

Cost: 200

French Club

Who: Virginie

When: Friday 15:30 - 16:30

Language: French

Room: Grade 1 FFL

Cost: 230

BLOCK A REGISTRATIONS

Please click on the link provided and please ensure to provide all relevant information for registration purposes:

ENGLISH:

<https://forms.office.com/Pages/ResponsePage.aspx?id=gtzSBu1vO02SGDfTT7BAW-gz4H6ika9Lvztg11EqJX1UNEZSSDFaWEtNV05WUU9SRUZQV0UxUzFaUi4u>

GERMAN:

<https://forms.office.com/Pages/ResponsePage.aspx?id=gtzSBu1vO02SGDfTT7BAW-gz4H6ika9Lvztg11EqJX1UM1NWSzc1N0tQTE1TVzQ5Uks1UUE5QTVYNy4u>

Course Information

For an overview of the courses available by external companies, please click on the links below. Please note that some of these links have an expiry date, if you need further information, please reach out and contact Charlotte Mills: charlotte.mills@four-forestschool.ch

MasterPlan AcadeME: https://cognitaschoolsuk-my.sharepoint.com/:b:/g/personal/charlotte_mills_cognita_com/EfgiV_-ssOdCkWmGEvmNKhsBMyfO0vKRHTRamaC4nu8TIQ?e=Jf1VTb

Young Engineers: <https://youngeng.ch/enrichment-programs/>

Spark Science: <https://www.sparkscience.ch/>

Caroline Little G2 & G3: https://cognitaschoolsuk-my.sharepoint.com/:p:/g/personal/charlotte_mills_cognita_com/EQfE1dnbLJRJIHxLcRFbJEwBVZjmSipBq3ag2rzdmsdr0g?e=38HlWU

Caroline Little G4, G5, & G6: https://cognitaschoolsuk-my.sharepoint.com/:p:/g/personal/charlotte_mills_cognita_com/EfJ3LmCX8vBCiOD47nN5pVQB4dUzBcuVHLYtr-KGrwi3qw?e=pJFaEc

Tanzhaus: <https://www.tanzhausluzern.ch/>