



Real Program Adult - Term 1 - Oberursel Catalog

Registration

Registration for all classes takes place online from 28 August 19:00 - 1 September 23:59.

All classes and prices subject to change. Please review the brochure on Tuesday prior to registration.

Registration Help Desk

28 August 18:15 - 19:30 - Upper School Tech Deck.

Please Note

Classes are listed by category:

Arts Academy, Holiday Camps and Trips, Language Academy, Performing Arts Academy, Sports and Wellness Academy, STEM Academy

Class sizes are limited based on the instructor's recommendations.

Placement in classes is based on a first come, first served basis.

Classes begin Monday, 9 September and end Friday, 15 November; however, select classes may have different start and end dates so please carefully check the dates in the course descriptions.

Kids Club

Kids Club is available after school care for children up to Grade 5. Children may use Kids Club for a full afternoon or before/after an activity. Please note that all children Grade 5 and below must to be under adult supervision after school hours. Please register with kids_club@fis.edu

Contact Information

Activities Department

Office: 06171 2024-497

E-mail: real@fis.edu

Arts Academy

Cake Design and Decorating (Advanced)

50,00 €

26 Oct Grade 4 - Adult 3 seats available

Saturday 13:00 - 16:00

You took one of my earlier decorating classes and felt like you have now mastered piping simple shapes, or have some experience and would like to take it to the next level? Would you like to join me to learn how to make icing roses, make a succulent garden or work more with fondant.

Join me in my hands-on cake decorating advanced class.

Location: FISO Campus

Instructor: Petra Bennett

View some of my creations at: <https://goo.gl/yZ35Y2>.

Cake Design and Decorating (Introduction)

50,00 €

21 Sep Grade 4 - Adult Wait-list only. Queue: 3rd

Saturday 09:00 - 12:00

Are you bored with store-bought cakes? Would you like to make one of your own but don't know how to start? Maybe you have tried your own creations but they didn't turn out the way anticipated? Join me in my hands-on cake decorating class and I will take you through basic decorating techniques for cakes and cupcakes.

Location: FISO Campus

Instructor: Petra Bennett

View some of my creations at: <https://goo.gl/yZ35Y2>.

Cake Design and Decorating (Introduction)

50,00 €

26 Oct Grade 4 - Adult Wait-list only. Queue: 1st

Saturday 09:00 - 12:00

Are you bored with store-bought cakes? Would you like to make one of your own but don't know how to start? Maybe you have tried your own creations but they didn't turn out the way anticipated? Join me in my hands-on cake decorating class and I will take you through basic decorating techniques for cakes and cupcakes.

Location: FISO Campus

Instructor: Petra Bennett

View some of my creations at: <https://goo.gl/yZ35Y2>.

Clay Works

95,00 €

09 Sep - 11 Nov Grade 6 - Adult Wait-list only. Queue: 2nd

Monday 15:30 - 16:30

Be creative with clay using hand building techniques and glazing. For beginners to advanced skills, all are welcome! Cost of materials is included in the price.

Class does not meet on: 30 September

Instructor: Yuki Hirao

Cooking with Anna - All you can do with chicken

60,00 €

05 Feb Adult Wait-list only. Queue: 4th

Wednesday 11:00 - 14:00

In this session we'll cook a "simple" chicken different ways. We'll use a variety of methods: smoke, fry, roast, etc. I will show you how nothing in the bird needs to go to waste. My approach is to use the whole bird: we'll cook crispy chicken skin and whip up a smoked chicken liver pate with thyme and marsala, prepare chicken Kiev, and cook some chicken skewers in soy sauce. Taste the cooked dishes or take them home with you for lunch.

Duration: 3 hours(approx.) including preparation and cooking, eating and cleaning

Location: FISO Campus

Skills: None required

Class cost includes ingredients.

Instructor: Anna Schmidt

anna@londonforcooks.com

www.londonforcooks.com

Cooking with Anna - Frankfurt and Surroundings Market Tour (September)

35,00 €

24 Sep Adult 4 seats available

Tuesday 09:00 - 14:00

This is a day out getting to know Frankfurt and Taunus best food shopping outlets. We will visit small butchers, fishmongers and greengrocers as well as larger food markets. We will chat to traders, fishmongers and butchers. I will guide you through the popular German meat cuts (and compare them to cuts popular in your home country) and give you an overview over the popular fish types. We will then sit down over a coffee to discuss.

Transportation will be by private car. (Dates may be changed upon mutual agreement of all participants)

Instructor: Anna Schmidt

anna@londonforcooks.com

www.londonforcooks.com

Cooking with Anna - Frankfurt and Surroundings Market Tour (October)

35,00 €

29 Oct Adult 2 seats available

Tuesday 09:00 - 14:00

This is a day out getting to know Frankfurt and Taunus best food shopping outlets. We will visit small butchers, fishmongers and greengrocers as well as larger food markets. We will chat to traders, fishmongers and butchers. I will guide you through the popular German meat cuts (and compare them to cuts popular in your home country) and give you an overview over the popular fish types. We will then sit down over a coffee to discuss.

Transportation will be by private car. (Dates may be changed upon mutual agreement of all participants)

Instructor: Anna Schmidt
anna@londonforcooks.com
www.londonforcooks.com

Cooking with Anna - Frankfurt and Surroundings Market Tour (January)

35,00 €

28 Jan Adult 10 seats available

Tuesday 09:00 - 14:00

This is a day out getting to know Frankfurt and Taunus best food shopping outlets. We will visit small butchers, fishmongers and greengrocers as well as larger food markets. We will chat to traders, fishmongers and butchers. I will guide you through the popular German meat cuts (and compare them to cuts popular in your home country) and give you an overview over the popular fish types. We will then sit down over a coffee to discuss.

Transportation will be by private car. (Dates may be changed upon mutual agreement of all participants)

Instructor: Anna Schmidt
anna@londonforcooks.com
www.londonforcooks.com

Cooking with Anna - Knife Skills

60,00 €

23 Oct Adult Wait-list only. Queue: 1st

Wednesday 11:00 - 14:00

We shall start with an introduction to the different types of knives and their uses and then move onto the different cutting methods: I will show you how to slice or chop an onion, how to prepare julienne, brunoise and other professional vegetable cuts. We will also segment some citrus fruits and make apple and melon balls, before preparing a couple of traditional sauces (which do not need cooking), and can be used in salads with the vegetables we have prepared. We will slice vegetables for pickling and finish the day by preparing a number of delicious salads, which you can then take home with you to enjoy.

Duration: 3 hours(approx.) including preparation and cooking, eating and cleaning

Location: FISO Campus

Skills: None required

Class cost includes ingredients.

Instructor: Anna Schmidt
anna@londonforcooks.com
www.londonforcooks.com

Cooking with Anna - Meat and Co.

60,00 €

15 Jan Adult Wait-list only. Queue: 2nd

Wednesday 11:00 - 14:00

Join the class and get an introduction to different meat cuts and learn what to pay attention to when choosing meat. I will teach you to understand why some less expensive "off-cuts" can be used to prepare a delicious dinner. You will discover the tricks the chefs use to prepare their amazing sauces. On the menu: succulent meat balls, 2 minute beef flank, plum stuffed pork fillet with apple cider sauce.

Duration: 3 hours(approx.) including preparation and cooking, eating and cleaning

Location: FISO Campus

Skills: None required

Class cost includes ingredients.

Instructor: Anna Schmidt
anna@londonforcooks.com

Cooking with Anna - Sauces and Co.

60,00 €

13 Nov Adult Wait-list only. Queue: 2nd

Wednesday 11:00 - 14:00

In this sauce cooking class you will master an area of cooking that is often considered tricky but really isn't. You will learn that with just a few simple ingredients you can make a variety of classic sauces that can be used as they are or as the starting point for plenty of exciting dishes, such as using your bechamel to make macaroni and cheese. These are all really useful sauces to have in your repertoire to make both everyday or more special dishes (e.g. hollandaise sauce, mayonnaise, classic pesto, vinaigrette, roux for thickening sauces, etc.) We will also cook some dishes using the sauces and you can take the created sauces home with you.

Duration: 3 hours(approx.) including preparation and cooking, eating and cleaning

Location: FISO Campus

Skills: None required

Class cost includes ingredients.

Instructor: Anna Schmidt

anna@londonforcooks.com

www.londonforcooks.com

Creative Sewing

70,00 €

13 Sep - 15 Nov Grade 6 - Adult 3 seats available

Friday 15:30 - 16:30

Create your own cloth based projects such as pouches or clothes, and learn hand as well as machine sewing skills and techniques. For beginners to advanced, all are welcome! You bring your own materials, such as cloth and thread.

Class does not meet on: 25 October, 1 November

Instructor: Yuki Hirao

Drawing for Realism for Adults (Oberursel Campus)

270,00 €

10 Sep - 26 Nov Adult 1 seat available

Tuesday 08:50 - 11:50

Learn techniques and ideas behind successful drawing, as developed and used for centuries by the "Masters of Drawing" from Da Vinci to Van Gogh, and beyond. We will explore many topics including drawing people, objects & environments. Open to all skill levels.

Class does not meet on: 1 October

Instructor: Guus Floor, Artist and Illustrator

Drawing Realism (Grade 6-Adult)

85,00 €

11 Sep - 13 Nov Grade 6 - Adult 1 seat available

Wednesday 15:20 - 16:20

Learn techniques and ideas behind successful drawing, as developed and used for centuries by the "Masters of Drawing" from Da Vinci to Van Gogh, and beyond. We will explore many topics including drawing people, objects & environments. Open to all skill levels (Grade 6 to Adult)

Class does not meet on: 2 October

Instructor: Guus Floor, Artist and Illustrator

Introduction to Knitting

80,00 €

09 Sep - 11 Nov Grade 4 - Adult 4 seats available

Monday 15:15 - 16:15

In this introduction to knitting students will learn the basics of knitting. Skills that will be taught are how to cast on/off stitches, basic stitches, and how to make some basic patterns. Once the basic skills are taught, students will be able to chose a pattern they like, and make a scarf. Students will be required to purchase their own wool so they can choose what they like.

Class does not meet on: 30 September
Instructor: Karen McEwan

Landscape Painting in Oils

175,00 €

12 Sep - 14 Nov Grade 6 - Adult Wait-list only. Queue: 1st
Thursday 15:15 - 17:15

The Taunus region features some of the most beautiful landscapes in all of Germany and oil painting is one traditional medium for capturing the many impressions of the views with which we are surrounded. Looking for an introduction to basic oil painting en plein air? Care to stretch your skills in observational painting? Want to produce a permanent and highly personalized memory of your stay here in Germany that you can hang up at home or give as a gift? Then this course could be for you. Course fee includes canvas, paints and solvents.

Note: Possible 2-3 Saturday morning/afternoon outings, pending good weather

Questions? Ask Mr Trebel, Upper School Visual Art instructor in room 352.

Class does not meet on: 3 October
Instructor: Darren Trebel

Painting Workshop

45,00 €

07 Dec Grade 5 - Adult 4 seats available
Saturday 10:00 - 17:00

FIS REAL is proud to present a workshop offered by an artist from Landau, Susanne Wadle. The participants of the workshop will be presented with a unique opportunity to create a painting alongside a contemporary practicing artist.

Self-portraits, dreams of flying and fantastic landscapes are just a few possible ideas that could be explored, but it is up to individual participants to decide on the theme of the paintings. If you enjoy being creative and using your imagination and you would like to further develop your skills in painting, then this course is for you. The workshop is open to children from Grade 5 and adults.

The workshop will take place on Saturday, 7 December on FISO Campus

Note: This workshop requires a minimum 8 participants.

Instructor: Susanne Wadle
www.susannewadle.de

Patchwork - Advent Calendar Workshop

60,00 €

02 Nov Grade 6 - Adult Wait-list only. Queue: 1st
Saturday 10:00 - 15:00

T'is the season! We will sew up reusable Advent Calendars that are bound to become family heirlooms. The individual pockets can be filled with goodies and candies to your liking. Machines, tools and all required materials will be provided. Pick from a number of designs.

Location: FISO Campus
Instructor: Christine Weiskopf

Patchwork & Quilting - 16 November

50,00 €

16 Nov Grade 6 - Adult 6 seats available
Saturday 10:00 - 15:00

Patchwork and Quilting is creative and fun, beautiful and truly individual. Come and join us!

In the course of six workshops you can pick one individually to give this wonderful pastime a try. Or pick several to extend your knowledge and work with me on your project of choice. Beginner and advanced quilters are equally welcome. Sewing machines and tools will be provided, the fabric will be brought by yourself with the help of a provided material list.

Class Location: FISO Campus
Instructor: Christine Weiskopf

Patchwork & Quilting - 19 October

50,00 €

19 Oct Grade 6 - Adult 5 seats available
Saturday 10:00 - 15:00

Patchwork and Quilting is creative and fun, beautiful and truly individual. Come and join us!

In the course of six workshops you can pick one individually to give this wonderful pastime a try. Or pick several to extend your knowledge and work with me on your project of choice. Beginner and advanced quilters are equally welcome. Sewing machines and tools will be provided, the fabric will be brought by yourself with the help of a provided material list.

Class Location: FISO Campus
Instructor: Christine Weiskopf

Pen and Ink Drawing (All Skill Levels)

80,00 €

10 Sep - 12 Nov Grade 6 - Adult Wait-list only. Queue: 3rd
Tuesday 15:15 - 16:15

Are you looking to take your doodling to the next level or are do you want to build on your current drawing skills? All levels are welcome to explore mark making in pen. I will create personalized projects for you to meet your goals. Some areas I will cover will include zentangle patterns, hatching, stipple and creating tonality. You can see some of my pen drawings on my website: bluelavaart.com and click drawing.

Class does not meet on: 1 October
Instructor: Jessica Russo Scherr

Holiday Camps and Trips

Canoe Trip

Free

20 Jun - 28 Jun 2020 Grade 6 - Grade 12 19 seats available

Note: There is a fee for this trip. Final cost depends on number of participants and travel costs and usually costs between €600 - 900.

Are you ready to take a journey that will change your life? Signing up for the school canoe trip is an experience that takes you to an environment that will change and have a lasting impact on you as you meet natural challenges in some of the most beautiful landscape Sweden has to offer.

In this unique learning environment our staff teach and practice wilderness, teamwork and leadership skills. Participants will receive an introduction to leadership skills, strength of character and a desire to serve while activities fill most of the time and the pace is quick.

Each trip includes members of FIS staff who are experienced in chaperoning school trips. The staff members paddle alongside participants to provide extra support to students.

This is a school sponsored trip and all school rules apply. Students will be expected to be cooperative and behave responsibly.

For more information please contact Pete Sinclair.
Email: Pete_Sinclair@fis.edu

Tentative Trip Dates: 22-30 June

Ski / Snowboard Trip

895,00 €

15 Feb - 22 Feb 2020 Grade 6 - Grade 12 61 seats available

Note: There is a fee for this trip. Final cost depends on number of participants and travel costs and usually costs between €800 - 900.

Every February FIS staff travel with a group of students to Austria. We find that Austria provides students with excellent value for money, superb snow and ski conditions and hospitable accommodation. The trip is offered to those in the Upper School and offers students of all abilities the chance to experience six days of skiing/snowboarding with lessons. Throughout the years we have had students who attend trips in consecutive year; this illustrates the enjoyment students experience on the trip.

Each trip includes members of FIS staff who are experienced in chaperoning school trips. The staff members attach themselves to a different ski

group to provide extra support to students during ski lessons. Evening entertainment is a big part of the ski trip, and we organize a variety of activities during the week.

This is a school sponsored trip and all school rules apply. Students will be expected to be cooperative and behave responsibly.

For more information please contact Petra Bennett.

Email: Petra_Bennett@fis.edu

Trip Dates: 15 - 22 February

Language Academy

Conversational English

75,00 €

10 Sep - 12 Nov

Adult

Wait-list only. Queue: 3rd

Tuesday

13:45 - 14:45

This class is a basic conversational English class for parents. Together we will cover topics that interest you and are important for you to be able to communicate in common social and school settings. The course will help you increase your vocabulary to find the right words for your daily conversations and help you feel more comfortable speaking English in real-life situations and have fun learning at the same time.

Class does not meet on: 1 October

Instructor: Anita Waldner

Conversational German (Advanced)

75,00 €

09 Sep - 11 Nov

Adult

7 seats available

Monday

10:15 - 11:15

This class is aimed at participants who have reached some proficiency in German and would like to expand their conversational skills beyond the everyday situations. Join me for an hour of debate of current news and other interesting topics. Before each class you will get an email with helpful vocabulary and some questions to think about. I will moderate and facilitate the discussion during the class. Please note that this class is for advanced German learners. If you are unsure about your level, please contact the instructor).

Course skill level is approximately C1.

Class does not meet on: 30 September

Instructor: Anna Schmidt anna.s.schmidt@googlemail.com

Ms. Schmidt holds a German and English Teacher University degree and has experience in teaching. She moved back to Germany two years ago after more than ten years in the UK and had to go through a period of settling back in and living through the situations one would normally have to go through when adjusting to life in a foreign country. This experience helps her select materials for the lessons to be most useful to the participants.

Conversational German (Beginners/Intermediate)

75,00 €

09 Sep - 11 Nov

Adult

5 seats available

Monday

11:15 - 12:15

Join me at the FIS Oberursel Campus an hour of conversational German based on common interactions. You will learn German as it's spoken in everyday situations. We shall cover a vast set of topics: touching upon practical things, like organising visit to a doctor, booking a restaurant or ordering takeaway, explaining a household problem to a plumber and moving on to broader conversation topics e.g. children upbringing, social media, hobbies. The course will help you find the right words in daily conversation and speak German with confidence in a wide range of real-life situations.

I have a "German and English Teacher" University degree and have experience in teaching. I moved back to Germany only two years ago after more than ten years in the UK and had to go through a period of settling back in and living through the situations one would normally have to go through when adjusting to life in a foreign country. This experience helps me select materials for the lessons to be most useful to the participants.

Course Skill Level: Approximately B1 German language level.

Class does not meet on: 30 September

Instructor: Anna Schmidt

German - Language Classes- Beginners A2

320,00 €

13 Sep - 29 May 2020 Adult

4 seats available

Friday

10:20 - 11:50

Note: This is a full year course

Learning the language of your host country makes living easier and more enjoyable. Knowledge of the German language will improve the quality of life substantially: shopping, dining out, visiting a doctor, orientation in the city or just a small talk with your neighbours.

As a German language teacher with the Master's Degree in German language and literature studies and education, established 20 years ago in Oberursel and having a focus of teaching expats, adults and children, Ms. Schneider offers every level with practising all language skills: pronunciation, grammar, writing and role-playing, which enhance capabilities and mode of expression.

Class does not meet on:

Thursday: 3 October, 19 December, 26 December, 2 January, 20 February, 9 April, 16 April, 21 May

Friday: 4 October, 20 December, 27 December, 3 January, 14 February, 21 February, 10 April, 17 April, 1 May, 22 May

Instructor: Elena Schneider of Sprachglobus

German - Language Classes-Absolute Beginners A1.1

340,00 €

12 Sep - 29 May 2020 Adult

4 seats available

Thursday

08:50 - 10:20

Note: This is a full year course

Learning the language of your host country makes living easier and more enjoyable. Knowledge of the German language will improve the quality of life substantially: shopping, dining out, visiting a doctor, orientation in the city or just a small talk with your neighbours.

As a German language teacher with the Master's Degree in German language and literature studies and education, established 20 years ago in Oberursel and having a focus of teaching expats, adults and children, Ms. Schneider offers every level with practising all language skills: pronunciation, grammar, writing and role-playing, which enhance capabilities and mode of expression.

Class does not meet on:

Thursday: 3 October, 19 December, 26 December, 2 January, 20 February, 9 April, 16 April, 21 May

Friday: 4 October, 20 December, 27 December, 3 January, 14 February, 21 February, 10 April, 17 April, 1 May, 22 May

Instructor: Elena Schneider of Sprachglobus

German - Language Classes-Absolute Beginners A1.2

320,00 €

13 Sep - 29 May 2020 Adult

1 seat available

Friday

08:50 - 10:20

Note: This is a full year course

Learning the language of your host country makes living easier and more enjoyable. Knowledge of the German language will improve the quality of life substantially: shopping, dining out, visiting a doctor, orientation in the city or just a small talk with your neighbours.

As a German language teacher with the Master's Degree in German language and literature studies and education, established 20 years ago in Oberursel and having a focus of teaching expats, adults and children, Ms. Schneider offers every level with practising all language skills: pronunciation, grammar, writing and role-playing, which enhance capabilities and mode of expression.

Class does not meet on:

Thursday: 3 October, 19 December, 26 December, 2 January, 20 February, 9 April, 16 April, 21 May

Friday: 4 October, 20 December, 27 December, 3 January, 14 February, 21 February, 10 April, 17 April, 1 May, 22 May

Instructor: Elena Schneider of Sprachglobus

German Musical Theatre - Die Bremer Stadtmusikanten (Town Musicians of Bremen)

30,00 €

01 Feb

Primary - Adult

18 seats available

Saturday

16:00 - 17:30

Musical Theatre Events!

The FIS Language Academy is proposing cultural events in German for children and parents to attend and enjoy together!

These musical theatre pieces in German will give children an opportunity to engage with German culture and the German language outside of a school setting. These are events are for both parent(s) and child(ren) to attend together.

We have three events planned for the academic year!

Event 1

Schneekönigin (The Snow Queen)

Date: 9th November 2019

Time: 16:00-17:30

Come and see Hans Christian Andersons beloved tale of the adventures of Gerda, Kai and the Snow Queen brought to life with musical theater!

Event 2

Die Bremer Stadtmusikanten (The Town Musicians of Bremen)

Date: 1st February 2020

Time: 16:00-17:30

This ever popular story of the four farm animals that strike out on their own and become town musicians in the city of Bremen is another classic from the Brothers Grimm! Come and enjoy the piece accompanied by live music at the theatre.

Event 3

Pippi Langstrumpf

Date: 25th April 2020

Time: 16:00-17:45

Come and watch Pippi Langstrumpf, her monkey named Mr. Nilsson, her horse and her friends head out for another wild adventure! This piece will be accompanied by live music.

Please note:

- A minimum of 12 attendees is required.

-You will receive a fun preparation activity in the lead up to the event!

-Before the event, we will meet in a cafe nearby for a snack, drink and discussion about the piece, meeting time will be announced closer to the event.

-Please remember to register each attendee (each parent as well as the child) for the event!

Location:

Papageno Musiktheater

Palmengartenstraße 11a

60325 Frankfurt am Main

Chaperones: Ruth Skitt and Rebecca Sprodowsky

German Musical Theatre - Pippi Langstrumpf

30,00 €

25 Apr

Primary - Adult

13 seats available

Saturday

16:00 - 17:45

Musical Theatre Events!

The FIS Language Academy is proposing cultural events in German for children and parents to attend and enjoy together!

These musical theatre pieces in German will give children an opportunity to engage with German culture and the German language outside of a school setting. These are events are for both parent(s) and child(ren) to attend together.

We have three events planned for the academic year!

Event 1

Schneekönigin (The Snow Queen)

Date: 9th November 2019

Time: 16:00-17:30

Come and see Hans Christian Andersons beloved tale of the adventures of Gerda, Kai and the Snow Queen brought to life with musical theater!

Event 2

Die Bremer Stadtmusikanten (The Town Musicians of Bremen)

Date: 1st February 2020

Time: 16:00-17:30

This ever popular story of the four farm animals that strike out on their own and become town musicians in the city of Bremen is another classic

from the Brothers Grimm! Come and enjoy the piece accompanied by live music at the theatre.

Event 3

Pippi Langstrumpf

Date: 25th April 2020

Time: 16:00-17:45

Come and watch Pippi Langstrumpf, her monkey named Mr. Nilsson, her horse and her friends head out for another wild adventure! This piece will be accompanied by live music.

Please note:

- A minimum of 12 attendees is required.

-You will receive a fun preparation activity in the lead up to the event!

-Before the event, we will meet in a cafe nearby for a snack, drink and discussion about the piece, meeting time will be announced closer to the event.

-Please remember to register each attendee (each parent as well as the child) for the event!

Location:

Papageno Musiktheater

Palmengartenstraße 11a

60325 Frankfurt am Main

Chaperones: Ruth Skitt and Rebecca Sprodowsky

German Musical Theatre - Schneekönigin (The Snow Queen)

30,00 €

09 Nov

Primary - Adult

16 seats available

Saturday

16:00 - 17:30

Musical Theatre Events!

The FIS Language Academy is proposing cultural events in German for children and parents to attend and enjoy together!

These musical theatre pieces in German will give children an opportunity to engage with German culture and the German language outside of a school setting. These are events are for both parent(s) and child(ren) to attend together.

We have three events planned for the academic year!

Event 1

Schneekönigin (The Snow Queen)

Date: 9th November 2019

Time: 16:00-17:30

Come and see Hans Christian Andersons beloved tale of the adventures of Gerda, Kai and the Snow Queen brought to life with musical theater!

Event 2

Die Bremer Stadtmusikanten (The Town Musicians of Bremen)

Date: 1st February 2020

Time: 16:00-17:30

This ever popular story of the four farm animals that strike out on their own and become town musicians in the city of Bremen is another classic from the Brothers Grimm! Come and enjoy the piece accompanied by live music at the theatre.

Event 3

Pippi Langstrumpf

Date: 25th April 2020

Time: 16:00-17:45

Come and watch Pippi Langstrumpf, her monkey named Mr. Nilsson, her horse and her friends head out for another wild adventure! This piece will be accompanied by live music.

Please note:

- A minimum of 12 attendees is required.

-You will receive a fun preparation activity in the lead up to the event!

-Before the event, we will meet in a cafe nearby for a snack, drink and discussion about the piece, meeting time will be announced closer to the event.

-Please remember to register each attendee (each parent as well as the child) for the event!

Location:

Papageno Musiktheater

Palmengartenstraße 11a

60325 Frankfurt am Main

Chaperones: Ruth Skitt and Rebecca Sprodowsky

Online - Rosetta Stone

100,00 €

09 Sep - 29 May 2020 Adult

42 seats available

We are excited to inform you that as a member of the FIS Community, you have the opportunity to learn up to 25 languages, including German and English on-line with Rosetta Stone. FIS provides access to the Rosetta Stone language learning program for our parents through the REAL program at a discounted price. So join the many others within our community and start learning your new language today.

After the class registration period ends, an account shall be created for you. All details shall be sent to your e-mail address, as well as the access to printable work material. Registration is for a six month period.

To learn more, please attend an information session on Tuesday 27 August at 9:00 - Room 252.

Facilitator: Christiane Storm, christiane_storm@fis.edu

Performing Arts Academy

Private Music Lessons

Free

09 Sep - 29 May 2020 Grade 1 - Adult

89 seats available

Please note, to register for Private Music Lessons contact Rita Merrick, Rita_merrick@fis.edu, directly to organize your lessons.

Private music lessons are offered after school in the FIS, Oberursel Campus, Upper School Performing Arts Department. Lesson times and payment schedules are arranged directly with the private music teachers. Currently, there are music instruction for Cello, Clarinet, Double Bass, Drums/Percussion, Flute, French Horn, Guitar, Piano, Saxophone, Trombone, Trumpet, Violin and Voice.

For a complete list of teachers, related instruments and contact details, and organization of Private Music Lessons please contact Rita Merrick at Rita_merrick@fis.edu.

Sport and Wellness Academy

01.Indoor Cycling - Advanced

140,00 €

09 Sep - 25 Nov

Adult

Wait-list only. Queue: 1st

Monday

08:50 - 10:05

This is a pure cardiovascular high intensity training workout. This workout is choreographed to drive your legs on hill climbs and sprints with music to ultimately reach a whole new fitness level. A nice burst of cardio where calorie burning and heart-pumping rides are guaranteed. A good fitness level is mandatory. Appropriate for outside bikers too. Students need a water bottle, sturdy indoor sport shoes and a towel.

Note: Classes do not meet during Fall Break I and II

Instructor: Gerla de Boer

02.Indoor Cycling - Introduction to Cycling

110,00 €

09 Sep - 25 Nov

Adult

3 seats available

Monday

10:10 - 11:10

This is an excellent class for starting indoor cycling. You will learn the functions of an indoor bike; how to use the resistance levels; to cycle in the right rhythm of the music and to work progressively throughout the course to a better fitness level. This is a fun group workout to burn calories with a low intensity level and easy accessibility. This is the right course for you if you want to start a new fitness routine! Students need a water bottle, sturdy indoor sport shoes and towel.

Class does not meet during Fall Break I and II.

Instructor: Gerla de Boer

04.Indoor Cycling - Advanced

110,00 €

10 Sep - 26 Nov Adult Wait-list only. Queue: 1st

Tuesday 19:00 - 20:00

This is a pure cardiovascular high intensity training workout. This workout is choreographed to drive your legs on hill climbs and sprints with music to ultimately reach a whole new fitness level. A nice burst of cardio where calorie burning and heart-pumping rides are guaranteed. A good fitness level is mandatory. Appropriate for outside bikers too. Students need a water bottle, sturdy indoor sport shoes and a towel.

Note: Classes do not meet during Fall Break I and II
Instructor: Gerla de Boer

06.Indoor Cycling - Advanced

110,00 €

11 Sep - 27 Nov Adult Wait-list only. Queue: 1st

Wednesday 17:00 - 18:00

This is a pure cardiovascular high intensity training workout. This workout is choreographed to drive your legs on hill climbs and sprints with music to ultimately reach a whole new fitness level. A nice burst of cardio where calorie burning and heart-pumping rides are guaranteed. A good fitness level is mandatory. Appropriate for outside bikers too. Students need a water bottle, sturdy indoor sport shoes and a towel.

Note: Classes do not meet during Fall Break I and II
Instructor: Gerla de Boer

07.Indoor Cycling - Advanced

140,00 €

12 Sep - 28 Nov Adult 4 seats available

Thursday 08:50 - 10:05

This is a pure cardiovascular high intensity training workout. This workout is choreographed to drive your legs on hill climbs and sprints with music to ultimately reach a whole new fitness level. A nice burst of cardio where calorie burning and heart-pumping rides are guaranteed. A good fitness level is mandatory. Appropriate for outside bikers too. Students need a water bottle, sturdy indoor sport shoes and a towel.

Note: Classes do not meet during Fall Break I and II
Instructor: Gerla de Boer

08.Indoor Cycling - Introduction to Cycling

110,00 €

12 Sep - 28 Nov Adult 2 seats available

Thursday 10:05 - 11:05

This is an excellent class for starting indoor cycling. You will learn the functions of an indoor bike; how to use the resistance levels; to cycle in the right rhythm of the music and to work progressively throughout the course to a better fitness level. This is a fun group workout to burn calories with a low intensity level and easy accessibility. This is the right course for you if you want to start a new fitness routine! Students need a water bottle, sturdy indoor sport shoes and towel.

Class does not meet during Fall Break I and II.
Instructor: Gerla de Boer

09.Indoor Cycling - Intermediate

110,00 €

12 Sep - 28 Nov Grade 9 - Adult 1 seat available

Thursday 15:30 - 16:30

The intermediate class is a workout where some basic indoor cycling experience is needed. This cycling class is set to powerful music, choreographed to provide a fat burning workout and improve cardiovascular conditioning. There will be interval training sections with active use of resistance. Basic endurance is mandatory. Students need to bring a water bottle, sturdy indoor sport shoes and a towel.

Previous experience with the IC7 Indoor Cycling Bike is required.

Class does not meet during Fall Break I and II.
Instructor: Gerla de Boer

11.Indoor Cycling - Intermediate

100,00 €

13 Sep - 29 Nov Grade 9 - Adult 3 seats available
Friday 09:05 - 10:05

The intermediate class is a workout where some basic indoor cycling experience is needed. This cycling class is set to powerful music, choreographed to provide a fat burning workout and improve cardiovascular conditioning. There will be interval training sections with active use of resistance. Basic endurance is mandatory. Students need to bring a water bottle, sturdy indoor sport shoes and a towel.

Previous experience with the IC7 Indoor Cycling Bike is required.

Class does not meet during Fall Break I and II.

Instructor: Gerla de Boer

FIS Slow Pitch Softball

Free

12 Sep - 17 Oct Adult 27 seats available

Thursday 18:45 - 20:30

All adults are invited to join friendly Slow Pitch Softball on Thursday evenings on the Oberursel Campus.

Please register via the below form:

https://docs.google.com/forms/d/e/1FAIpQLSeLTL6WD4fMeL8sOPxf-KGqc6kXSVjvLRgR2_mI9-Kiaibkmg/viewform?vc=0&c=0&w=1

Contact Dave_Hawthorne@fis.edu for more information.

FIS Sunday Soccer

Free

15 Sep - 31 May 2020 Adult 30 seats available

Sunday 10:00 - 12:00

All adults are invited to join friendly Sunday soccer matches on the Oberursel Campus.

All skill levels are welcome.

Online registration is not required.

Please contact:

Dave McCoy

email: David_McCoy@fis.edu

Jez Gregg

email: Jez_Gregg@fis.edu

FUN n Fit With HIIT (PENALTY BOX GRID format)

75,00 €

12 Sep - 14 Nov Adult 6 seats available

Thursday 14:00 - 15:00

FUN n FIT with HIIT (PENALTY BOX GRID format)

The Penalty Box® is a complete body workout program with over 119 Exercises based on a patented fitness product that uses a grid with four squares. It is a high intensity athletic workout encouraging mind and body focus while exercising to improve cardio, full body and Core strength, agility and balance. With these Penalty Box® workouts, everyone is working at their own skill level. It can be the hardest or easiest workout in the world, depending on you and your trainer.

For a brief glimpse of the workout, please see: <https://youtu.be/Sx8trs0Xy4U>

Class does not meet on:

Wednesday - 2 October

Thursday - 3 October

Instructor: Manika Mookerjee

FUN n Fit With HIIT (PENALTY BOX GRID format)

75,00 €

11 Sep - 13 Nov Adult 6 seats available

Wednesday 10:00 - 11:00

FUN n FIT with HIIT (PENALTY BOX GRID format)

The Penalty Box® is a complete body workout program with over 119 Exercises based on a patented fitness product that uses a grid with four squares. It is a high intensity athletic workout encouraging mind and body focus while exercising to improve cardio, full body and Core strength, agility and balance. With these Penalty Box® workouts, everyone is working at their own skill level. It can be the hardest or easiest workout in the world, depending on you and your trainer.

For a brief glimpse of the workout, please see: <https://youtu.be/Sx8trs0Xy4U>

Class does not meet on:

Wednesday - 2 October

Thursday - 3 October

Instructor: Manika Mookerjee

FUN-n-FIT with HIIT (STRONG by Zumba/TABATA formats)

75,00 €

10 Sep - 12 Nov

Adult

5 seats available

Tuesday

08:50 - 09:50

FUN n FIT with HIIT (STRONG by Zumba/ TABATA formats)

These athletic bodyweight HIIT workouts use varied work:recovery interval formats ranging from the new revolutionary STRONG classes (licensed by Zumba; NOT a DANCE class) with music specially created for the moves, to traditional TABATA. As intended, HIIT gives you a metabolic 'after-burn' post workout, which means you continue to burn calories much after you have stopped exercising. It is an optimal workout that focuses on cardio and muscle conditioning of the full body and the Core. With these HIIT workouts, everyone is working at their own skill level. It can be the hardest or easiest workout, depending on you and your trainer.

For a brief glimpse of the program, please see: <https://youtu.be/v9aQWKt934c>

Class does not meet on:

Tuesday - 1 October

Friday - 4 October, 25 October

Instructor: Manika Mookerjee

FUN-n-FIT with HIIT (STRONG by Zumba/TABATA formats)

70,00 €

13 Sep - 15 Nov

Adult

5 seats available

Friday

10:00 - 11:00

FUN n FIT with HIIT (STRONG by Zumba/ TABATA formats)

These athletic bodyweight HIIT workouts use varied work:recovery interval formats ranging from the new revolutionary STRONG classes (licensed by Zumba; NOT a DANCE class) with music specially created for the moves, to traditional TABATA. As intended, HIIT gives you a metabolic 'after-burn' post workout, which means you continue to burn calories much after you have stopped exercising. It is an optimal workout that focuses on cardio and muscle conditioning of the full body and the Core. With these HIIT workouts, everyone is working at their own skill level. It can be the hardest or easiest workout, depending on you and your trainer.

For a brief glimpse of the program, please see: <https://youtu.be/v9aQWKt934c>

Class does not meet on:

Tuesday - 1 October

Friday - 4 October, 25 October

Instructor: Manika Mookerjee

Pilates with Jennifer

80,00 €

10 Sep - 12 Nov

Adult

10 seats available

Tuesday

10:00 - 11:00

Pilates is a system of moving with control, following a specific order of exercises along with focused breath. Pilates is similar to yoga with a focus on each movement coming from the core abdominal region. Through this exercise you will build strength and develop control and endurance in the body. The exercise uses your own body weight and simple equipment for resistance to engage your entire body during each session.

Class does not meet on: 1 October

Instructors: Jennifer Lapina

Power Pilates

75,00 €

12 Sep - 14 Nov Adult Wait-list only. Queue: 1st

Thursday 09:00 - 10:00

Pilates is a holistic body-conditioning routine designed to increase physical endurance, flexibility, posture, coordination and core strength. The focus is on the muscles of the pelvic floor, back and abdomen. They ensure a correct and healthy posture. The training includes strength exercises, fascia exercises, stretching and conscious breathing. Body and mind are trained equally. Try this classic yet contemporary method of Pilates.

Class does not meet on: 3 October, 7 November

Instructor: Judith Schüler

Power Pilates

75,00 €

12 Sep - 14 Nov Adult 1 seat available

Thursday 10:00 - 11:00

Pilates is a holistic body-conditioning routine designed to increase physical endurance, flexibility, posture, coordination and core strength. The focus is on the muscles of the pelvic floor, back and abdomen. They ensure a correct and healthy posture. The training includes strength exercises, fascia exercises, stretching and conscious breathing. Body and mind are trained equally. Try this classic yet contemporary method of Pilates.

Class does not meet on: 3 October, 7 November

Instructor: Judith Schüler

Power Yoga

75,00 €

09 Sep - 11 Nov Adult Wait-list only. Queue: 3rd

Monday 08:50 - 09:50

Enjoy a fun energetic yoga class based on Vinyasa Flow. This class will start slow and build in intensity, leading you through a series of postures and breathing techniques that will help you move, sweat, and feel transformed! Building strength, flexibility and endurance while helping to focus and calm the mind. Restorative poses end the practice. Yoga mat required.

Class does not meet on:

Monday - 30 September

Thursday - 3 October

Instructor: Claire Joy

Power Yoga

75,00 €

12 Sep - 14 Nov Adult 4 seats available

Thursday 07:00 - 08:00

Enjoy a fun energetic yoga class based on Vinyasa Flow. This class will start slow and build in intensity, leading you through a series of postures and breathing techniques that will help you move, sweat, and feel transformed! Building strength, flexibility and endurance while helping to focus and calm the mind. Restorative poses end the practice. Yoga mat required.

Class does not meet on:

Monday - 30 September

Thursday - 3 October

Instructor: Claire Joy

WoWW (Working out With Weights)

75,00 €

09 Sep - 11 Nov Adult Wait-list only. Queue: 1st

Monday 10:00 - 11:00

The WoWW Class is an Integrated Fitness Program, based on the principles set by the American Council On Exercise, addressing all aspects of the fitness continuum: Stability, Mobility, Agility, Endurance, Strength and Power. Workouts focus on the upper body, lower body and core. Free Weights (Dumbbells), Bodyweight, Resistance Bands and Stability Balls are used for training.

Class does not meet on:

Monday - 30 September

Wednesday - 2 October
Instructor: Manika Mookerjee

WoWW (Working out With Weights)

75,00 €

11 Sep - 13 Nov Adult 3 seats available
Wednesday 08:50 - 09:50

The WoWW Class is an Integrated Fitness Program, based on the principles set by the American Council On Exercise, addressing all aspects of the fitness continuum: Stability, Mobility, Agility, Endurance, Strength and Power. Workouts focus on the upper body, lower body and core. Free Weights (Dumbbells), Bodyweight, Resistance Bands and Stability Balls are used for training.

Class does not meet on:
Monday - 30 September
Wednesday - 2 October
Instructor: Manika Mookerjee

Yoga Vinyasa Flow

80,00 €

12 Sep - 14 Nov Adult 4 seats available
Thursday 16:00 - 17:15

"Sequential movement that interlinks postures to form a continuous flow. It creates a movement meditation that reveals all forms as being impermanent and for this reason are not held on to." - Maehle

This yoga classes focuses on breath synchronized movement, which will help you staying more focused by going with the flow. It is suitable for beginners as well as more advanced practitioners. It is also a great way to learn the basics of pranayama-yogic breathing. Please bring your own mat.

Class does not meet on: 3 October
Instructor: Karin Davis

Zumba Fitness

70,00 €

13 Sep - 15 Nov Adult Wait-list only. Queue: 1st
Friday 08:50 - 09:50

Complete beginners and advanced dancers/fitness enthusiasts will enjoy this workout disguised as a dance party. Sweat and burn to rhythmic beats from all over the world: Salsa, Reggaeton, Coupé-Décalé, Soca, and so much more!

Class does not meet on: 4 October, 25 October
Instructor: Christina Tsurayan

Zumba with Prince

75,00 €

11 Sep - 13 Nov Grade 10 - Adult 1 seat available
Wednesday 17:00 - 18:00

In Zumba® Fitness we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Class does not meet on: 2 October
Instructor: Terrance "Prince" James

Cancellation Policy:

When fewer than eight (8) participants register for a program, the Activities Director reserves the right to cancel the class for the term. Notice will be sent to all participants who have indicated interest in the class as early as possible so they may register for another class, if desired. Participants do not have the option of a trial class. If a participant drops out of a class within two (2) weeks, the course fee will be partly reimbursement, the cost of the classes will be deducted from such reimbursement. This reimbursement will be calculated in the following way:

Total reimbursement = (8 × number classes + 20€ cancellation fee)

*Materials fee will be deducted only when materials have been purchased prior to the course.

After two (2) weeks, no reimbursement will be given. The cancellation fee will be waived if a participant transfers to another activity within the REAL Program or cancels his/her course the Friday prior to the start of the REAL Term. A course cancellation form must be completed..

Should a class be cancelled, the participants will be contacted so alternative arrangements can be made. For last minute cancellations due to illness, emergency or weather, students in grade 5 and below will join Kids Club. There are no make up classes.. When a participant misses a class, there will be no alternative lesson or reimbursement.