

2025/2026



EXTRACURRICULAR Activities

Learning is fun!

liceo-europeo.es



ABOUT OUR PROGRAM

At **Liceo Europeo**, we offer a **wide variety of extracurricular activities** designed so that **each student can find the one that best suits their interests**, personality, and pace of development.

These activities complement their academic education by combining learning and enjoyment in a stimulating environment. Through them, we aim to reinforce classroom content, encourage new skills, and above all, ensure that students have fun while learning.

What type of activity should you choose?

- ◆ **Recreational activities**, designed to enhance personal talents and interests, turning that potential into a source of motivation and enjoyment.
- ◆ **Academic support activities**, aimed at consolidating knowledge, improving specific skills, and building confidence in certain areas.

We invite you to explore the full range of options in this dossier and find the activity that best matches your child's interests and needs.

1. Inicio

1. 1. Enrollment

All students enrolled in an activity in 2024/2025 will be automatically re-enrolled for 2025/2026 unless families notify otherwise.

For new registrations or cancellations, please contact:

(secretaria@liceo-europeo.edu.es)

1. 2. Evaluation

Families will receive a quarterly progress report from the activity leader (except for sports activities, excluding the Swimming School).

* This report will not be prepared for sports activities, with the exception of the Swimming School.

1. 3. Preseason Sports Party

As is tradition, a preseason sports party **will be held on Saturday, September 6th**, in the morning **from 10:00 AM to 1:00 PM**.

1. 4. Extracurricular Activities Fair and Open House

The **Extracurricular Activities Fair** will take place at **Liceo Europeo** on **Friday, September 5th**. Starting at **5:00 PM**, the coordinators of the various activities will welcome families to provide information about the programs and answer any questions they may have.

1.5 Start of Activities

Most activities **will begin on September 15th**, with a few exceptions:

- **Swimming:** September 8th
- **Painting:** October
- **Soccer** (Captain Cook): To be determined

The Guidance Department and Management will coordinate and regularly follow up with the professionals responsible for these sessions and the families.

- ◆ Tastings and demonstrations to discover new foods and flavors.
- ◆ Recipes and themed workshops adjusted to their tastes and needs.
- ◆ Special sessions on allergies and intolerances.
- ◆ Educational talks and conferences.
- ◆ Culinary challenges to enjoy at home, cooking with family.
- ◆ Weekend classes to continue learning in a playful way.

$$\begin{aligned} & \pi(x) = \sum_{n \leq x} \frac{1}{n} \log\left(\frac{x}{n}\right) \\ & = G \frac{m_1 m_2}{d^2} E = mc^2 \\ & \frac{1}{x} \dots = \frac{\pi}{6} d^2 \\ & \frac{r^2 V}{S^2} + rS \frac{\partial V}{\partial S} + \frac{\partial V}{\partial t} - rV = 0 \left(\frac{N_{50}}{x} \right) \\ & x \circ (1 - (v^2)) \sum_n \frac{1}{n^3} = \prod_p \frac{1}{1 - \frac{1}{p^3}} \\ & xH = \frac{1}{c} \frac{\partial E}{\partial t} \sum_n \frac{1}{n^3} = \prod_p \frac{1}{1 - \frac{1}{p^3}} \\ & \Phi(x) = \frac{1}{\sqrt{2\pi}\sigma} e^{-\frac{(x-\mu)^2}{2\sigma^2}} \int_{-\infty}^{\infty} e^{-x^2} dx = \sqrt{\pi} \\ & -f(x) E = mc^2 \sqrt{\frac{x+y}{z}} e^{ix} + 1 = 0 \frac{df}{dt} = \lim_{h \rightarrow 0} \frac{f(t+h) - f(t)}{h} \\ & n! = \int_0^{\infty} x^n e^{-x} dx \\ & \log x + \log y \sim 2^N \log x + \log y \\ & E = mc^2 \sum_{n=1}^{\infty} \frac{1}{n^3} \\ & H = -\sum p(x) \log p(x) \end{aligned}$$

Federated Football Teams:

This activity is **led by coaches** with extensive experience and **an alternative methodology in teaching football**, aimed at the comprehensive development of players.

Sessions include acquiring technical, tactical, and regulatory knowledge to raise the level of play.

Additionally, there will be classes focused on improving students' physical abilities. Participation in the Federated Football League.

AGE
4-5
6-10
11-14



Castellana Nueva CF

Castellana Nueva CF was created to continue the training of youth football players from Liceo Europeo's lower categories, following the same methodology and offering them the opportunity to professionalize in this sport. **The club will be made up of players from Liceo Europeo's youth academy** as well as players from the northern area of the Community of Madrid.

Participation in the Federated Football League.
The activity begins in September.

AGE
14 and older



Basketball and Mini Basketball:

Basketball is one of the team sports with the greatest following among young people. **Introductory basketball sessions aim to establish basic skills and abilities**, as well as to perfect ball handling and fundamental aspects of tactical team play.

Through **group training**, students will **individually improve their ball handling along with key qualities of the sport**: dribbling, ball control, passing, and shooting. Additionally, they will work on coordination, motor skills, reaction speed, and physical fitness.

AGE
Mayores de 6



Liceo Pádel School

Located in a unique setting, there are **four magnificent padel courts—all glass-walled and equipped with artificial lighting.**

Sessions take place **Monday to Friday from 5:00 PM to 6:00 PM**, and on **Saturday and Sunday mornings.**

Reservations can be made at www.liceosports.es. For more information, please visit the [Liceo Pádel website](#)



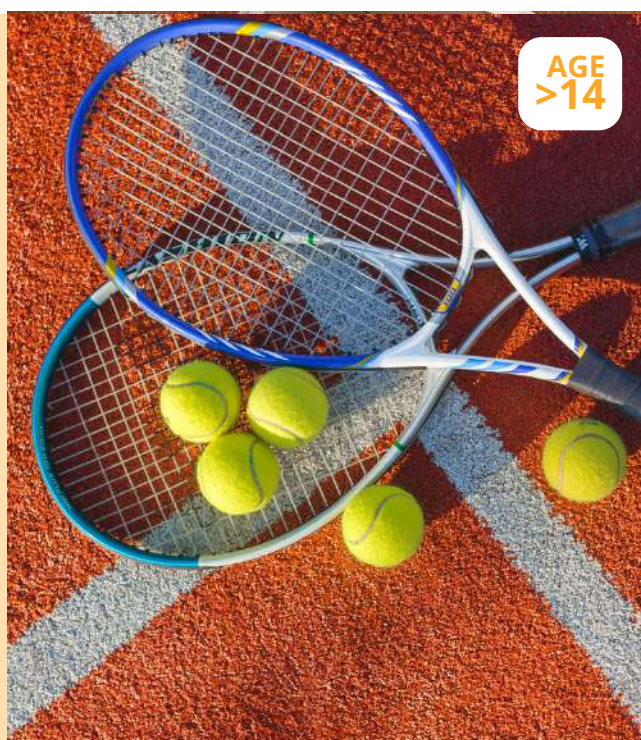
Tennis

This activity is **designed as a continuation for students coming from Mini Tennis.** In this case, **both the materials used and the playing surface comply with official standards** set by the Federation and its regulations.

Focusing on learning the rules and scoring system, students are gradually introduced to the competitive aspect of the sport. **They will improve skills such as strength, coordination, and psychomotor abilities,** while also enhancing agility, aerobic capacity, and reaction speed.

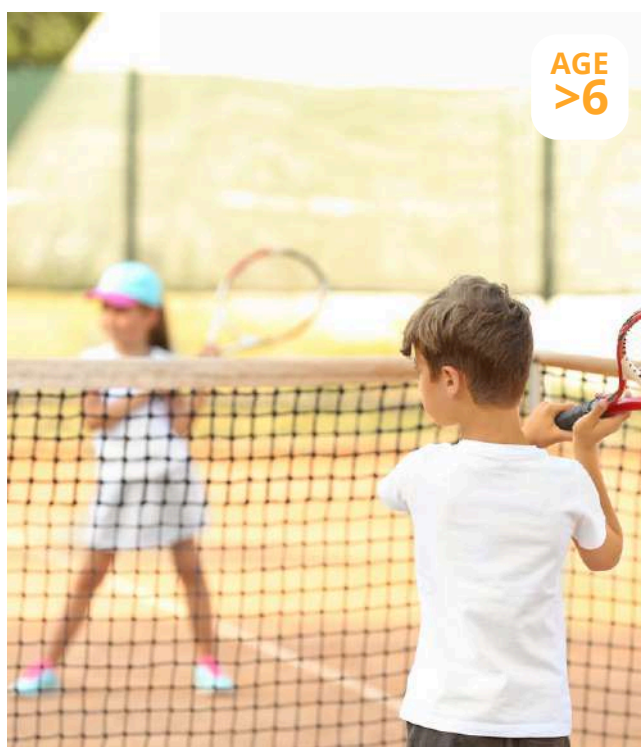
Groups are organized by level: beginner / intermediate / competitive.

Individual lessons: maximum 2 students.
Group lessons: maximum 6 students.



Mini Tennis

Tennis adapted with modified equipment and rules to ensure a more gradual and natural introduction for young learners. Once students have **acquired the basic skills**, they can progress to more advanced learning techniques.



Skating

Through this activity, **children learn to skate through play while developing skills** specific to skating and related sports.

Students must bring their own skates (preferably four-wheel skates or, alternatively, inline skates), **as well as protective gear and a helmet.**



AGE
>6

Club Corredores

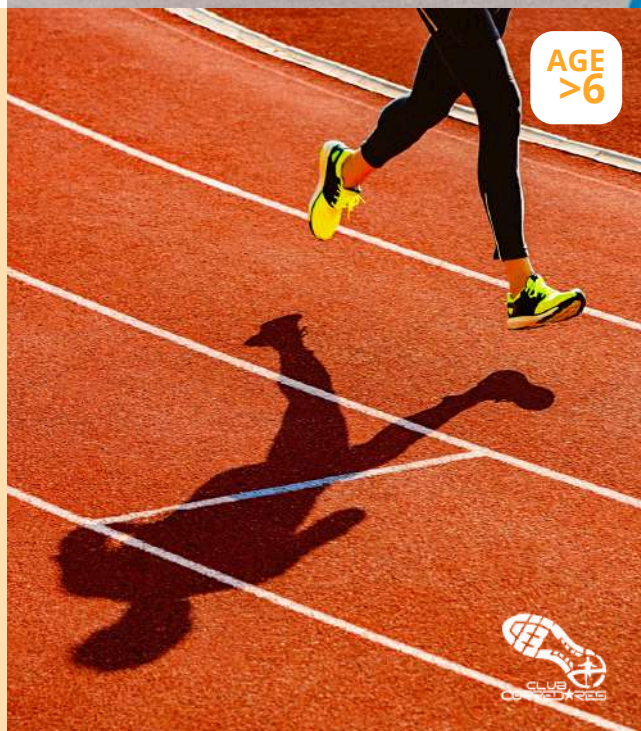
Following the great success of the **Charity Race** organized by the **Liceo Europeo Foundation**, we are launching a **new extracurricular athletics activity** in collaboration with **Club Corredores**, one of the most recognized and respected organizations in this sport.

This activity will **allow students to explore and develop their skills in various athletic disciplines**, improve their physical condition, and—above all—enjoy learning as a team.

Additionally, **participants will have the option to join the athletics federation.**

The **school will provide transportation to the José Caballero Sports Center via school bus. Pick-up at the end of the activity must be arranged directly by families** at the sports center.

♥ Small groups: **minimum 8 students, maximum 12.**



AGE
>6



Diving School

Improvement of aquatic techniques and introduction to scuba diving. Program taught by instructors from the Liceo Balkysub Diving School with the aim of learning everything related to safety and attitudes in the aquatic environment.

This program covers autonomous diving, apnea and relaxation techniques (free diving while holding your breath), and an introduction to marine biology, ecosystems, and the environment. These methods are internationally recognized and based on PADI (Professional Association of Diving Instructors) standards and regulations.



EDAD
>8

Parkour

A **non-competitive discipline focused on developing motor skills and body expression** through movement.

The activity consists of **moving in a straight line while overcoming environmental obstacles without the use of external supports**—working only with one's own body. It serves as an excellent introduction to both artistic and sports gymnastics.

- ◆ **At the beginner level**, students learn the basics of body movement through jumps, rolls, balancing, and the creative use of surrounding elements.
- ◆ **At the advanced level**, acrobatics, spins, and more complex movements are introduced using equipment such as mats and mini-trampolines.

This activity will take place within the school facilities.



Ski Club

A **snow club for the practice of skiing or snowboarding at La Pinilla, Valdesquí, or Xanadú ski resorts** (depending on weather conditions).

- ◆ **4 hours per day of ski lessons** with certified TD1 and TD2 instructors.
- ◆ **Freestyle introduction sessions** available upon request.
- ◆ **Bus transportation** included.
- ◆ **Lift pass and equipment rental.**
- ◆ **Video feedback and analysis.**
- ◆ **Accident insurance.**

The school provides transportation by bus, with departure from and return to Liceo Europeo.



Cross Training

This **activity is primarily based on HIIT** (High-Intensity Interval Training), aimed at **improving physical capabilities** such as **strength, agility, coordination, endurance, and balance**.

Cross Training is an adaptation of the popular CrossFit method and incorporates all fundamental aspects of fitness—developing not only strength but also aerobic capacity and gymnastic skills.

Each program is specifically designed for different age groups, with adapted weights, movement ranges, and technical requirements to ensure safety and effectiveness.



Swimming School

The Liceo Europeo Swimming School has a team of professionals made up of certified swimming instructors and lifeguards with extensive experience in teaching and training.

The school also offers extracurricular swimming lessons and free swim sessions, baby swimming (matro-natación), aquagym, prenatal swimming, therapeutic swimming, guided or open training sessions, and a competition team—for both students and family members.

For more information, please visit the [Liceo Swim Website](#). Reservations at www.liceosports.es.



AGE
0-18

Rhythmic Gymnastics Competition Team

A competition group focused on developing body posture, musical rhythm, and flexibility, while enhancing body awareness and control.

The activity takes place at Liceo Europeo. Groups and schedules will be organized based on the number of participants.

Participation in municipal competitions begins in January.



AGE
5-16

Rhythmic Gymnastics Club

An activity focused on developing body posture, musical rhythm, and flexibility, while enhancing body awareness and control.

The activity takes place at **Liceo Europeo**. **Groups and schedules will be organized based on the number of participants.** Participation in municipal competitions will begin in January.

Gymnasts will also take part in two exhibitions during the school year.

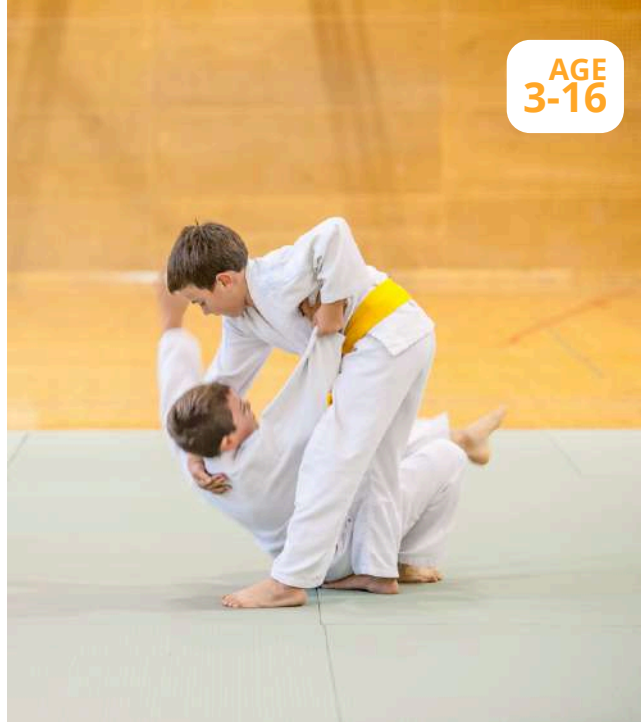


AGE
5-16

Judo

A **martial art that supports a well-rounded education based on discipline, respect, and emotional management.**

Through global development, students can **enhance all physical abilities**—endurance, strength, speed, flexibility, agility, and coordination.



AGE
3-16

Yoga & Mindfulness

Techniques in attention, focus, relaxation, and meditation.

By practicing this discipline, **children learn to discover their own bodies and identify and express their feelings and emotions.** This leads to noticeable improvements in health and greater physical and emotional balance: relaxation, concentration, confidence, coordination...

Groups are formed according to age and level.

At early ages, real or imaginary scenarios are used as part of play; at more advanced levels, students work on body expression, biodance, and relaxation techniques.



AGE
> 4

Modern Dance – Hip Hop

This activity is led by staff from the School.

Students **improve coordination, balance, and flexibility** while having fun learning different choreographies. They will take part in performances throughout the school year.



AGE
5-16

Just Dance – School of Music & Dance

Students work on choreographies and explore different styles of dance with the goal of developing agility, balance, and body dynamism.

- ◆ **Pre-Dance (ages 3–4):** First steps in ballet.
- ◆ **Classical Ballet (from age 5):** Techniques include floor work, barre, and center exercises, as well as choreography.
- ◆ **Flamenco (from age 5):** Footwork and arm techniques, along with clapping and castanet playing.
- ◆ **Sevillanas (from age 8).**



Competition Dance

Urban Dance competition teams will be **divided by age and made up of at least 10 dancers.**

They will work on urban dance techniques (funky, hip hop, popping, and locking) and choreographic performance (essential for preparing the pieces we will present at competitions throughout the year).



Volleyball

A **team sport that emphasizes decision-making and reaction speed.**

It encourages cooperation, social interaction, and teamwork.

Students develop holistically—strengthening values such as commitment, effort, and perseverance—while also improving key physical abilities: coordination, jumping ability, strength, endurance, and flexibility.



Mandarin Chinese / German

Mandarin Chinese classes taught by native-speaking teachers.

- ◆ Language classes begin in early October.
- ◆ Groups are organized according to age and level.



Kids & Tech

A level-based program introducing students to the world of technology while promoting logical thinking, creativity, and teamwork.

- ◆ **Kindergarten:** First steps in programming and robotics through play with robots like Beebot and RobotMouse, physical cards, apps, etc.
- ◆ **1st-2nd Grade:** Introduction to robotics using LEGO WeDo and programming with Scratch.
- ◆ **3rd-4th Grade:** Further exploration of robotics and electronics with Makey-Makey, plus introduction to 3D design and printing.
- ◆ **5th-6th Grade:** For experienced students. Development of advanced projects such as video games, web design, or 3D printing. Active methodology based on real-world challenges fosters independent thinking and STEM skills.

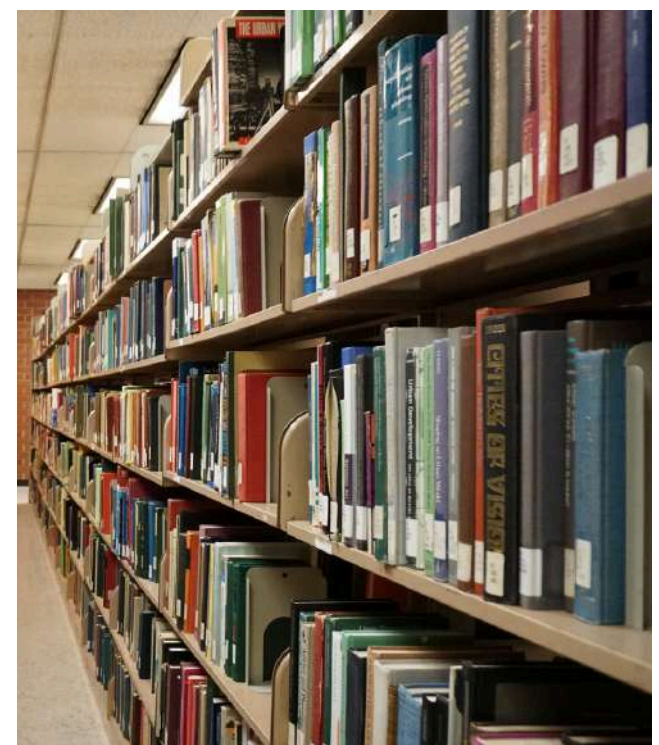


Guided Study

A structured learning environment **designed to consolidate and deepen understanding of course content.**

Sessions are led by subject-specialist teachers, allowing for individualized support tailored to each student's pace and needs.

More than just an extra class, **it's an opportunity to strengthen academic confidence, clarify doubts, and reinforce study habits**—with the guidance of those who know the path best.



Rock Band

An activity aimed at students with basic knowledge of instruments such as keyboard, guitar, electric bass, drums, or even singing.

They will learn about sound and how to listen and perform with a rock attitude. In addition, **they will prepare performances** that not only develop their musical skills but also enhance their social abilities and teamwork.



AGE
>7

Theatre

Classes focused on strengthening skills such as body expression, memory, artistic sensitivity, public speaking, and teamwork.

Through various activities and exercises, students explore, experience, identify, and internalize the emotions that form the foundation of dramatic performance—and learn how to express them.



AGE
>6

School of Music

An introduction to the world of music through individual or group lessons.

Covers **musical instruments, vocal training, and preparation for conservatory entrance exams and Royal School of Music exams.**

- **Early music education for children aged 3 to 5** through games, songs, and listening activities focused on rhythm.
- **Music theory and instrument learning** (guitar, piano, violin, cello, percussion) starting at age 5.
- **Singing and choir classes** also available.



AGE
> 2 & adults

AGE
4-12

Chess

A game of strategy and tactics. Through cooperative exercises, students learn the basic rules of the game. It improves concentration, memory, and skill development.

Minimum number of students required: 9.



AGE
6-13

Robotics

An activity **focused on developing future-ready skills through the design, construction, and operation of robots.**

Using LEGO Educational Robotics, students will learn key values such as communication and empathy, creativity and innovation, problem-solving, teamwork, cooperation and leadership, self-confidence, perseverance, initiative, and an entrepreneurial mindset.



Artistic Painting

An activity **designed to help students discover painting from a new perspective.**

They will begin to appreciate art through various artistic techniques and materials, working with color mixing, drawing, proportions, volume, light, and shadow. This art workshop allows students to paint on easels, canvases, and wood panels using pencils, oils, acrylics, and watercolors.

AGE
> 6 & adults



RATES & SCHEDULES

EXTRACURRICULAR ACTIVITIES

2025/2026

Extracurricular Activity	Fee	Schedule
Speech Therapy & Educational Support	Psycho-pedagogy. 1 session/week (45 min): 41€/month. 2 sessions/week (45 min): 39€/month Speech Therapy. 1 session/week (30 min): 26€/session. 2 sessions/week (30 min): 23€/session. Speech Therapy – Reading & Writing. 1 session/week (45 min): 41€	Monday to Friday at Liceo Europeo, between 8:30 AM and 2:00 PM
Skook Food Studio	Kinder and 1st Grade: 79€ 2nd to 6th Grade: 79€ Cooking materials: 25€/trimester	Lunchtime: Monday, Tuesday, Wednesday, and Thursday from 1:00PM to 2:00PM Afternoon: Monday and/or Tuesday from 5:00 PM to 6:00 PM at Liceo Europeo
Kumon	1 day/week: 56€/month 2 days/week: 74€/month	2 hours/week. Monday to Thursday, between 10:30 AM and 2:00 PM.
Federated Football Teams	AGE 4–5 (Chupetín) Annual fee: 405€. Uniform not included AGE 6–10 (Prebenjamín & Benjamín) Annual fee: 525€. Uniform not included AGE 11–14 (Alevín & Infantil) Annual fee: 550€. Uniform not included	<u>For more details, consult Liceo Football or the attached document.</u>
Castellana Nueva CF	Consult Liceo Football	Cadets (3rd & 4th Secondary): Tuesday, Wednesday, and Thursday. Training field and times to be confirmed <u>Youth teams</u>
Basketball & Mini Basketball School	Annual fee: 525€ Uniform not included	3rd & 4th Grade: Tuesday & Thursday from 1:10 PM - 2:15 PM 1st Grade: Friday from 5:00 PM - 6:00 PM

Extracurricular
Activity

Fee

Schedule

Liceo Pádel School

For details, please consult Liceo Pádel.

Available during school hours, after school,
and on weekends.

Tennis

1 day/week: 80€/month
2 days/week: 133€/month
Group (1 day/week): 66€/month
Group (2 days/week): 87€/month

Monday to Friday (during school hours)
Monday to Thursday (after school)
Groups and schedules will be arranged based
on demand.

Mini Tennis

1 day/week: 66€/month
2 days/week: 87€/month

Monday or Wednesday, 5:00–6:00 PM
Monday and Wednesday, 5:00–6:00 PM

Skating

46€/month. 1h - sessions

Saturdays, two time slots:
11:00 AM–12:00 PM or 12:00 PM–1:00 PM

Yoga

1 day/week: 60€/month

To be confirmed

Ski Club

To be confirmed

Saturdays or Sundays from early January to
the end of March.
Further organizational details will be
provided soon.

Parkour

1 day/week: 67€/month
2 days/week: 87€/month

Monday or Wednesday, 5:00–6:00 PM
Monday and Wednesday, 5:00–6:00 PM

Cross training

1 day/week: 62€/month
2 days/week: 82€/month

Tuesday and/or Thursday, 5:00–6:00 PM

Extracurricular Activity	Fee	Schedule
Club de Corredores Liceo Running	52€/month	Viernes: 17:00-18:00 h.
Diving School	Please inquire at the Secretariat.	Please inquire at the Secretariat.
Swimming School	Consultar en Liceo Swim	Jornada escolar, extraescolar y fines de semana. La actividad de matronatación pasará a los sábados.
Rhythmic Gymnastics Competition Team	3 days/week: 86€ (during school hours)	To be defined (during school hours) Mondays or Wednesdays, 5:30–7:00 PM (afternoon)
Rhythmic Gymnastics Club	1 day/week: 44€/month 2 days/week: 79€/month	Held during school hours.
Judo	1 day/week: 66€/month 2 days/week: 132€/month	PreK 3 & PreK 4: Fridays, 12:00–12:45 PM Kindergarten: Fridays, 1:20–2:15 PM 1st Grade: Fridays, 12:15–1:10 PM 2nd Grade: Mondays, 12:15–1:10 PM 3rd Grade: Wednesdays, 12:15–1:10 PM 4th Grade: Wednesdays, 1:20–2:15 PM 5th & 6th Grade: Mondays, 1:20–2:15 PM Secondary School: Mondays, 2:00–2:50 PM Option to request a second weekly session (please consult).
Modern Dance / Hip-Hop	176€/ trimester	Kindergarten: Tuesdays and Thursdays (midday) 1st & 2nd Grade: Fridays (midday) 3rd & 4th Grade: Fridays, 5:00–6:00 PM 5th, 6th Grade & Secondary School: Fridays, 6:00–7:00 PM

Extracurricular Activity	Fee	Schedule
Just Dance (Music & Dance School)	Pre-Dance (PREK 3–4): 30€/month Ballet: 30€/month Flamenco: 30€/month Ballet + Flamenco: 40€/month Music and Movement: 30€/month Private Music or Singing Lessons: • 20 min/week: 50€/month • 30 min/week: 70€/month • 1 hour/week: 110€/month Musical Language + Rock Band (complementary instrument): 20€/month Rock Band (without instrument): 47€/month Dance Competition (2 hrs/week): 65€/month Theatre: 37€/month	Ballet – 1 day/week (45 min/day): Mondays or Wednesdays Between 12:45 and 14:55 Ballet – 2 days/week (45 min/day): Tuesdays and Wednesdays Between 12:45 and 14:55 Flamenco – 1 day/week (45 min/day): Fridays, from 12:45 to 15:00
Dance Competition	2 days/week. 65 €/month.	Dance Competition: Grades 1st–3rd: Tuesdays and Thursdays, 12:30–13:15 or 17:00–18:00 Grades 4th–6th: Tuesdays and Thursdays 13:30–14:15 and Fridays, 17:00–18:00 Secondary School: Tuesdays and Thursdays, 14:25–15:10 or 17:00–18:00
Volleyball	61€/month	1st–2nd Grade: Fridays, 17:00–18:00 3rd Grade: Mondays & Wednesdays, 12:20–13:10 4th–5th Grade: Mondays & Wednesdays, 17:00–18:30 6th Grade, 1st–2nd Secondary: Tuesdays & Thursdays, 17:00–18:00
Mandarin Chinese / German	Chinese 41 €/month German 43 €/month.	1 day/week. 17:00-18:00 h.
Kids & Tech	79 €/month	Monday-Thursday. 11:00-13:20 h.
Guided Study	21€/month	Monday to Thursday, 17:00–18:00 For students from 4th Grade onwards

Extracurricular
Activity

Fee

Schedule

Rock Band

1 day/week 47 €/month

2nd and 3rd Grade

Tuesdays or Thursdays, from 12:30h to 13:15h or from 17:00h to 18:00h

4th, 5th, and 6th Grade

Tuesdays or Thursdays, from 13:30 to 14:15h or from 17:00h to 18:00h

Secondary School:

Tuesdays or Thursdays, from 14:25h to 15:10h or from 17:00h to 18:00h

Teatro

1 day/week 37 €/month | 2 days/week 57 €/month

3rd, 4th, 5th, and 6th Grade (Primary):

Monday: 13:30 - 14:15h

1st and 2nd Grade (Primary):

Thrusday: 13:30h - 14:30h

Escuela de Música

Según modalidad.

1 day/week, Monday to Thursday:

From 10:30h to 11:30h

2 days/week, Monday to Friday:

From 12:15 h to 14:15h

Secondary School:

From 14:15h to 15:15h

(or during the first recess for Secondary).

Ajedrez

1 day/week 64 €/month

Choose between Wednesday and Friday:

From 13:20 to 14:15, for students from 1st to 6th Grade

(Maximum age: 6th Grade Primary).

Robótica

1 day/week 77 €/month | 2 day/week 103 €/month

1st and 2nd Grade (Primary):

Tuesdays, from 12:25h to 13:15h.

3rd and 4th Grade (Primary):

Thursdays, from 13:15h to 14:10h.

5th and 6th Grade (Primary):

Tuesdays, from 13:15h to 14:10h.

Pintura Artística

69€/month

1 day/week, Monday or Wednesday:

From 17:00 to 18:30.

Starts in October.

DO YOU HAVE ANY QUESTIONS?

liceo-europeo.es

91 650 00 00

liceoeuropeo@liceo-europeo.es

