

2026/2027



extracurricular **ACTIVITIES**



Extracurricular Activities

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, combining learning and enjoyment in a stimulating environment. Through them, we aim to reinforce material covered in the classroom, foster new skills, and, above all, ensure that students have fun while they learn.

What kind of activity should you choose?

- ♦ Recreational activities, designed to nurture personal talents and interests and turn that potential into a source of motivation and enjoyment.
- ♦ Academic enrichment 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 brochure and find the one that best suits your interests and goals.

Registration

All students who participated in these activities last school year are considered registered for them, unless otherwise notified. This year, as a new feature, students will register for extracurricular activities through the official Liceo Europeo app, starting September 3. Students must submit a registration request, and once the request is approved, they will receive a confirmation email (provided there are available spots).

The schedules for each activity are subject to change depending on the number of students enrolled.

Withdrawals must be requested by sending an email to the School Office (secretaria@liceo-europeo.edu.es) at least 10 days before the end of the month (the withdrawal will take effect the following month). There will be no trial days.

Pre-Season Sports Festival

As is now tradition, a pre-season sports festival will be held on Saturday, September 12, in the morning from 10:00 a.m. to 1:00 p.m.

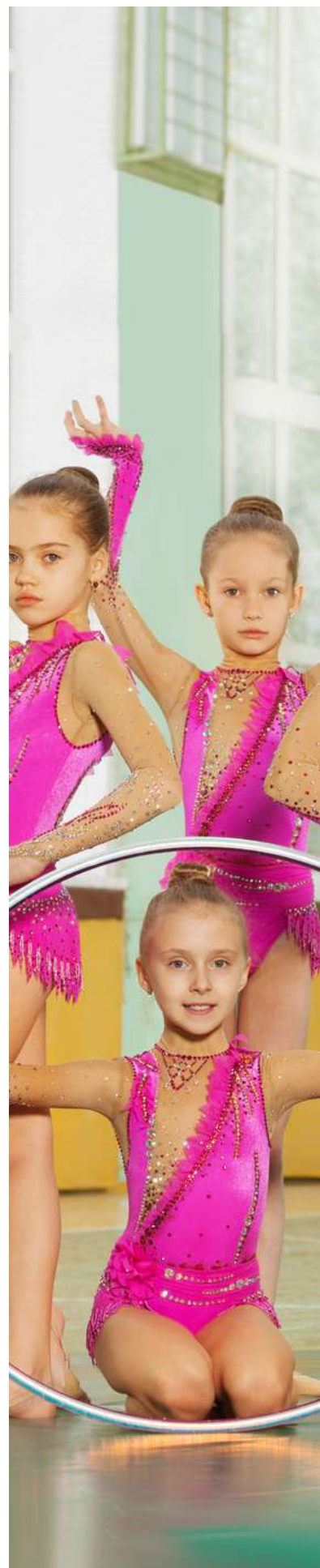
Extracurricular Activities Fair and Open House

The Extracurricular Activities Fair will be held at Liceo Europeo on Friday, September 11. Starting at 5:00 p.m., the coordinators of the various activities will welcome families to provide information about the program and answer any questions they may have.

Start of activities

Most activities will begin on September 14, with a few exceptions:

- Painting, in October
- Soccer, to be determined
- Swimming, September 7



Speech Therapy and Psychopedagogical Support

Individual speech therapy and psychopedagogical support sessions for students who have a prior diagnosis or assessment indicating the need for this service. These sessions will be conducted by Developers' psychologists, educational psychologists, and speech therapists.

The Guidance and Counseling Department will coordinate and provide regular follow-up with the professionals responsible for these sessions and the families.

To sign up for this activity, please email secretaria@liceo-europeo.edu.es or orientacion@liceo-europeo.edu.es.



1-18

Skook Food Studio

An innovative space located right on campus, where students can develop their culinary creativity while learning about healthy eating... and having endless fun! The program is designed to offer a comprehensive, dynamic experience tailored to each child. It includes:

- Tastings and demonstrations to discover new foods and flavors.
- Recipes and themed workshops tailored to their tastes and needs.
- Special sessions on allergies and food intolerances.
- Educational talks and lectures.
- Culinary challenges to enjoy at home while cooking as a family.
- Weekend classes to continue learning in a fun way.

MORE INFORMATION (ENG + SPA) [🔗](#)



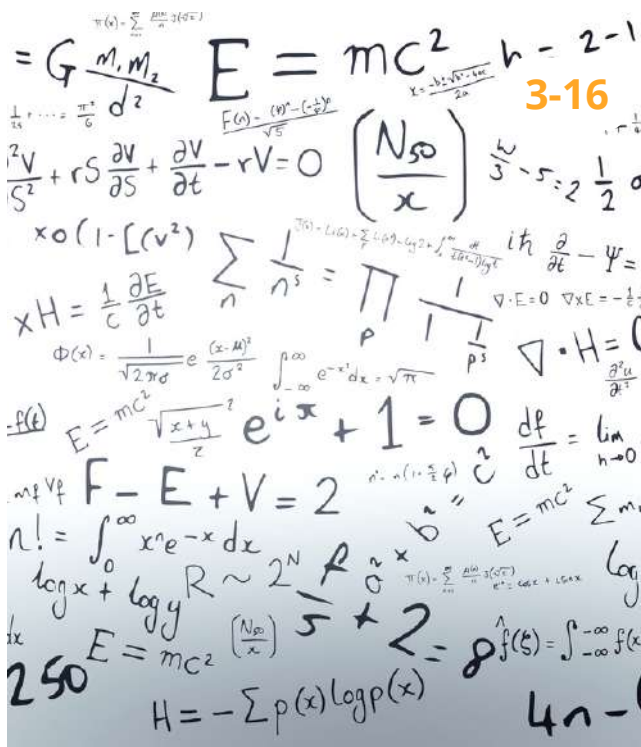
6-12

Kumon

A Japanese system for learning math and language based on the repetition of basic exercises that gradually become more complex until the student reaches an advanced level of proficiency.

Taught by instructors from the KUMON Organization. The school's administrative office assists with the organization of this activity. Contact: kumon.liceo@gmail.com.

The activity coordinator will send the relevant course information to each student individually once registration is confirmed.



3-16

Federated Soccer Teams

This program is led by coaches with extensive experience who use an alternative approach to teaching soccer, aimed at the well-rounded development of players.

The sessions focus on developing technical, tactical, and rule-related knowledge to elevate the level of play. In addition, there will be classes designed to improve the students' physical abilities. Participation in the Federated Soccer League.

[Pre-registration via this link](#)

4-5
6-10
11-14



Castellana Nueva CF

Castellana Nueva CF was founded to provide continuity in the training of youth soccer players from Liceo Europeo, using the same methodology and offering them the opportunity to pursue a professional career in the sport. The club will consist of players from the Liceo Europeo youth academy and players from the northern part of the Community of Madrid.

Participation in the Federated Soccer League. The program begins in September.

More information: info@sgdcapitancook.es

14+



Basketball and Mini-Basketball

Basketball is one of the most popular team sports among young people. The introductory basketball sessions will aim to build basic skills and abilities, as well as improve ball handling and fundamental aspects of team tactics.

Through group training, students will individually improve their ball-handling skills as well as the fundamental aspects of the sport: dribbling, passing, and shooting. In addition, they will work on coordination, motor skills, reaction time, and physical fitness.

+6



Liceo Pádel School

Four magnificent pádel courts are located in an unparalleled setting. All are glass-enclosed and feature artificial lighting.

Hours are Monday through Thursday from 5:00 p.m. to 6:00 p.m., and Saturday and Sunday mornings. Reservations can be made at www.liceosports.es.

For more information, visit the Liceo Pádel website.



EDAD
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Adultos



Mini Tennis

Tennis played with adapted equipment and rules to ensure a more gradual and natural introduction to the sport for students; once they have mastered the basic skills, students can move on to advanced techniques.



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Parkour

A non-competitive discipline focused on developing motor skills and physical expression through movement. The activity involves moving in a straight line while navigating obstacles in the environment without the use of external supports, relying solely on one's own body. It serves as an excellent introduction to competitive and artistic gymnastics.

- ♦ At the beginner level, students learn the basics of body movement through jumps, flips, balancing acts, and the creative use of the elements around them.
 - ♦ At the advanced level, acrobatics, pirouettes, and more complex movements are incorporated, using equipment such as mats and mini-trampolines.
- This activity will take place on the school grounds.



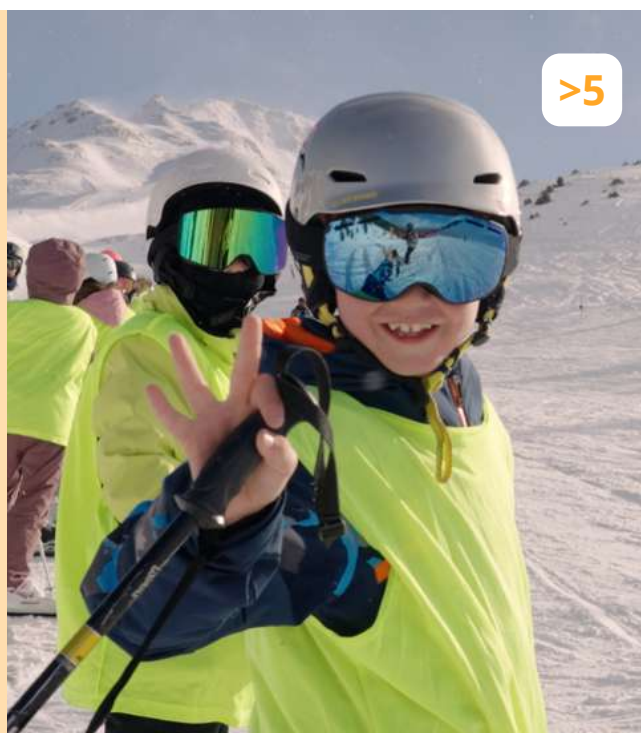
6-12

Esquí Club

Snow club for skiing or snowboarding at the La Pinilla, Valdesquí, or Xanadú resorts (depending on weather conditions).

- ♦ 4 hours of ski lessons per day with TD1- and TD2-certified instructors.
- ♦ Introductory freestyle sessions for students who request them.
- ♦ Bus transportation.
- ♦ Lift pass and equipment rental.
- ♦ Video feedback.
- ♦ Accident insurance.

The school provides students with a bus that departs from Liceo Europeo and returns to the same location.



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Cross Training

This activity is primarily based on "HIT" (High-Intensity Interval Training), which aims to improve participants' physical abilities, such as strength, agility, coordination, endurance, and balance. CrossFit is a sport that encompasses all the fundamental aspects of fitness, developing well-rounded athletes who, in addition to strength, also build aerobic capacity (endurance) and gymnastics skills. It is an adaptation of the popular CrossFit, where students follow a program specifically designed for different age groups, in which the weights they lift, the ranges of motion, and the technical requirements of each movement are adapted accordingly.



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Swimming School

The Liceo Europeo Swimming School has a team of professionals, including swimming instructors and lifeguards, with extensive experience.

We also offer courses and open swim sessions after school, parent-child swimming and aqua aerobics, swimming for pregnant women, therapeutic swimming, open or guided training sessions, and a competition team—all available to both family members and students.

The activity coordinator will inform each group individually of the day and time of the activity, and this information will be confirmed via email.

For more information, visit the Liceo Swim website. Reservations can be made at www.liceosports.es.



Rhythmic Competition Team

A competitive group that focuses on aspects such as body posture, musical rhythm, and flexibility, improving students' awareness and understanding of their own bodies.

The activity takes place at Liceo Europeo. Groups and schedules will be determined based on the number of students. Participation in municipal competitions begins in January.



Rhythmic Gymnastics Club

This activity focuses on aspects such as body posture, musical rhythm, and flexibility, improving students' awareness and understanding of their own bodies.

The activity takes place at Liceo Europeo. Groups and schedules will be determined based on the number of students. Participation in municipal competitions begins in January.

The gymnasts will participate in two exhibitions throughout the school year.



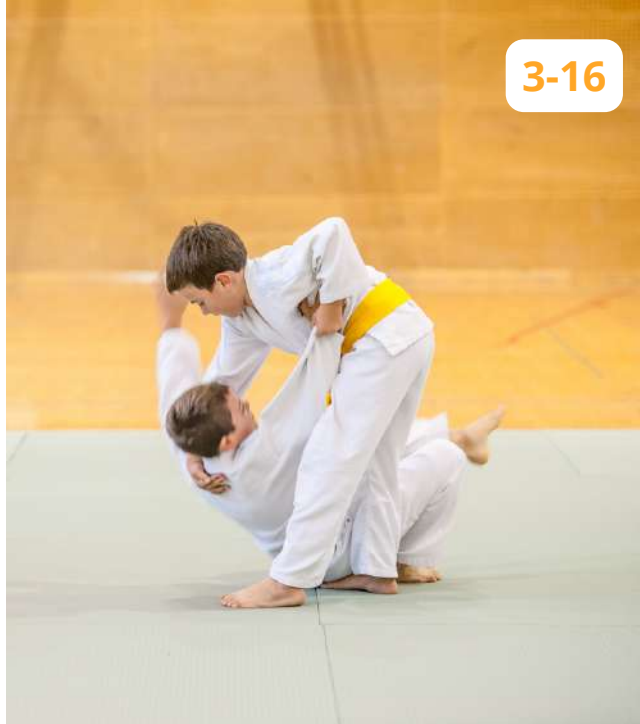
Judo, Self-Defense, and Gymnastics Skills

This activity combines three disciplines in each session to promote the students' well-rounded development: judo, the main focus, instills technique, discipline, and respect; self-defense teaches how to prevent conflicts and react with confidence and self-control; and gymnastics skills improve coordination, strength, flexibility, and body control.

Overall, this activity not only promotes physical fitness but also builds self-confidence and self-assurance, concentration, and values such as hard work, perseverance, and personal growth.

Ages 2 and up.

3-16

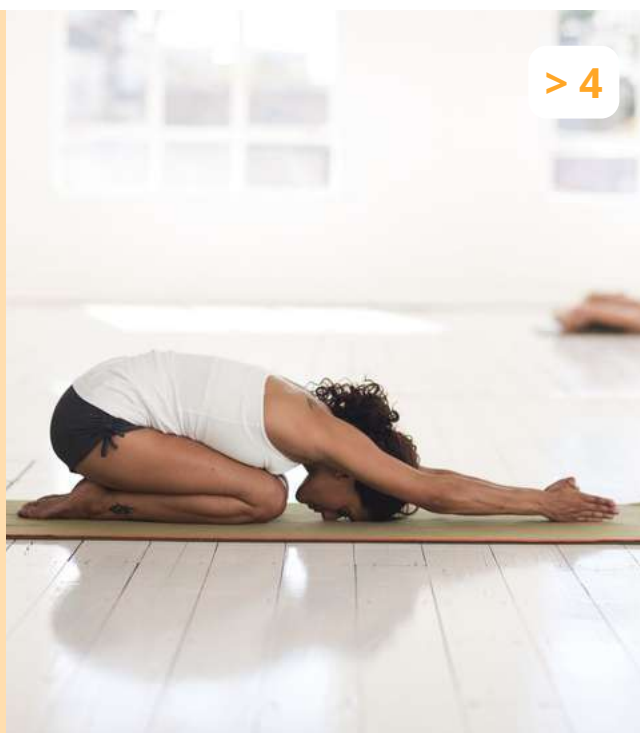


Yoga & Mindfulness

Techniques for mindfulness, concentration, relaxation, and meditation. By practicing this discipline, we help children discover their own bodies and identify and express their feelings and emotions. This leads to a noticeable improvement in health and greater physical and emotional balance: relaxation, concentration, confidence, coordination...

Groups are formed based on age and skill level. For younger children, imaginary or real scenarios are created as part of the play; at advanced levels, they work on body expression, biodanza, and relaxation techniques.

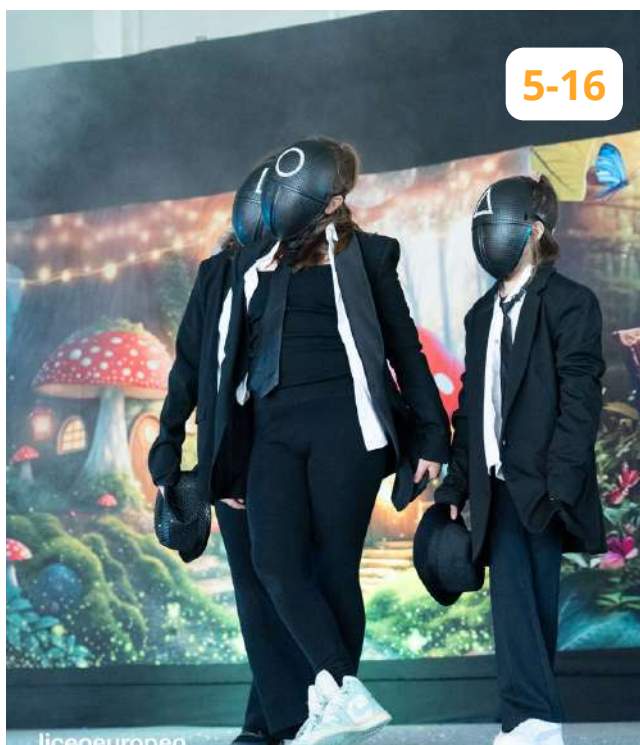
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Modern Dance - Hip Hop

The modern dance class is taught by Center staff. Students improve their coordination, balance, and flexibility while having fun performing various choreographed routines. They participate in performances throughout the school year.

5-16



Just Dance School of Music and Dance

Students work on choreography and different types of dance with the goal of developing agility, balance, and physical dynamism.

- ♦ Pre-dance for children ages 3 to 4. Introduction to ballet.
- ♦ Classical ballet, ages 5 and up. Techniques that include floor, barre, and center exercises, as well as choreography.
- ♦ Flamenco, ages 5 and up. Flamenco footwork and arm movements, as well as clapping and castanet techniques.
- ♦ Sevillanas, ages 8 and up.



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Competitive Dance

Urban Dance competition teams will be divided by age and will consist of at least 10 dancers. They will work on urban dance techniques (funky, hip hop, popping, and locking) and choreography (essential for preparing the routines we will present at competitions throughout the year).



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Volleyball

A team sport in which decision-making and reaction speed are of great importance.

It promotes cooperation and sociability, as well as interaction with teammates. It allows students who participate to develop holistically, both in terms of the values inherent in these team sports (commitment, effort, pushing oneself to excel, etc.) and in terms of the players' physical conditioning, improving and refining athletic abilities such as coordination, jumping ability, strength, endurance, and flexibility.

 [Registration using this form](#)



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Mandarin Chinese / German

Mandarin Chinese with native-speaking teachers.

- ♦ Language classes begin in early October.
- ♦ Groups are organized by age and level.

Mandarin
Chinese 4-12
German 10-12

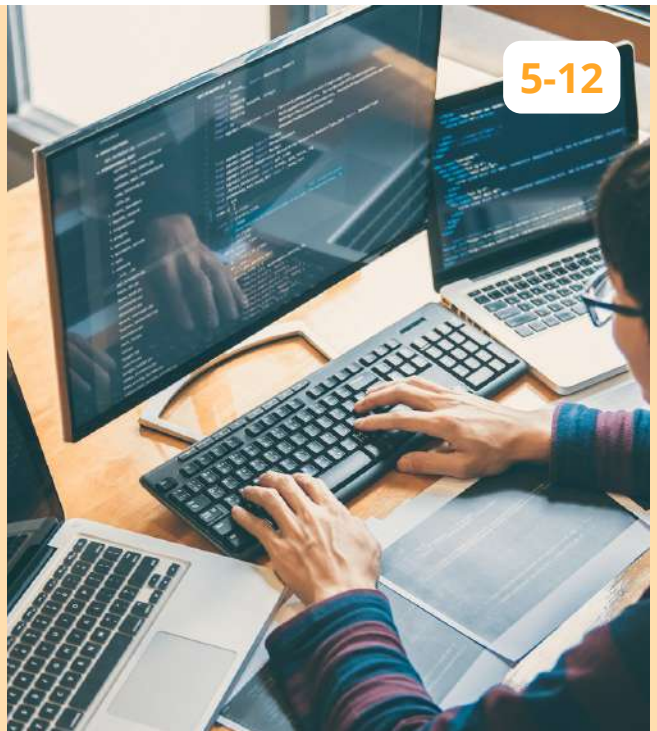


Kids & Tech

A level-based program that introduces students to the world of technology, fostering logical thinking, creativity, and teamwork.

- ♦ Kindergarten: First steps in programming and robotics through play with robots such as Beebot and RobotMouse, hands-on activities, apps, etc.
- ♦ Year 1 and Year 2 Primary: Introduction to robotics with LEGO WeDo and programming with Scratch.
- ♦ Year 3 and Year 4 Primary: In-depth exploration of robotics and electronics with Makey-Makey, plus an introduction to 3D design and printing.
- ♦ Year 5 and Year 6 Primary: For students with prior experience. Development of advanced projects such as video games, web design, or 3D printing. An active, challenge-based methodology that fosters independent thinking and STEM skills.

5-12



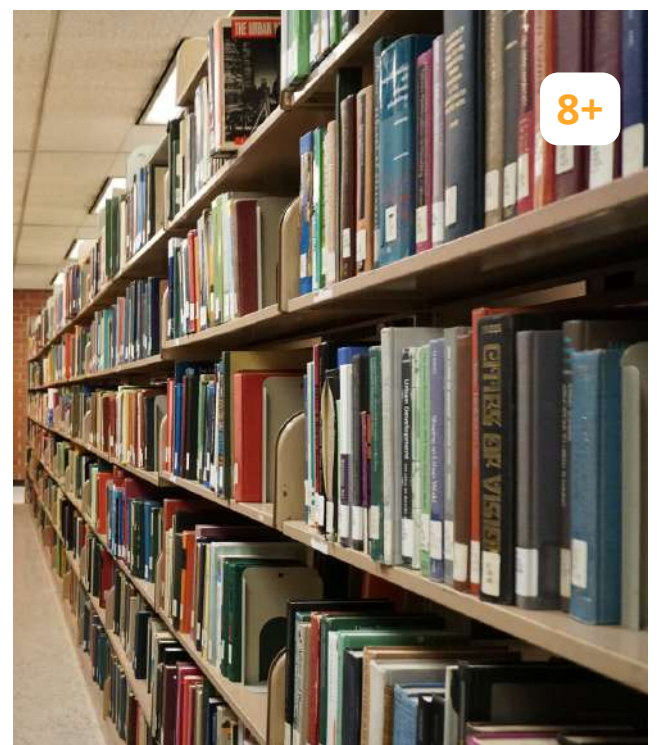
Guided Study

A learning environment designed to consolidate and deepen the material covered during the school year.

The sessions are led by teachers who specialize in each subject area, allowing for individualized attention tailored to each student's needs and pace.

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

8+



Rock Band

This activity is designed for students with basic knowledge of musical instruments such as the keyboard, guitar, electric bass, drums, or even singing. They will learn the basics of sound, as well as how to listen and perform with a rock 'n' roll spirit. In addition, they will prepare performances that develop and enhance not only their musical skills but also their social skills and teamwork.



Theatre

Classes designed to develop skills such as physical expression, memory, artistic sensitivity, public speaking, and teamwork.

Through activities and exercises, students explore, experience, identify, and internalize the sensations and feelings that form the basis of dramatic performance, and learn to express them.



School of Music

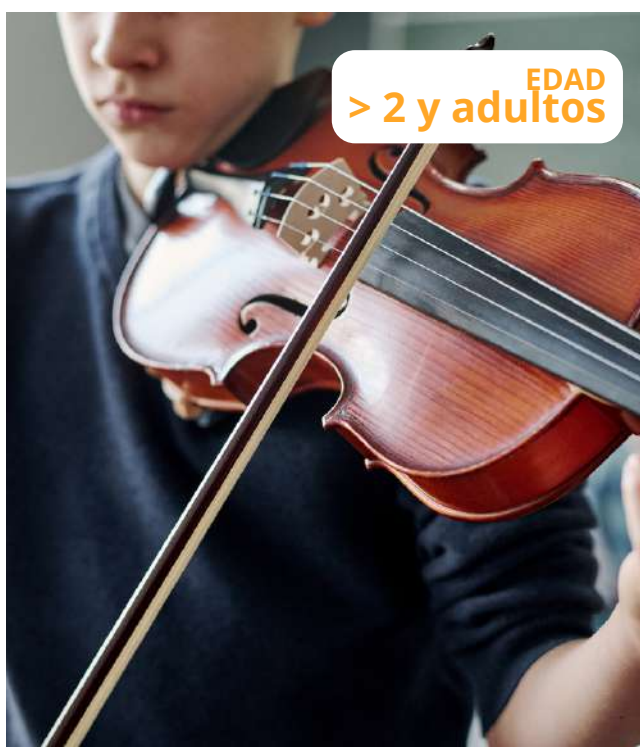
Introduction to the world of music through individual or group classes. Musical instruments, vocal training for singing, preparation for conservatory entrance exams and Royal School of Music exams.

Introduction to music for children ages 3 to 5. Through games, songs, and listening activities, students develop a sense of rhythm.

Music theory and instrument lessons (guitar, piano, violin, cello, and percussion) for students ages 5 and up.

Singing lessons and choir.

The schedule will be confirmed with the course coordinator, as these are individual lessons and will depend on the student's other scheduled activities.

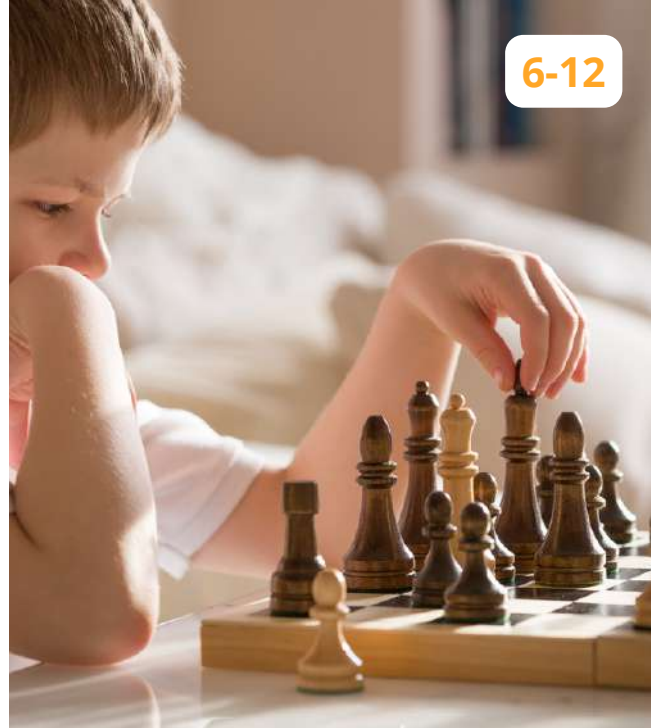


6-12

Chess

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

Minimum number of students required for the activity: 9.



6-13

Robotics

An activity focused on developing skills for the future by exploring the design, construction, and operation of robots. Through LEGO Educational Robotics, children 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 spirit.



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Artistic Painting

An activity designed to explore painting from a different perspective. Students begin to appreciate art through new artistic techniques and various mediums, using them to experiment with color mixing, drawing, proportions, volume, light, and shadow...

An art workshop that allows students to work at an easel, on canvases and panels, using pencils, oil paints, acrylics, watercolors...



Debate & Public Speaking

Public speaking, articulating arguments clearly, and defending one's own ideas are skills that will serve students throughout their lives. In this new after-school activity, participants will learn to express themselves with confidence, structure their speeches, develop critical thinking skills, listen actively, and debate respectfully.

Through hands-on activities, argumentation games, and age-appropriate debates, they will strengthen their communication skills, self-confidence, and leadership abilities while discovering the value of dialogue and the exchange of ideas.

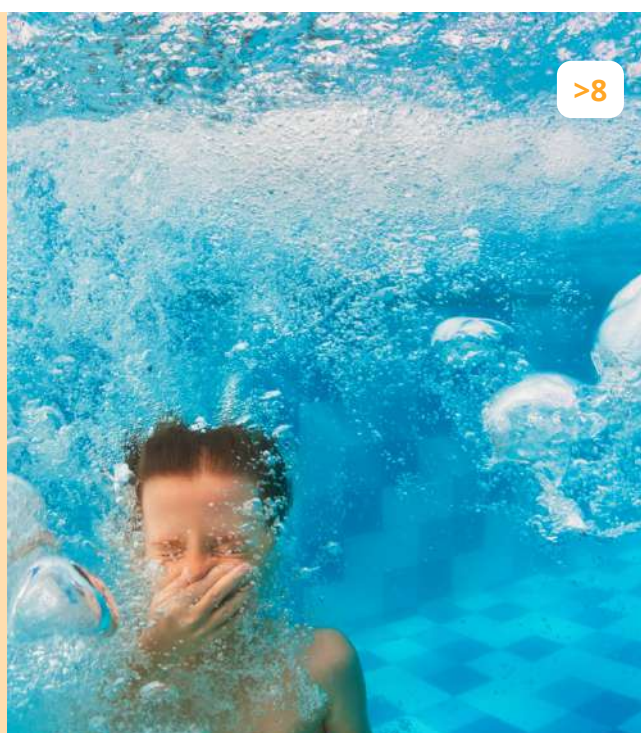


Diving School

Improvement of aquatic skills and an introduction to scuba diving. This program is taught by instructors from the Liceo Balkysub Diving School with the goal of learning everything related to safety and proper conduct in the aquatic environment.

This program covers self-contained diving, freediving techniques, and relaxation (freediving while holding one's breath), as well as an introduction to marine biology, ecosystems, and the environment. These methods are proven worldwide and are based on PADI (Professional Association of Diving Instructors) standards and guidelines.

More information at [Balkysub](#).



Pickleball

Pickleball is one of the fastest-growing sports worldwide. Dynamic, fun, and easy to learn, it combines elements of tennis, badminton, and table tennis, promoting coordination, agility, strategy, and teamwork. Through this new after-school activity, students will develop their motor skills while enjoying an inclusive and motivating sport.



FEES & SCHEDULE

Extracurricular activity	Fee	Schedule
Speech Therapy & Academic Support	Educational Psychology. 1 day/week. 45-minute sessions - €44 per month. 2 weekly 45-minute sessions - €82 per month. Speech Therapy. 1 day/week. 30-minute sessions. €28/session. 2 weekly 30-minute sessions, €48/month. Speech Therapy for Reading and Writing. 1 weekly 45-minute session – 44€"	Monday to Friday at Liceo Europeo Between 8:30 a.m. and 2:00 p.m.
Skook Food Studio	79€/month Cooking supplies: 25€/term	Tuesday, Wednesday and Thursday, during the school day, at Liceo Europeo.
Kumon	Enrollment fee: 50€ Monthly fee: 73€	2 hours per week: Monday to Thursday, between 10:30 a.m. and 2:00 p.m. Two sessions per week: 30 minutes each.
Federated Soccer Teams	AGE: 4–5 years (Chupetín) PRICE: Annual fee: 440€. Equipment not included. AGE: 6–10 years (Prebenjamín and Benjamín) PRICE: Annual fee: 565€. Equipment not included. AGE: 11–14 years (Alevín and Infantil) PRICE: Annual fee: 630€. Equipment not included. Soccer (tenification) - 60€/month Transportation to Antela or Valdefuentes: 40 euros additional/month on top of the fee.	 See brochure
Castellana Nueva CF	Contact Liceo Football	Cadets (Year 3 and Year 4 Secondary): Tuesday, Wednesday and Thursday. Training venue and timetable to be confirmed.
Basketball School and Mini Basket	Annual fee: 546€ (annual). Equipment not included.	School programme: for Year 1, Year 2, Year 3 and Year 4 Primary, Friday during the school day.

Extracurricular activity	Fee	Schedule
Liceo Pádel School	Check with Liceo Pádel	School day. After school, from 5:00 p.m. to 6:00 p.m., Monday through Thursday.
Mini Tennis	1 day/week. 70€/month 2 days/week. 92€/month	Monday - 5:00–6:00 p.m. For kindergarten, 1st, and 2nd grade: Monday from 1:30 to 2:15 p.m
Yoga	1 day a week 64€/month	Tuesday, school hours.
Ski Club	To be determined	Saturdays or Sundays, from early January through late March. More information will be provided later with organizational details.
Parkour	1 day, 70€/week 2 days, 90€/week	Morning sessions on Tuesdays and/or Thursdays during school hours for Year 1 to Year 4 Primary.
Cross training	1 day/week: 66€ 2 days/week: 86€	Tuesdays and/or Thursdays. 5:00–6:00 p.m.

Extracurricular activity	Fee	Schedule
Swimming School	<u>Liceo Swim</u>	School days, after-school hours, and weekends. The baby swimming class will be moved to Saturdays.
Rhythmic Gymnastics Competition Team	3 days/week - 90€/month (school hours) Afternoon sessions: €90 (one day) - €146 (two days)	To be determined, during school hours. One hour and a half per week.  See the brochure Available on Monday and/or Wednesday afternoons.
Rhythmic Gymnastics Club	1 day/week - 46€ 2 days/week - €84	During school hours  See the brochure
Judo	1 day/week: €70 2 days/week: €138	PreK 3 and PreK 4: Fridays, 12:00–12:45 p.m. Kindergarten: Fridays, 1:20–2:15 p.m. Year 1 Primary: Fridays, 12:15–1:10 p.m. Year 2 Primary: Mondays, 12:15–1:10 p.m. Year 3 Primary: Wednesdays, 12:15–1:10 p.m. Year 4 Primary: Wednesdays, 1:20–2:15 p.m. Year 5 and 6 Primary: Mondays, 1:20–2:15 p.m. Secondary: Mondays, 2:00–2:50 p.m. Option to request a second day per week (please inquire).
Modern Dance (Hip-Hop)	€183/term	Kindergarten: Tuesdays and Thursdays: Midday Year 1 and 2 Primary: Fridays, half-day Year 3 and 4 Primary: Fridays, 5:00–6:00 p.m. Year 5 and 6 Primary and Secondary: Fridays, 6:00–7:00 p.m.

Extracurricular activity	Fee	Schedule
Just Dance (Dance and Music School)	Pre-Dance (PREK 3-4): 30€ Ballet: 30€ Flamenco: 30€ Ballet + Flamenco: 40€ Music and Movement: 30€ Private Instrument or Singing (20 min): 50€ Private Instrument or Singing (30 min): 70€ Private instrument or singing lesson (1 hour): 110€ Musical language and rock band (with instrument): 20€ Rock band (without instrument): 47€ Dance competition (2 hours per week): 65€ Theatre: 37€	Ballet Kindergarten - Wednesday, 2:20 p.m. Year 1 to 3 Primary - Wednesday, 12:15 p.m. Year 4 to 6 Primary - Wednesday, 1:30 p.m. Flamenco Pre-Kindergarten – Friday, 12:50 p.m. Kindergarten – Friday, 2:15 p.m. Year 1, Year 2 and Year 3 Primary – Friday, 12:15 p.m. Year 4, Year 5 and Year 6 Primary – Friday, 1:30 p.m. Secondary School – Monday and Friday, 11:00 a.m. Rock Band Year 1, Year 2 and Year 3 Primary – Monday, 10:30 a.m. Year 4, Year 5 and Year 6 Primary – Wednesday and Thursday, 11:00 a.m. Theatre Year 1, Year 2 and Year 3 Primary – Monday, 12:15 p.m. Year 4, Year 5 and Year 6 Primary – Monday, 1:30 p.m.
Competitive Dance	2 days/week. 65 €/month	Year 1, Year 2 and Year 3 Primary – Tuesday and Thursday, 12:30–1:15 p.m. Year 4, Year 5 and Year 6 Primary – Tuesday and Thursday, 1:30–2:15 p.m. Secondary School – Tuesday and Thursday, 2:25–3:10 p.m.
Volleyball	64€/month Volleyball skills training - 60€/month	NON-COMPETITIVE Year 1 and Year 2 Primary: Friday, during the school day. COMPETITIVE Year 3, 4 and 5 Primary: Mondays and Wednesdays, 5:00–6:30 p.m. Year 6 Primary, Year 1 and 2 Secondary: Tuesdays and Thursdays, 5:00–6:30 p.m. Year 3 and 4 Secondary: Mondays and Wednesdays, 6:30–8:00 p.m.
Mandarin Chinese / German	Chinese 43 €/month German 45 €/month. Chinese for children: 23€/month.	One session per week: 5:00–6:00 p.m. Early Years programme: Monday, during the school day.
Kids & Tech	82€/month	Year 1 Primary: Monday and Thursday, 10:30–11:00 a.m. Year 2 Primary: Tuesday and Friday, 10:30–11:00 a.m. Year 3 Primary: Monday and Thursday, 10:30–11:00 a.m. Year 4 Primary: Monday and Thursday, 10:30–11:00 a.m. Year 5 Primary: 11:00–11:30 a.m.
Guided Study	22€/month	Monday to Thursday: 5:00–6:00 p.m. (from Year 3 Primary onwards).

Extracurricular activity	Fee	Schedule
School of Music	Depending on the programme.	One session per week: Monday to Thursday, between 10:30 and 11:30 a.m. Two sessions per week: Monday to Friday, between 12:15 and 2:15 p.m. Secondary School: 2:15–3:15 p.m. (or during the first Secondary break). Kindergarten: Monday, 2:20 p.m. Pre-Kindergarten 3 & 4: Tuesday, 1:30 p.m.
Chess	One session per week: €66/month.	Choice of Wednesday or Friday, 1:20–2:15 p.m., for Year 1 to Year 6 Primary.
Robotics	One session per week: €80/month.	Year 1 and Year 2 Primary: Tuesday, 12:25–1:15 p.m. Year 3 and Year 4 Primary: Thursday, 1:15–2:10 p.m. Year 5 and Year 6 Primary: Tuesday, 1:15–2:10 p.m. Secondary School: One session per week, 2:30–3:00 p.m.
Artistic Painting	€72/month.	One session per week: Monday to Wednesday, 5:00–6:30 p.m. Classes begin in October.
Debate & Public Speaking	35€/month	Monday or Wednesday, 5:00–6:00 p.m.
Diving School	To be confirmed. Please contact Balkysub for further information.	To be confirmed.
Pickleball	One session per week: €70/month.	Tuesday, time to be confirmed.

**DO YOU HAVE ANY
QUESTION?**

liceo-europeo.es

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