



Ningbo British
International School
浙江宁波英伦
外籍人员子女学校

NBIS External Extra-Curricular Activities



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We are excited to announce that the NBIS External-ECAs semester 1 programs will commence on October 9th 2023.

If you have any questions please feel free to contact us at nbis.admin@nbis.net.cn. We are more than happy to provide any necessary support.

Extra-Curricular Activities

In addition to the diverse and exciting Internal-ECAs, NBIS offers a wide range of External-ECAs include Ice Skating, Fencing, Golf, Brazilian Jiu-Jitsu, LP Tennis, Football, Baseball, Latin Dance and Boxing .

除了丰富多彩的校内ECAs课程，NBIS还提供校外ECAs课程如冰球、击剑、高尔夫、巴西柔术、网球、足球、棒球、拉丁舞和拳击。



Extra Curricular Activities have many benefits for students, and help to enrich student learning outside of our core curriculum.

课外活动课程有利于学生全面发展，有助于丰富学生在课堂之外的学习。

Extra-Curricular Activities (ECAs) at NBIS are very well attended and enjoyed by both the children and the staff who run them. They are a fantastic opportunity for your child to develop new interests and skills alongside developing confidence and social relationships. Don't miss out!

NBIS的课外活动课程参与度高，深受学生们的喜爱。这对孩子们来说是一个发展新的兴趣和技能的好机会，同时能够帮助他们树立信心，培养社交能力。千万别错过！

Fencing (Monday)

Primary and Secondary

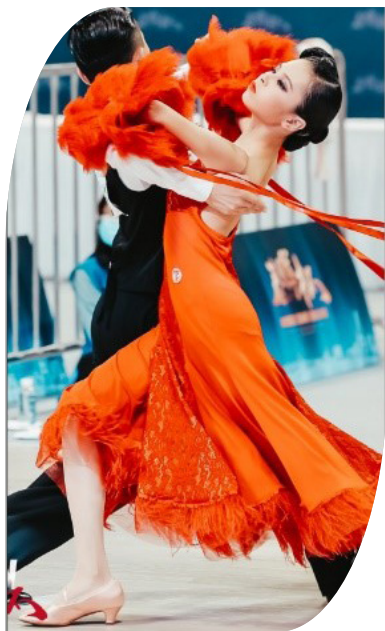
Venue: NBIS Fencing Room
Fees: 180 RMB Per Class (10 Weeks)

Fencing can foster bravery, decisiveness, tenacity and give students the skills to overcome all difficulties. It can also cultivate children's concentration, reaction, judgment, coordination, and flexibility.

击剑能让孩子们具备勇敢、果断、顽强和克服一切困难的品质。还可以培养孩子的专注力、反应力、判断力、协调性、灵活性、柔韧性。



Latin Dance (Tuesday)



Primary and Secondary

Venue: NBIS Dance Studio

Fees: TBD (10 Weeks)

Ballroom dance also known as sports dance or Latin dance. Dancing to Latin music is a fun and enjoyable experience that improves coordination, flexibility, and cardiovascular fitness. Not only will it be a great way to stay in shape, but also to express yourself creatively and explore different cultures. Our experienced instructors will guide you through the steps and help you develop your own unique style.

摩登舞也叫运动舞,拉丁舞。伴着拉丁音乐翩翩起舞,不仅令人愉悦,还能改善身体的协调性和心血管功能。这不只是一种很好的锻炼方式,还可以创意地表达自己,同时也是一种对不同文化的探索。我们经验丰富的教练会指导你学习舞步,帮助你形成自己独特的舞蹈风格。

Boxing (Tuesday)

Secondary

Venue: NBIS Gym

Fees: 200 RMB Per Class (10 Weeks)

Youth boxing is a sport that caters specifically to teenagers, providing them with an opportunity to develop their physical fitness, discipline, and overall well-being.

- Physical Fitness
- Discipline and Self-Control
- Confidence and Self-Esteem
- Focus and Mental Acuity
- Emotional Control and Stress Relief

青少年拳击是一项专门针对中学生们的运动,为他们提供了一个发展身心健康及自律自强的机会。

- 身体健康
- 自律和自我控制
- 自信和自尊
- 注意力和精神敏锐度
- 情绪控制和压力释放



LP Tennis (Tuesday / Wednesday)

Lower Primary

Venue: NBIS Gym

Fees: 200 RMB Per Class (10 Weeks)

The Tennis ECA course is designed for students to learn and improve the foundational skills of tennis. The emphasis of the training is to develop students' fundamental skills, so they can grow an interest in tennis and physical activity, and make tennis their sport for life.

网球课外活动课程是专为学生学习和提高网球技能所设计的。训练的重点在于培养学生的基本动作技术, 让他们对网球和体育活动产生兴趣, 并使网球成为终身的运动。



Baseball (Tuesday)

Primary and Secondary

Venue: NBIS Field

Fees: TBD (10 Weeks)

Baseball is a classic American sport that has gained popularity worldwide. Students will be trained by experienced coaches with a focus on developing their skills and teamwork. Whether you are a beginner or a seasoned player, you will have the opportunity to improve your physical abilities and learn new techniques. Joining our new baseball ECA is not only a fantastic way to stay active and healthy, but also a great way to make new friends and build a sense of community.

棒球是美国经典的体育项目之一, 风靡全球。我们经验丰富的教练会对学生进行指导训练, 注重培养学员的技术水平和团队协作能力。无论你是初学者还是经验丰富的球员, 你都将有机会提高自己的体能和学习新的技巧。加入我们棒球 ECA 不仅有助于保持健康的体格和积极的心态, 也是结交新朋友和建立团体意识的好方式。



Golf (Tuesday / Thursday)

Primary and Secondary

Venue: NBIS Golf Field

Fees: 230 RMB Per Class (10 Weeks)

Golf is a great way to get the kids physically active in a safe environment and a sport they'll love. And the benefits go beyond physical fitness too — it can help with mental and emotional development as well as help develop social and emotional skills that will last their whole lives. Fun, safe and educational!

高尔夫有助于孩子们在安全的环境中进行体育锻炼。它的好处也超出了体能训练的范围—不仅能促进心智的发展,而且可以提高社交技能,这将持续影响他们的一生。有趣、安全、极富教育意义!



Primary

Venue: Champion Rink (InTime Mall)

Fees: 300 RMB Per Class +Bus Fee (10 Weeks)

The aim of the NBIS Skating Club is to develop a love of skating and exercise, through fun, rewarding and challenging training and activities. Our first priority is to develop the child's confidence to be courageous in taking on a new sport. This enthusiastic and positive attitude will be a key element for successful skating. Students will begin developing the fundamentals and basic skills in skating. As the students' proficiency improves, they will have opportunities to train in hockey or figure skating.

NBIS滑冰俱乐部通过有趣、有成就感、有挑战性的训练和活动,培养孩子对滑冰和运动的喜爱。我们的首要任务是培养孩子的自信心,让他们勇于面对一项新运动。这种热情和积极的心态是影响滑冰的关键因素。学生将在俱乐部里学习滑冰的基础知识和基本技能,随着学生滑冰熟练度的提高,他们将有机会开展冰球或花样滑冰的训练。

Ice Skating (Wednesday)



Brazilian Jiu-Jitsu (Thursday)

Primary and Secondary

Venue: NBIS Dance Studio

Fees: 150 RMB Per Class (10 Weeks)

Brazilian Jiu-Jitsu is a martial art based on grappling and ground fighting. BJJ greatly benefits kids in building up mental toughness, self confidence and self esteem, and has played a key role in “bullyproofing” many kids.

巴西柔术是一种基于擒拿术和地面格斗的武术。巴西柔术在培养孩子的心理素质、自信自尊方面有极大好处,还能让孩子学习防身防卫。



Football (Wednesday / Friday)

Primary

Venue: NBIS Field

Fees: 100 RMB Per Class

LP: Friday (9 Weeks) No Class on Nov. 24th 2023

UP: Wednesday (10 Weeks)

Football is a combination of strength, speed, stamina, special techniques, teamwork and tactics, and is extremely action-packed and spectator-friendly. Playing football is a great way to improve physical fitness, will and collective awareness.

足球是集力量、速度、耐力、专项技术、团队配合、战术于一体,具有极强的对抗性和观赏性的运动。踢足球对身体素质的提高,意志品质的锻炼和集体意识的培养都有非常好的帮助。



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