



LYCÉE FRANÇAIS  
INTERNATIONAL  
DE MUMBAI



aeefe  
Agence pour  
l'enseignement français  
à l'étranger

# Activités extra-scolaires *Extra-Curricular Programme* Catalogue

2<sup>nd</sup> Trimester  
(2023-2024)

*January – June 2024*

**Weekly Schedule.....4**

### **Creative Arts**

**Arts & Crafts with Iteeha.....6**

**Arts & Crafts with Pari.....7**

### **LFIM Language Club**

**Hindi with Sayali.....9**

**French Games with Audrey.....10**

**French Reading Club with Tatiana.....11**

### **Music**

**Musical Instruments with Kunal.....13**

**Personalised Guitar with Mihir.....14**

### **Performing Arts**

**Ballet with Dhvani.....16**

**Bollywood Dance with Ankur.....17**

**Happy Feet Creative Movement with Swara.....18**

**Hip-Hop Dance with Swara.....19**

## Sports

The Little Gym with Monia.....	21
Football with Pawan.....	22
Basketball with Pawan.....	23
Kickboxing & Taekwondo with Mohan.....	24
Yoga with Sabrina.....	25

## Computing & Sciences

Chess with Manoj.....	27
-----------------------	----

## LFIM Support

LFIM Daycare with Rita.....	29
LFIM Homework Help with Anushree.....	30

	PS	MS	GS	CP	CE1	CE2	CM1	CM2	6e	5e	4e	3e	2e	1ere	Ter
Monday	3:30 - 4:30pm			3:30 - 4:30pm					4:30 - 5:30pm						
	LFIM Daycare with Rita The Little Gym with Monia (TPS-GS)			LFIM Homework Help with Anushree & Mansi Arts & Crafts with ITEEHA					Arts & Crafts with ITEEHA						
Tuesday	3:30 - 4:30pm			3:30 - 4:30pm					4:30 - 5:30pm						
	LFIM Daycare with Rita Happy Feet Dance with Swara			LFIM Homework Help with Anushree & Mansi Ballet with Dhvani (non-beginners) Football with Pawan French Reading Club with Tatiana					Ballet with Dhvani						
Wednesday	12:45 - 1:45pm			12:45 - 1:45pm					12:45 - 1:45pm						
	LFIM Daycare with Rita Ballet with Dhvani Chess with Manoj (GS only) Yoga with Sabrina			LFIM Homework Help with Anushree & Mansi Jeux en français with Audrey Guitar / Vocal / Keyboard with Kunal Chess with Manoj Basketball with Pawan Ballet with Dhvani (beginners) - 1:45pm - 2:45pm					Guitar / Vocal / Keyboard with Siddharth Chess with Manoj						
Thursday	3:30 - 4:30pm			3:30 - 4:30pm											
	LFIM Daycare with Rita Football with Pawan			LFIM Homework Help with Anushree & Mansi Kickboxing & Taekwondo with Mohan French Reading Club with Tatiana											
Friday	12:45 - 1:45pm			12:45 - 1:45pm											
	LFIM Daycare with Rita Bollywood Dance with Ankur Arts & Crafts with Pari			LFIM Homework Help with Anushree & Mansi Yoga with Sabrina LFIM Language Club: Hindi with Sayali Personalised Guitar with Mihir (CM1-CM2) Hip-Hop Dance with Swara The Little Gym for Young Adults with Monia											

# Arts créatifs

## *Creative Arts*

Class	Day & Time	Fees	Minimum
CP – CM2	Monday (3:30-4:30pm)	INR 20,160	5 students
6e - Terminale	Monday (4:30-5:30pm)	INR 20,160	5 students

ITEEHA, as the name signifies is connected with art from the roots of our country. We are an organization that creates awareness of our traditional art forms across India and brings it into main stream metropolis. Our focus at Iteeha is towards educating, encouraging and bringing to people the rich Indian folk art of our country; we also have sessions with the artisans themselves from the villages conducting live art workshops. With a true Indian spirit and a global appeal, it is cross pollination of ideas between the old and new, urban and the rural.

Having said that, we are great pals with folk art and technology, intensely human, highly dedicated and socially responsible. We follow our heart and keep it simple.

***Please note there is no trial session available.***



## *Arts & Crafts with Pari* Creative Arts

Class	Day & Time	Fees	Maximum
PS - GS	Friday (12:45 – 1:45pm)	INR 18,000	6 students

'Every child is an artist'  
- Pablo Picasso

Taking inspiration from Picasso's famous quote, Pari Totlani decided to bring her artistic skills to the forefront by launching Kreyon. This art educator has something in store for every age group.

Her artworks are focused on exploring techniques, studying art history and cultures as well as aesthetics. She loves to teach art because it provides unlimited possibilities to reach young minds and work towards helping students achieve their highest potential.

At Kreyon, each student is truly creative, who in turn creates masterpieces.



# LFIM Club de langues

## *LFIM Language Club*



## Hindi with Sayali LFIM Language Club

Class	Day & Time	Fees	Maximum
CP – CM2 (beginner and non- beginner for trial week)	Friday (12:45 – 1:45pm)	INR 15,700	5 students



Modern Standard Hindi is an Indo-Aryan language spoken in India and across the Indian subcontinent. Modern Hindi is the standardised and Sanskritised register of the Hindustani language, which itself is based primarily on the Khariboli dialect of Delhi and other nearby areas of Northern India. Hindi, written in the Devanagari script, is one of the two official languages of the Government of India, along with the English language. It is one of the 22 scheduled languages of the Republic of India.

A word from the teacher:

I'm Sayali and I work as a language expert. I believe language is a medium to understand a country and its culture. I am native speaker of Hindi and Marathi and I am also proficient in German, English and Sanskrit. Teaching languages is my passion and I have over 6 years of experience in teaching a range of students from children to adult learners.

Please note: This is a course focused primarily on speaking and less on writing.

*All students (beginners and non-beginners) are welcome to attend the Trial Session.*

*Once we have an idea of number of students participating, a final group will be made.*

## *French Games with Audrey* *LFIM Language Club*

Class	Day & Time	Fees	Minimum
CP – CM2	Wednesday (12:45 – 1:45pm)	INR 18,000	4 students



*Improve your French while  
having fun, ideal for beginners up  
to intermediate level!*

Hello everyone, my name is Audrey and I've been teaching French as a foreign language for nearly 17 years. For several years now, I've been using all kinds of games in my classroom, and I've seen how effective they can be as language learning tools. These fun, immersive activities encourage children to communicate more spontaneously, enabling them to overcome their apprehension.

- Choice of games adapted to language levels
- Children are encouraged to speak in the target language during the game.
- A relaxed atmosphere that encourages communication.
- Examples of games: story cubes, Dobble, Cluedo, 7 families, Monopoly, lotto, memory, Mime express, game of the goose.

Join us for an exciting linguistic adventure where playing rhymes with learning!



**Total Sessions:  
20**

## ***French Reading Club with Tatiana*** **LFIM Language Club**

Class	Day & Time	Fees	Minimum
CP – CM2	Monday (3:30 – 4:30pm)	INR 18,000	4 students
CP – CM2	Tuesday (3:30 – 4:30pm)	INR 18,000	4 students
CP – CM2	Thursday (3:30 – 4:30pm)	INR 18,000	4 students

Being part of a reading club is a great way to encourage your child to read more. Indeed, as all participants read the same book, the desire to finish the book in time to be able to discuss it with friends may be an important source of motivation. Reading plays a very important role in a child's development because it awakens their senses, improves their memory and writing skills, develops their imagination and vocabulary, and stimulates their brain.

Please note: this is a course focused mainly on written comprehension (being able to read and understand simple texts in French) and oral expression and less on writing. All students (beginners and non-beginners) are invited to attend the trial session. **Once we have an idea of the number of participating students as well as the level in French, we will be able to offer you a group and a day between Monday, Tuesday and Thursday.**

A word from the teacher:  
My name is Tatiana and I work as a French teacher (FLSCO: French as a Schooling Language) at LFIM. I had the opportunity to teach a wide audience: from children to adult learners.

# Musique

## *Music*

# Musical Instruments

## Guitar / Keyboard / Vocal

### Music

Class	Day & Time	Fees	Minimum
CP - Terminale	Wednesday (12:45 – 1:45pm)	INR 18,000	5 students



- Swirl Music is a child's first step to loving, understanding and feeling music and becoming THE COMPLETE MUSICIAN.
- We focus on nurturing raw talent and helping children express themselves through music and through their instrument.
- Our programmes put into practice our philosophy of making Music an integral part of a child's growing up years, making it easy to learn and using an approach that is light and interactive.
- Through interactive coaching and performances, we help our students build confidence, comfort and a love for music. We strive to make music fun and a stress buster.
- Founded in 2007, Swirl Music started off as a music publishing house that has since grown to become a large organisation, specialising in providing quality music education solutions to schools and other institutions all over Mumbai.
- Starting with understanding the musical requirements of each school in terms of equipment, space and time available, we customise school-specific models from scratch, including modules and detailed lesson plans for each instrument and course.

**Total Sessions:  
20**

## Personalised Guitar with Mihir Music

Class	Day & Time	Fees	Minimum
CM1, CM2	Friday (12:45 – 1:45pm)	INR 22,400	4 students

**Students MUST carry their own acoustic guitar as learning consistently on the same instrument is critical for progress.**



Guitar Lesson Goals:

- Understanding the Fretboard of a Guitar.
- Working on left-hand finger and right-hand wrist technique.
- Essential Guitar Scales and Chords along with the relevant Music Theory.
- Reading sheet music in Treble Clef.
- Performing duet/solo music at a beginner level.
- For Advanced/Experienced guitar players : We can work on playing techniques for the electric guitar.

About Mihir:

Art, Music and Technology teacher in the secondary section at LFIM.

Graduated with a Master of Music from New York University. Experienced guitarist with over 15 years of playing and performing.

Proficient in Music Theory and Tonal Harmony.

Has released two music albums.

Fluent in English & French.

# Arts de la scène

## *Performing Arts*

Class	Day & Time	Fees	Minimum
CP-CM2 (non-beginners)	Tuesday (3:30 – 4:30pm)	INR 16,800	4 students
CP-CM2 (beginners)	Wednesday (1:45 – 2:45pm)	INR 16,800	4 students
6e - Terminale	Tuesday (4:30 – 5:30pm)	INR 16,800	4 students
PS-GS	Wednesday (12:45 – 1:45pm)	INR 16,800	4 students



**About The National Ballet School :**

NBSI is the result of a vision to make ballet inclusive through the right kind of training and discipline. We follow the Russian system of ballet and we hope to build a strong community of ballet dancers in the city.

**About the teacher:**

Dhvani Kothari is the Artistic Director of the National Ballet School of India. She has trained around the world in classical and modern ballet and is the only Indian to win awards at an international front. She has worked with UNESCO and has the vision to spread the right understanding and technique for ballet amongst young students in a fun yet challenging way.

**Please note:**

Except the trial session, students are required to wear their full set (leotard, shoes and stockings) for every class. Sets can be purchased separately.

**Total Sessions:  
20**





## ***Bollywood Dance with Ankur Performing Arts***

Class	Day & Time	Fees	Minimum
PS-GS	Fridays (12:45 – 1:45pm)	INR 13,500	3 students

Bollywood dancing is a form of modern Indian dancing. It is a combination of classical Indian dance (which is the base), folk dancing such as Bhangra and sometimes has a Latino and Arabic influence. It's fun and very expressive and there's a lot of deep meaning behind music in the films.

About the teacher:

Ankur Parikh, Bollywood dance teacher and choreographer, having experience of more than 25 years, Bollywood dance classes are about learning different Indian dance forms put together in any famous Hindi movies songs, which itself is a great experience about Indian culture & tradition.



Class	Day & Time	Fees	Minimum	Maximum
PS - GS	Tuesday (3:30-4:30pm)	INR 11,200	7 students	15 students

Creative Movement is a dance class which is a joyful way for children to explore movement through music, develop physical skills, channel energy, stimulate imagination and promote creativity. Creative movement uses body actions to: communicate an image (the wind), communicate an idea (a journey) or communicate a feeling (strength).

This curriculum has been designed by Swara Patel after years of studying, research, attending workshops nationally and internationally, and experimenting with various teaching techniques in class. The class aims at helping children develop motor coordination, increase spatial and rhythmic awareness, and to help provide a positive learning experience. The program includes full body integrated learning through games, musical story-telling, props, and development of basic concepts like rhythm, directionality, perception, and memory.

RHF-Toddle Curriculum is based on four fundamentals:

- Age appropriate teaching: - music, syllabus and approach
- Structure: - which leads to gradual progression
- Variety: - To keep it exciting fun and challenging
- Repetition: - A must to build muscle memory and confidence

Class	Day & Time	Fees	Minimum	Maximum
CP – CM2	Friday (12:45 - 1:45pm)	INR 11,200	7 students	15 students

Brought to you by the same team behind Happy Feet Dance (Swara Patel), our vision is to promote kinaesthetic learning along with creative expression, fitness, coordination and self-confidence through dance for our older students, while simultaneously equipping them with a strong foundation of technique required for professional dancing.

RHF- Hip Hop Curriculum is based on the fundamentals of:

- Dance Technique
- Class Etiquette
- Structure
- Team Work
- Cooperation

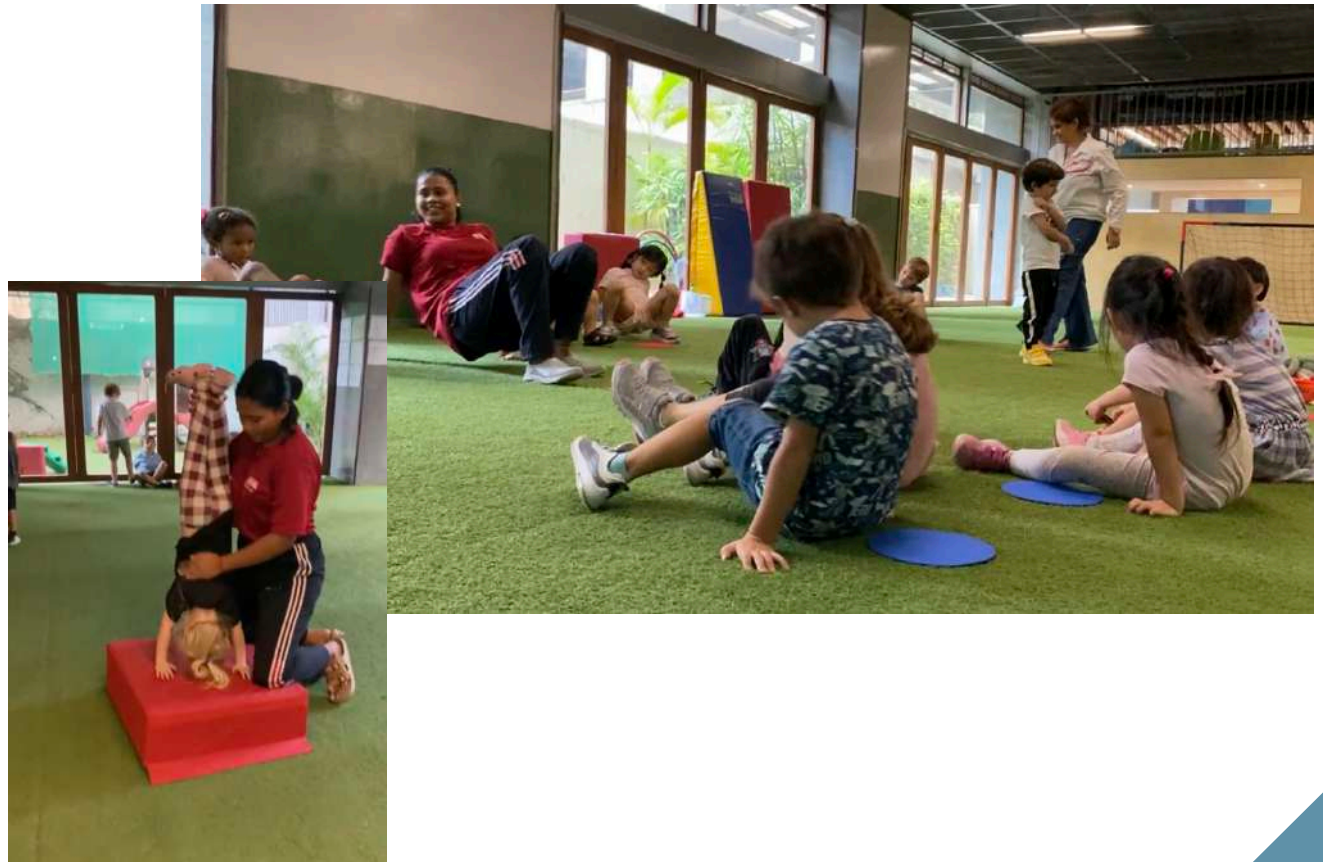


# Education physique et sportive

## *Sports*

Class	Day & Time	Fees	Minimum
TPS - GS	Monday (3:30 – 4:30pm)	INR 21,200	6 students
CP - CM2	Friday (12:45 – 1:45pm)	INR 21,200	6 students

The Little Gym is the world's premier enrichment and physical development centre for children. Programs offer children a Springboard to Life's Adventures by using movement-based learning and imaginative play to help build the confidence and skills needed at each stage of childhood.



**Total Sessions:  
20**

## *Football with Pawan* Sports

Class	Day & Time	Fees	Minimum
PS-GS	Thursday (3:30 – 4:30pm)	INR 11,200	5 students
CP-CM2	Tuesday (3:30 – 4:30pm)	INR 11,200	5 students

All sessions take a holistic approach to developing our children and youth. Each game and activity will focus on four main areas of the child's development. These include psychological, social and emotional, physical, and technical.

- Psychological: confidence, being safe, fun, success, and basic decision-making.
- Social and emotional: listening, communication, celebrating, interaction, fun, and making new friends.
- Physical: change of direction, change of speed, hand-eye coordination, general movements, jumping, skipping, rolling, falling down, and getting up.
- Technical: dribbling, running with the ball, touching the ball with different parts of the foot, shooting, and basic catching skills.



A word from the teacher:

I'm Pawan, and I work as a Physical education and sports teacher with multi-sport expertise. I believe that sports are an important part of life because they help us grow in all areas, including physical, mental, emotional, and social growth. I am well-versed in physical education and ball games and have spent the last 10 years training students of all ages, from pre-schoolers to teenagers.

## ***Basketball with Pawan*** ***Sports***

Class	Day & Time	Fees	Minimum
CP-CM2	Wednesday (12:45– 1:45pm)	INR 11,200	5 students

All sessions take a holistic approach to developing our children and youth. Each game and activity will focus on four main areas of the child's development. These include psychological, social and emotional, physical, and technical.

- Psychological: confidence, being safe, fun, success, and basic decision-making.
- Social and emotional: listening, communicating, celebrating, interacting, having fun, and making new friends.
- Physical: change of direction, change of speed, hand-eye coordination, general movements, jumping, skipping, rolling, falling down, and getting up
- Technical Skills: Ball Dribbling, Passing and Receiving the Ball, Shooting the Ball

Total practice time will be 60 minutes per session, which will include both recreational and development skills in football.

The session will cover the following areas:

- 1) General Movements
- 2) Small-sided games
- 3) Basketball Coordination Skills
- 4) Basketball Technique



## *Kickboxing & Taekwondo with Mohan*

### *Sports*

Class	Day & Time	Fees	Minimum
CP-CM2	Thursday (3:30 – 4:30pm)	INR 16,800	4 students
6e - Terminale	Thursday (4:30 – 5:30pm)	INR 16,800	4 students



A word from the teacher:

I have a 7th Dan Black Belt in Taekwondo and also am an International Master Instructor teaching Taekwondo at various places like American School and German School etc.

Our French School Taekwondo program is based on the development of students to learn Self Defence and Sports aspects of Taekwondo.



Class	Day & Time	Fees	Minimum
PS - GS	Wednesday (12:45 – 1:45pm)	INR 21,200	6 students
CP - CM2	Friday (12:45 – 1:45pm)	INR 21,200	6 students

The concept of Li'l Yogis came into existence in December 2018 when Sabrina decided to pass on her love and passion for yoga to her daughter. She used innovative and creative methods to make yoga interesting.

She strongly believes that children are natural yogis from birth. Yoga to her is a spiritual journey towards one's inner self, it is not only about postures but a lifestyle that one needs to follow consistently in order to reap all its benefits. Her classes are a reflection of her thoughts, bringing forth love and respect to the art of yoga, and all that it encompasses.

- Li'l Yogis aims to guide, support and benefit each child attending the class towards a healthier lifestyle.
- The classes help build
  - attention span;
  - encourages creativity;
  - ingenuity; and
  - positive thinking.
- The basic yogic values such as kindness, gratitude, self discipline and honesty are inculcated.
- The children are encouraged to use these values and skills in their everyday lives to become mentally and physically stronger.



# Informatique et sciences

## *Computing and Sciences*

Class	Day & Time	Fees	Minimum
GS – Terminale	Wednesday (12:45-1:45pm)	INR 7,850	6 students

Many players happen to stop pursuing the fascinating game of chess in their early years due to lack of a teacher who can help them improve consistently. Chess Guru Academy strives to make chess coaching easily available for the largest number of students with the utmost convenience. Our Top level Chess Coaches are acclaimed for their premiere coaching practices that are well-suited to train not only the entry level players, but also intermediate and advanced level players.

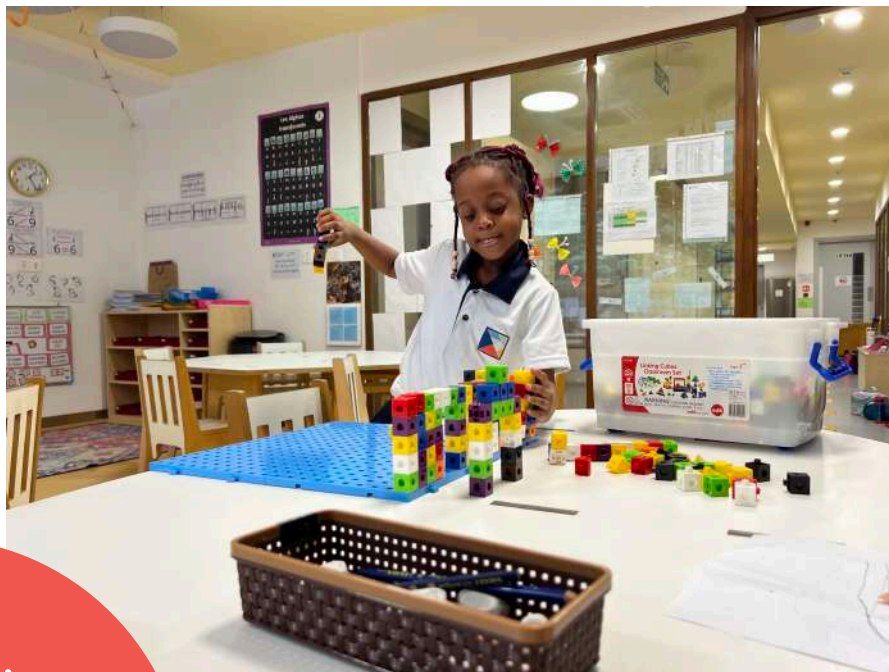
Children are prompted to imagine a sequence of moves and actions before it happens. We actually strengthen the ability to visualize by training them to move the pieces in their mind, first one move and then several moves ahead.



# Soutien du LFIM

## *LFIM Support*

Class	Day & Time	Fees	Minimum
PS - GS	Monday (3:30 – 4:30pm)	INR 8,000	3 students
	Tuesday (3:30 – 4:30pm)	INR 8,000	3 students
	Wednesday (12:45 – 1:45pm)	INR 8,000	3 students
	Thursday (3:30– 4:30pm)	INR 8,000	3 students
	Friday (12:45 – 1:45pm)	INR 8,000	3 students



Program Highlights:

The day care service is for all Kindergarten students. The teams of the nursery warmly welcome the children and offer them daily games and colouring. The programs are adapted to the age of the participants. Children having older or younger siblings with differences in timetables can also benefit from this program, allowing them to leave home at the same time.

***Daycare is NOT available for occasional registration and will begin from Trial Week itself.***

Class	Day & Time	Fees	Minimum
CP – CM2	Monday (3:30 – 4:30pm)	INR 10,000	3 students
	Tuesday (3:30 – 4:30pm)	INR 10,000	3 students
	Wednesday (12:45 – 1:45pm)	INR 10,000	3 students
	Thursday (3:30– 4:30pm)	INR 10,000	3 students
	Friday (12:45 – 1:45pm)	INR 10,000	3 students



Homework help provides students with a supportive environment and special guidance.

Students who require the extra assistance when carrying out their homework can receive the help needed from our homework help program, staffed by teachers and other experts in school subjects, 1 for English and 1 for French. This positive environment, where the student is also supported by the company of his schoolmates, reinforces his or her learning and encourages the development of good study habits and life skills. It encourages the acquisition of concepts seen in class, by offering students support in carrying out their homework.

This also benefits parents who prefer allotting their limited time at home with their children carrying out other family oriented activities, or having their child pursue another passion.

***Homework Help is NOT available for occasional registration and will begin from Trial Week itself.***



**LYCÉE FRANÇAIS  
INTERNATIONAL  
DE MUMBAI**



ÉTABLISSEMENT  
CONVENTIONNÉ

**aefe**

Agence pour  
l'enseignement français  
à l'étranger