



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# 2024-25 Wellington Extra +



# More fun for the new term!



We hope that the courses we offer will interest you!  
If you have any questions regarding this programme, please feel free to contact us at  
[enrichment.shanghai@wellingtoncollege.cn](mailto:enrichment.shanghai@wellingtoncollege.cn).

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# ART & FASHION

## Pippa Studio

Pippa Studio is a creative fashion workshop for children. They will use Fashion as a channel in order to develop imagination, critical and logical thinking, drawing artistic and manual skills among others. They will use a range of skills in order to create a 'look' for each session. Workshops include drawing, painting, crafts and many other activities.

Pippa Studio's Fashion, Art, and Design course is designed for children aged 6-16, offering an exciting and innovative way to spend their weekends. Participants will dive into fashion design, accessory making, art exploration, and more. Pippa Studio not only develops skills but also fosters creativity, imagination, and logical thinking. The course shapes both minds and hands, nurturing an inventive spirit that lasts a lifetime.

Course Name	Age Group	Session Day & Time
Wellington Art & Fashion Workshop	6-16 Years	Saturday 9:30-11:30

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# BASKETBALL

## Wellington Extra Sport – Lions Basketball Programme

Wellington’s Assistant Director of Sport and Head of Basketball Michael Farrell, along with Wellington basketball coaches and physical education teachers, will lead the Wellington Extra Basketball programme again from 2024.

Pupils participating in the Lions Basketball Programme on Saturdays will learn basketball skills and concepts through fun and engaging activities that develop both fundamental basketball skills and game sense.

There will also be opportunities to play games against other clubs in and around Shanghai.

If you have any questions, please contact [michael.farrell@wellingtoncollege.cn](mailto:michael.farrell@wellingtoncollege.cn).

Course Name	Age Group	Session Day & Time
Year 1-3 Wellington Extra Basketball	6-9 Years	Saturdays 9:00-10:00
Year 4-8 Wellington Extra Basketball	9-13 Years	Saturdays 10:15-11:45

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# FOOTBALL

## Total Performance Academy (TPA)

Total Performance Academy is the official football partner of Wellington College International Shanghai.

This year TPA are launching the 'Academy Project', which will involve Team Training for all ages from Year 1/2 upwards with the opportunity to play in various competitions both in Shanghai and abroad.

TPA strive to help develop the individual through various types of training such as SGT (Small Group Training) where children develop technical skills and abilities with focused contact with the coaches. Comprehensive goalkeeping training is also offered for younger pupils.

Course Name	Age Group	Session Day & Time
Year Group Training	5-10 Years	<ul style="list-style-type: none"><li>• Y1-2 Friday 15:20-16:20</li><li>• Y3-4 Monday &amp; Thursday 17:00-18:30</li><li>• Y5-6 Tuesday &amp; Friday 16:30-18:00</li></ul> *League Matches on Saturday
Super Saturday (Football for fun)	5-12 Years	<ul style="list-style-type: none"><li>• Y5+: 9:00-10:30 Saturday</li><li>• Y1-4: 10:45-12:15 Saturday</li></ul>
Goalkeeping Training Individual Technical Training(Small Group)	5-12 Years	Wednesday 17:00-18:00

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# CHESS

## SCA (Shanghai Chess Academy)

Shanghai Chess Academy provides professional, top level chess instruction. Chess is the perfect way to build thinking skills and sportsmanship in a safe and fun environment.

The benefits of learning chess include enhanced creativity, improved concentration, expanded critical thinking skills, memory, superior academic performance and a longer attention span.

Course Name	Age Group	Session Day & Time
Chess small group class Level: mixed levels	No limit	Wednesday 17:00-18:00

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# KUNG FU

## Stars Kung Fu Academy

Stars Kung Fu Academy strives to cultivate personality, physical fitness, self-defence and performing arts through Kung Fu training.

Children will build the foundations of a successful and happy life. Stars Kung Fu not only train masters of Kung Fu, but help children to become masters of life.

Course Name	Age Group	Session Day & Time
Self Defence	5-7 Years	Tuesday 17:00-18:00
Kung Fu	5-7 Years	Saturday 9:00-10:00
Self Defence	8+ Years	Saturday 10:00-11:00

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# LANGUAGE

## Shanghai Youth Languages

SYL offer a Saturday 'fun club' for children to be exposed to French and Spanish through games, singing, writing, reading, speaking and having fun.

It is also possible to take weekday classes at 5pm for more serious study.

Course Name	Age Group	Session Day & Time
French Language & Culture (provided by Shanghai Youth Languages)	4+ Years	<b>Advanced class:</b> <ul style="list-style-type: none"><li>Tuesday 17:00-18:00</li><li>Thursday 17:00-18:00</li></ul> <b>Beginner class:</b> <ul style="list-style-type: none"><li>Saturday 10:15-11:15 (4-6Yrs)</li><li>Saturday 11:30-12:30 (7+Yrs)</li></ul>
Spanish Language & Culture (provided by Shanghai Youth Languages)	4+ Years	<b>Advanced class:</b> <ul style="list-style-type: none"><li>Tuesday 17:00-18:00</li><li>Thursday 17:00-18:00</li></ul> <b>Beginner class:</b> <ul style="list-style-type: none"><li>Saturday 10:15-11:15 (4-6Yrs)</li><li>Saturday 11:30-12:30 (7+Yrs)</li></ul>

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# MAUY THAI & MIXED MARTIAL ARTS

## Mahmoudi Gym

Mahmoudi Gym was established in Paris, France in 1984 and is a prominent martial arts gym with additional branches in Merida, Mexico, and Shanghai. The gym specializes in Muay Thai, Brazilian Jiu-Jitsu (BJJ), and fitness training for both adults and children.

The Wellington Extra BJJ course is highly beneficial for children from age 4 to 16 and promotes physical development, self-esteem, mental toughness. It focuses on age-appropriate techniques and supports children's physical and personal development, sessions will be taught by NASM-certified coaches.

Course Name	Age Group	Session Day & Time
Mahmoudi Brazilian Jiu-Jitsu (BJJ) course	4-16 Years	Thursday 17:00-18:00

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# PERFORMING ARTS



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## Spotlight Theatre School

Shanghai Youth Theatre | Public Speaking | LAMDA Exams

Spotlight Theatre School is Shanghai's premier performing arts centre dedicated to nurturing creativity and confidence in children and young adults. Founded with a passion for the performing arts, Spotlight aims to empower pupils to become dynamic performers both on stage and in life.

At Spotlight, we prioritise our pupils' growth and development, offering bespoke courses tailored to children of all abilities. Through our comprehensive curriculum, which includes acting, singing and dancing, pupils are encouraged to explore and express themselves in a supportive and stimulating environment. We believe in the transformative power of the arts to build self-esteem and foster a lifelong love for creativity.

Our partnerships with prestigious vocational schools and universities in the UK, such as LAMDA (London Academy of Music & Dramatic Art) and Guildford School of Acting, allow us to enrich our programmes with expert-led workshops and professional insights. These affiliations provide a pathway for pupils interested in pursuing vocational studies in the performing arts.

Led by a team of industry professionals and senior LAMDA Examiners, Spotlight ensures excellence in training across all disciplines. Our instructors bring a wealth of experience from leading vocational schools worldwide, ensuring that each pupil receives the highest standard of education. Whether your child is taking their first steps on stage or honing their skills for advanced performance, Spotlight Theatre School offers a range of programmes designed to inspire and challenge.

From our Musical Theatre courses to Public Speaking and Youth Theatre productions, each course encourages confidence, courage and creativity.

Join us at Spotlight Theatre School and discover the joy of performing arts education where every pupil can shine brightly on stage and beyond.

# PERFORMING ARTS



## Spotlight Theatre School

Course Name	Age Group	Session Day & Time
SYT – Shanghai Youth Theatre (Act. Sing. Dance)	4-5 Years	Saturday: 9:00-10:00
SYT – Shanghai Youth Theatre (Act. Sing. Dance)	6-9 Years   10-12 Years   13-14 Years	Saturday: 9:00-11:00
Public Speaking & LAMDA Exams	7-10 Years & 11-14 Years	Saturday: 11:15am-12:15pm
Senior Acting & LAMDA Exams	11-14 Years	Saturday: 11:30am-12:30pm

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# RUGBY

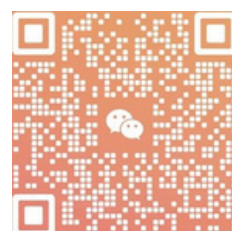
## ELOX

Our organisation specialises in promoting holistic development through sports, mindfulness, nutrition, and fitness. The programmes aim to enhance the overall well-being of pupils aged 5 and older by providing wellness activities and nutritional guidance. This includes Athlete Development, Rugby, HIIT (High Intensity Interval Training), JumpFit, Yoga and many more.

In addition, we offer a nutritional programme as well as additional individualised training programmes, provided by our specialised nutritionists and instructors. More information is available upon request.

Course Name	Age Group	Session Day & Time
<ul style="list-style-type: none"><li>• ELOX Rugby</li><li>• ELOX Athlete Development</li><li>• ELOX HIIT</li></ul>	5-18 Years	Monday & Wednesday 17:00-20:00

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# RUGBY

## YMCE Jr

YMCE Jr Rugby, in collaboration with ELOX, is thrilled to announce the Autumn and Spring Rugby seasons that will run for 10-12 weeks.

Founded in Beijing in 2021, YMCE now operates in 3 locations. The touch and contact rugby program is for players of all levels, building towards regional competition.

Last season, YMCE Dragons Shanghai hosted a successful mini tournament and participated in the JAM Rugby Tournament.

Every Sunday at Wellington Chinese and expat families can unite in their love of rugby.

Course Name	Age Group	Session Day & Time
YMCE Jr. Rugby Club	5-15 Years	Sunday 10:00-11:30

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# SWIMMING

## Wellington Swimming Coaches

This swimming course is specially designed for young children and covers the fundamentals skills and water safety.

The course is conducted in a safe and fun environment that is child centric, and helps them overcome any fears they may have of water. The instructors lead the children through a series of progressive sessions, covering basic swimming strokes such as freestyle and backstroke.

Children are also taught to recognise signs of danger in the water and how to react in emergencies. The course encourages children to enjoy swimming while improving their swimming skills and increasing confidence.

As well as becoming increasingly strong and safe swimmers, they will have a great time in the water.

If you have any questions, please contact [benjamin.zhu@wellingtoncollege.cn](mailto:benjamin.zhu@wellingtoncollege.cn)

Course Name	Age Group	Session Day & Time
Wellington Extra Swimming	Under 9 Years	<ul style="list-style-type: none"><li>• <b>Wednesday</b> 7:00-18:00</li><li>• <b>Saturday</b> 9:00-10:00 10:10-11:10</li></ul>



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# TENNIS

## SportED

SportED Tennis was founded in 2018, and its core vision is focusing on providing the very best tennis training services for players aged 3-18 years old. SportED's philosophy of combining sport and education whilst bringing new exciting programs into China and implementing sports in schools and ensuring well rounded pupil-athletes.

Course Name	Age Group	Session Day & Time
RAINBO EARLY YEAR	7-8 Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Schedule: On demand <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Schedule: On demand
RAINBO WHITE BALL	8-9 Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Saturday 08:00 – 09:00 Sunday 13:00 – 14:00 Session: 60 min <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Saturday 08:00 – 09:00 Sunday 13:00 – 14:00 Session: 60 min

# TENNIS

SportED

Course Name	Age Group	Session Day & Time
RAINBO PURPLE BALL LEVEL I & II	9-10 Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Saturday 08:00 – 09:00 Sunday 13:00 – 14:00 Session: 60 min  <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Saturday 08:00 – 09:00 Sunday 13:00 – 14:00 Session: 60 min
RAINBO RED BALL LEVEL I & II	10-12 Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Monday & Thursday 17:00-18:30 Saturday 09:00-10:30 Sunday 14:00-15:30 Session: 90 min  <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Monday & Thursday 17:00-18:30 Saturday 09:00-10:30 Sunday 14:00-15:30 Session: 90 min

# TENNIS

SportED

Course Name	Age Group	Session Day & Time
RAINBO PURPLE BALL LEVEL I & II	12-13 Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Tuesday & Friday 17:00-18:30 Saturday 10:30-12:00 Sunday 15:30-17:00 Session: 90 min  <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Tuesday & Friday 17:00-18:30 Saturday 10:30-12:00 Sunday 15:30-17:00 Session: 90 min
RAINBO GREEN BALL LEVEL I & II	13-15 Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Tuesday & Friday 18:30-20:00 Saturday 13:00-15:00 Sunday 08:00-10:00 Session 90/120 min  <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Tuesday & Friday 18:30-20:00 Saturday 13:00-15:00 Sunday 08:00-10:00 Session 90/120 min

# TENNIS

## SportED

Course Name	Age Group	Session Day & Time
RAINBO YELLOW BALL LEVEL I & II	15+ Years	<b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Monday & Thursday 18:30-20:00 Saturday 15:00-17:00 Sunday 10:00-12:00 Session: 90/120 min  <b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Monday & Thursday 18:30-20:00 Saturday 15:00-17:00 Sunday 10:00-12:00 Session: 90/120 min



# TENNIS

SportED

Course Name	Age Group	Session Day & Time
PRIVATE LESSON	13-15 Years	<p><b>Autumn Period:</b> 26 August/2024 to 19 January/2025 Schedule: On demand Monday, Wednesday &amp; Friday 07:00–08:00 Saturday 07:00-08:00 / 17:00-20:00 Sunday 07:00-08:00 / 17:00-20:00 Session: 60 min</p> <p><b>Spring Period:</b> 10 February/ 2025 to 29 June/2025 Schedule: On demand Monday, Wednesday &amp; Friday 07:00–08:00 Saturday 07:00-08:00 / 17:00-20:00 Sunday 07:00-08:00 / 17:00-20:00 Session: 60 min</p>

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# VOLLEYBALL

## Vortex Volleyball Club

Vortex Volleyball Club strives to create experiences for young people, so they can develop a life long love of sports.



The team serves the SISAC league of Shanghai International Schools. The club runs volleyball training courses for 6-18 years old young pupils. Vortex Volleyball Club coaches lead team to APAC.

Some Vortex coaches are national level.

Course Name	Age Group	Session Day & Time
Vortex Volleyball 1 Court	Under 11 & Under 14 Years	Tuesday 17:00-18:30
Vortex Volleyball 1 Court	Under 14 & Under 19 Years	Thursday 17:00-18:00
Vortex Volleyball 1 Court (Saturday)	7-9 Years   11-13 Years   13+ Years	Saturday • 14:00-15:30 • 15:30-17:00

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to serve and help shape  
a better world.**