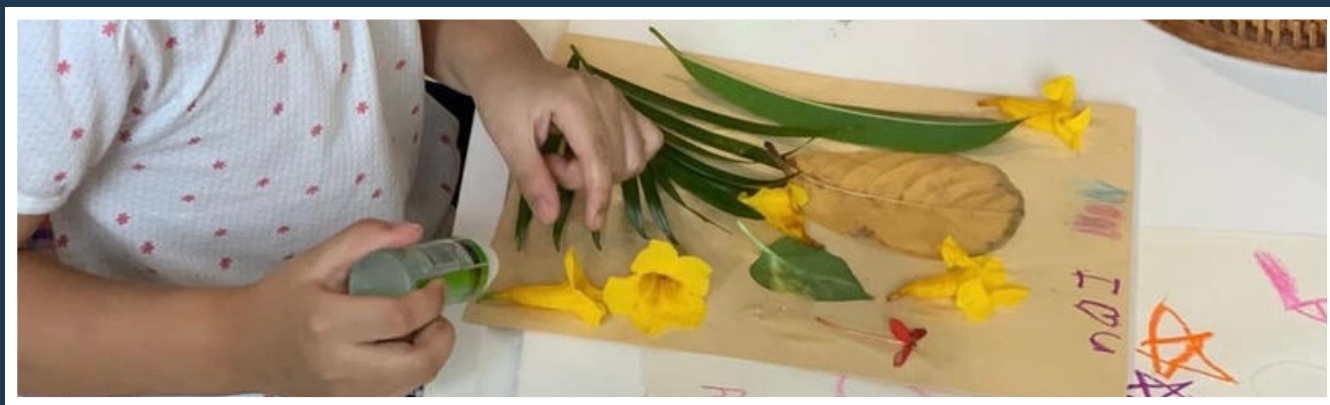




INTERNATIONAL SCHOOL
ZURICH NORTH

Co-Curricular Activities 2025-26

BLOCK A



CCA REGISTRATION
OPENS WEDNESDAY

20 August @ 6pm

CCA REGISTRATION
CLOSES WEDNESDAY

27 August @ 9pm





SKILLS THAT MATTER, ACROSS CULTURE

Extensive research shows a correlation between the skills taught in SEL (Social-Emotional Learning) programs and academic achievements, positive behaviour and healthier life choices. Participating in Co-Curricular Activities after school, develops SEL learning. Watch a short video on SEL learning.

<https://youtu.be/OPwzFiuR1m8>

CCA WEEK OVERVIEW

BLOCK A

PRIMARY

Day	CCA Offer	Grade
Monday	Swiss Club	KIGA 2 & Grade 1
Monday	Inter Soccer	Grade 1 – 5
Tuesday	Young Engineers (BB group – Big Builders)	KIGA 1 & 2
Tuesday	Young Engineers (BC & GT Group – Parallel)	Grade 1 – 3
Tuesday	Science Masters	Grade 3 – 5
Wednesday	Playball	Pre-K, KIGA 1 & 2, Grade 1
Wednesday	PYP Basketball	Grade 1 – 5
Wednesday	German Enrichment	KIGA 2 – Grade 1
Thursday	Chorus	Grade 1 – 5
Thursday	Zumba	KIGA 2 – Grade 2
Friday	Cross Country	Grade 1 – 5
Friday	Chess Club	Grade 2 – 6

SECONDARY

Day	CCA Offer	Grade
Monday	Volleyball Girls	Grade 6 – 12
Monday	Football Mixed	Grade 6 – 12
Monday & Tuesday	Drama Production	Grade 6 – 12
Wednesday	Basketball Girls (IBZN)	Grade 6 – 12
Wednesday & Thursday	Basketball Boys Varsity (IBZN)	Grade 10 – 12
Thursday	Expressive Art	Grade 6 – 9
Thursday	Chess Club	Grade 6 – 12
Thursday	Varsity Strength & Conditioning	Grade 9 – 12
Friday Wed. (Invitational)	Basketball Boys Junior Varsity (IBZN)	Grade 6 – 10
Friday	DJ Desk	Grade 6 – 12
Friday	Cross Country	Grade 6 – 12

CCA CALENDAR OVERVIEW

BLOCK A

Month	Mo	Tu	We	Th	Fr	Sa	Su	CCA Wks	Key Date Information	Additional Information
Jul	28	29	30	31	1	2	3		Summer Break	
Aug 2025	4	5	6	7	8	9	10		Summer Break	
	11	12	13	14	15	16	17		Inset Week	Publish Brochure A, 13.08
	18	19	20	21	22	23	24		CCA Assembly 22.08	Sign-ups open 20.08 @6pm
	25	26	27	28	29	30	31			Sign-ups close 27.08 @9pm
Sep	1	2	3	4	5	6	7			Publish Class Lists 04.09
	8	9	10	11	12	13	14	1	CCAs begin - max. 9 weeks	
	15	16	17	18	19	20	21	2		
	22	23	24	25	26	27	28	3		
	29	30	1	2	3	4	5	4		
Oct	6	7	8	9	10	11	12		Autumn Break	
	13	14	15	16	17	18	19		Autumn Break	
	20	21	22	23	24	25	26	5		No CCAs on 20th - Inset Day Staff
	27	28	29	30	31	1	2	6		
Nov	3	4	5	6	7	8	9	7		
	10	11	12	13	14	15	16	8		
	17	18	19	20	21	22	23	9	CCAs end, Block A	Publish Brochure B, 19.11
	24	25	26	27	28	29	30		No CCAs Assembly 28.11	Sign-ups open 26.11 @6pm
Dec	1	2	3	4	5	6	7		No CCAs	Sign-ups close 03.12 @9pm
	8	9	10	11	12	13	14		No CCAs 12:30 Close	Publish Class Lists 11.12
	15	16	17	18	19	20	21		Winter Break	
	22	23	24	25	26	27	28		Winter Break	
	29	30	31	1	2	3	4		Winter Break	

CCA Start Date = 8 September

CCA End Date = 21 November

**More details about each CCA
can be found on the following pages.**

PRIMARY CCA THEMES

SPORTS



CROSS COUNTRY



PLAYBALL



PYP
BASKETBALL

CULTURE & LANGUAGE



SWISS CLUB & GERMAN

MOVEMENT



ZUMBA

STEM



YOUNG ENGINEERS

SCIENCE



PERFORMING ARTS



CHORUS

LOGIC & STRATEGY



CHESS

PRIMARY

CHORUS

GRADE 1 - 5

WITH MRS. JONES



Become a member of the ISZN Chorus! This is a yearlong CCA, but new members are welcome at any time. We sing a wide variety of music and represent ISZN through fantastically fun performances and excellent musicianship. Chorus shares our music with others by performing throughout the year. We participate in a variety of fun activities, including holiday parties, pop-up concerts, and more. The cost to join includes an ISZN Chorus T-shirt for you to keep. Come along with your friends and try it out in August!

When: Thursday
Time: 15:45 – 16:45
Where: PA Classroom
Who: Grades 1 to 5 (unlimited students)
Cost: CHF 50 (per year, includes a t-shirt)

PRIMARY

ZUMBA

KIGA 2 - GRADE 2
WITH MS. PAULINA



Join us on an exciting journey through the rhythmic vibes of Zumba! Ms. Paulina, brings extensive experience from events, camps, and after-school activities across the Middle East, where she's taught dance to children aged 4–16 and adults. As a certified Zumba and Zumba Kids trainer, she invites students to enjoy an energizing workout set to popular songs—promoting cardiovascular health, strength, and mental well-being, while boosting coordination, stamina, and confidence. Don't miss out on this fun way to stay fit and healthy!

When: Thursday
Time: 15:45 - 16:45
Where: MPH
Who: KIGA 2 to Grade 2
Cost: CHF 50

PRIMARY

YOUNG ENGINEERS

Big Builders (BB group)

KIGA 1 & 2

WITH YOUNG ENGINEERS - EXTERNAL



BigBuilders – Discover, Explore, Invent!

In this course, little builders become big thinkers! Using colorful LEGO bricks, kindergarten students create cheerful models inspired by animals, nature, and technology – from fluttering butterflies to spinning windmills. Along the way, they develop fine motor skills, spatial thinking, and learn to solve simple technical challenges through play.

BigBuilders sparks curiosity and lays the foundation for logical thinking and creative problem-solving – all with plenty of fun and imagination!

When: Tuesday
Time: 15:45 - 16:45
Where: Primary Art Room
Who: KIGA 1 and 2
Cost: CHF 150

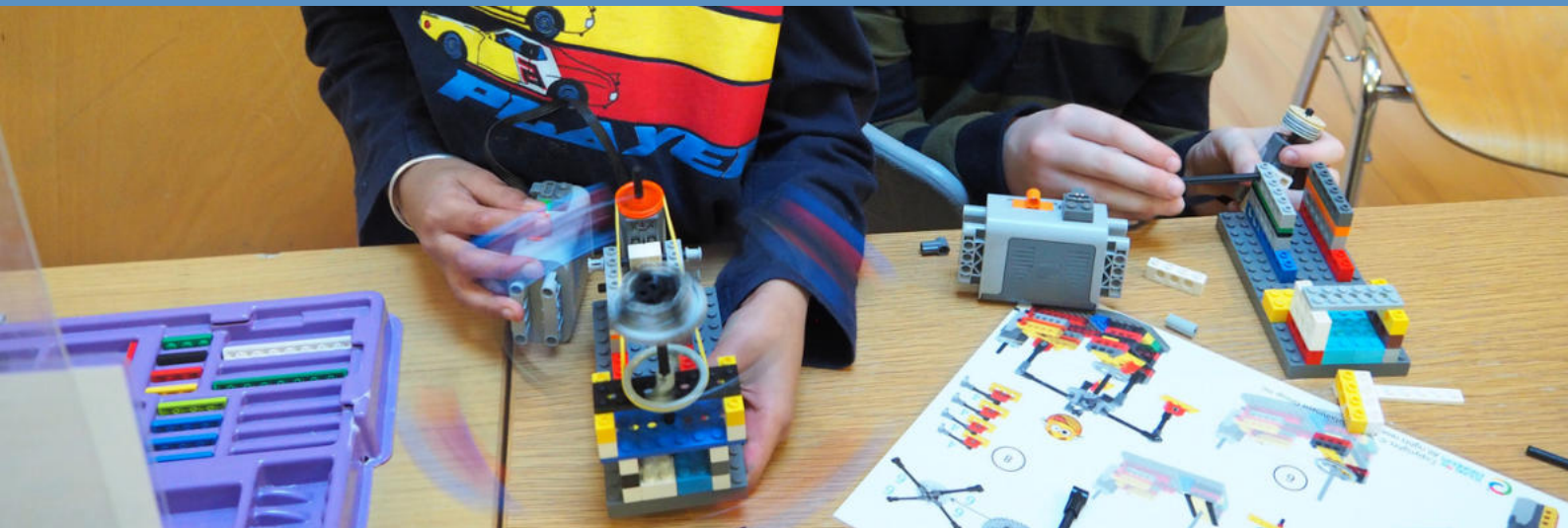
PRIMARY

YOUNG ENGINEERS

Bricks Challenge, Galileo Technic – a Parallel Class
(BC & GT group)

GRADE 1 - 3

WITH YOUNG ENGINEERS - EXTERNAL



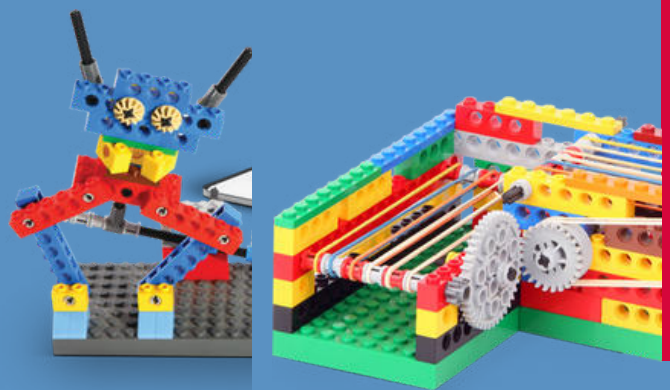
LEGO Tech & Science (Bricks Challenge) – Discover, Build, Be Amazed!

Students build exciting, motorised LEGO models — from racing cars to their first robots — while exploring the basics of science, mechanics, and energy. Through hands-on building and experimentation, they discover how technology works in a fun, creative way.

GalileGO (Galileo Technic) – Understand, Tinker, Create!

GalileGO builds on LEGO Tech & Science, taking students deeper into technology, science, and sustainability. They construct advanced models, bigger robots, and explore real-world topics like renewable energy and resource conservation. With hands-on challenges, teamwork, and creative problem-solving, students develop technical skills and a sustainable mindset — all while having fun!

When: Tuesday
Time: 15:45 - 16:45
Where: Grade 5 Classroom
Who: Grade 1 to 3
Cost: CHF 175



PRIMARY

SCIENCE MASTERS

GRADE 3 - 5

WITH SECONDARY SCIENCE STAFF



Ignite your child's curiosity through hands-on exploration! The ISZN Primary Science Club offers young learners a chance to become scientists after school, conducting exciting experiments, solving real-world challenges, and discovering the wonders of the world around them. Designed to foster inquiry, critical thinking, and a love of learning, each session is filled with interactive activities that make science fun, accessible, and meaningful. Perfect for curious minds who love to ask why and how.

When: Tuesday
Time: 15:45 - 16:45
Where: Room 3.19, 3rd floor
Who: Grade 3 - 5
Cost: CHF 80

PRIMARY

CHESS CLUB

GRADE 2 - 6

WITH MR MÀTÈ - EXTERNAL



Discover the World of Chess!

Led by a passionate chess enthusiast who has been playing since childhood under the guidance of his father, a skilled chess coach, this exciting opportunity brings the game of chess to our primary students. Whether your student is a complete beginner or a confident player looking to explore new strategies, our sessions are designed to build skills, boost critical thinking, and develop a love for the game. Students will learn the rules, train their minds, and enjoy the challenge of playing with others in a supportive, structured environment.

With continued enthusiasm and progress, a Chess tournament between international schools might be introduced as a future initiative.

When: Friday
Time: 15:45 – 16:45
Where: Atrium
Who: Grade 3 - 6
Cost: CHF 120

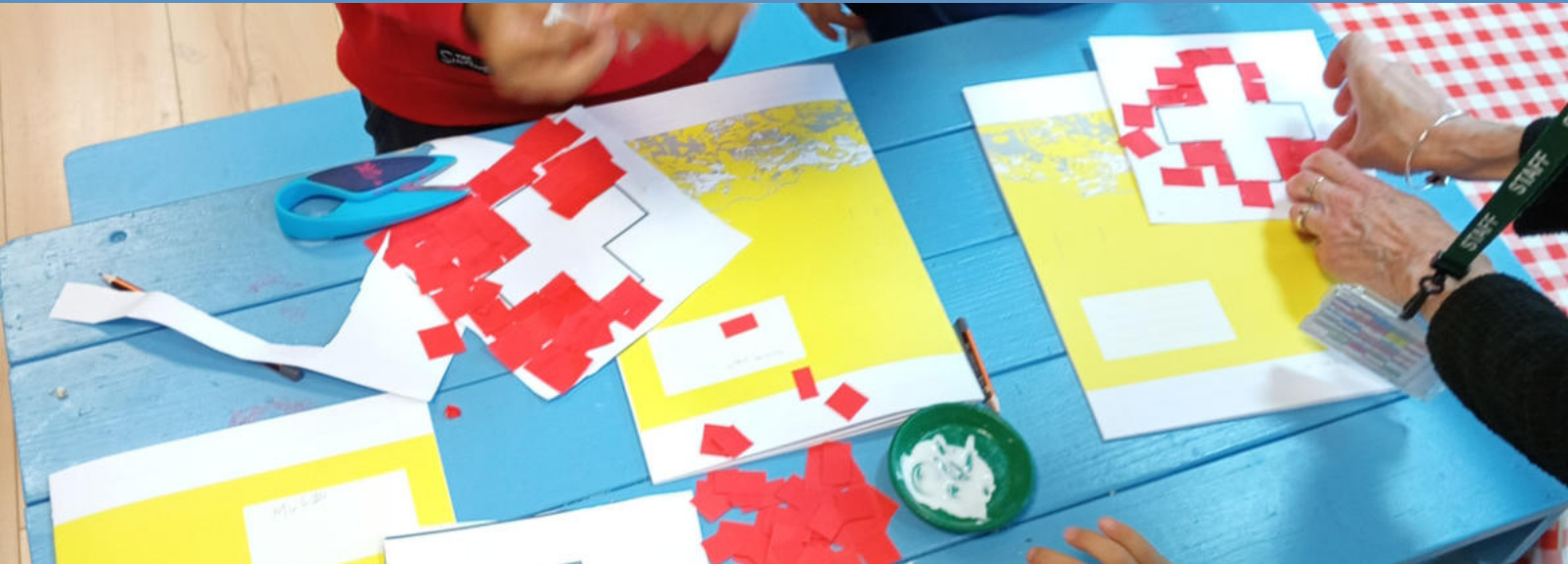
PRIMARY

SWISS CLUB



KIGA 2 AND GR 1

WITH MS. SUSAN AND MS JENNIFER



The Swiss Connection Club – Come Join the Fun!

Welcome to the Swiss Connection Club where we will be engaging in singing, baking, story reading, art and much more while learning and making connections with the Swiss culture!

This is a great opportunity to learn more about your host country in a fun, engaging and exciting way.

Switzerland is a dynamic country with many different sides. Let's explore them together.

When: Monday
Time: 15:45 – 16:45
Where: Pre-K Classroom
Who: KIGA 2 and Grade 1
Cost: CHF 50

PRIMARY

GERMAN ENRICHMENT



KIGA 2 - GR 1

WITH MS. MYRIAM



German Enrichment Club – Speak, Learn, Enjoy More!

This club offers students the chance to strengthen their German through fun games, engaging activities, and focused support. With a mix of instruction and play, students build confidence in speaking, listening, reading, and writing — all in a supportive, interactive environment.

When: Wednesday
Time: 15:45 – 16:45
Where: KIGA 1 Classroom
Who: KIGA 2 - Grade 1
Cost: Free

PRIMARY

PLAYBALL

PRE-K, KIGA 1 & 2, GRADE 1

WITH MR. BYRON - EXTERNAL, 2 COACHES



Playball is an international sports programme that develops children's movement, ball skills, and confidence through fun-filled lessons. Age-specific and aligned with developmental milestones, it fosters cognitive, social, and motor growth. In a playful setting, children build a wide range of sporting skills, gain confidence, and are well-prepared for positive sports participation.

When:	Wednesday
Time:	15:45 - 16:45
Where:	MPH
Who:	Pre-K, KIGA 1 & 2, Grade 1
Cost:	CHF 130

INTERSOCCER

PRIMARY

GRADE 1 - 5

WITH EXTERNAL COACHES



Inter Soccer's Fun Football Courses are open to boys and girls of all abilities in Grades 1–5. Led by experienced children's coaches, each week features new, fun programmes focusing on passing, dribbling, and shooting. Alongside skill development, students will enjoy plenty of small-sided matches. Join us indoors for fun and learn to play like Messi!

When: Monday
Time: 15:45 - 17:00
Where: Sportanlage (MZH) Wallisellen
Who: Grade 1 - 5
Cost: CHF 150



PRIMARY

CROSS COUNTRY

GRADE 1 - 5

WITH MR. MENNET - EXTERNAL



Open to all students from Grade 1 – 5, this CCA is tailored to suit each age group and is led by Robin Mennet—a qualified coach and one of Switzerland’s top distance runners. Training sessions are just the beginning. Students will also have the opportunity to take part in school races and ZKB Cup fixtures, competing against both international and local schools.

Through regular training and competition, students will build resilience, confidence, and physical fitness, becoming part of a proud tradition of ISZN IBEX athletes—many of whom have contributed to ISZN’s several national titles.

When:	Friday
Time:	15:45 – 16:45
Where:	Nature Reserve
Who:	Grade 1 to 5
Cost:	CHF 90

PRIMARY

PYP BASKETBALL

GRADE 1 - 5

EXTERNAL COACH - MS LUDOVICO & MR JOEL



This programme is delivered in partnership with the school's **official basketball club**, International Basketball Zürich Nord. All sessions are of exceptional quality and led by qualified, experienced basketball coaches. Students who show both enthusiasm and ability may be invited to represent the club—or one of its partner organisations—in competitive tournaments. This is a unique opportunity to learn basketball fundamentals, develop skills, and progress toward school and club-level matches.

As part of the school community, students benefit from a discounted annual fee of CHF 260, which covers the entire year. This includes:

- Free transportation to and from the CCA via the school minibus
- A free club T-shirt (for first-time club registrants)

To register, please use Schools Buddy once it becomes available in a week. At that time, you will also find a QR code to pay for the club.

When: Wednesday
Time: 15:45 – 17:00
Where: Mösli Schule
Who: Grade 1 to 5
Cost: CHF 260 per year

SECONDARY CCA THEMES

SPORTS



VOLLEYBALL

FOOTBALL



CROSS COUNTRY

BASKETBALL



LOGIC & STRATEGY



CHESS CLUB

PHYSICAL ACTIVITIES

VARSITY
STRENGTH &
CONDITIONING



ART



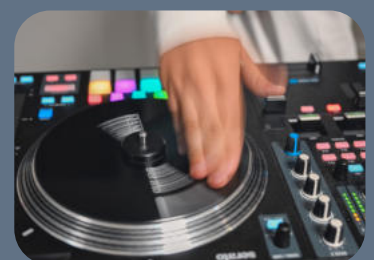
EXPRESSIVE ART



PERFORMING ARTS



DRAMA PRODUCTION



DJ DESK

SECONDARY

DRAMA PRODUCTION

GRADE 6 - 12
WITH MRS. JONES



Gravestone Manor is the backdrop for Griffin, the ghost-host who guides guests through seven madcap sketches. Wild werewolves play nice for date night, monsters compete in a game show, there are runaway robots and brainless zombies, “welcoming” vampires, and ghoulish gals Sheila and Evelyn (who are really just visiting from the HR department of a teenager’s brain to do an annual performance review). There is a role for you!

AUDITION DATE: FRIDAY 22 August 15.30–17.30

PERFORMANCE DATES: 30 (evening) & 31 (school day) October 2025

When:	Mondays	and	Tuesdays
Time:	15.45 – 17.30		15.45 – 17.00
Where:	The Stage		
Who:	Grades 6 - 12 (unlimited students)		
Cost:	FREE		



GRAVESTONE Manor

By Flip Kobler
and Cindy Marcus

AUDITIONS
FRIDAY 21 AUGUST
15.30 - 18.00

Secondary Performing Arts Room

Questions?
Ask Mrs. Jones.

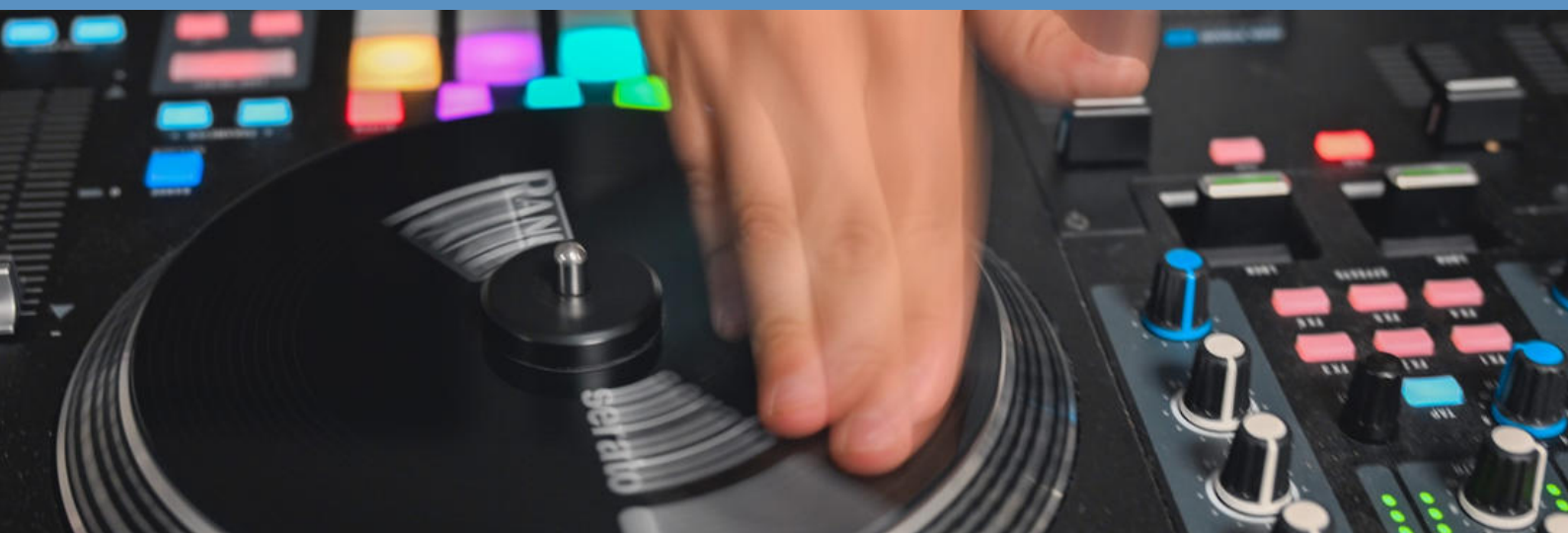
SECONDARY

DEEJAY DESK



GRADE 6 - 12

WITH MR. NELSON TYRODE - EXTERNAL



Ever dreamed of being a DJ? Now's your chance!

Join a fun, hands-on workshop where you'll learn how to mix tracks, scratch vinyl, and create your own sound **using real DJ equipment.**

Led by an international DJ with experience performing around Europe and teaching in top schools, this activity is perfect for curious minds who love music – no experience needed!

You'll build rhythm, confidence, and creativity... and maybe even perform in front of your friends!

Example of a student's work and Nelson's website:

https://drive.google.com/drive/folders/1FANuhgWYatL5zatQ7d5T3ZNJADZYkl3z?usp=share_link

<https://linktr.ee/djkill>

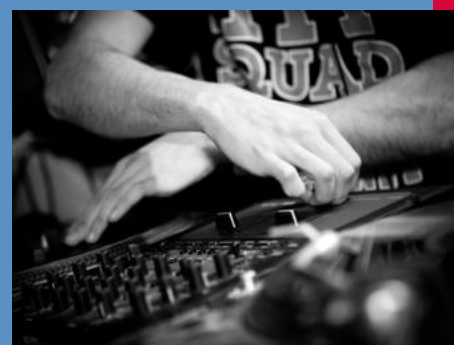
When: Friday

Time: 15:45 – 17:15 (1.5 hours)

Where: Secondary Music Room 1.6

Who: Grade 6 - 12

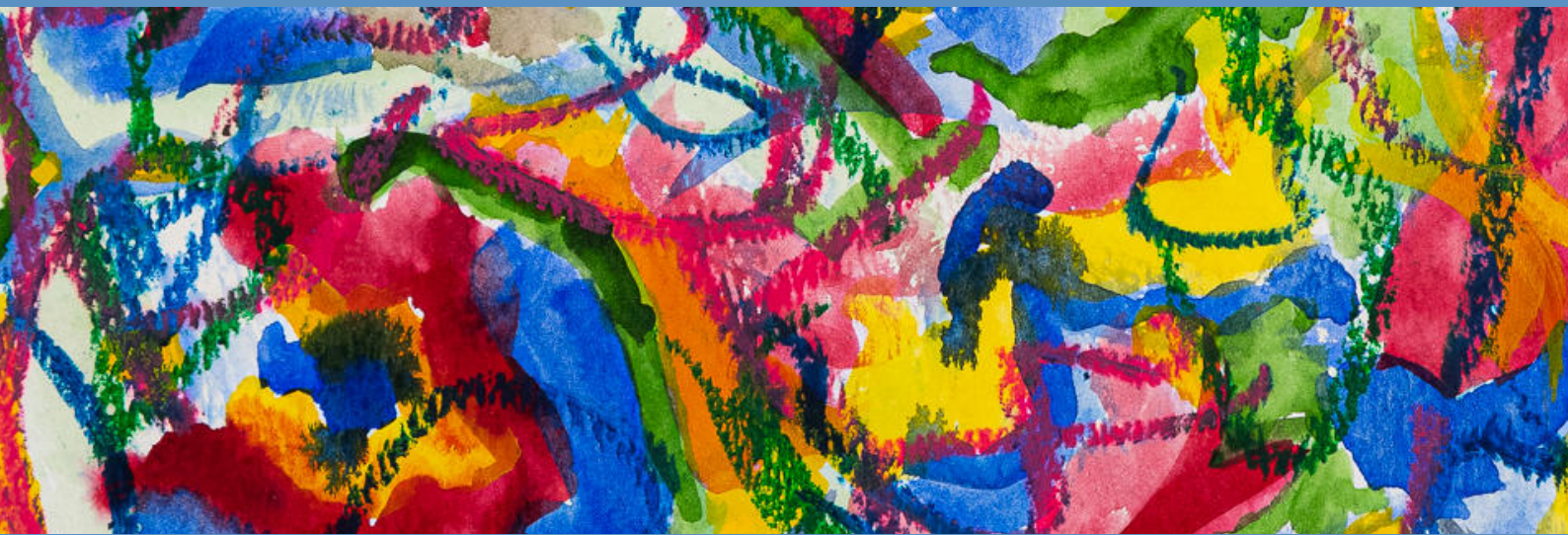
Cost: CHF 150



SECONDARY

EXPRESSIVE ART

GRADE 6 - 9
WITH MR. YORK



Students will create work of their own choice and begin by copying an artwork from their favourite artist, using materials available in the art studio.

They will then produce an original piece inspired by the techniques and style of their chosen artist.

When: Thursday
Time: 15:45 – 16:45
Where: Secondary Art Room
Who: Grade 6 - 9
Cost: CHF 50

SECONDARY

CHESS CLUB

GRADE 6 - 12

WITH MR KELLY



Discover the World of Chess!

Checkmate! Join the new Chess CCA for the opportunity to learn new moves, develop strategic thinking, and enjoy social time with students from other year groups. This CCA will be student-led by one or two of our expert chess enthusiasts and supervised by Mr Kelly.

Students in Grade 6 are welcome to join the Primary Chess CCA on a Friday; however, their participation will be part of the paid programme run by the coach, Mr Mâtè Süket.

When: Thursday
Time: 15:45 – 16:45
Where: Room 315
Who: Grade 6 - 12
Cost: CHF 50



SECONDARY

CROSS COUNTRY

GRADE 6 - 12

EXTERNAL COACH - MR. MENNET



Open to all students from Grade 6 – 12, this CCA is tailored to suit each age group and is led by Robin Mennet—a qualified coach and one of Switzerland’s top distance runners.

Training sessions are just the beginning. Students will also have the opportunity to take part in school races and ZKB Cup fixtures, competing against both international and local schools.

Through regular training and competition, students will build resilience, confidence, and physical fitness, becoming part of a proud tradition of ISZN IBEX athletes—many of whom have contributed to ISZN’s several national titles.

When: Friday
Time: 15:45 – 16:45
Where: Nature Reserve
Who: Grade 6 - 12
Cost: CHF 90

SECONDARY

FOOTBALL

GRADE 6 - 12 mixed
WITH MR. ROBBINS



One look at the school sports calendar will show you that football is high on the agenda this year. Take this opportunity to train with other students from the school team and prepare for the many upcoming tournaments.

Mr Robbins is level 2 football coach and previously a football scout for Aston Villa. He will be using all of his expertise to develop individuals and create school teams that can excel in tournaments.

Taking part outdoor for the first time, we will travel to Sportanlage Au and train on the astroturf and/or grass.

When: Monday
Time: 15:45 – 17:00
Where: Sportanlage Au
Who: Grade 6 - 12
Cost: CHF 50

SECONDARY

BASKETBALL GIRLS

GRADE 6 - 12

EXTERNAL COACH - LUDOVICO & MR NOWELL



These exceptional sessions are for girls in grades 6-12 and will be delivered in partnership with our **basketball club**, International Basketball Zürich Nord. All sessions are delivered by qualified basketball coaches. It's a great opportunity to work on your fundamentals of the game, with the opportunity to represent the club or one of its partners in a local league on weekends, in addition to the fantastic school tournaments that take place throughout the year.

As part of the school community, students benefit from a discounted annual fee of CHF 260, which covers the entire year. This includes a free club T-shirt (for first-time club registrants)

To register, please use Schools Buddy once it becomes available in a week. At that time, you will also find a **QR code** to pay for the club.

When: Wednesday
Time: 17:00 – 18:30
Where: Bürgli Schule
Who: Grade 6 - 12, girls
Cost: CHF 260 per year

SECONDARY

BASKETBALL BOYS JUNIOR VARSITY

GRADE 6 - 10

EXTERNAL COACHES - LAURENT & ELENİ



These sessions are designed for boys in Grades 6–10 and will be delivered in partnership with our basketball club, International Basketball Zürich Nord. The students are led by Laurent, who will also serve as the official team coach. Training takes place on Thursdays.

Students who show strong progress may be invited to an additional training session on Wednesdays, where they will join the Varsity Boys team. These sessions are led by Eleni Kafantari, Laurent, and Erwin, our Head of Basketball.

Eleni brings a wealth of international experience—she is currently the head coach of the **Swiss U20 national team** and has coached national squads in **Greece and Denmark**, as well as several professional club teams.

As part of the school community, students benefit from a discounted annual fee of CHF 260, which covers the entire year. This includes a free club T-shirt (for first-time club registrants)

To register, please use Schools Buddy once it becomes available in a week. At that time, you will also find a **QR code** to pay for the club.

When:	Friday	Wednesday (<i>invitational</i>)
Time:	16:30 – 17:30	16:00 - 17:00
Where:	Schul Haus Alpen	Bürgli
Who:	Grade 6 - 10, boys	
Cost:	CHF 260 per year	

SECONDARY

BASKETBALL BOYS VARSITY

GRADE 10 - 12

EXTERNAL COACHES - ELENI AND ERWIN



Open primarily to boys in grade 10&12 and will be delivered in partnership with our basketball club, International Basketball Zürich Nord. **Erwin Caccavale** will be the team manager, delivering sessions in conjunction with **Swiss U20 coach Eleni Kafantari**, who has coached numerous national teams and professional club teams.

Together, these students will receive elite-level training and several opportunities to represent the school at friendlies and tournaments, with all games being tracked with player and team stats.

The varsity boys will train in a smaller group on Thursday's and then be joined by some of the talented junior varsity players on Wednesday's, who may also form part of the team for tournaments.

As part of the school community, students benefit from a discounted annual fee of CHF 260, which covers the entire year. This includes a free club T-shirt (for first-time club registrants)

To register, please use Schools Buddy once it becomes available in a week. At that time, you will also find a **QR code** to pay for the club.

When:	Wednesday	and	Thursday
Time:	16:00 – 17:00		16:30 - 17:30
Where:	Bürgli Schule		Mösli Schule
Who:	Grade 10 - 12, boys		
Cost:	CHF 260 per year		