



# CATALOG

## 2025-26

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AFTER SCHOOL ACTIVITIES  
Lycée Français International de Delhi



## PYTHON CODING

Instructor: Mr. Mr. Chaitanya

Language of instruction: English

Discover the world of programming with our beginner-friendly Python coding activity, designed to spark your interest in technology. No prior experience needed—just curiosity and creativity.

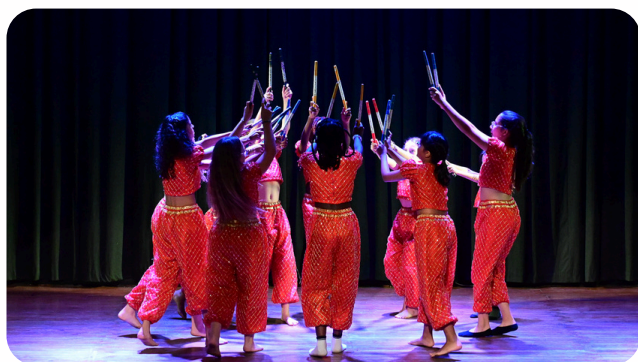


## PLAY AND BALANCE

Instructor: Mr. Utsarga Mondal

Language of instruction: French / English

Play and balance activities, inspired by Awareness Through the Body, combine movement, mindfulness, and fun to help children develop focus, balance, and self-awareness. With circus arts, the activity further encourages coordination, creativity, and confidence through engaging games.



## BOLLYWOOD DANCE

Instructor : Mrs. Manjushri et Mrs. Nandi

Language of instruction: French

Explore the fusion of Bollywood dance and create your own choreography in a dynamic class that blends Indian classical and folk dances with elements of jazz, hip-hop, Arabic, and Latin dance.



## BALLET

Instructor : Delhi Dance Academy

Language of instruction: English

Ballet dancers maintain a graceful appearance, while their technique requires immense strength, balance, skill, and flexibility. The fundamentals include arabesques, pliés, and pirouettes.



## TAEKWONDO

Instructor: Mr. Kumar

Language of instruction: English

Originating in South Korea, Taekwondo promotes fitness, self-defense, confidence, and discipline. Children participate to develop skills, stay motivated, and unwind while enjoying the activity.





## CHESS

Instructor: Mr. Puneet Jaiswal

Language of instruction: English

The instructor teaches the basics of chess by introducing young players to strategy and analysis, while promoting critical thinking and concentration.



## AEROMODELLING

Instructor: Mr. Chaitanya

Language of instruction: English

Aeromodelling combines the creation and piloting of miniature models. The course covers the fundamentals of flight and engineering through hands-on projects, such as building balsa wood models and piloting drones using simulators.



## KARATE

Instructor: Mr. Vedveer Singh

Language of instruction: English

Karate improves physical fitness, flexibility, coordination, and self-defense, while also developing discipline, self-confidence, and character.



## ART AND CRAFT

Instructor: Mrs. Gauri

Language of instruction: French / English

Participating in artistic activities boosts confidence and nurtures creativity through learning techniques in cutting, painting, drawing, papier-mâché, and clay work.



## GYMNASTICS

Instructor: Mr. Vikas Sharma

Language of instruction: English

Artistic gymnastics is a dynamic sport that requires strength, flexibility, balance, coordination, and grace. Both demanding and rewarding, it offers numerous mental and physical benefits.





## BADMINTON

Language of instruction: English

Hone your badminton skills by learning the basics: grip, footwork, and strokes. Build confidence on the court while improving your game step by step.



## BASKETBALL

Instructor: Mr. Alexis Jarry

Language of instruction: French

Basketball, a global sport, revolves around outscoring the opponent. It demands essential skills such as shooting, dribbling, defense, and passing, along with agility, speed, and endurance.



## FOOTBALL

Instructor: Mr. Ahmed Rahmani

Language of instruction: French

Football teaches dribbling, heading, and ball control from the outset. Training covers defensive tactics and goalkeeper skills while building endurance and strength.



## RUBIK'S CUBE

Instructor: Mrs. Sarika

Language of instruction: English

The Rubik's Cube activity involves solving this 3D puzzle by aligning each face to a single color through manipulation of the segments. It enhances logic, memory, and problem-solving skills.



## HIP HOP DANCE

Instructor: Delhi Dance Academy

Language of instruction: English

Hip hop encourages you to explore street dance styles influenced by 1970s culture and music, popularized by American dance crews.



## CLAY MODELLING

Instructor: Mrs. Gauri

Language of instruction: French / English

Students will discover clay modeling through simple techniques suitable for beginners. They will bring their imagination to life by creating beautiful and unique pieces.