

Music & Movement

TIMINGS

Tuesday 5.30pm to 6.30pm

Thursday 3.30pm to 4.30pm

Rs. 2000/ 4 classes

Rs. 3000/ 8 classes

BENEFITS OF MUSIC & MOVEMENT

- Participating in a group
- Social skills
- Express emotions
- Refine listening skills-noticing changes in tempo or pitch
- Awareness of movement and body positions
- Creativity and imagination
- Learn new words and concepts
- Explore cause and effect
- Develop large motor skills
- Improve balance, coordination and rhythm through dance and movement activities
- Improve small motor skills-learning finger plays and playing musical instruments

Art & Craft

TIMINGS

Monday 3pm to 4pm & 4pm to 5pm

Friday 3pm to 4pm & 4pm to 4pm

Rs. 1000/ 4 classes

Rs. 1400/ 8 classes

BENEFITS OF ART & CRAFT

- Helps children develop fine motor skills
- Can boost cognitive skills
- Improves self-expression & self-esteem
- Boosts children's creativity & imagination
- Teaches problem-solving skills
- Improves children's mental health
- Encourages teamwork & socialisation.
- Helps in improving Handwriting

Tae Kwon Do

TIMINGS

Wednesday 4pm to 5pm

Saturday 3pm to 4pm

Fees

Rs. 1400/ 4 classes

Rs. 2400/ 8 classes

KNOW THE INSTRUCTOR

- Internationally Certified Taekwondo Instructor, Martial Arts & Fitness Coach
- Certified Bootcamp Level 2 Instructor
- Certified Sports Coach
- Kettlebell Instructor
- Certified International Taekwondo Umpire
- 6th Dan Black Belt
- Instructor - International Taekwondo Federation
- Coach for Kolkata Taekwondo Police Team
- Marathon and Race Walk Trainer
- Sprinter
- Certified Jump Rope Instructor

Table Tennis

TIMINGS

Tuesday 4pm to 5pm

Friday 4pm to 5pm

Fees

Rs. 1000/ 4 classes

Rs. 1500/ 8 classes

KNOW THE INSTRUCTOR

- Former Bengal Table Tennis Player.
- Secured Runners Up Under 15 Boy's Category.
- More than 10 years of experience in Table Tennis coaching
- Familiar with BSTTA and TTFI latest rules and activities
- Best Achievement- U11 boy played for Bengal A Ranking 5th
- Representing Bengal since last 2 years
- Well versed with modern coaching techniques & multiball practice.

Shlokas

TIMINGS

Saturday 2pm to 3pm

Fees

Rs. 1000/ 4 classes

KNOW THE INSTRUCTOR

- Serving as a Sevika in Chinmaya Mission for the past 20 years
- Trained to teach Geeta Chanting and Shloks to kids in a fun and creative manner with the help of craft and storytelling.

BENEFITS OF SHLOKA CHANTING

- Increases Memory
- Improves concentration
- Strengthens positive thinking
- Helps in Anger Management
- Calms the mind
- Helps in Brain Development

Contemporary Dance

TIMINGS

Thursday 5pm to 6pm

Saturday 11am to 12pm

FEES

Rs. 1000/ 4 classes

Rs. 1400/ 8 classes

KNOW THE INSTRUCTOR

- Working as a Dance Teacher and Performing Artist for the past 10 years
- Worked as a Dance Teacher in M.P.Birla School
- Worked as a Dance Teacher(Don Bosco Nagaland)
- Certified and Licensed Zumba Fitness Trainer
- Certifications of Kathak Dance Style.
- Bollywood Dance Certifications from Master Saroj Khan
- Indian Dance Style Certifications from Rabindra Bharati University
- Hip Hop and Bollyhop Dance Style Certifications from the famous Choreographer Master Dharmesh Sir

Skating

TIMINGS

Monday 3.30pm to 4.30pm

Friday 3.30pm to 4.30pm

Rs. 1000/ 4 classes

Rs. 1500/ 8 classes

KNOW THE INSTRUCTOR

- Teaching SKATING in many reputed schools of Kolkata
Since last 30 years

BENEFITS OF SKATING

- Skating for kids is a great way to improve balance and coordination
- Helps in Building Endurance at a young age
- Roller-skating is a great way to improve heart health, strengthen muscles, and burn calories

Yoga & Gymnastics

TIMINGS

Tuesday 3pm to 4pm

Saturday 12pm to 1pm

Rs. 1200/ 4 classes

Rs. 2000/ 8 classes

BENEFITS OF YOGA & GYMNASTICS

- A great way to stay active
- Improves flexibility
- Helps in positive self esteem
- Stimulates Cognitive Growth
- Helps in maintaining correct body Postures
- Develops Strong and healthy bones
- Develops physical skills
- Encourages Sportsmanship and Teamwork
- Fun for kids of all ages

Toddler Development Program

TIMINGS

Monday 3.30pm to 4.30pm or 4.30pm to 5.30pm

Wednesday 3.30pm to 4.30pm or 4.30pm to 5.30pm

Friday 3.30pm to 4.30pm or 4.30pm to 5.30pm

FEES

Rs. 3000/ 8 classes

Rs. 3500/ 12 classes

KNOW THE INSTRUCTOR

- More than 10 years of Teaching Experience
- Taught in a renowned Montessori for 6 years
- Advanced Fine Arts course from Shilpam
- Conducted numerous workshops for Children from 2 to 8 years

Chess

TIMINGS

Saturday 11pm to 12pm

Fees

Rs. 1000/ 4 classes

KNOW THE INSTRUCTOR

- International FIDE rated Chess Player
- AICF Nominated Chess Trainer for CIS
- Chess Arbiter

BENEFITS OF CHESS

- Develops perspective.
- Improves memory.
- Deepens focus.
- Elevates creativity.
- Boosts planning skills.
- Increases self-awareness.
- Protects against dementia.
- Helps ADHD.

Synthesizer

TIMINGS

Saturday 12.30pm to 1.30pm

Fees

Rs. 1000/ 4 classes

KNOW THE INSTRUCTOR

- Teaching Synthesizer since last 26 years
- Examiner at Akhil Bhartiya Sangeet Parishad
- Music Instructor in Fort William
- Music Instructor of Nandikar Drama Group
- Teaching Music in more than 25 schools of Kolkata & Howrah
- Conducted many Prestigious stage performances in the last Two decades.