

# תשפ"ו

# 2025-2026



# Welcome to the World of After-School Activities at King Solomon!

**Dear Parents,**

We are excited to present to you the new extra-curricular programme for the upcoming school year!

We have prepared a rich and varied selection of activities for your children, combining popular favourites with some exciting new surprises.

The new additions, based on the end-of-year parent survey, will give children an opportunity to explore foundational skills in diverse fields.

We are proud to share that our instructors and coaches are among the best out there! This year, your children will be guided by incredible figures such as: **Omri Afek** - a football coach and life mentor, **Itay Goren** - Israeli judo champion, **Chefs Shilo and Michael** - who will introduce the children to the secrets of the kitchen.

The programme will begin on 1 September 2025 and run through 30 June 2026.

**You are invited to join the WhatsApp group for activity updates:**



All parents registering for any activity must join the group to receive important updates - as this is where all essential messages for registered parents will be shared.

**For Registration**

**Click Here**



**Lilach Gil-Or, Clubs Coordinator**  
WhatsApp: 050-6726726

**Wishing you a joyful and successful year,  
The King Solomon School Management Team**




# Q&A About the After-School Programme


## How is payment for the activities made?

 Payment is made via standing order in 10 monthly installments using a credit card.


## Why is it important to register in advance?

 Advance registration is essential to secure your child's place and ensure smooth operation of the programme.


## Can a child attend an activity without registering?

 No, participation is only possible with prior registration and payment.


## How can I know which clubs we've registered for?

 Upon every club registration, you will receive an email at the address you provided during enrollment, which will include a detailed invoice with the club's name and the monthly charge amount.


## What happens if my child doesn't enjoy the activity?

 The first three months (September-November 2025) are considered an adjustment period. You are welcome to contact us at any time.


## What should we keep in mind before cancelling an activity?

 We recommend speaking to your child about the value of perseverance. Withdrawing from an activity may prevent rejoining and could even lead to the closure of the group.


## Can we cancel an activity mid-year?

 Cancellation is possible until the end of November 2025 or on 28 February 2026 by sending a WhatsApp message to Lilach Gil or and receive confirmation.


## What is included in the price?

 The prices listed are monthly and include any materials or special equipment required. Fees will be charged in full from September 2025 through June 2026.


## Will activities take place during school holidays?

 No, activities do not take place during official school holidays or on days when school ends early.


## What happens if a session is cancelled?

 When possible, the session will be covered by a substitute instructor or your child may be invited to join a similar activity. Alternatively, children may remain at school until 16:00.


## What happens if a number of after-school club sessions are canceled consecutively?

 In a situation where four consecutive sessions are canceled, we'll consider providing you with a proportional credit, naturally, depending on the circumstances.

## Are there limited places in the activities?

 Yes, each activity has a limited number of places, and its opening depends on a minimum number of participants. The school reserves the right to cancel an activity if necessary.

## Where can I find more information about each activity?

 A full listing - including the name of the activity, day and time, age group, location, instructor details, and price - appears later in this booklet.

# Weekly

## Sunday

Mini Cheerleaders	Years 1–2
Ball Games	Years 1–2
Judo Champion	Years 1–4
Jewish Wisdom	Years 1–4
Digital Heroes	Years 3–4
Football: Seniors Group	Years 4–5

## Monday

Digital Heroes	Years 1–2
Hip-Hop	Years 1–2
Stage Stars	Years 1–3
The Magic of Creativity	Years 2–4
Future Investors Junior	Years 3–4
Guitar Stars	Years 3–6

## Tuesday

Young Chefs	Years 1–2
Finansport	Years 1–2
Rhythmic Gymnastics	Years 1–3
Jewish Wisdom	Years 1–4
Ninjutsu	Years 1–3
Football - Future Generation Group	Years 2–3

## Wednesday

Sculpting with Gumiklay	Years 1–2
The Magic of Chess	Years 1–2
Russian Made Fun	Years 1–3
Sculpting with Gumiklay	Years 3–4
Young Chefs	Years 3–6

## Thursday

Football - Chicks Group	Year 1
Yoga & Mindfulness	Years 1–4
The Magic of Chess	Years 3–4
Basketball	Years 3–5
Cheerleading Stars	Years 3–6

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Biblical Leaders  
Sages of the Mishnah

## Sports

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Itay Goren - Judo Champion  
Basketball - Court Experience  
Ball Games - Fun & Movement  
Football with Omri Afek -  
A Way of Life

## Art & Creativity

The Magic of Creativity  
Guitar Stars  
Sculpting with Gumiklay

## Economics

Finansport - Money in Motion  
Future Investors Junior

## Dance & Movement

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Champions  
Yoga & Mindfulness  
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Mini Cheerleaders

## Drama

Stage Stars -  
Gil's Theatre Group

## Language

Russian Made Fun

## Technology & Science

Digital Heroes  
The Magic of Chess

## Cooking

Young Chefs



## Jewish Wisdom

We'll explore core concepts in Judaism, studying verses, Mishnayot, and halachot (Jewish laws).

Children gain a strong foundation in rich and engaging Jewish knowledge.



Sunday & Tuesdays | 15:00-15:45



Rabbi Yossi Fachler from England is joining King Solomon Primary School as a Rav, bringing with him experience in delivering engaging and meaningful Torah lessons to children of all ages. The lessons will be taught in both Hebrew and English.



## Biblical Leaders with Rav Gal

We'll learn about the great prophets and leaders of the Bible and connect their stories to leadership values and concepts relevant to our lives today.

Children develop a foundation in leadership and values through the inspiring stories of the Bible.



Years 1-3 | Wednesdays | 7:30-8:00



## Sages of the Mishnah with Rav Gal

We'll explore the lives of the Sages of the Mishnah and learn about customs and traditions connected to the Jewish calendar.

Children gain a deep appreciation for Israeli culture and Jewish tradition.



Years 3-6 | Sundays | 7:30-8:00





## The Magic of Creativity with Shira

We'll step into a world of imagination and creativity, working with a variety of materials such as macramé, mosaic and plaster. We'll draw, glue, tie, and craft unique and impressive creations.

**\* Every child will leave with beautiful creations of self-expression. The price includes all materials products**

### The Instructor

Shira Cohen - A teacher at our school, holds a BA in Education, and passionately engages in the arts.



Years 2-4 | Mondays | 15:00-16:00



## Guitar Stars

We'll learn to play the guitar - from chords and strumming to fun melodies.

Children gain a strong foundation in music, develop their musical talent, and build self-confidence.

This activity is limited to a small group of just six children - register soon to secure a spot!

There will also be an option to purchase a guitar through a group order as part of the programme.



Years 3-6 | Mondays | 15:00-16:00





## Sculpting with Gumiklay with Sasha

We'll discover the world of sculpture using flexible, colourful, mess-free clay. Over the course of the year, we'll create popular characters and figurines!

Children learn the basics of sculpture, develop fine motor skills, imagination, and creativity - and take home their own handcrafted figurines as keepsakes throughout the year.

### The Instructor

Sasha - A psychology and art therapy student, Sasha has been teaching Gumiklay since 2017.

"Working with children is a calling for me. Gumiklay allows me to give them a safe space for expression, imagination, and self-confidence. In every session, I learn just as much from the children as they do from me, and I'm so proud of each child's personal journey in this workshop."



Years 1-2 | Wednesdays | 15:00-16:00

Years 3-4 | Wednesdays | 15:00-16:00



## Hip-Hop with Sapir

Come dance your heart out in a lively and energetic hip-hop class!

Children learn the fundamentals of dance, improve coordination, rhythm, and physical expression.

### The Instructor

Sapir Malamud - A choreographer and hip-hop/dancehall performer with 14 years of experience. She is a certified dance instructor whose original choreographies have been featured in many shows. The girls love her - and she can't wait to dance with you!



Years 1-2 | Mondays | 15:00-16:00



# Rhythmic Gymnastics Champions

with Yael

About the class: An Olympic sport that combines acrobatics, dance and ballet with accessories.

The children will learn the basics of rhythmic gymnastics, develop flexibility, stability and self-confidence.

**The Instructor** Yael Kiesler - has extensive experience in the field of rhythmic gymnastics, ballet and physical fitness, very loved by our girls!

 Years 1-3 | Tuesdays

330 ₪  
PM



# Yoga & Mindfulness with Nofar

We'll move, release energy, and then pause - to listen, breathe, and connect with our bodies. Using yoga cards, calming sounds, and plenty of imagination and fun! Children gain tools for mindfulness, body awareness, and relaxation.

**The Instructor** Nofar Ildiz - A certified yoga and children's yoga teacher with a true passion for both practice and teaching.



 Years 1-4 | Thursdays | 15:00-16:00

330 ₪  
PM



## Cheerleading Stars with Mila

A high-level, professional cheerleading class where we'll learn choreography, coordination, and rhythm.

Children develop teamwork skills, friendship, and self-confidence through movement and performance.

**The Instructor** Mila Yasinska Damari - An international choreographer and singer who founded the cheerleading programme at our school.



Years 3-6 | Thursdays | 15:00-16:00



## Mini Cheerleaders with Yulia

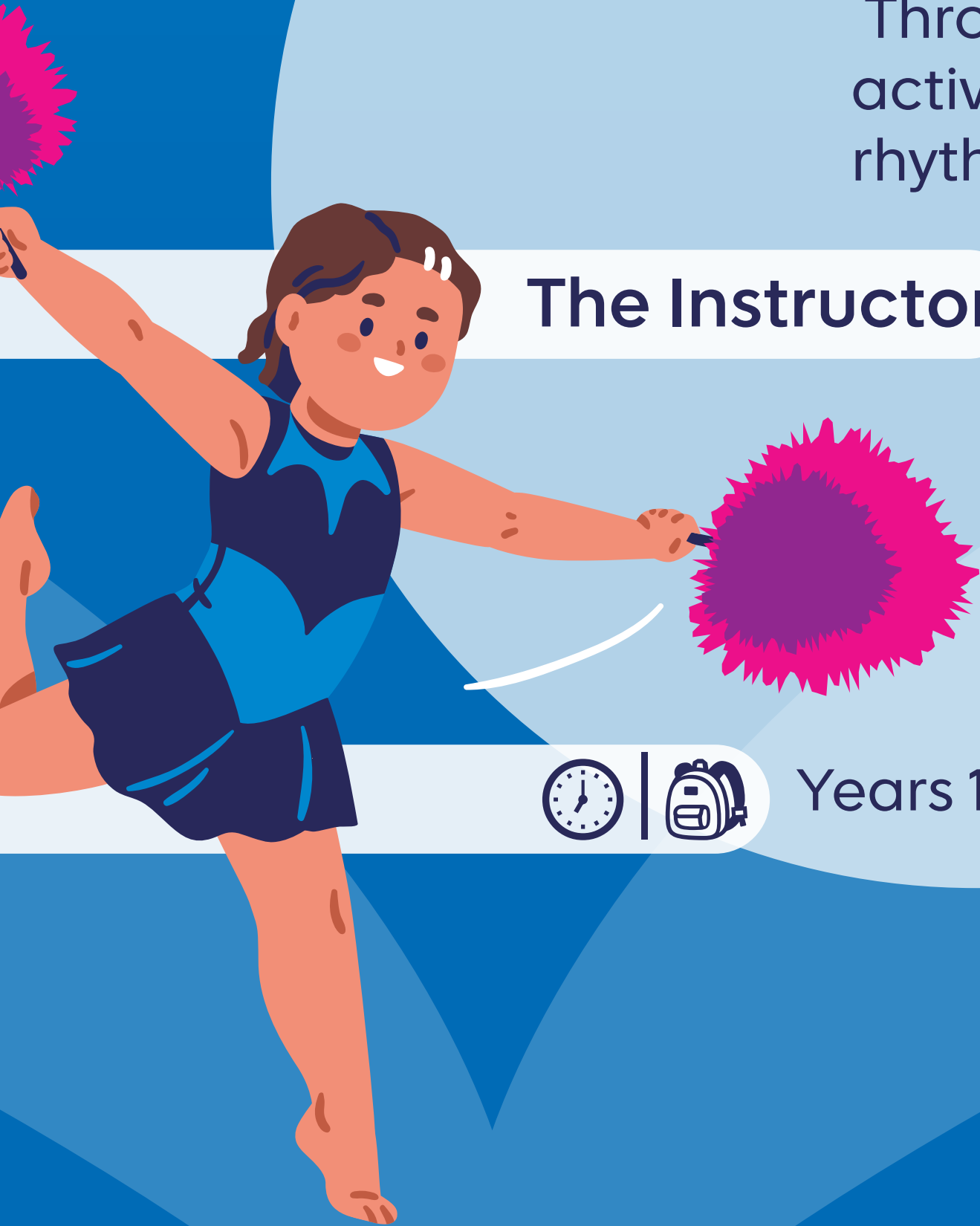
A fun and supportive introduction to the world of cheerleading - the perfect way for young girls to take their first steps in movement and performance.

Through playful and engaging activities, the girls develop coordination, rhythm, and basic movement skills.

**The Instructor** Yulia - An experienced cheerleading coach and choreographer, with a strong background in dance and instruction. She is a three-time gold medalist in AcroDance at the Ukrainian National Championships.



Years 1-2 | Sundays | 15:00-16:00



## Digital Heroes with Efrat

Where curiosity, creativity, and technology meet! We'll explore the worlds of AI, basic programming tools, graphic design, and video editing.

Children gain foundational skills in the digital world, while developing creativity and technological confidence.

**The Instructor** Efrat Assouline - An expert in making complex knowledge accessible to children, with extensive experience in teaching and mentoring.



Years 3-4 | Sundays | 15:00-16:00

Years 1-2 | Mondays | 15:00-16:00

360 ₪  
PM



## The Magic of Chess with Amit

We'll dive into the moves of the "Game of Kings" while strengthening problem-solving, decision-making, patience, and memory.

Children gain key skills in strategic thinking, focus, and mental development.

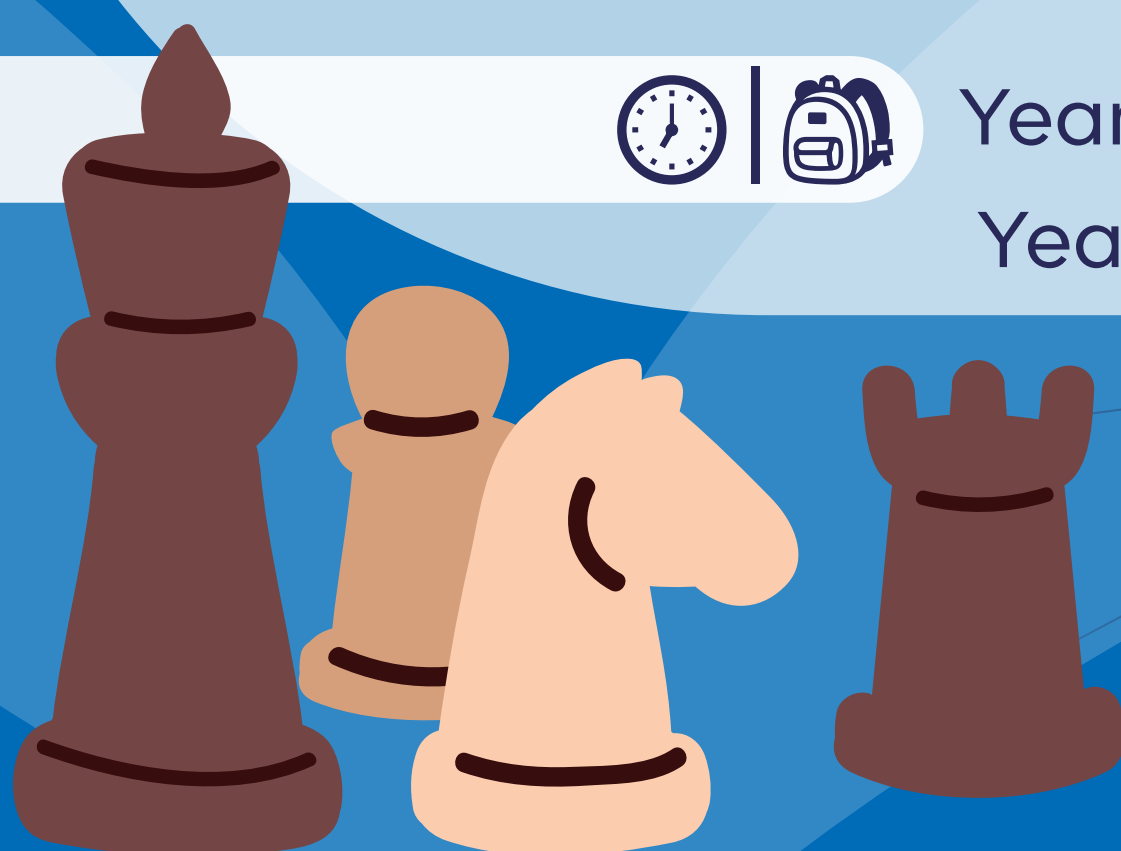
**The Instructor** Amit Oring - a very experienced guide for learning the basics of chess and a chess player with experience, including a lot of participation in the league Chess in Israel and in national competitions.



Years 1-2 | Wednesdays | 15:00-16:00

Years 3-4 | Thursdays | 15:00-16:00

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PM



## Ninjutsu - Martial Arts with Nadav

We'll train in a traditional Japanese martial art that combines movement with modern techniques, with a strong focus on both social and personal development.

Children learn the basics of self-defence, self-discipline, and build confidence.

### The Instructor

Nadav Dayan - A martial arts practitioner for nearly 20 years with extensive teaching experience, and a favourite among the children.



Years 1-3 | Tuesdays | 15:00-16:00

360 ₪  
PM



## Itay Goren - Judo Champion

In this judo class, we develop both physical and mental abilities. Judo strengthens self-discipline, confidence, focus, mutual respect, and the ability to face challenges.

Children learn the fundamentals of judo, build self-discipline, and boost their confidence.

### The Instructor

Itay Goren - Israeli Judo Champion with extensive experience coaching children. His judo club is ranked number one in the country.



Years 1-3 | Sundays | 15:00-16:00

390 ₪  
PM





## Basketball - Court Experience

with Oren

In this class, we'll learn the fundamentals of basketball, improving ball control, shooting, movement, and game understanding.

Children gain essential basketball skills, teamwork experience, and strategic thinking.



### The Instructor

Oren Halevi - Our school's physical education teacher and a certified coach with over a decade of experience working with children.



Years 3-5 | Thursday | 15:00-16:00

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PM



## Ball Games - Fun & Movement

with Oren

We will introduce the children to the world of diverse ball games - basketball, volleyball, dodgeball, and more - through exercises, coordination drills, and fun games.

Children will learn the basics of gross motor skills, movement accuracy, and teamwork.

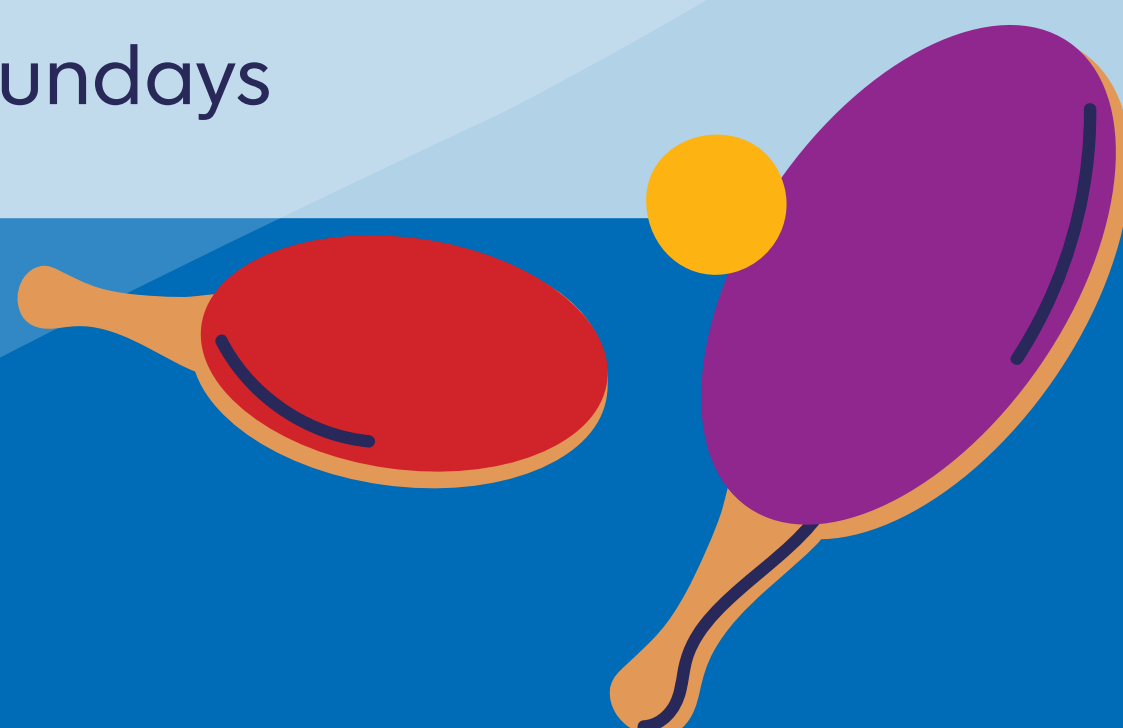
### The Instructor

Oren Halevi - our school's Physical Education teacher and a certified coach with over a decade of experience working with children.



Years 1-2 | Sundays

360 ₪  
PM



# Football with Omri Afek - A Way of Life

This class focuses on both individual and team football skills, while promoting important values like personal empowerment, mutual respect, and cooperation. Training includes individual, partner, and group work embracing children of all abilities and creating a sense of capability and self-belief for everyone.

This proven and successful programme is now in its eighth year students from the school having participated. Football serves as a means to advance both personal and athletic skills.

Personal guidance includes conversations, feedback, and awarding certificates to mark individual progress at the end of the year.

*My recommendation:  
Hurry and register  
to secure your spot  
(registration is limited and  
will close at 14 children  
per group)*

## The Instructor

Omri Afek - Former Israeli national team and Spanish league player, holder of the highest professional coaching certificate, Football and Sports Director at Ono Academic College, and football commentator on Sport Channel.



### Seniors Group:

Years 4-5 | Sundays

### Future Generation Group:

Years 2-3 | Tuesdays

### Chicks Group:

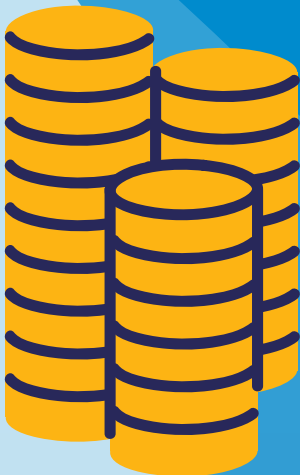
Years 1-2 | Thursdays





## Finansport - Money in Motion

Children learn financial education in a fun and engaging way through movement games and competitions.

Children learn the basics of saving, spending, budgeting, and investing in an enjoyable manner.



**The Instructor** Details about the guide will be given before the beginning of the year.

  Years 1-2 | Tuesdays | 15:00-16:00



## Future Investors Junior

We'll explore the world of economics in a simple, engaging way filled with fun and exciting games.

Children learn the basics of stocks, profit and loss, basic banking, and financial responsibility.

**The Instructor** Details about the guide will be given before the beginning of the year.



Years 3-4 | Mondays | 15:00-16:00





# Stage Stars - Gil’s Theatre Group

We’ll nurture and empower students through the performing arts, including improvisation games, movement, and music.

Children learn the basics of acting and stage presence, gain opportunities for personal expression, and build self-confidence.

**The Instructor** Gil Shinkin - Teacher, theatre director, and psychodrama therapist with about six years of experience teaching theatre.

  Years 1-3 | Mondays | 15:00-16:00



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PM

# Russian Made Fun with Karina

We’ll learn the Russian language through engaging activities, songs, and fun games.

Children are introduced to the basics of a new language in a joyful, hands-on way.

**The Instructor** Karina - A caring and experienced teacher with 20 years of experience teaching Russian

Teacher Karina continues with us, bringing her special educational approach of play and enjoyment.

  Years 1-3 | Wednesdays | 15:00-16:00



330 ₪  
PM



# Young Chefs - In the Kitchen with Shilo and Michael

We'll learn baking techniques, creative presentation styles, and develop a sense of capability and responsibility in the kitchen.

Children learn the basics of cooking and baking, gain independence and awareness of healthy nutrition, and boost their self-confidence in the kitchen.

There's nothing quite like the school kitchen, which is entirely at the disposal of the club – Shiloh and Michael's tools and extensive experience provide the children with a sense of security, and everyone leaves the club with immense pride.

**The Instructors:** **Michael Tanami** - Graduate of "The Chef College," bringing a deep connection between cooking and children's emotional world.  
**Shilo Vidal** - Head of the kitchen at King Solomon, committed to high-quality ingredients.



Years 1-2 | Tuesdays | 15:00-16:00  
Years 3-6 | Wednesdays | 15:00-16:00





קינג סולומון  
K I N G  
SOLOMON

# For Registration

**Click Here**

