

Courses available by FAU Fridalen skole – fall 2021

How to enroll

Use this link to enroll: <https://L2W.no/sff>

This information is also available at
FAU Fridalen skoles webpage
www.fridalenfau.com

Deadline: 08.09.2021

You will be informed, by e-mail, about payment when your child is assigned a place at a course.

If payment has not been made, your child may be excluded from the course. You may apply for economic support for a course if needed. This must be done in the application.

For any queries, please contact kulturfaugmail.com

Changes in course times can occur

Chess beginner	2nd to 7th grade	
Course content:	Basic chess training.	Weeks
Instructor:	Erik Lunder	38-40,
Time and place:	Wednesdays from 14:30-15:10 - Room 30 (10 times)	42-48
Course fee:	kr. 350,- participants will be enrolled in Ungdommens Sjakkforbund.	
Chess experienced	2nd to 7th grade	
Course content:	Chess training	Weeks
Instructor:	Erik Lunder	38-40,
Time and place:	Wednesdays from 15:15-16:30 - Room 30 (10 times)	42-48
Course fee:	kr. 350,- participants will be enrolled in Ungdommens Sjakkforbund.	
KlangPang	2nd to 4th grade	
Course content:	Singing techniques, body movements and rhythms.	Weeks
Instructors:	Kristine Bjånes and Elin Hestenes	38-40,
Time, place:	Wednesdays from 14:45-15:30 - "Filmsalen" (the film room) (9 times)	42-47
Course fee:	kr. 650,-	
KlangPang	5th to 7th grade	
Tween Machine		Weeks
Course content:	Singing techniques in both group and solo (if you wish)	38-40,
Instructors:	Kristine Bjånes and Elin Hestenes	42-47
Time, place:	Wednesdays from 14:00-14:45 - "Filmsalen" (the film room) (9 times)	
Course fee:	kr. 650,-	
Yoga	for 1st to 2nd grade	
Course content:	Yoga teaches balance, breathing, patience, stress management and gives a sense of achievement	Weeks
Instructor:	Silje Mo, more information here: mediyoga.no	38-40,
Time and place:	Wednesdays from 14:30-15:15 - Room 28 (10 times)	42-48
Course fee:	Kr. 800,-	
Yoga	3rd to 4th grade	
Course content:	Yoga teaches balance, breathing, patience, stress management and gives a sense of achievement	Weeks
Instructor:	Silje Mo, more information here: mediyoga.no	38-40,
Time and place:	Wednesdays from 15:15-16:00 - Room 28 (10 times)	42-48
Course fee:	Kr. 800,-	
Breakdance	for 1st to 2nd grade	
Course content:	Breakdance with instructor from Kingwings Crew. Norske talenter finalist and winner of NM breaking.	Weeks
Instructor:	Trond Andre Hansen	39-40,
Time and place:	Mondays from 14:30-15:30 - Gymsal 1 (10 ganger)	42-49
Course fee:	Kr. 700,-	
Breakdance	for 3rd to 7th grade	
Course content:	Breakdance with instructor from Kingwings Crew. Norske talenter finalist and winner of NM breaking.	Weeks
Instructor:	Trond Andre Hansen	39-40,
Time and place:	Mondays from 15:30-16:30 - Gymsal 1 (10 ganger)	42-49
Course fee:	Kr. 700,-	
Swimming	for 1st to 3rd grade	
Course content:	Basic swimming techniques	Week
Instructor:	Bergens Svømme Club (BSC)	38-40,
Time and place:	Landåshallen, 3 courses of 30 min each, 18:30 to 20:00. (10 times)	42-48
Course fee:	Kr. 600,-	

- Do NOT enroll your child on a course unless he or she is motivated. Unmotivated children may be excluded from the course if they disturb the class.

- There are limits to how many children may attend the courses. If the limit is exceeded, places will be allocated by the luck of the draw.

-If a course does not have enough participants, the course might be cancelled.