Secondary Co-Curricular Autumn Term 2026



AN EXTRAORDINARY PROGRAMME

INSIDE EDGE

ISSUE 4 | SEPTEMBER-DECEMBER 2026

SECONDARY CO-CURRICULAR ACTIVITIES AND OPPORTUNITIES

VERBIER INTERNATIONAL SCHOOL VIS SWITZERLAND

Co-Curricular Activity Programme

Challenging and varied activities to engage and inspire all students.

The VIS Co-Curricular programme offers students a wide range of opportunities designed to incorporate physical activity, creativity and skill development.

Secondary Activities will run from 16.30-17.15 (unless stated otherwise). Collection will be from the activity location which will be confirmed before the first week of activities. Activities will run from September 7th - 11th December.

We're excited to kick off the new term with a range of exciting new activities for all students to enjoy.

Please note that some activities carry a cost, and places are allocated on a first come, first served basis. These are highlighted in the brochure and will be confirmed before the start of the activities. There are limited spaces in activities. **Signup will open Friday 28 August 18.00.**

It is expected that students attend each session. If school cancels the activity at last minute then a 100% refund for that session will be made. In case of illness or injury, students must be covered by the family's insurance. No refund will be given.

We look forward to a fun and active term ahead!

Secondary School Requirements

Students in the Secondary school are required to take at least one activity. However, we find many students take many more and we encourage children to commit to their choices.

The activities will be charged as a term package.

Autumn Term Activities



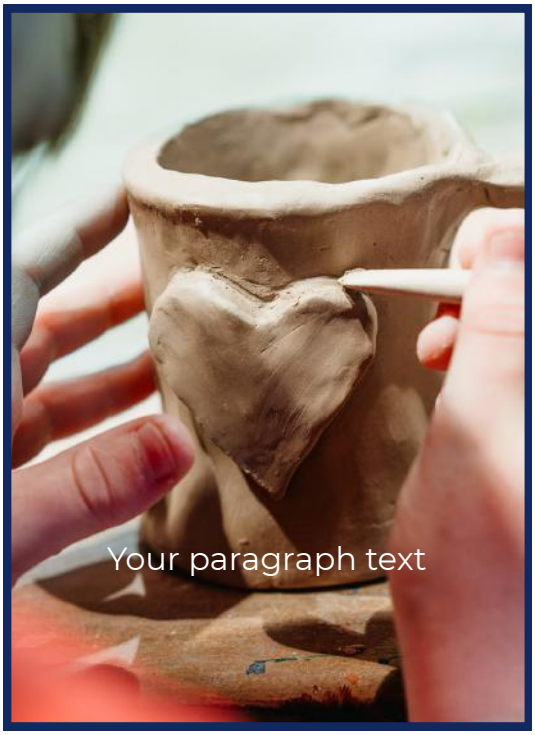




Monday	Tuesday	Wednesday	Thursday	Friday	Other
Maths (16.30-17.15)	Ski Fitness (Y9-13)* (16.45-17.45)	Model United Nations (16.30-17.15)	Climbing (16.30-17.30)	Tennis (16.30-17.30)	Paragliding
Football (17:00-18:00)		Golf (16.45-17.45)	'Be Serious' (16.30-17.15)	Trampolining (16.30-17.45)	Horse Riding
Design Tech (16.30-17.15)		Watch Lab (16.30-17.15)	Reformer Pilates (16.30-17.20)	Advanced MTB (16.30-18.00)	Jam Session
Drama (16.30-17.15)		Science (16.30-17.15)	Prefect Meeting (16.30-17.15)	Round Square (16.30-17.15)	
Art Studio (16.30-17.15)		Social Enterprise (16.30-17.15)	Trail Running (16.30-17.30)	Comp Sci & Drones (16.30-17.15)	
Volleyball (16.30-17.30)		Ski Fitness (Y5-8)* (16.45-17.45)	Skate Club (17.00-18.00)	Media (16.30-17.15)	

Autumn Term Activities







MONDAY

MATHS (16.30-17.15) LES TROIS CIMES

Join the Maths Club, where numbers come alive and problem-solving becomes an adventure! This engaging programme is designed to spark curiosity, enhance critical thinking, and build a deeper understanding of mathematical concepts. Through fun challenges, puzzles, and real-world applications, students will not only improve their mathematical skills but also discover the joy and creativity inherent in maths. Whether you're a maths enthusiast or looking to build confidence, this program offers something for everyone. This activity is currently aimed towards senior students.

FOOTBALL (17.00-18.00) SPORTS CENTRE

Join us for casual Football practice in the centre sportif. Open to all abilities! A fun, active session focused on teamwork, coordination, and game strategy. This session will be adapted base don the level of participants.

What to bring:
PE kit, indoor trainers and water bottle

MONDAY *(continued)*

DESIGN TECHNOLOGY (16.30-17.15) LES TROIS CIMES

Students will design, build, and create innovative projects using a variety of materials and tools. They will develop problem-solving, critical thinking, and practical design skills through hands-on challenges. Creativity and collaboration are encouraged as students bring their ideas to life

DRAMA (16.30-17.15) LES TROIS CIMES

Students will explore acting, storytelling, and performance through engaging drama activities and games. They will build confidence, communication skills, and creativity while working individually and as part of a group. Opportunities for improvisation and character development will encourage self-expression and imagination.

ART STUDIO (16.30-17.15) LES TROIS CIMES

Students will experiment with different artistic techniques, materials, and styles to create unique works of art. They will develop their creativity, artistic skills, and confidence in expressing ideas visually. Art Studio provides a supportive space for exploration, imagination, and personal expression.

VOLLEYBALL (16.30-17.30) LA COMBA

Students will learn and practice the fundamental skills of beach volleyball, including serving, passing, setting, and teamwork. Through drills and friendly games, they will improve coordination, fitness, and sportsmanship. This active club encourages confidence, collaboration, and a love of the sport.

What to bring:
Water bottle, sports shoes, sports clothes





Autumn Term Activities







TUESDAY

SKI FITNESS Y9-13 (16.45-17.45) SPORTS CENTRE

This specialised training programme, delivered in partnership with AcroVerbier, is designed to develop the strength, agility, balance, and endurance required for competitive skiing. Sessions focus on sport-specific conditioning and injury prevention through structured, progressive training. **This programme is included for Freeride and Race students** and is intended as athletic preparation rather than casual exercise. This is the advanced session aimed at older students. **330CHF**

What to bring:
Sports clothes, indoor trainers, bottle of water

WEDNESDAY

SKI FITNESS Y5-8 (16.45-17.45) SPORTS CENTRE

This specialised training programme, delivered in partnership with AcroVerbier, is designed to develop the strength, agility, balance, and endurance required for competitive skiing. Sessions focus on sport-specific conditioning and injury prevention through structured, progressive training. **This programme is included and prioritised for Freeride and Race students** and is intended as athletic preparation rather than casual exercise. This is the session aimed at younger students. **330CHF**

What to bring:
Sports clothes, indoor trainers, bottle of water

WEDNESDAY *(continued)*

MODEL UNITED NATIONS (16.30-17.15) LES TROIS CIMES

Model United Nations (MUN) is a dynamic co-curricular activity that immerses students in the intricacies of global diplomacy. Going beyond simulation, MUN engages students in debates, negotiations, and discussions, mirroring the United Nations' complex processes. Participants, representing different countries, delve into in-depth research to advocate for policies addressing real-world challenges. This experience enhances their public speaking, research, and teamwork skills, fostering critical thinking in international relations.

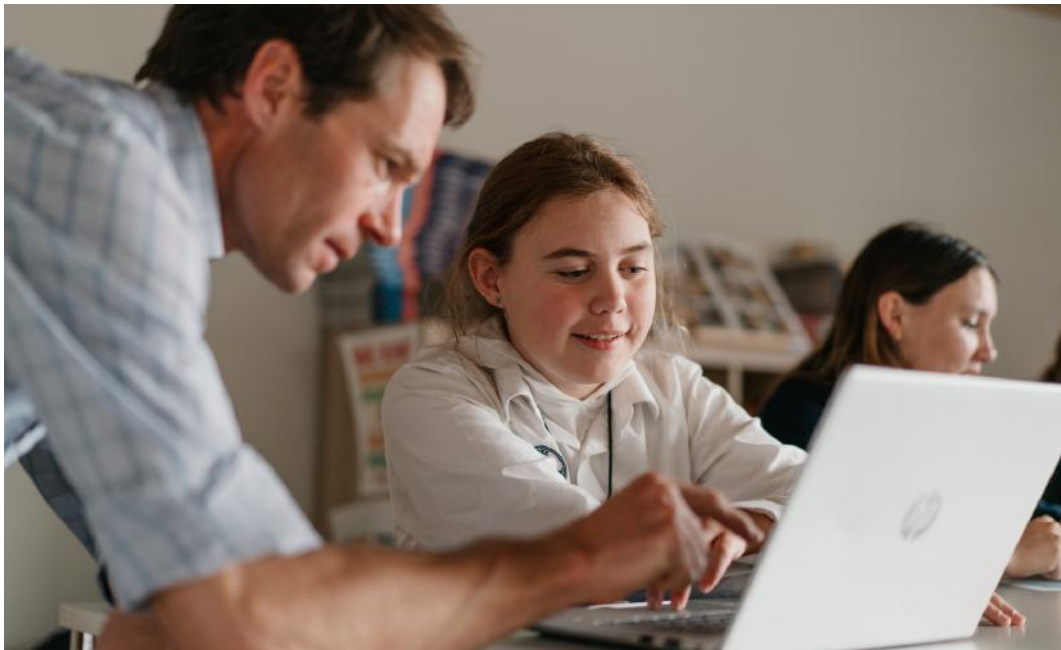
Ultimately, MUN transcends the traditional classroom, preparing students to become effective communicators, diplomats, and informed global citizens, ready to navigate the complexities of an interconnected world.

GOLF (16.45-17.45) LES MOULINS/DRIVING RANGE

Students will develop their golf skills through focused instruction and practice in areas such as driving, chipping, putting, and course management. Sessions emphasize technique, concentration, and sportsmanship while helping students build confidence on the course. Whether refining existing skills or learning new ones, students will enjoy a structured and supportive environment for improvement. This is not aimed at beginner golfers. This activity will end at half term. **200CHF**

What to bring:
Golf appropriate clothes, clubs (optional)





Autumn Term Activities

WEDNESDAY *(continued)*

WATCH LAB (16.30-17.15) LES TROIS CIMES

Explore the world of watchmaking in the Watch Lab, from its origins to its evolution over time. Discover why Switzerland is globally renowned for its timepieces while learning about mechanisms, complications, and iconic brands and their ambassadors. You'll also delve into marketing strategies, customer experience, and take part in hands-on practical work in collaboration with a leading Swiss brand.

SCIENCE (16.30-17.15) LES TROIS CIMES

Welcome to the Science Club, open to students in secondary! Join us in our new state-of-the-art science lab, where curiosity meets discovery. Explore the wonders of biology, chemistry, and physics through hands-on experiments using microscopes, slides, and more. Whether you're fascinated by the microscopic world or love chemical reactions, the Science Club offers a fun and engaging environment to deepen your understanding and ignite your passion for science.

SOCIAL ENTERPRISE (16.30-17.15) LES TROIS CIMES

Students will explore how businesses and community initiatives can create positive social and environmental impact. Through collaborative projects, they will develop skills in entrepreneurship, leadership, problem-solving, and innovation. Students will identify real-world challenges and design creative solutions that make a meaningful difference.

Autumn Term Activities

THURSDAY

CLIMBING (16.30-17.30) SPORTS CENTRE

Rock climbing is not just a sport; it's a thrilling journey that challenges both body and mind. Rock climbing offers a unique blend of physical exercise, problem-solving, and teamwork. **110CHF**

What to bring:
Sports clothes,
Climbing shoes and harness (optional)



'BE SERIOUS' (16.30-17.15) LES TROIS CIMES

Have you ever considered the meaning of life? Perhaps you sometimes wonder how to be truly happy? What about the question of success? What does that word even mean anyway, and who gets to make that judgement? Or failure? Why is it such an important part of life and how can we better understand it in relation to ourselves and others?

If any of these questions interest you then you need to 'Be Serious.' This is a club where we explore life's 'big questions' by engaging with ideas from great thinkers from across space and time through informed, academic discussion in a friendly and informal setting. Each week we will read, watch or listen to something small and digestible from interesting human beings such as Aristotle, Confucius, Montaigne, Audre Lorde, Carlo Rovelli, Susan Stryker, Arundhati Roy, Spike Lee and more and then enjoy interrogating their ideas in a seminar style chat. You will learn to think and talk in a serious, academic style and you will become a better, happier person for this. Oh, and there will be cake. Open to Years 10 - 13.

Autumn Term Activities

THURSDAY *(continued)*

REFORMER PILATES (16.30-17.20) KOR REFORMER PILATES STUDIO

Students will participate in structured Reformer Pilates sessions led by KOR, focusing on strength, flexibility, balance, and core stability. Using specialised equipment, they will develop body awareness, control, and proper movement techniques. This programme supports overall athletic performance, posture, and injury prevention in a supportive training environment. **330CHF**

What to bring:
Comfortable sports clothes, water bottle





PREFECT MEETING (16.30-17.15) LES TROIS CIMES

Prefect Meetings provide student leaders with the opportunity to collaborate, plan initiatives, and contribute to the school community. Students will develop leadership, communication, and teamwork skills while discussing school events, projects, and student wellbeing. These meetings are currently for Year 13 students, with Year 12 students to be invited to participate at a later date.

Autumn Term Activities

THURSDAY *(continued)*

TRAIL RUNNING (16.30-17.30) VERBIER MEDRAN

Trail Running Club offers students the opportunity to explore the outdoors while developing fitness, resilience, and a love for movement in nature. Set in the stunning alpine environment, sessions combine running with varied terrain, including forest paths, mountain trails, and gentle climbs. Students build endurance, coordination, and confidence, while also learning pacing, technique, and basic trail safety. The club is suitable for a range of abilities, with a focus on enjoyment, personal challenge, and supporting one another in a positive, team-oriented environment. Students should bring trail shoes and a water bottle.

What to bring:
Trail Running shoes and Water bottle

SKATE CLUB (17.00-18.00) LE CHABLE SKATEPARK

Students will develop their skateboarding skills in a fun and supportive environment, focusing on balance, technique, and confidence. Sessions will cater to a range of abilities, from beginners learning the basics to more experienced skaters refining their skills. Skate Club encourages perseverance, creativity, and respect for others while enjoying an active outdoor activity. **230CHF**

What to bring:
Sports clothes and trainers, helmet, skateboard (optional)





Autumn Term Activities

FRIDAY

TENNIS (16.30-17.30) SPORTS CENTRE

Held at the outdoor tennis court at the Verbier Sports Centre, this co-curricular offers a fantastic opportunity to develop agility, coordination, and tennis technique in a fun and social environment. Students should bring rackets. This activity is weather dependent. Intermediate/Advanced Tennis players. **385CHF**

What to bring:
Tennis racket and sports clothes/shoes

TRAMPOLINING (16.45-17.45) SPORTS CENTRE

Bounce, flip, and fly in our exciting trampolining activity run in partnership with AcroVerbier. Professional instructors will guide you through safe and progressive skills, from basic jumps to aerial tricks. It's a fantastic way to build strength, coordination, and confidence—all while having a blast. Open to all levels, this high-energy session is perfect for anyone who loves movement and fun. This is a valuable training session for those who want to progress in Freeride or Freestyle skiing. **330CHF**

What to bring:
Sports clothes and water bottle





FRIDAY *(continued)*

ADVANCED MOUNTAIN BIKING (16.30-18.00) VERBIER

The Mountain Biking Club is open to advanced riders and offers an exciting opportunity to explore local trails with guidance from qualified ESSV bike instructors. Sessions depend on weather conditions and trail availability and are always accompanied by a school staff member. **This activity will end at half term.**

There is an additional cost for participation, and students must bring appropriate gear, their ski pass and a sense of adventure! **225CHF**

What to bring:
MTB - mountain bike, protective gear, weather-dependent clothing(waterproofs, gloves, etc.) and ski pass

ROUND SQUARE (16.30-17.15) LES TROIS CIMES

In the Round Square Club, students will explore and put into practice the Round Square IDEALS, developing an understanding of internationalism, democracy, environmental stewardship, adventure, leadership and service. They will take part in discussions and activities that bring these values to life, while also helping to organise and lead initiatives within the school. The club will provide opportunities to participate in Round Square collaborations and connect with students from other international schools around the world.

COMPUTER SCIENCE AND DRONES (16.30-17.15) LES TROIS CIMES

Students will explore the exciting world of technology through coding, problem-solving, and drone operation. They will develop computational thinking skills while learning how drones are programmed, controlled, and used in real-world applications. This hands-on activity encourages creativity, innovation, and practical experience with emerging technologies.

MEDIA (16.30-17.15) LES TROIS CIMES

Students will learn how to use cameras, filming equipment, and editing software to create a range of digital media projects. They will develop practical skills in photography, videography, storytelling, and post-production while working on creative individual and group productions. This hands-on activity encourages creativity, technical skills, and confidence in producing high-quality media content.

Autumn Term Activities

OTHER OPPORTUNITIES





These activities are scheduled seperately based on availability and ability level. Please reach out via email to the Co-Curricular Coordinator to enroll

HORSE RIDING

This activity is aimed at intermediate/advanced riders looking to further develop their equestrian skills through structured training sessions led by experienced instructors. Students will refine their riding techniques, improve balance and control, and deepen their understanding of horse care and management. The programme provides a challenging and rewarding environment for experienced riders to progress and build confidence. **Pricing package varies.**

PARAGLIDING

As part of our aeronautics club the "Verbier International School Crows" we have partnered with a local paragliding school to facilitate tandem paragliding flights for Secondary students. Verbier is a world-renowned location for paragliding, offering stunning views of Verbier and Val de Bagnes as you soar from Verbier to Le Châble. Students who sign up will, accompanied by staff, enjoy a taster flight either at the end of the school day or at the weekend on a rolling basis, weather and availability permitting.
175CHF per flight

JAM SESSION

This student-led music session, supported by the Head of Music, provides a relaxed and collaborative environment for students to play together as a band. Participants will develop ensemble skills, prepare for performances, and learn how to listen and respond to one another as musicians. The focus is on making music, building confidence, and having fun while playing as a group.



CONTACT US

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