

# CAP'AES!

**Sunday, 14 September 2025**

## Rundown Morning Session | 09:00 - 12:20

<b>09 : 00 - 09 : 15</b>	Opening CAP'AES! National Anthem Speech From Proviseur & CA	<b>Stage</b>
<b>09 : 15 - 12 : 20</b>	<b>Exhibition Session 1</b>	<b>Hall</b>
<b>09 : 50 - 10 : 05</b>	Photography and Videography	<b>Classroom Building A 2<sup>nd</sup> Floor</b>
<b>10 : 06 - 10 : 12</b>	Broadcast	
<b>10 : 13 - 10 : 19</b>	Debate	
<b>10 : 20 - 10 : 26</b>	Coding	
<b>10 : 30 - 10 : 36</b>	Wushu	<b>Gymnasium</b>
<b>10 : 37 - 10 : 43</b>	Kickboxing	
<b>10 : 44 - 10 : 50</b>	Muaythai	
<b>10 : 51 - 10 : 57</b>	Tennis	
<b>10 : 58 - 11 : 04</b>	Gymnastic	
<b>11 : 05 - 11 : 15</b>	-	
<b>11 : 20 - 11 : 26</b>	Archery	<b>Field</b>
<b>11 : 34 - 11 : 40</b>	Parkour	
<b>11 : 41 - 11 : 47</b>	Football	
<b>11 : 48 - 11 : 54</b>	Softball	
<b>12 : 00 - 12 : 06</b>	Broadway Dance	<b>Stage</b>
<b>12 : 07 - 12 : 13</b>	Piano (Winta)	
<b>12 : 14 - 12 : 20</b>	Yoga	
<b>12 : 20 - 14 : 00</b>	<b>Break / End of 1<sup>st</sup> Session</b>	

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## Rundown Afternoon Session | 14:00 - 17:30

<b>14 : 00 - 17 : 30</b>	<b>Exhibition Session 2</b>	<b>Hall</b>
<b>14 : 35 - 14 : 41</b>	Lego Modeling, Robotic, Graphic Design, Manga Drawing	<b>Classroom Building A</b>
<b>14 : 42 - 14 : 48</b>	Fashion Design	<b>2<sup>nd</sup> Floor</b>
<b>14 : 53 - 14 : 59</b>	Taekwondo	<b>Gymnasium</b>
<b>15 : 00 - 15 : 06</b>	Judo	
<b>15 : 07 - 15 : 13</b>	Pencak Silat	
<b>15 : 14 - 15 : 20</b>	Cheerleading	
<b>15 : 21 - 15 : 27</b>	Volley ball	
<b>15 : 28 - 15 : 34</b>	Table Tennis	
<b>15 : 35 - 15 : 41</b>	Badminton	
<b>15 : 42 - 15 : 48</b>	Basketball	
<b>15 : 49 - 15 : 55</b>	Golf	
<b>16 : 00 - 16 : 06</b>	Plie Ballet	<b>Stage</b>
<b>16 : 07 - 16 : 13</b>	Rythmic dance	
<b>16 : 14 - 16 : 20</b>	Pilates	
<b>16 : 21 - 16 : 27</b>	Guitar	
<b>16 : 28 - 16 : 43</b>	Waltzio Strings Instrument	
<b>16 : 44 - 16 : 50</b>	Music School Indonesia	
<b>16 : 51 - 16 : 57</b>	Indonesian Traditional Dance	
<b>16 : 58 - 17 : 04</b>	Drum	
<b>17 : 05 - 17 : 15</b>	Dance Station	
<b>17 : 20 - 17 : 26</b>	Capoeira	<b>Field</b>
<b>17 : 26 - 17 : 30</b>	Petanque	
<b>17 : 30</b>	<b>Closing / End of 2<sup>nd</sup> Session</b>	

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## Rundown Parents Gathering | 17:30 - 19:30

**17:30 - 19:30**

**Available activities:**

1. Petanque
2. Football
3. Band
4. Movie time for kids

**School  
Areas**

**Various food and beverage  
stands will be set up  
throughout the day**

## Coach available at school

**09:00 - 12:00**

Photo and Videography  
Broadcast  
Debate  
Coding  
Wushu  
Kickboxing  
Muaythai  
Tennis  
Fencing  
Archery  
Parkour  
Football  
Baseball  
Piano  
Synchronised Swimming  
Homework Help

**09:00 - 17:00**

Gymnastic  
Broadway Dance  
Lego Modeling  
Robotic  
Graphic Design  
Manga Drawing  
Fashion Design  
Taekwondo  
Volley ball  
Plie Ballet  
Rythmic dance  
Music School Id  
Indo Traditional Dance  
Dance Station  
National Danse Sport  
Arts Plastiques

Yoga  
Petanque  
Padel  
Swimming  
Diving  
Cooking  
Modeling  
Theatre  
Painting  
Cosplay

**14:00 - 17:00**

Judo  
Pencak Silat  
Cheerleading  
Table Tennis  
Badminton  
Basketball  
Golf  
Pilates  
Guitar  
Strings Instrument  
Drum  
Capoeira  
Equitation  
Indonesian Language  
Music Production and  
Film Scoring