

SEASON 2 EARLY YEARS ASAs Schedule, Descriptions & Details

INTERNAL ASAs (Free, 2 max per student per week)

Internal after-school activities are delivered by SISD teachers and are **free of charge** (in some cases, a small fee might be charged for equipment).

Each student is permitted to participate in **2 INTERNAL ASAs per week (including teams)**.

Early Years: Sunday, Tuesday, and Wednesday (teachers meet on Monday, Thursday)

Primary Years: Sunday, Tuesday, and Wednesday (teachers meet on Monday, Thursday)

Middle Years: Sunday, Wednesday, and Thursday (teachers meet on Monday, Tuesday)

For any questions you may have about the actual ASA, please send an email to the teachers offering the ASA.

Registration is done on the system - first come, first served basis, with priority. This means that the software will actually take into account all registrations to allocate Internal ASAs according to all requests, available places and priorities parents have chosen. This is meant to be fair to everyone.

EXTERNAL ASAs (Paid)

External after-school activities are **offered on SISD campus** by **external providers**, whose fees vary for each ASA.

On a general note when registering with an external ASA provider, parents are entering into a direct agreement with the provider and not SISD. We therefore expect any issues to be resolved directly between the parents and the provider. However, SISD do appreciate and welcome feedback on what is happening so that we can ensure all matters are dealt with promptly and that our providers are providing good and quality service to our students/families.

Students can participate in as many **EXTERNAL ASAs** as they wish.

Registration is done directly with **each provider** by phone and by e-mail at any time or during the Expos **where the providers will be present on SISD campus**.

Registration is on a first come, first served basis and places are reserved by the external providers only once they have received full payment.

**ASA & TEAMS WEEKLY SCHEDULE
SEASON 2
2018 - 2019**

EARLY YEARS PROGRAM - PreKG-KG2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
14:15-15:30	After-School Care PreKG - G25 KG1 - KG1 Indoor play room, G09 KG2 - G22, G17	After-School Care PreKG - G25 KG1 - KG1 Indoor play room, G10 KG2 - G22, G17	After-School Care PreKG - G25 KG1 - KG1 Indoor play room, G11 KG2 - G22, G21	After-School Care PreKG - G25 KG1 - KG1 Indoor play room, G09 KG2 - G22, G20	After-School Care PreKG - G25 KG1 - KG1 Indoor play room, G11 KG2 - G22, G17	
14:30-15:30	Drama / Once upon a time Lindy+Geraldine(TA) - KG1,G09 Melissa+Corinne(TA) - KG1,G06 Kerryn+Anastasia(TA) - KG2, G19	Italian Language Course Headway Institute PreKG-KG1 G13	Games / Interests Club Kamila + AnnMarie Stakelum KG1-KG2 G20 / G17	French Cultural Club Melanie Parnaudeau+Daniele(TA)+Saida(TA) - PreKG, G17 Farah+Caroline(TA) - KG1, G21 Helene+Johanna Choukron - KG2,G20	Baby Tennis Stryx PreKG PreKG Indoor Play Area	
	Arabic A (as mother-tongue) Hanin+Zouha+Nesreen KG1-KG2 G10	Learn to swim - Beginners 1 & 2 Swim Orca KG1-KG2 Primary Pool	Finger Gym Ciara + Emma+Nawal(TA) PreKG G16	German Cultural Club Patty+Stephanie(TA) - KG1, G24 Barbara+Maren(TA) - KG2, G24	Mini-Tennis Stryx KG1-KG2 MPC	
	Book Club Chantal+Nicole+Lamia(TA) KG1-KG2 G05 / G12	Mini-Tennis Stryx KG1-KG2 MPC	Just Dance Helen+Corinne(TA)- PreKG, G04 Karina Ross+Daniele(TA) - KG1, G10 Tamara Granell+Stephanie(TA) - KG2, G19	Sewing Jerae Gamble + Kate Smith + Laura Nolan KG1-KG2 G13	Barça Football Stryx KG1-KG2 Football Field 1,2	
	Building Blocks/Construction Kate Nolan+Vanessa(TA) PreKG G03	Mini-Ballet Stryx KG2 AUD / SPO Dance Studio	Graphisme/Fine Motor Skills Club Valerie Charlent+Saida(TA) KG2 G18	French Support (invitation only) Salima Dekiouk KG2 G19	Learn to swim – Beginners 2/ Plus Swim Orca KG1-KG2 Primary Pool	
	Italian Language Course Headway Institute KG2 G23	Parkour Stryx KG1-KG2 Activity Room 1	Italian Language Course Headway Institute KG2 G23	German Support (invitation only) Caroline Hintze KG2 G12	Mini-Ballet Stryx KG1 AUD Dance Studio	
	Russian Language Course Headway Institute PreKG,KG1,KG2 G18	Roller Skating Stryx KG1-KG2 Skylight Room	Future Scientists + Mad Science KG1-KG2 G03	Music and Movement Lacie+Lamia(TA) PreKG G01 (Primary Music Room)	Mini-Ballet Stryx KG2 SPO Dance Studio	
	Mini-Ballet Stryx PreK,KG1 SPO Dance Studio	Drama Stryx KG1-KG2 Auditorium	Barça Football Stryx KG1-KG2 Football Field 3,4	Italian Language Course Headway Institute PreK,KG1 G10	Future Scientists + Mad Science KG1-KG2 G03 / G04	
	Learn to swim - Beginners Swim Orca PreKG Primary Pool	Athletics Stryx KG1-KG2 Track	Learn to swim - Beginners Swim Orca PreKG Primary Pool	Spanish (mother-tongue) Headway Institute PreKG, KG1, KG2 G18	Russian Language Course Headway Institute PreKG,KG1,KG2 G18	
	Mini-Tennis Stryx KG1-KG2 MPC	Baby Tennis Stryx PreKG PreKG Indoor Play Area	Baby Tennis Stryx PreKG PreKG Indoor Play Area	Karate Stryx KG1-KG2 AUD Dance Studio		
	Baby Tennis Stryx PreKG PreKG Indoor Play Area	Wall Climbing Stryx KG1-KG2 Outdoor Climbing Wall	Mini-Tennis Stryx KG1-KG2 MPC	Learn to swim - Beginners 1 & 2 Swim Orca KG1-KG2 Primary Pool		
	Zumba Kids Stryx KG1-KG2 Activity Room 1	Rugby Stryx KG1-KG2 Football Field 3,4	Hip Hop Stryx KG1-KG2 Activity Room 1	Baby Tennis Stryx PreKG PreKG Indoor Play Area		
	Barça Football Stryx KG1-KG2 Football Field 3, 4		Mini-Ballet Stryx KG1 SPO Dance Studio	Mini-Tennis Stryx KG1-KG2 MPC		
	Musical Theatre Stryx KG1-KG2 Auditorium		Chess Chess Knowledge KG1-KG2 G11	Baby Ballet Stryx PreKG SPO Dance Studio		
			Basketball Stryx KG1-KG2 Skylight Room	Rhythmic Gymnastics (Girls) Stryx KG1-KG2 Activity Room 1		
			Karate Stryx KG1-KG2 AUD Dance Studio	Chinese Cultural Club Think First Learning Center KG1-KG2 G04		
			Wall Climbing Stryx KG1-KG2 Outdoor Climbing Wall	Roller Skating Stryx KG1-KG2 Skylight Room		
				Yoga Kids Stryx KG1-KG2 AUD Black Box		
	Piano (Private/Group) Exclusive Music Education Please contact provider directly to arrange for class venue/timing/date					
	15:30-16:50	Afternoon Club PreKG - G25 KG1 - KG1 Indoor play room KG2 - G22	Afternoon Club PreKG - G25 KG1 - KG1 Indoor play room KG2 - G22	Afternoon Club PreKG - G25 KG1 - KG1 Indoor play room KG2 - G22	Afternoon Club PreKG - G25 KG1 - KG1 Indoor play room KG2 - G22	Afternoon Club PreKG - G25 KG1 - KG1 Indoor play room KG2 - G22

Internal ASA (2 max / week) Teacher Grades Classroom / Location	External ASA (Extra cost) External Provider Grades Classroom / Location
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SUNDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Drama/Once Upon a time FREE	KG1 – KG2	2:30-3:30 PM G09 / G06 / G19	This is a club for children learning English for the first time. The children will learn English through the exploration of some of the best-known stories and poems. We will explore them through role play, art, music and even a little dance. We hope to see children grow in confidence with their use and understanding of English, while making some new friends. Teachers: Lindy Gordon Bennet (lindy.gordonbennett@sisd.ae) – KG1 Melissa McKee (melissa.mckee@sisd.ae) – KG1 Kerryn Arthur (Kerryn.Arthur@sisd.ae) – KG2
Arabic A (mother-tongue) FREE	KG1 – KG2	2:30-3:30 PM G10	This is an Arabic Language ASA reserved for children already fluent in Arabic. Teachers: Hanin Al Dandachi (hanin.aldandachi@sisd.ae), Zouha Ranne (zouha.ranne@sisd.ae), Nesreen Al-Dasouqi (nesreen.sasouqi@sisd.ae)
Book Club FREE	KG1 – KG2	2:30-3:30 PM G05 / G12	Giving students the opportunity to read and deeper comprehension skills. The ASA would be based around improving reading skills in early years and branch out to acting out the story, making their own books, creating different story characters and endings, character dress up with dialogue, learning about authors etc. Teacher: Chantal Akouri (chantal.akouri@sisd.ae)
Building Blocks/Construction FREE	PreKG	2:30-3:30 PM G03	Building and construction is where children will be playing with blocks and other manipulative materials. This type of play can help children develop their vocabularies, improve math skills, and even teach them about gravity, balance, and geometry. Building is all about size, shape, weight, leverage, and balance, and as your child works this out, their building and block play will become more and more complex. Teacher: Kate Nolan (kate.nolan@sisd.ae)
Italian Language Course FREE	KG2	2:30-3:30 PM G23	This ASA is only for students who are already fluent in Italian. In the Italian language course for the KG2 group we will still learn through playing, learning new songs and listening to stories. The development of communication skills will take an important place in the KG2 group. Children will learn how to express themselves, talk about their feelings, opinions and past experiences. We will work on different topics related to time, festivities and habits. We will also practice on writing letters, numbers and simple words. We will work on positional language to describe objects and talk about the time and sequencing of events. "The world around us" will be the central topic of our investigations and learning. Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 / 19

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Russian Language Course Season 1: AED 1050/10 Sessions	PreKG KG1 KG2	2:30-3:30 PM G18	We can teach your children how to speak, read and think in Russian properly at our Russian Language classes. Folk stories, fairytales, books by Russian writers and poets will give them wonderful moments during reading classes. Your children will learn how to write essays and dictations which will help them to develop good grammar skills and improve the vocabulary. Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 /19
Mini-Ballet Season 2: AED 1210 / 11 Sessions	PreKG – KG1	2:30-3:30 PM SPO Dance Studio	Mini-Ballet builds skills such as musicality, coordination, and self-confidence. Student will learn dance vocabulary, technique, and introductory level of ballet. Students will develop a foundation on which they will base their dance training. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX
Learn to Swim – Beginners Season 2: AED 1210 / 11 Sessions	PreKG	2:30-3:30 PM Primary pool	The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke. Provider: Swim Orca Contact: lessons@swim-orca.com ; 050 798 0769
Mini-Tennis Season 2: AED 1210 / 11 Sessions	KG1 – KG2	2:30-3:30 PM MPC	Kids play tennis on the court with a small pop up the net and cones marking the court, kids learn the basics of tennis through challenging and fun games. **Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX
Baby Tennis Season 2: AED 1210 / 11 Sessions	PreKG	2:30-3:30 PM PreKG Indoor Play Area	Baby Tennis develops motor skills and coordination through fun games and courses. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX

<p>Zumba Kids</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Activity Room 1</p>	<p>Our Zumba classes are the perfect opportunity for children to be active and jam out to their favorite music. We break down the steps, add games, activities and cultural exploration elements into the class structure. The classes help to develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Barça Football</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Football Field 3, 4</p>	<p>At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Admission fee options: 1) AED 160 for the year, with T-shirt (VAT inc) 2) AED 300 for the year, with socks, T-shirt, and shorts (VAT inc)</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Musical Theatre</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30 – 3:30 PM</p> <p>Auditorium</p>	<p>A musical theatre class that is designed to spark imagination in the very youngest of performers! This introduction to Musical theatre ignites within the students the innate skills of singing, dancing and acting. Children begin the course by singing songs and acting out choreographed actions before being taught how to perform these natural and instinctive childhood desires in a manner which encourages early acting skills. These fun activities form the basis of a full and complete acting skill toolbox. The children will graduate capable of learning and performing basic choreography in coordination with singing and acting.</p> <p><i>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</i></p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

INTERNAL ASA

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Italian Language Course FREE	PreKG – KG1	2:30-3:30 PM G13	<p>This ASA is only for students who are already fluent in Italian.</p> <p>In the Italian language course for the Pre-KG – KG1 group we will explore the Italian language mainly through playing, as this is the most successful and enjoyable way to learn at this age. We will work widely through storytelling and songs, which will have an important consideration in our lessons. We will talk and work on different topics through the course, in order to develop the children’s vocabulary and their confidence when they are asked to express themselves, their feelings and likes/dislikes in the Italian language. The children will be introduced to the Italian alphabet and numbers. Participation is requested for both weekly sessions in order to maintain, develop and enhance their knowledge and skills.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 /19</p>

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Learn to Swim – Beginners 1 & 2 Season 2: AED 1210 / 11 Sessions	KG1 – KG2	2:30-3:30 PM Primary Pool	<p>The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>
Mini-Tennis Season 2: AED 1210 / 11 Sessions	KG1 – KG2	2:30-3:30 PM MPC	<p>Kids play tennis on the court with a small pop up the net and cones marking the court, kids learn the basics of tennis through challenging and fun games.</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
Baby Tennis Season 2: AED 1210 / 11 Sessions	PreKG	2:30-3:30 PM PreKG Indoor Play Area	<p>Baby Tennis develops motor skills and coordination through fun games and courses</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

<p>Mini Ballet</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG2</p>	<p>2:30-3:30 PM</p> <p>AUD / SPO Dance Studio</p>	<p>Mini-Ballet builds skills such as musicality, coordination, and self-confidence. Student will learn dance vocabulary, technique, and introductory level of ballet. Students will develop a foundation on which they will base their dance training.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Parkour</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Activity Room 1</p>	<p>Parkour DXB: the home of Parkour in the UAE. Our differentiated extracurricular programs offer an alternative to traditional sports. Younger kids love to learn and play! We teach children the fundamentals of movement by exploring movement in a fun and engaging way. Skills include balancing, rolling, climbing, jumping and more. For older pupils, Parkour offers a holistic and engaging approach to movement training that encourages a strong body and a focused mind. Learn the basics of Parkour, challenge yourself and improve your fitness levels in a safe, but exciting environment.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Roller Skating</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Skylight Room</p>	<p>Inline roller skating is a fun and exciting sport for kids of all ages. It helps children develop agility, stability and balance. It is a great workout and improves overall physical fitness and helps build leg and core body muscles. Beginner classes will learn the basics of skating: how to balance on skates, first steps to gliding, braking and basic turns. Intermediate classes will learn advanced and faster gliding techniques, advanced turns and fun tricks on skates.</p> <p>We require all students to wear full safety gear: helmet and protective pads (elbow, wrists, knees).</p> <p>Students will not be able to participate without the mandatory equipment.</p> <p>Required gear for roller skating classes: INLINE SKATES (wheels in single line) or alternatively QUAD ROLLER SKATES</p> <p>PROTECTIVE GEAR:</p> <ul style="list-style-type: none"> • Helmet (cycling helmet is acceptable) • Full set of safety pads: knee, elbow and wrist pads <p>CLOTHING & OTHER:</p> <ul style="list-style-type: none"> • General sports clothing, water bottle, and a towel <p>Skates and equipment can be bought in major sports stores.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

<p>Drama</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Auditorium</p>	<p>A fun way for children to further develop their confidence and communication skills. Students learn how to express themselves creatively. Our teaching techniques include a variety of drama games, improvisation and story building sessions. Children share their imagination to create memorable characters and stories. Drama is a valuable tool for children to harness their natural creativity as they embark on their journey through the early years of education. BODA classes focus on developing vocabulary, imagination, listening skills and social skills as well as having fun. We offer to our BODA young performers preparation for the Trinity Guildhall Young Performers Certificate.</p> <p><i>Drama students are eligible for the optional Trinity College London examinations with accreditation.</i></p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Athletics</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Track</p>	<p>Designed to teach children the basics for running techniques with lots of fun and games. We will aim to develop balance and coordination which will include some light strength exercises and we will work a little on speed and of course play.</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Wall Climbing</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Outdoor Climbing Wall</p>	<p>Rock climbing is a great activity for children from ages 4 and above.</p> <p>Our UK certified climbing coach will ensure your child learns how to climb safely. Climbing is an all-around form of exercise which uses every muscle in the body, and many, many parts of the brain!</p> <p>If you have been worried that your child spends a little too much time with eyes glued to a screen, climbing is a great solution to help them.</p> <p>When they face a climbing wall, all outside influences wash away and leave their head clear and ready for the task at hand. Climbing a wall requires focus and concentration. Children learn very fast that they must pay attention if they want to progress.</p> <p>Climbing is so much fun that children do not even realise that it is exercise! With time, the sport builds body confidence, self-awareness in addition to physical strength.</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Just Dance FREE	PreKG KG1 KG2	2:30-3:30 PM G04 / G10 / G19	Just Dance is a club where the children dance along to Just Dance videos. Through dance, children develop spatial awareness, become less clumsy and pay more attention to others sharing their space. Dance can help children become more imaginative, self-aware and collaborative global citizens. Please don't forget to put on your dancing shoes! Teachers: Helen Milner (helen.milner@sisd.ae) – PreKG Karina Ross (karina.ross@sisd.ae) – KG1 Tamara Granell (Tamara.Grannell@sisd.ae) – KG2
Games/Interests Club FREE	KG1 – KG2	2:30-3:30 PM G20 / G17	During our Games and Interests club the children will be exposed to a variety of games, both inside and outside (weather permitting) as well as pursuing personal interests within the group. Children will learn the important skills of verbal communication, cooperation, turn-taking and patience, while having fun and interacting with their peers. Teachers: Kamila Complak (kamila.complak@sisd.ae), Ann Marie Stakelum (annmarie.stakelum@sisd.ae)
Finger Gym FREE	PreKG	2:30-3:30 PM G16	Finger Gym is a comprehensive programme that uses fun and motivating fine motor - based activities to help children become more independent in the classroom. It helps to develop strong, flexible fingers, hands and arms. It promotes better hand-eye co-ordinations, differentiated movement and manual dexterity. It fosters children's use and understanding of spoken language. It builds cognitive abilities and provide opportunities to practice self-regulation. The time will be spent enjoying the games and activities in books that will help children to build a secure foundation required for the acquisition of legible, rapid and fluent handwriting. Teachers: Ciara McCready (ciara.mccready@sisd.ae), Emma Cooney (emma.cooney@sisd.ae)

Graphisme/Fine Motor Skills Clubs FREE	KG2	2:30-3:30 PM G18	<p><i>Les apprentissages graphiques ont pour principal objectif le développement de l'activité perceptive, l'éducation de la motricité fine, l'exploration d'une multitude d'organisations spatiales. Il est évident que l'habileté grandissante à tracer des motifs, des lignes de différentes natures, à les agencer avec aisance, est un atout pour l'écriture et particulièrement l'écriture cursive introduite en KG2. Ces ateliers de graphisme se dérouleront en français.</i></p> <p>The main objective of graphic learning is the development of the education of fine motor skills and the exploration of a multitude of spatial organizations. In the Early Years, the growing ability to draw patterns, lines of different natures, to arrange them with ease, is an asset for writing and particularly the cursive writing introduced in KG2. These graphic design workshops will be held in French.</p> <p>Teacher: Valerie Charlent (Valerie.Charlent@sisd.ae)</p>
Italian Language Course FREE	KG2	2:30-3:30 PM G23	<p>This ASA is only for students who are already fluent in Italian. In the Italian language course for the KG2 group we will explore the Italian language mainly through playing, as this is the most successful and enjoyable way to learn at this age. We will work widely through storytelling and songs, which will have an important consideration in our lessons. We will talk and work on different topics through the course, in order to develop the children's vocabulary and their confidence when they are asked to express themselves, their feelings and likes/dislikes in the Italian language. The children will be introduced to the Italian alphabet and numbers. Participation is requested for both weekly sessions in order to maintain, develop and enhance their knowledge and skills.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 /19</p>
EXTERNAL			
ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Future Scientists + Mad Science Season 2: AED 855/11 Sessions	KG1 – KG2	2:30-3:30 PM G03	<p>Our Future Scientists are definitely in for a treat this season! They will have experiments about Water, Air, and Colors. They will also so enter the animal kingdom as they make new Animal Friends, learn about the Butterfly life cycle, and study Dinosaurs. Future Scientists will also have an out of this world exploration, as they study the space frontiers. They will also have exciting activities about the weather. Finally, our Future Scientists will conduct exciting Mad Mixtures!</p> <p>Provider: Mad Science Contact: daryl@madscience.ae / 0568872867</p>
Learn to Swim - Beginners Season 2: AED 1210 / 11 Sessions	PreKG	2:30-3:30 PM Primary pool	<p>The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke.</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>

<p>Barça Football</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Football Field 3,4</p>	<p>At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Admission fee options: 1) AED 160 for the year, with T-shirt (VAT inc) 2) AED 300 for the year, with socks, T-shirt, and shorts (VAT inc)</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Baby Tennis</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>PreKG</p>	<p>2:30-3:30 PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby Tennis develops motor skills and coordination through fun games and courses</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Mini-Tennis</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>MPC</p>	<p>On this court with small net, kids are successful from the first day and learn the basics of tennis through challenging and fun games.</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Hip Hop</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Activity Room 1</p>	<p>This is a high energy and rhythmical class for children who are just starting or beginners. Class consists of a warm up, strength building and coordination exercises. The lessons focus on creating short routines that focus on the basic elements of hip hop to popular music. The kids love it!</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

<p>Mini-Ballet</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1</p>	<p>2:30-3:30 PM</p> <p>SPO Dance Studio</p>	<p>Mini-Ballet builds skills such as musicality, coordination, and self-confidence. Student will learn dance vocabulary, technique, and introductory level of ballet. Students will develop a foundation on which they will base their dance training</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Chess</p> <p>Season 2: AED 1155 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>G11</p>	<p>“According to research, test scores improved by 17.3% for students regularly engaged in chess classes, compared with only 4.6% for children participating in other forms of enriched activities”, said 4-time World Champion Susan Polgar. Chess Lesson – teaching a particular skill, idea, strategy, move or concept. The focus being on improving Thinking Skills such as Problem Solving, Memory, Critical Thinking, Analysis, Decision Making, Concentration, Visualization, Lateral Thinking, Creative Thinking and more.</p> <p>Provider: Chess Knowledge Contact: Alexandra 050 5028145,0559484111 alexandrachess@yahoo.com</p>
<p>Basketball</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Skylight Room</p>	<p>We developed after school activities in order to invite youths to participate outside of the traditional school day. The goal of PSSA after school activity program is to provide your child with the opportunity to engage in a positive, active, and fun environment, while also learning and developing basic basketball skills. Here we also search for players to play for their respective school’s basketball teams</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Karate</p> <p>Season 2: AED 1210 / 11 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>AUD Dance Studio</p>	<p>Budo Juku (meaning Martial Arts in Japan) are currently delivering a professional standard of Wado Ryu Karate style to both children and adult across the UAE. Our lessons are conducted in Japanese and all students are registered and affiliated to the official “Wado Ryu Academy”.</p> <p>Karate will make its first appearance as an Olympic sport at the 2020 Summer Olympics in Tokyo, Japan. It will feature two events, Kumite and Kata.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

WEDNESDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
French Cultural Club FREE	PreKG KG1 KG2	2:30-3:30 PM G17 / G21 / G20	The French Cultural Club will give an opportunity to children to learn and play in French. We will explore the French culture with games, stories and food activities as we interact in French and share time together. Teachers: Melanie Parnadeau (melanie.parnaudeau@sisd.ae) – PreKG Farah El Haddah (farah.elhaddad@sisd.ae) – KG1 Helene Costecalde (helene.costecalde@sisd.ae) – KG2
German Cultural Club FREE	KG1 – KG2	2:30-3:30 PM G24	The German Cultural Club will give an opportunity to children to learn and play in German. We will explore the German culture with games, stories and food activities as we interact in German and share time together. Teachers: Patty Lindeman (patty.lindeman@sisd.ae) – KG1 Barbara Berg (Barbara Berg barbara.berg@sisd.ae) – KG2
Sewing FREE	KG1 – KG2	2:30-3:30 PM G13	In sewing class, children will play with color, patterns and textures. They will practice taking things apart and putting them back together. Activities will include threading, weaving and sewing. Teachers: Jerae Gamble (jerae.gamble@sisd.ae), Kate Smith (kate.smith@sisd.ae), Laura Nolan (laura.nolan@sisd.ae)
French Support FREE	KG2	2:30-3:30 PM G19	On invitation only! The ASA French Support KG2 is designed for the French beginner students in KG2, and is on invitation only. It is an extra French lesson, focused on language acquisition, which shall help the students to better access the KG2 French curriculum. Teacher: Salima Dekiouk (salima.dekiouk@sisd.ae)
German Support FREE	KG2	2:30-3:30 PM G12	On invitation only! The ASA German Support KG2 is designed for the German beginner students in KG2, and is on invitation only. It is an extra German lesson, focused on language acquisition, which shall help the students to better access the KG2 German curriculum. Teacher: Caroline Hintze (caroline.hintze@sisd.ae)
Music and Movement FREE	PreKG	2:30-3:30 PM Primary Music Room	In Movement and Music, pre-kindergarten students will enjoy creative music and movement exploration with instruments and other props. Students will learn action and clapping games as well as sing songs and dance. Students will gain confidence in singing and performing together. Teacher: Lacie Rempel (lacie.rempel@sisd.ae)

<p>Italian Language Course</p> <p>FREE</p>	<p>PreKG – KG1</p>	<p>2:30-3:30 PM</p> <p>G10</p>	<p>This ASA is only for students who are already fluent in Italian.</p> <p>In the Italian language course for the Pre-KG – KG1 group we will explore the Italian language mainly through playing, as this is the most successful and enjoyable way to learn at this age. We will work widely through storytelling and songs, which will have an important consideration in our lessons. We will talk and work on different topics through the course, in order to develop the children’s vocabulary and their confidence when they are asked to express themselves, their feelings and likes/dislikes in the Italian language. The children will be introduced to the Italian alphabet and numbers. Participation is requested for both weekly sessions in order to maintain, develop and enhance their knowledge and skills.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 /19</p>
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EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
<p>Spanish (Mother Tongue)</p> <p>Season 2: AED 1050 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>G18</p>	<p>We can teach your children how to speak, read and think in Spanish properly at our Spanish Language classes. Folk stories, fairytales, books by Spanish writers and poets will give them wonderful moments during reading classes. Your children will learn how to write essays and dictations which will help them to develop good grammar skills and improve the vocabulary.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 /19</p>
<p>Karate</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>AUD Dance Studio</p>	<p>Budo Juku (meaning Martial Arts in Japan) are currently delivering a professional standard of Wado Ryu Karate style to both children and adult across the UAE. Our lessons are conducted in Japanese and all students are registered and affiliated to the official “Wado Ryu Academy”.</p> <p>Karate will make its first appearance as an Olympic sport at the 2020 Summer Olympics in Tokyo, Japan. It will feature two events, Kumite and Kata.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Learn to Swim – Beginners 1 & 2</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Primary Pool</p>	<p>The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke.</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>

<p>Baby Tennis</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>PreKG</p>	<p>2:30-3:30 PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby Tennis develops motor skills and coordination through fun games and courses.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Mini-Tennis</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>MPC</p>	<p>Kids play tennis on the court with a small pop up the net and cones marking the court, kids learn the basics of tennis through challenging and fun games.</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Baby Ballet</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>PreKG</p>	<p>2:30-3:30 PM</p> <p>SPO Dance Studio</p>	<p>Baby Ballet is the perfect class for your growing toddler. Dancers will learn ballet movements and use props to develop body awareness. Students will learn dance vocabulary and age appropriate motor skills in a structured and fun way, as well as ballet basics.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Rhythmic Gymnastics (Girls)</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Activity Room 1</p>	<p>Rhythmic gymnastics is a sport in which individuals or teams of 5 or more manipulate one or two pieces of apparatus: clubs, hoop, ball, ribbon, rope and freehand (no apparatus). Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. The victor is the participant who earns the most points, determined by a panel of judges, for leaps, balances, pirouettes (pivots), apparatus handling, and execution.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Chinese Cultural Club</p> <p>Season 2: AED 1000/10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>G04</p>	<p>We teach Chinese calligraphy, a Chinese style in writing; We teach Chinese pinyin, the Chinese alphabets; We teach Chinese pronunciation or enunciation, the Chinese 4 tones; We teach Chinese traditional art, such as paper folding, paint blowing; We introduce Chinese culture, tradition, and history such as the use of chopsticks, traditional stories for kids.</p> <p>Provider: THINK FIRST LEARNING CENTER Contact persons: Jenny / Cheryl Contact: info@thinkfirstdubai.com 04-55-77-130 / 04-277-5980</p>

<p>Roller Skating</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Skylight Room</p>	<p>Inline roller skating is a fun and exciting sport for kids of all ages. It helps children develop agility, stability and balance. It is a great workout and improves overall physical fitness and helps build leg and core body muscles. Beginner classes will learn the basics of skating: how to balance on skates, first steps to gliding, braking and basic turns. Intermediate classes will learn advanced and faster gliding techniques, advanced turns and fun tricks on skates.</p> <p>We require all students to wear full safety gear: helmet and protective pads (elbow, wrists, knees).</p> <p>Students will not be able to participate without the mandatory equipment.</p> <p>Required gear for roller skating classes: INLINE SKATES (wheels in single line) or alternatively QUAD ROLLER SKATES</p> <p>PROTECTIVE GEAR:</p> <ul style="list-style-type: none"> • Helmet (cycling helmet is acceptable) • Full set of safety pads: knee, elbow and wrist pads <p>CLOTHING & OTHER:</p> <ul style="list-style-type: none"> • General sports clothing, water bottle, and a towel <p>Skates and equipment can be bought in major sports stores.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Yoga Kids</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>AUD Black Box</p>	<p>Children learn through play. This is true not only for yoga exercises but also for other areas of life. A children’s yoga class should, therefore, be an adventure that is experienced with all your senses. Children do not practice yoga, they are the dog, tree, warrior, butterfly, and we just show. The imagination knows no limits and we explore a variety of concepts from ecology, biology, anatomy, geography, etc. Children are naturally curious and enjoy learning while moving</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

<p>Rugby</p> <p>Season 2: AED 1100 / 10 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Football Field 3,4</p>	<p>From Grassroots to competitive squads, Barrelhouse Rugby in partnership with Stryx Sports is your leader in rugby coaching here in the UAE. We bring our core values such as respect, honour, discipline and sportsmanship into a fun, active, inclusive and progressive rugby season. Expect your child to come home with stories of glory and excitement, right until their heads hit the pillow.</p> <p>For more information about our syllabus and competitive squads, please go on www.barrelhouserugby.club</p> <p>**Please keep in mind that outdoor activities like football and tennis will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
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THURSDAY

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Future Scientists + Mad Science Season 2: AED 700 / 9 Sessions	KG1 – KG2	2:30-3:30 PM G03 / G04	Our Future Scientists are definitely in for a treat this season! They will have experiments about Water, Air, and Colors. They will also so enter the animal kingdom as they make new Animal Friends, learn about the Butterfly life cycle, and study Dinosaurs. Future Scientists will also have an out of this world exploration, as they study the space frontiers. They will also have exciting activities about the weather. Finally, our Future Scientists will conduct exciting Mad Mixtures! Provider: Mad Science Contact: daryl@madscience.ae / 0568872867
Baby Tennis Season 2: AED 990 / 9 Sessions	PreKG	2:30-3:30 PM PreKG Indoor Play Area	Baby Tennis develops motor skills and coordination through fun games and courses Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX
Mini-Tennis Season 2: AED 990 / 9 Sessions	KG1 – KG2	2:30-3:30 PM MPC	Kids play tennis on the court with a small pop up the net and cones marking the court, kids learn the basics of tennis through challenging and fun games. **Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX
Learn to Swim – Beginners 2/ Plus Season 2: AED 990 / 9 Sessions	KG1 – KG2	2:30-3:30 PM Primary Pool	The goal of the Learn to Swim Beginners program is to familiarize the beginner with water by instilling confidence, safety, and survival skills. We focus on the basic body position for freestyle/front crawl and backstroke. Provider: Swim Orca Contact: lessons@swim-orca.com ; 050 798 0769
Mini-Ballet Season 2: AED 990 / 9 Sessions	KG1	2:30-3:30 PM AUD Dance Studio	Mini-Ballet builds skills such as musicality, coordination, and self-confidence. Student will learn dance vocabulary, technique, and introductory level of ballet. Students will develop a foundation on which they will base their dance training Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX

<p>Mini-Ballet</p> <p>Season 2: AED 990 / 9 Sessions</p>	<p>KG2</p>	<p>2:30-3:30 PM</p> <p>SPO Dance Studio</p>	<p>Mini-Ballet builds skills such as musicality, coordination, and self-confidence. Student will learn dance vocabulary, technique, and introductory level of ballet. Students will develop a foundation on which they will base their dance training</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Barça Football</p> <p>Season 2: AED 990 / 9 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Football Field 1,2</p>	<p>At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Admission fee options: 1) AED 160 for the year, with T-shirt (VAT inc) 2) AED 300 for the year, with socks, T-shirt, and shorts (VAT inc)</p> <p>**Please keep in mind that outdoor activities like football and tennis will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

<p>Wall Climbing</p> <p>Season 2: AED 990 / 9 Sessions</p>	<p>KG1 – KG2</p>	<p>2:30-3:30 PM</p> <p>Outdoor Climbing Wall</p>	<p>Rock climbing is a great activity for children from ages 4 and above.</p> <p>Our UK certified climbing coach will ensure your child learns how to climb safely. Climbing is an all-around form of exercise which uses every muscle in the body, and many, many parts of the brain!</p> <p>If you have been worried that your child spends a little too much time with eyes glued to a screen, climbing is a great solution to help them.</p> <p>When they face a climbing wall, all outside influences wash away and leave their head clear and ready for the task at hand. Climbing a wall requires focus and concentration. Children learn very fast that they must pay attention if they want to progress.</p> <p>Climbing is so much fun that children do not even realise that it is exercise! With time, the sport builds body confidence, self-awareness in addition to physical strength.</p> <p>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
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MONDAYS & THURSDAYS

PRIVATE/GROUP MUSIC CLASSES (EXTERNAL)

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
PIANO GROUP CLASS : AED 126/30 MINUTES PRIVATE CLASS : AED 147/30 MINUTES	KG2	Group 1: 2:30 – 3:00 PM Group 2: 3:00 – 3:30 PM 5:00 PM	<p>SISD Music Club is offering an amazing opportunity to KG2 students to enjoy fun piano classes in small groups. Exciting program and super enthusiastic teachers will make the experience of learning music and the basics of piano playing unforgettable for your children!</p> <p>Please note that one group class lasts 30min, therefore there will be two different groups arranged: 2.30-3.00pm, 3.00-3.30pm.</p> <p>**Group 1: Children are collected by Provider at 2:20PM but will need to be collected in the ASA classroom at 3:00PM.</p> <p>**Group 2: Children are to be collected from the regular classroom at 2:15PM and brought to the ASA classroom by the parents at 3:00PM and collected in the ASA classroom at 3:30PM.</p> <p>Teacher: Vitali Mihailiuc Contact details: sisdmusicclub@gmail.com, +971554827542 www.emusiceducation.org</p>