

SECONDARY 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 - 2018 - 2019

SECONDARY YEARS PROGRAM - G6-G11

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
15:50-16:50	Library Pierre G6-G11	Tennis Stryx G6-G11 Tennis Courts 1,2	Swimming Beginners 2/ Development 1-2 Swim Orca G6-G11 Olympic Pool 6-10	Library Pierre G6-G11	Library Pierre G6-G11
	Math Support Douglas Grant G6-G11 MY Building 105	Roller Skating Stryx G6-11 Skylight Room	Chess Chess Knowledge G6-G11 My Building 106	French Support Saila G6-G11 MY Building 209	Quran Club Mohamed Tharwat G6-G11 MY Building 212
	Art of Arabic Calligraphy Huda G6-G11 MY Building 116	Teen Group Coaching Challenge Network G6 - G8 MY Building 213	French Theatre Culture Emulsion G6-G11 Auditorium	French for Beginners Salima G8-G11 MY Building 204	Arts Club Alexandra Williams + Jamal Al Halabi G6-G11 MY Building 320
	German Support Stephanie G6-G11 MY Building 104	Athletics Stryx G6-G11 Track	Karate Stryx G6 AUD Dance Studio	German for Beginner (and Swiss Matura) Hans Rudolf G6-G11 MY Building 001	English Support Asal G6-G11 MY Building 217
	Math /Business Support Ashley Fitzgibbons G11 MY Building 107	Wall Climbing Stryx G6-G11 Outdoor Climbing Wall		MUN / Debate Pierre+Mohammed Bensif G8-G11 Library	Spanish (as a foreign language) Headway Institute G6-G11 MY Building 104
	Humanities Support Jake Molla G6-G11 MY Building 205	Swimming Beginners 2/ Development 1-2 Swim Orca G6-G11 Olympic Pool 6-10		French Reading Club Lina Auger-Ghamra G6-G11 MY Building 216	Russian Language Course Headway Institute G6-G11 MY Building 110
	French for Beginners Salima G8-G11 MY Building 204			English Support Rachel G6-G11 MY Building 205	Basketball PSSA/Stryx G6-G11 Sports Hall 1
	German for Beginner (and Swiss Matura) Hans Rudolf G6-G11 MY Building 001			Science Support Nora Norris G6-G11 MY Building 005	Tennis Stryx G6-G11 Tennis Courts 1,2
	Russian Language Course Headway Institute G6-G11 MY Building 110			Karate Stryx G6 AUD Dance Studio	Judo Stryx G6-G11 AUD Dance Studio
	Swimming Beginners 2/ Development 1-2 Swim Orca G6-G11 Olympic Pool 6-10			Swimming Beginners 2/ Development 1-2 Swim Orca G6-G11 Olympic Pool 6-10	Wall Climbing Stryx G6-G11 Outdoor Climbing Wall
	Barça Football Stryx G6-G11 Football field 2			Rhythmic Gymnastics (Girls) Stryx G6-G11 Sports Hall 2	Barça Football Stryx G6-G11 Football Field 3,4/Gym (on Event days)
	Parkour Stryx G6-G11 Activity Room 1			Chinese (as foreign language) Think First Learning Center G6-G11 MY Building 110	Swimming Beginners 2/ Development 1-2 Swim Orca G6-G11 Olympic Pool 6-10 **Dry Session on Oct 11
				Roller Skating Stryx G6-G11 Skylight Room	
				Rugby Stryx G6-G11 Football Field 1- 4	
				Teen Group Coaching Challenge Network G9 - G11 MY Building 213	
			Yoga Stryx G6-G11 Dance Studio		
			Athletics Stryx G6-G11 Track		
TBD	Music Classes (Private/Group) Exclusive Music Education Please contact provider directly to arrange for class venue/timing/date				
SISD School Teams (Timings Vary)	PYP Swimming G6-G11 2 coaches from Swim Orca 06:50-07:50 Olympic Pool 1-5		U16 Basketball (Boys) G9,10 Tarik 06:50-07:50 Sports Hall 1		
	U16 Basketball (Boys) G9,10 Tarik 15:50 - 16:50 Sports Hall 1	MYP Swimming G6-G11 2 coaches from Swim Orca 15:50 - 16:50 Olympic Pool 1-5	MYP Swimming G6-G11 Aurore+ Mike 15:50-16:50 Olympic Pool 1-5		
	U16 Basketball (Girls) G9,10 Nate & TJ 15:50 - 16:50 Sports Hall 2	U16 Basketball (Boys) G9,10 Tarik 15:50 - 16:50 Sports Hall 1	U12 Football G6 Tommy 15:50 - 16:50 Field 1		
	U14 Football G7-G8 Sean & Saskia 15:50 - 16:50 Field 1	U16 Basketball (Girls) G9,10 Nate & TJ 15:50 - 16:50 Sports Hall 2 (half)	U14 Football G7-G8 Sean & Saskia 15:50 - 16:50 Field 1,2,3,4	MYP Swimming G6-G11 2 coaches from Swim Orca 6:50 - 7:50 Olympic Pool 1-5	MYP Swimming Gala (Oct 11) G6-G11 Aurore + Mike 14:00 - 16:50 Olympic Pool -All
	U16 Football G9-G11 Mark D 15:50 - 16:50 Field 3,4	U16 Football G9-G11 Mark D 15:50 - 16:50 Field 1,2,3,4	U16 Basketball (Girls) G9,10 Nate & TJ 15:50 - 16:50 Sports Hall 2	U16 Basketball (Boys) G9,10 Tarik 15:50 - 16:50 Sports Hall 1	U12 Football G6 Tommy 15:50 - 16:50 Field 1,2,3,4
Internal ASA Teacher Grades Classroom / Location	External ASA External Provider Grades Classroom / Location	SISD Teams (Practices) Teacher Time Location	SISD Teams (Game/Event Days) Teacher Time Location		

SUNDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Library FREE	G6-G11	3:50 PM - 4:50 PM Library	Library will be open for students to work and borrow books. Teacher: Pierre Boross De Levay (pierre.delevay@sisd.ae)
Math support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 105	Helping students with math homework, Math Space assignments, and develop math skills based on individual needs using activities and online resources. Teacher: Douglas Grant (douglas.grant@sisd.ae)
Art of Arabic Calligraphy FREE	G6-G11	3:50 PM - 4:50 PM MY Building 116	Arabic calligraphy is the artistic art of turning simple handwriting and calligraphy into works of art, based on the Arabic language and alphabet. It is known in Arabic as "khatt" (خط), derived from the word 'line', 'design', or 'construction'. The Arabic alphabet has numerous fonts that when combined create masterpieces of great beauty. Teacher: Huda AlRawajfeh (huda.rawajfeh@sisd.ae)
German Support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 104	This ASA is designed to consolidate what students learn in their regular classes so that they get additional practice. We discuss the texts they read in the German class, help with preparing German projects, revise some grammatical / vocabulary points. The program is tailored to the students' individual needs. This ASA can also be considered as homework help. Teacher: Stephanie Wehner (stephanie.wehner@sisd.ae)
Math/Business Support FREE	G11	3:50 PM - 4:50 PM MY Building 107	Helping students with math/business homework. Teacher: Ashley Flitzgibbons (ashley.fitzgibbons@sisd.ae)
Humanities Support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 205	Helping students with humanities homework. Teacher: Jake Molla (jake.molla@sisd.ae)
French for Beginners FREE	G8-G11	3:50 PM - 4:50 PM MY Building 204	Students have the choice of registering once a week (applicable for Sunday only) or twice a week (Sunday and Wednesday) - It is not possible to register for only Wednesday. This ASA is designed for non-French speaking students who want to prepare the Swiss Matura or be able to join a Matura class in Switzerland in the next years. The focus will be on French language acquisition and the program will follow the Swiss curriculum for French as additional language (2nd national language). This ASA takes place twice a week. If students do not register for the second ASA, they will have to make sure that they are updated, i.e. homework will be required. Number of participants is limited to 10. Teacher: Salima Azizeh (salima.azizeh@sisd.ae)

<p>German for Beginners (and Swiss Matura)</p> <p>FREE</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>MY Building 001</p>	<p>Students have the choice of registering once a week (applicable for Sunday only) or twice a week (Sunday and Wednesday) - It is not possible to register for only Wednesday.</p> <p>This ASA is designed for non-German speaking students who want to prepare the Swiss Matura or be able to join a Matura class in Switzerland in the next years. The focus will be on German language acquisition and the program will follow the Swiss curriculum for German as additional language (2nd national language). This ASA takes place twice a week. If students do not register for the second ASA, they will have to make sure that they are updated, i.e. homework will be required. Number of participants is limited to 10.</p> <p>Teacher: Hans Rudolf Buehlmann (hans.buehlmann@sisd.ae)</p>
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EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
<p>Russian Language Course</p> <p>Season 1: AED 1050/ 10 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>MY Building 110</p>	<p>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.</p> <p>Provider: Headway Institute Contact: courses@headin.pro; +97143625313 / 17 / 18 /19</p>
<p>Swimming Beginners 2/ Development 1-2</p> <p>Season 1: AED 1102.50/10 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Olympic Pool 6-10</p>	<p>This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke.</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>
<p>Parkour</p> <p>Season 1: AED 1102.50/10 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 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>Barça Football</p> <p>Season 1: AED 1102.50/10 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Football Field 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>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
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MONDAY

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Tennis Season 1: AED 1212.75/11 Sessions	G6-G11	3:50 PM - 4:50 PM Tennis courts 1,2	Kids develop a wide range of strategies in order to have their own style of play. They now play in normal conditions and build a complete game as a tennis player. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX
Teen Group Coaching Season 1: AED 1260/ 10 Sessions	G6-G8	3:50 PM - 4:50 PM MY Building 213	This teen coaching program is based on The Academic Life Coaching (ALC) program. It is about identifying what the student really wants in life as well as in school, learning how to better face challenges and deal with relationships. This program applies concepts of positive psychology and neuroscience to focus on topics such as Emotional Quotient, Motivation, Academic Learning and Mindfulness. It's a powerful tool for students and teens to be more successful in their studies and to help ensure that you are living the life you want to live. **No class on Sept 24th, 1st class will start on Oct 1st Provider: Challenge Network Contact: gulf@challengenetwork.it ; 056 2643848
Roller Skating Season 1: AED 1212.75/11 Sessions	G6-G11	3:50 PM - 4:50 PM Skylight Room	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. We require all students to wear full safety gear: helmet and protective pads (elbow, wrists, knees). Students will not be able to participate without the mandatory equipment. Required gear for roller skating classes: INLINE SKATES (wheels in single line) or alternatively QUAD ROLLER SKATES PROTECTIVE GEAR: <ul style="list-style-type: none"> • Helmet (cycling helmet is acceptable) • Full set of safety pads: knee, elbow and wrist pads CLOTHING & OTHER: <ul style="list-style-type: none"> • General sports clothing, water bottle, and a towel Skates and equipment can be bought in major sports stores. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX

<p>Athletics</p> <p>Season 1: AED 1212.75/11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Track</p>	<p>These classes are aimed to work on running techniques and speed. We provide special running drills, teaching how to stretch before and after exercises, focusing on running strength training. Introducing run speed intervals and work on stamina and learning how to recover properly.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Wall Climbing</p> <p>Season 1: AED 1212.75/11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Outdoor Climbing Wall</p>	<p>Rock climbing is a great activity for children from ages 4 and above. 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! 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. 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. Climbing is so much fun that children do not even realize that it is exercise! With time, the sport builds body confidence, self-awareness in addition to physical strength.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Swimming Beginners 2/ Development 1-2</p> <p>Season 1: AED 1212.75/11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Olympic Pool 6-10</p>	<p>This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke.</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>

TUESDAY

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Swimming Beginners 2/ Development 1-2 Season 1: AED 1212.75 /11 Sessions	G6-G11	3:50 PM - 4:50 PM Olympic Pool 6-10	This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke. Provider: Swim Orca Contact: lessons@swim-orca.com ; 050 798 0769
French Theatre Season 1: AED 1386/ 11 Sessions	G6-G11	3:50 PM - 4:50 PM Auditorium	Come and discover the exciting and fun world of acting and drama with this weekly workshop around drama and improvisation exercises and techniques. Kids will work on their skills, confidence, creativity, body language, team work to unleash their artistic potential! A show/play will be prepared and presented at the end of the year (end of June). Thus, new students can join the class for the 2 nd season, but will need to commit to the ASA for the 2 nd and 3 rd season. **The students need to be aware that leaving the group prematurely will handicap the rest of the kids and is not allowed. Provider: Culture Emulsion Contact: 050 905 8401 / contact@culture-emulsion.com
Chess Season 1: AED 1155/ 11 Sessions	G6-G11	3:50 PM - 4:50 PM MY Building 106	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. Provider: Chess Knowledge Contact: Alexandra 050 5028145,0559484111 alexandrachess@yahoo.com
Karate Season 1: AED 1212.75 /11 Sessions	G6	3:50 PM - 4:50 PM AUD Dance Studio	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". 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. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX

WEDNESDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Library FREE	G6-G14	3:50 PM - 4:50 PM Library	Library will be open for students to work and borrow books. Teacher: Pierre Boross De Levay (pierre.delevay@sisd.ae)
French Support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 209	The French support activity is to encourage the enthusiasm, interest and curiosity for the French language. We revise some grammatical points and practice sometimes using online games. We mainly focus on writing and students can be asked to write a newsletter for the school, a recipe of their favorite dish or dessert, or even study the lyrics of a recent popular French song they like. We play different games in pairs or in groups to develop imagination and team spirit. Teacher: Saila Aumeerally (Saila.aumeerally@sisd.ae)
French for Beginners FREE	G8-G11	3:50 PM - 4:50 PM MY Building 204	Students have the choice of registering once a week (applicable for Sunday only) or twice a week (Sunday and Wednesday) - It is not possible to register for only Wednesday. This ASA is designed for non-French speaking students who want to prepare the Swiss Matura or be able to join a Matura class in Switzerland in the next years. The focus will be on French language acquisition and the program will follow the Swiss curriculum for French as additional language (2nd national language). This ASA takes place twice a week. If students do not register for the second ASA, they will have to make sure that they are updated, i.e. homework will be required. Number of participants is limited to 10. Teacher: Salima Azizeh (salima.azizeh@sisd.ae)
German for Beginners (and Swiss Matura) FREE	G6-G11	3:50 PM - 4:50 PM MY Building 001	Students have the choice of registering once a week (applicable for Sunday only) or twice a week (Sunday and Wednesday) - It is not possible to register for only Wednesday. This ASA is designed for non-German speaking students who want to prepare the Swiss Matura or be able to join a Matura class in Switzerland in the next years. The focus will be on German language acquisition and the program will follow the Swiss curriculum for German as additional language (2nd national language). This ASA takes place twice a week. If students do not register for the second ASA, they will have to make sure that they are updated, i.e. homework will be required. Number of participants is limited to 10. Teacher: Hans Rudolf Buehlmann (hans.buehlmann@sisd.ae)

MUN/Debate FREE	G8-G11	3:50 PM - 4:50 PM Library	The MUN club engages the students in an authentic simulation of the United Nations system by learning about the UN system, the skills of debate, compromise, conflict resolution and negotiation. MUN team members have fun learning about the workings of world diplomacy through the lens of current events. The students take the roles of ambassadors from various countries and debate current issues. It gives students hands-on learning in international relations, diplomacy, and the United Nations. Teachers: Pierre Boross De Levay (pierre.delevay@sisd.ae) Mohamed Bensif (mohamed.bensif@sisd.ae)
French Reading Club FREE	G6-G11	3:50 PM - 4:50 PM MY Building 216	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. Teacher: Lina Auger-Ghamra (lina.ghamra@sisd.ae)
English Support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 205	We will enhance English language proficiency through storytelling and response. (TPRS Methodology) The teacher will facilitate guided reading sessions followed by comprehension questions, vocabulary acquisition, grammar and pronunciation accuracy. There will be homework assignments to reinforce the learnings in class. Teacher: Rachel Nair (rachel.nair@sisd.ae)
Science Support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 005	Science homework support will be offered during this ASA. Teachers: Nora Norris (nora.norris@sisd.ae)

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Karate Season 1: AED 1212.75/ 11 Sessions	G6	3:50 PM - 4:50 PM AUD Dance Studio	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". 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. Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX

<p>Chinese (as foreign language)</p> <p>Season 1: AED 1100/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>MY Building 110</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>Swimming Beginners 2/ Development 1-2</p> <p>Season 1: AED 1212.75/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Olympic Pool 6-10</p>	<p>This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke.</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>
<p>Rhythmic Gymnastics (Girls)</p> <p>Season 1: AED 1212.75/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Sports Hall 2</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>Teen Group Coaching</p> <p>Season 1: AED 1386/ 11 Sessions</p>	<p>G9-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>MY Building 213</p>	<p>This teen coaching program is based on The Academic Life Coaching (ALC) program. It is about identifying what the student really wants in life as well as in school, learning how to better face challenges and deal with relationships. This program applies concepts of positive psychology and neuroscience to focus on topics such as Emotional Quotient, Motivation, Academic Learning and Mindfulness. It's a powerful tool for students and teens to be more successful in their studies and to help ensure that you are living the life you want to live.</p> <p>Provider: Challenge Network Contact: gulf@challengenetwerk.it; 056 2643848</p>

<p>Roller Skating</p> <p>Season 1: AED 1212.75/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 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>Rugby</p> <p>Season 1: AED 1212.75/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Football Field 1- 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>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

<p>Yoga</p> <p>Season 1: AED 1212.75/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Dance Studio</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, 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>Athletics</p> <p>Season 1: AED 1212.75/ 11 Sessions</p>	<p>G6-G11</p>	<p>3:50 – 4:50 PM</p> <p>Track</p>	<p>These classes are aimed to work on running techniques and speed. We provide special running drills, teaching how to stretch before and after exercises, focusing on running strength training. Introducing run speed intervals and work on stamina and learning how to recover properly.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>

THURSDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Library FREE	G6-G15	3:50 PM - 4:50 PM Library	Library will be open for students to work and borrow books. Teacher: Pierre Boross De Levay (pierre.delevay@sisd.ae)
English Support FREE	G6-G11	3:50 PM - 4:50 PM MY Building 217	We will enhance English language proficiency through storytelling and response. (TPRS Methodology) The teacher will facilitate guided reading sessions followed by comprehension questions, vocabulary acquisition, grammar and pronunciation accuracy. There will be homework assignments to reinforce the learnings in class. Teacher: Asal Alimirzai (asal.alimirzai@sisd.ae)
Quran Club FREE	G6-G11	3:50 PM - 4:50 PM MY Building 212	The Quran Club will help developing the recitation, pronunciation and Tajweed skills of students with the support in memorization of the requested Suras of their levels. Teacher: Mohamed Tharwat Bekir (mohamed.bekir@sisd.ae)
Art Club FREE	G6-G11	3:50 PM - 4:50 PM MY Building 320	Ideas Matter Here. Which is why we empower you with the freedom to work in multiple media. The ART CLUB provides secondary school students with the necessary creative freedom to develop a sustained, structured dialogue between ideas and process. Mirroring the methods and practices of the contemporary artists and designers, students are given the opportunity to freely explore across media in order to build strong skills and develop their portfolios while reflecting their personal interests. Students should be able to master not just one medium, but to have the freedom to move and explore throughout different disciplines; to experiment; to take risks; to find the right solution for each visual arts related projects they decide to work on. Our art rooms are laboratories where conceptual thinking, artmaking, and design skills are developed under our guidance. All creative minds are welcome to join! Teachers: Alexandra Williams (alexandra.williams@sisd.ae) Jamal Al Halabi (jamal.alhalabi@sisd.ae)

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
<p>Basketball</p> <p>Season 1: AED 992.25/9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Sports Hall 1</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>Tennis</p> <p>Season 1: AED 992.25/9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Tennis Courts 1,2</p>	<p>Kids develop a wide range of strategies in order to have their own style of play. They now play in normal conditions and build a complete game as a tennis player.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Judo</p> <p>Season 1: AED 992.25/9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>AUD Dance Studio</p>	<p>Judo was founded by Jigoro Kano from Japan in 1882.</p> <p>Judo is an Olympic sport and made its first appearance for men at the 1964 Tokyo Games with the female event being introduced a little later at the 1992 Barcelona Games.</p> <p>Judo focuses on a lot of grappling techniques and came from Ju-jitsu.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Spanish (as foreign language)</p> <p>Season 1: AED 945/ 9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>My Building 104</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; +97143625313 / 17 / 18 /19</p>

<p>Russian Language Course</p> <p>Season 1: AED 945/ 9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>My Building 110</p>	<p>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.</p> <p>Provider: Headway Institute Contact: courses@headin.pro; +97143625313 / 17 / 18 19</p>
<p>Barça Football</p> <p>Season 1: AED 992.25/9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Football Field 3,4/Gym (on Event days)</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>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
<p>Swimming Beginners 2/ Development 1-2</p> <p>Season 1: AED 992.25/9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 PM</p> <p>Olympic pool 6-10</p> <p>**Dry Session on Oct 11th due to Swimming Gala at SISD</p>	<p>This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke.</p> <p>Provider: Swim Orca Contact: lessons@swim-orca.com; 050 798 0769</p>

<p>Wall Climbing</p> <p>Season 1: AED 992.25/9 Sessions</p>	<p>G6-G11</p>	<p>3:50 PM - 4:50 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 realize that it is exercise! With time, the sport builds body confidence, self-awareness in addition to physical strength.</p> <p>Provider: Stryx Sports Contact: asa@stryxsports.com 055 966 7647 055 877 1658 800 STRYX</p>
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SUNDAYS - THURSDAYS

PRIVATE/GROUP CLASSES (EXTERNAL)			
ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
SISD Music Club PRIVATE CLASS: AED 147/30 MINUTES AED 294/HOUR	G6-G11	5:00 PM	SISD Music Club is offering an amazing opportunity to G6-G11 students to enjoy private piano lessons with the highly acclaimed piano instructors. Our piano recitals and exam preparation opportunities will make our journey together even more motivating. Teacher: Vitali Mihailiuc Contact details: sisdmusclub@gmail.com , +971554827542, www.emusiceducation.org