



**ASA WEEKLY SCHEDULE
RAMADAN
2019 - 2020**

**SECONDARY YEARS PROGRAM
G6 - G12**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
13:50 - 14:50	Barça Football Stryx G6 - G12 Sports Hall 2	Athletics Stryx G6 - G12 Indoor Track	Chess Chess Knowledge G6 - G12 My Building 106	Basketball Stryx G6 - G12 Sports Hall 1	Roller Skating Stryx G6 - G12 Skylight Room
		Chess Chess Knowledge G6 - G12 My Building 106	Digital Art Workshop Stryx G6 MY Building 008	Chinese (as foreign language) Headway Institute G6 - G12 MY Building 110	Russian (as mother-tongue) Headway Institute G6 - G12 MY Building 110
		Tennis Stryx G6 - G12 Sports Hall 1	French Theatre Culture Emulsion G6 Multi-Purpose Room	E-Sport Stryx G6 - G9 IT Lab S23	Russian (as foreign language) Headway Institute G6 - G12 MY Building 103
			Swimming Beginners 2/ Development 1-2 SPEEDO G6 - G12 Olympic Pool 6-10	Italian (as foreign language) Headway Institute G6 - G12 MY Building 010	Spanish (as foreign language) Headway Institute G6 - G12 MY Building 108
				Karate Stryx G6 AUD Dance Studio	Swimming Beginners 2/ Development 1-2 SPEEDO G6 - G12 Olympic Pool 6-10
				Spanish (as foreign language) Headway Institute G6 - G12 MY Building 108	

External ASA External Provider Grades Classroom / Location

SECONDARY YEARS ASAs Schedule, Descriptions & Details

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.

SUNDAY

EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
<p>Barça Football</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	<p>G6 – G12</p>	<p>1:50PM – 2:50PM</p> <p>Sports Hall 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 this activity will be held INDOORS for the whole season.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

MONDAY

EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
<p>Athletics</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	G6 – G12	<p>1:50PM – 2:50PM</p> <p>Indoor 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>**Please keep in mind that this activity will be held INDOORS for the whole season.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Chess</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	G6 – G12	<p>1:50PM – 2:50PM</p> <p>MY Building 106</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>Tennis</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	G6 – G12	<p>1:50PM – 2:50PM</p> <p>Sports Hall 1</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><u>Students must bring their own tennis rackets.</u></p> <p>**Please keep in mind that this activity will be held INDOORS for the whole season.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

TUESDAY

EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Chess RAMADAN: AED 420 / 4 Sessions	G6 – G12	1:50PM – 2:50PM MY Building 106	<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>
Digital Art Workshop RAMADAN: AED 440 / 4 Sessions	G6	3:45PM – 4:45PM MY Building 008	<p>Where technology meets art. During the workshop students will learn different software and tools that will allow them to bring their own creation to life. The workshop will cover Art Coding, 3D Design and Printing, photo editing and more.</p> <p>The course will allow students to develop creative & critical thinking skills through the application of the design cycle, focusing on design fundamentals and give them an insight into design for industry.</p> <p>During the workshop students will be able to:</p> <ul style="list-style-type: none"> • Design and Print 3D items using 3D design software • Create their own Monogram and Logo creating key chains, name badges, T-Shirts and much more • Learning the basics of photo editing and creating their own art pieces and printing it on different mediums. <p>All materials included in the workshop fees.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>French Theatre</p> <p>RAMADAN: AED 504 / 4 Sessions</p>	<p>G6</p>	<p>1:50PM – 2:50PM</p> <p>Multi-Purpose Room</p>	<p>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 2nd season, but will need to commit to the ASA for the 2nd and 3rd season.</p> <p>**The students need to be aware that leaving the group prematurely will handicap the rest of the kids and is not allowed.</p> <p>Provider: Culture Emulsion Contact: Mathilde 052 838 1919 contact@culture-emulsion.com</p>
<p>Swimming Beginners 2 / Development 1-2</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	<p>G6 – G12</p>	<p>1:50PM – 2:50PM</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: SPEEDO (under STRYX) Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800STRYX</p>

WEDNESDAY

EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Basketball RAMADAN: AED 440 / 4 Sessions	G6 – G12	1:50PM – 2:50PM Sports Hall 1	<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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
Chinese (as foreign language) RAMADAN: AED 420 / 4 Sessions	G6 – G12	1:50PM – 2:50PM MY Building 110	<p>We can teach your children how to speak, read and think in Chinese properly at our Chinese Language classes. Folk stories, fairytales, books by Chinese 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 (0)4 362 5313 / 17 / 18 /19</p>
E-Sport RAMADAN: AED 440 / 4 Sessions	G6 – G12	1:50PM – 2:50PM IT Lab S23	<p>This program is designed to bring a positive player community among the school, where students will be encouraged to build both individual and team skills while also introducing each child to new training challenges. The course priorities individual performance improvement and personal growth. We believe that an interactive environment, focusing on the individual, team, competition and FUN are vital to players and individual advancement. The E-sport club will provide students with the needed equipment to best benefit from the gaming experience and environment, like flight simulator kits, car racing kits, licences and varies benefits.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
Italian (as foreign language) RAMADAN: AED 420 / 4 Sessions	G6 – G12	1:50PM – 2:50PM MY Building 010	<p>The course is aimed at those students who do not have any Italian background and would like to learn a new language.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 (0)4 362 5313 / 17 / 18 /19</p>

<p>Karate</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	<p>G6</p>	<p>1:50PM – 2:50PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Spanish (as a foreign language)</p> <p>RAMADAN: AED 420 / 4 Sessions</p>	<p>G6 – G12</p>	<p>1:50PM – 2:50PM</p> <p>MY Building 108</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 (0)4 362 5313 / 17 / 18 /19</p>

THURSDAY

EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Roller Skating (Advanced) RAMADAN: AED 440 / 4 Sessions	G6 – G12	1:50PM – 2:50PM Skylight Room	<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><u>Students will not be able to participate without the mandatory equipment.</u></p> <p>Required gear for roller skating classes: INLINE SKATES <u>only</u> (wheels in single line)</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
Russian (as mother-tongue) RAMADAN: AED 420 / 4 Sessions	G6 – G12	1:50PM – 2:50PM MY Building 110	<p>The course is aimed at children who are fluent in Russian. Classes are built on the classical methodology of teaching the language, the relevant educational standards of the Russian Federation. Training is conducted on the basis of Russian school textbooks, as well as works of Russian classics.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 (0)4 362 5313 / 17 / 18 /19</p>

<p>Russian (as foreign language)</p> <p>RAMADAN: AED 420 / 4 Sessions</p>	<p>G6 – G12</p>	<p>1:50PM – 2:50PM</p> <p>MY Building 103</p>	<p>There are two variations of the programme. The first one is for bilingual children who do not speak Russian. The main goal of the course is to develop the child’s speech and increase his vocabulary. The second one is for children who do not understand Russian, need to start from scratch. Training starts from the very basics here. Both courses are conducted mostly in English.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 (0)4 362 5313 / 17 / 18 /19</p>
<p>Spanish (as a foreign language)</p> <p>RAMADAN: AED 420 / 4 Sessions</p>	<p>G6 – G12</p>	<p>1:50PM – 2:50PM</p> <p>MY Building 108</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 (0)4 362 5313 / 17 / 18 /19</p>
<p>Swimming Beginners 2 / Development 1-2</p> <p>RAMADAN: AED 440 / 4 Sessions</p>	<p>G6 – G12</p>	<p>1:50PM – 2:50PM</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: SPEEDO (under STRYX) Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800STRYX</p>