



ASA & TEAMS WEEKLY SCHEDULE
SEASON 3
2019 - 2020

EARLY YEARS PROGRAM
PreKG / KG1 / KG2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
14:15-15:30	After-School Care PreKG: G06 KG1 :KG1 Indoor Play Room KG2: G01	After-School Care PreKG: G06 KG1 :KG1 Indoor Play Room KG2: G01	After-School Care PreKG: G06 KG1 :KG1 Indoor Play Room KG2: G01	After-School Care PreKG: G06 KG1 :KG1 Indoor Play Room KG2: G01	After-School Care PreKG: G06 KG1 :KG1 Indoor Play Room KG2: G01
14:30-15:30	Italian Language Course Headway Institute KG2 G20	Italian Language Course Headway Institute PreKG - KG1 G16	Italian Language Course Headway Institute KG2 G21	Italian Language Course Headway Institute PreK - KG1 G13	Baby Football Stryx PreKG PreKG Indoor Play Area
	Building Blocks / Construction Tamara + Vanessa (TA) PreKG G04	Athletics Stryx KG1 - KG2 Indoor Track	Arabic A (as mother-tongue) KG1: Hadeel + Nesreen (TA), G09 KG2: Hanin + Nancy (TA), G19	Book Club KG1: Kate + Jessica (TA), G16 KG2: Nicole + Aisha (TA), G23	Barça Football Stryx KG1 - KG2 Skylight Room
	Drama / Once upon a time KG1: :Lindy + Geraldine (TA) + Anastasia (TA), G09 KG2: Farah + Lamia (TA) + Susanne (TA), G21 KG1 - KG2: STRYX + CRA, G08	Baby Tennis Stryx PreKG PreKG Indoor Play Area	English Club Chantal + Nawal (TA) PreKG G05	French Cultural Club PreKG: Katharyna + Lamia (TA), G05 KG1: Melanie + Saïda (TA), G17 KG2: Ipek + Serine (TA), G18	Future Scientists + Mad Science KG1 - KG2 G08 / G15
	English Language Challenge Club (Invitation only) Helen KG2 G10	Basketball Stryx KG1 - KG2 Skylight Room (Half)	Just Dance PreKG: Melissa + Maren (TA), G23 KG1: Laura + Jessica (TA) + Anastasia (TA), G13 KG2: Karina + Geraldine (TA) + Susanne (TA), G11 KG1 - KG2: STRYX, G08	French Support (Invitation only) Salima KG2 G19	Judo Stryx KG1 - KG2 AUD Dance Studio
	Music and Movement Ciara + Saïda (TA) PreKG G03	Chess Chess Knowledge KG1 - KG2 G07	Maths Challenge Club (Invitation only) Jerae + Andrea KG2 G15	Games / Interests Club Kamila + AnnMarie + Nawal (TA) KG1 - KG2 G20	Learn to Swim – Beginners 2/ Plus SPEEDO KG1 - KG2 Primary Pool
	Sewing Linda + Emma + CRA KG1 - KG2 G14	Cubetto Stryx PreKG G03	Mindful Me Helene + Aïsha (TA) KG1 - KG2 G16	German Cultural Club PreKG: Nadine + Maren (TA), G04 KG1: Patty, G12 KG2: Caroline, G12	Mini-Ballet Stryx KG1 - KG2 SPO Dance Studio
	Baby Gym Stryx PreKG AUD Dance Studio	Karate Stryx KG1 - KG2 AUD Dance Studio	Baby Tennis Stryx PreKG PreKG Indoor Play Area	German Support (Invitation only) Barbara KG2 G24	Mini-Tennis Stryx KG1 - KG2 Activity Room 1
	Baby Tennis Stryx PreKG PreKG Indoor Play Area	Learn to Swim - Beginners 1 & 2 SPEEDO KG1 - KG2 Primary Pool	Chess Chess Knowledge KG1 - KG2 G07	Athletics Stryx KG1 - KG2 Indoor Track	Piano (Private/Group) Exclusive Music Education KG1 - KG2 Music Room 229
	Barça Football Stryx KG1 - KG2 Skylight Room	Mini-Ballet Stryx KG1 - KG2 SPO Dance Studio	Cubetto Stryx PreKG G24	Baby Ballet Stryx PreKG SPO Dance Studio	Russian (as mother-tongue) Headway Institute PreKG - KG1 G10
	Code 2 Fun Stryx KG1 - KG2 G12	Parkour Stryx KG1 - KG2 Activity Room 1	Future Scientists + Mad Science KG1 - KG2 G14	Baby Tennis Stryx PreKG PreKG Indoor Play Area	Russian (as mother-tongue) Headway Institute KG2 G10
	Learn to Swim - Beginners SPEEDO PreKG Primary Pool	Piano (Private/Group) Exclusive Music Education KG1 - KG2 Music Room 229	Hip Hop Stryx KG1 - KG2 SPO Dance Studio	Code 2 Fun Stryx KG1 - KG2 G11	
	Mini-Ballet Stryx KG1 SPO Dance Studio	Rugby Stryx KG1 - KG2 Skylight Room (Half)	Learn to Swim - Beginners SPEEDO PreKG Primary Pool	Drama Stryx KG1 - KG2 Auditorium	
	Mini-Tennis Stryx KG1 - KG2 Activity Room 1	Wall Climbing Stryx KG1 - KG2 Indoor Infinity Wall	Mini-Ballet Stryx KG2 AUD Dance Studio	Karate Stryx KG1 - KG2 AUD Dance Studio	
	Musical Theatre Stryx KG1 - KG2 Auditorium	Yoga Kids Stryx KG 1 - KG2 Tutorial Room 131	Mini-Tennis Stryx KG1 - KG2 Activity Room 1	Learn to Swim - Beginners 1 & 2 SPEEDO KG1 - KG2 Primary Pool	
	Piano (Private/Group) Exclusive Music Education KG1 - KG2 Music Room 229		Piano (Private/Group) Exclusive Music Education KG1 - KG2 Music Room 229	Mini-Tennis Stryx KG1 - KG2 Skylight Room	
	Russian (as mother-tongue) Headway Institute KG2 G18		Roller Skating Stryx KG1 - KG2 Skylight Room	Piano (Private/Group) Exclusive Music Education KG1 - KG2 Music Room 229	
	Spanish (as foreign language) Headway Institute KG1 - KG2 G17		Wall Climbing Stryx KG1 - KG2 Indoor Infinity Wall	Rhythmic Gymnastics (Girls) Stryx KG1 - KG2 Activity Room 1	
	Wall Climbing Stryx KG1 - KG2 Indoor Infinity Wall			Wall Climbing Stryx KG1 - KG2 Indoor Infinity Wall	
15:30-16:45	Afternoon Club PreKG: G06 KG1: KG1 Indoor Play Room KG2: G01	Afternoon Club PreKG: G06 KG1: KG1 Indoor Play Room KG2: G01	Afternoon Club PreKG: G06 KG1: KG1 Indoor Play Room KG2: G01	Afternoon Club PreKG: G06 KG1: KG1 Indoor Play Room KG2: G01	Afternoon Club PreKG: G06 KG1: KG1 Indoor Play Room KG2: G01

Internal ASA (2 max / week) Teacher Grades Classroom / Location	External ASA (Extra cost) External Provider Grades Classroom / Location
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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 Mondays & Thursdays)
Primary Years : Sunday, Wednesday, and Thursday (teachers meet on Mondays & Tuesdays)
Secondary Years : Sunday, Monday, Wednesday, and Thursday (teachers meet on Tuesdays)

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 consider 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.

SUNDAY

INTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Italian Language Course FREE	KG2	2:30PM – 3:30PM G20	<p>This ASA is only for students who are already fluent in Italian.</p> <p>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.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 / 19</p>
Building Blocks / Construction FREE	PreKG	2:30PM – 3:30 PM G04	<p>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.</p> <p>Teacher: Tamara Grannell (tamara.grannell@sisd.ae)</p>
Drama / Once upon a time FREE	KG1 KG2	2:30PM – 3:30PM G09 G21	<p>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.</p> <p>Teachers: KG1: Lindy Gordon-Bennett (lindy.gordonbennett@sisd.ae) KG2: Farah El Haddad (farah.elhaddad@sisd.ae)</p>

<p>English Language Challenge Club</p> <p>(Invite only)</p> <p>FREE</p>	<p>KG2</p>	<p>2:30PM – 3:30PM</p> <p>G10</p>	<p>English language challenge ASA is designed for students who would benefit from extra challenge activities which will enhance and extend their learning. Students will be challenged through various writing, reading, listening and speaking activities.</p> <p>This ASA is for KG2 students and is by invitation only.</p> <p>Teachers: Helen Milner (helen.milner@sisd.ae)</p>
<p>Music and Movement</p> <p>FREE</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>G03</p>	<p>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.</p> <p>Teacher: Ciara McCaul (ciara.mccaul@sisd.ae)</p>
<p>Sewing</p> <p>FREE</p>	<p>KG1 – KG2</p>	<p>2:30PM – 3:30PM</p> <p>G14</p>	<p>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.</p> <p>Teachers: Linda Djafer (linda.djafer@sisd.ae) Emma Cooney (emma.cooney@sisd.ae)</p>

EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
<p>Baby Gym</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>AUD Dance Studio</p>	<p>Baby Gym is an introduction to gymnastics for 3 – 4-year olds. The class is designed to develop strength and coordination as well as work on motor skills and basic gymnastics skills.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Baby Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby Tennis develops motor skills and coordination through fun games and courses.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Barça Football</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Skylight Room</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>

<p>Code 2 Fun</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G12</p>	<p>Code to fun offers a world of experience and fun activities for young students who are new to coding and programming, with robots like Botley, students can cover various areas of learning, storytelling, numbers, shapes, patterns and many other topics. Using the easy to use Remote Programmer, students can transmit their commands to Botley and off it goes. Students will cover the following concepts:</p> <ul style="list-style-type: none"> • Developing a line of code • Introduction to the Loops concepts • Intro to If/then Logic <p>The program is designed to build on students 21st century learning skills by fostering creative problem solving and computational skills while promoting social and physical development among young learners.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Learn to Swim – Beginners</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</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: SPEEDO (under STRYX) Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Mini-Ballet</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Mini-Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Activity Room 1</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 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>Musical Theatre</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Piano (Private/Group)</p> <p>Season 3: GROUP CLASS : AED 125/30 MINUTES</p> <p>PRIVATE CLASS : KG1: AED 149/30 MINUTES KG2: AED 210/45 MINUTES</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Private Class: 5PM onwards</p> <p>Music Room 229</p>	<p>SISD Music Club is offering an amazing opportunity to Early Years 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>Provider: Exclusive Music Contact: Vitali Mihailiuc sisdmusclub@gmail.com, +971554827542 www.emusiceducation.org</p>
<p>Russian (as mother-tongue)</p> <p>Season 3: AED 735 / 7 sessions</p>	<p>PreKG KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G18</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 +971 4 3625313 / 17 / 18 /19</p>
<p>Spanish (as foreign language)</p> <p>Season 3: AED 735 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G17</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>Wall Climbing</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Indoor Infinity 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>**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>
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MONDAY

INTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Italian Language Course FREE	PreKG KG1	2:30PM – 3:30PM G16	<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 ASAs

<p>Athletics</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Indoor 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 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>Baby Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby Tennis develops motor skills and coordination through fun games and courses.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Basketball</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Skylight Room (Half)</p>	<p>The NBA Basketball School trains male and female players across Dubai the "NBA - way". The tuition-based basketball development program conducts sessions in a safe, fun and encouraging environment which covers all aspects to the game by incorporating tactic, skill, small sides games and team building activities as well as NBA methodologies.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Chess</p> <p>Season 3: AED 735 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G07</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 050 502 8145 / 055 948 4111 alexandrachess@yahoo.com</p>

<p>Cubetto</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>G03</p>	<p>A no-screen programmable robot: Cubetto turns coding into a tangible, age-appropriate experience that reduces screen-time, increases engagement, and enhances learning. Coding with Cubetto happens with hands-on coding blocks, which means children can use it irrespective of reading ability or language barriers. The program introduces students to new concepts like algorithm , logic, tinkering and debugging and develops abstraction, prediction and sequencing skills for young learner.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Karate</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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.</p> <p>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.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Learn to Swim - Beginners 1 & 2</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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: SPEEDO (under STRYX) Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Mini-Ballet</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Parkour</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Piano (Private/Group)</p> <p>Season 3: GROUP CLASS : AED 125/30 MINUTES</p> <p>PRIVATE CLASS : KG1: AED 149/30 MINUTES KG2: AED 210/45 MINUTES</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Private Class: 5PM onwards</p> <p>Music Room 229</p>	<p>SISD Music Club is offering an amazing opportunity to Early Years 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>Provider: Exclusive Music Contact: Vitali Mihailiuc sisdmusclub@gmail.com, +971554827542 www.emusiceducation.org</p>

<p>Rugby</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Skylight Room (Half)</p>	<p>From Grassroots to competitive squads, Barrelhouse Rugby in partnership with STRYX 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 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>Wall Climbing</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>[location]</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 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>Yoga Kids</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Tutorial Room 131</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</p> <p>Contact: asa@stryxsports.com</p> <p>058 895 9377 055 877 1658 800 STRYX</p>
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TUESDAY

INTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Italian Language Course FREE	KG2	2:30PM – 3:30PM G21	<p>This ASA is only for students who are already fluent in Italian.</p> <p>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.</p> <p>Provider: Headway Institute Contact: courses@headin.pro +971 4 3625313 / 17 / 18 /19</p>
Arabic A (as mother-tongue) FREE	KG1 KG2	2:30PM – 3:30PM G09 G19	<p>This is an Arabic Language ASA reserved for children already fluent in Arabic.</p> <p>Teachers: KG1: Hadeel Salim (hadeel.salim@sisd.ae) KG2: Hanin Al Dandachi (hanin.aldandachi@sisd.ae)</p>
English Club FREE	PreKG	2:30PM – 3:30PM G05	<p>The English Cultural Club will give an opportunity to children to learn and play in English. We will explore the English culture with games, stories and food activities as we interact in English and share time together .</p> <p>Teacher: Chantal Akouri (chantal.akouri@sisd.ae)</p>
Just Dance FREE	PreKG KG1 KG2	2:30PM – 3:30PM G23 G13 G11	<p>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!</p> <p>Teachers: PreKG: Melissa Davis (melissa.davis@sisd.ae) KG1: Laura Nolan (laura.nolan@sisd.ae) KG2: Karina Ross (karina.ross@sisd.ae)</p>

<p>Maths Challenge Club</p> <p>(Invite only)</p> <p>FREE</p>	<p>KG2</p>	<p>2:30PM – 3:30PM</p> <p>G15</p>	<p>This ASA will extend and challenge students math abilities, and will help with problem-solving, logical thinking and mental math.</p> <p>This ASA is for KG2 students and is by invitation only.</p> <p>Teacher: Jerae Gamble (jerae.gamble@sisd.ae) Andrea Peñaranda (andrea.penaranda@sisd.ae)</p>
<p>Mindful Me</p> <p>FREE</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G16</p>	<p>'Mindful me' is a mindfulness club where children will explore mindfulness in a fun, engaging and age appropriate manner. This exploration will be guided by using a variety of techniques and activities, such as breathing games, paying attention to sounds around us, discovering emotions, body scanning, mindfulness coloring and relaxation visualizations that focus specifically on developing compassion for oneself and for others. This will lead to increased concentration, awareness and a sense of calm within which will unfold kindness, curiosity and acceptance.</p> <p>Teacher: Hélène Costecalde (helene.costecalde@sisd.ae)</p>

EXTERNAL ASAs

<p>Baby Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby Tennis develops motor skills and coordination through fun games and courses.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Chess</p> <p>Season 3: AED 735 / 7 sessions</p>	<p>KG1 – KG2</p>	<p>2:30PM – 3:30PM</p> <p>G07</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 050 502 8145 / 055 948 4111 alexandrachess@yahoo.com</p>
<p>Cubetto</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>G24</p>	<p>A no-screen programmable robot: Cubetto turns coding into a tangible, age-appropriate experience that reduces screen-time, increases engagement, and enhances learning. Coding with Cubetto happens with hands-on coding blocks, which means children can use it irrespective of reading ability or language barriers. The program introduces students to new concepts like algorithm, logic, tinkering and debugging and develops abstraction, prediction and sequencing skills for young learner.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Future Scientists +</p> <p>Season 3: AED 539 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G14</p>	<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 0568872867 daryl@madscience.ae</p>

<p>Hip Hop</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>SPO Dance Studio</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Learn to Swim – Beginners</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</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: SPEEDO (under STRYX) Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Mini-Ballet</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG2</p>	<p>2:30PM – 3:30PM</p> <p>AUD 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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Mini-Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Activity Room 1</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 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>Piano (Private/Group)</p> <p>Season 3: GROUP CLASS : AED 125/30 MINUTES</p> <p>PRIVATE CLASS : KG1: AED 149/30 MINUTES KG2: AED 210/45 MINUTES</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Private Class: 5PM onwards</p> <p>Music Room 229</p>	<p>SISD Music Club is offering an amazing opportunity to Early Years 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>Provider: Exclusive Music Contact: Vitali Mihailiuc sisdmusicclub@gmail.com, +971554827542 www.emusiceducation.org</p>
<p>Roller Skating</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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><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>

<p>Wall Climbing</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Indoor Infinity 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>**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>
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WEDNESDAY

INTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Italian Language Course FREE	PreKG KG1	2:30PM – 3:30PM 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>
Book Club FREE	KG1 KG2	2:30PM – 3:30PM G16 G23	<p>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.</p> <p>Teachers: KG1: Kate Nolan (kate.nolan@sisd.ae) KG2: Nicole Bishay (nicole.bishay@sisd.ae)</p>
French Cultural Club FREE	PreKG KG1 KG2	2:30PM – 3:30PM G05 G17 G18	<p>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.</p> <p>Teachers: PreKG: Katharzyna Michalczyk (katharzyna.michalczyk@sisd.ae) KG1: Melanie Parnaudeau (melanie.parnaudeau@sisd.ae) KG2: Ipek Zeyrek (ipek.zeyrek@sisd.ae)</p>

<p>French Support</p> <p>(Invite only)</p> <p>FREE</p>	<p>KG2</p>	<p>2:30PM – 3:30PM</p> <p>G19</p>	<p><u>On invitation only!</u></p> <p>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 non-native French students to better access the KG2 French curriculum.</p> <p>Teacher: Salima Dekiouk (salima.dekiouk@sisd.ae)</p>
<p>Games / Interests Club</p> <p>FREE</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G20</p>	<p>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.</p> <p>Teachers: Kamila Complak (kamila.complak@sisd.ae) Annamarie Stakelum (annmarie.stakelum@sisd.ae)</p>
<p>German Cultural Club</p> <p>FREE</p>	<p>PreKG KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G04 G12 G12</p>	<p>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.</p> <p>Teacher: PreKG: Nadine Reiling (nadine.reiling@sisd.ae) KG1: Patty Lindeman (patty.lindeman@sisd.ae) KG2: Caroline Hintze (caroline.hintze@sisd.ae)</p>
<p>German Support</p> <p>(Invite only)</p> <p>FREE</p>	<p>KG2</p>	<p>2:30PM – 3:30PM</p> <p>G24</p>	<p><u>On invitation only!</u></p> <p>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 non-native German students to better access the KG2 German curriculum.</p> <p>Teacher: Barbara Berg (barbara.berg@sisd.ae)</p>

EXTERNAL ASAs

<p>Athletics</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Indoor 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 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>Baby Ballet</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Baby Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby Tennis develops motor skills and coordination through fun games and courses.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Code 2 Fun</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G11</p>	<p>Code to fun offers a world of experience and fun activities for young students who are new to coding and programing, with robots like Botley, students can cover various areas of learning, storytelling, numbers, shapes, patterns and many other topics. Using the easy to use Remote Programmer, students can transmit their commands to Botley and off it goes. Students will cover the following concepts:</p> <ul style="list-style-type: none"> • Developing a line of code • Introduction to the Loops concepts • Intro to If/then Logic <p>The program is designed to build on students 21st century learning skills by fostering creative problem solving and computational skills while promoting social and physical development among young learners.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Drama</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Karate</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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.</p> <p>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>Learn to Swim - Beginners 1 & 2</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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: SPEEDO (under STRYX) Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Mini-Tennis</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Skylight Room</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 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>Piano (Private/Group)</p> <p>Season 3: GROUP CLASS : AED 125/30 MINUTES</p> <p>PRIVATE CLASS : KG1: AED 149/30 MINUTES KG2: AED 210/45 MINUTES</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Private Class: 5PM onwards</p> <p>Music Room 229</p>	<p>SISD Music Club is offering an amazing opportunity to Early Years 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>Provider: Exclusive Music Contact: Vitali Mihailiuc sisdmusicclub@gmail.com, +971554827542 www.emusiceducation.org</p>
<p>Rhythmic Gymnastics (Girls)</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Wall Climbing</p> <p>Season 3: AED 770 / 7 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Indoor Infinity 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 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>
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THURSDAY

EXTERNAL ASAs

<p>Baby Football</p> <p>Season 3: AED 550 / 5 sessions</p>	<p>PreKG</p>	<p>2:30PM – 3:30PM</p> <p>PreKG Indoor Play Area</p>	<p>Baby football is the perfect introduction to the fun world of football. Children are introduced to the basics of football in a fun and friendly environment. Each child is given the opportunity to practice football skills such as dribbling, striking, scoring and passing. Classes also assist children in their physical development as well as improving their social and communication skills with their class mates.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Barça Football</p> <p>Season 3: AED 550 / 5 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Skylight Room</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>

<p>Future Scientists + Season 3: AED 385 / 5 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM G08 G15</p>	<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 0568872867 daryl@madscience.ae</p>
<p>Judo Season 3: AED 550 / 5 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM AUD Dance Studio</p>	<p>The Core Judo Academy believes in providing children with the fundamental skills and practices that will enable them to flourish throughout their life. We offer classes with experienced coaches that promote core values including; determination, hard work, enjoyment, self-control and respect.</p> <p>KG1-KG2 will learn the following:</p> <ul style="list-style-type: none"> • Animal movements – to help with balance, coordination and strength. These movements are based on animals such as bunny hops, duck walks , monkeys, crabs and bears to help them understand fundamental movement patterns • Learn how to fall (breakfalls) • Learn Judo movement with and without a partner • Learn a forward throw and a hold down (pin) • Learn judo key words and moral code of judo <p>Judo uniforms available at a cost of AED 200.</p> <p>Provider: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Learn to Swim – Beginners 2/ Plus Season 3: AED 550 / 5 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM 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: STRYX Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>

<p>Mini-Ballet</p> <p>Season 3: AED 550 / 5 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</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 Contact: asa@stryxsports.com 058 895 9377 055 877 1658 800 STRYX</p>
<p>Mini-Tennis</p> <p>Season 3: AED 550 / 5 sessions</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>[location]</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 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>Piano (Private/Group)</p> <p>Season 3: GROUP CLASS : AED 125/30 MINUTES</p> <p>PRIVATE CLASS : KG1: AED 149/30 MINUTES KG2: AED 210/45 MINUTES</p>	<p>KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>Private Class: 5PM onwards</p> <p>Music Room 229</p>	<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>Provider: Exclusive Music Contact: Vitali Mihailiuc sisdmusclub@gmail.com, +971554827542 www.emusiceducation.org</p>
<p>Russian (as mother-tongue)</p> <p>Season 3: AED 525 / 5 sessions</p>	<p>PreKG KG1 KG2</p>	<p>2:30PM – 3:30PM</p> <p>G10</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 +971 4 3625313 / 17 / 18 /19</p>