

## SUNDAY

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Ballet</b>  Season 1: AED 110/Session	KG1	2:10 PM – 3:10 PM  SPO Dance Studio	<p>Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus which builds upon itself and teaches coordination, grace, strength, and artistry. We teach classical ballet using the Vaganova Method. We place our emphasis on sound anatomical training so you can dance for years to come. We encourage proper alignment and kinesiology to prevent injury.</p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Barça Football</b>  Season 1: AED 110/Session	KG2	2:10 PM – 3:10 PM  Skylight Room	<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><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX</p>

			<p>Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Tennis</b> Season 1: AED 110/Session</p>	<p>KG1 KG2</p>	<p>2:10 PM – 3:10 PM  Activity Room 1</p>	<p>We offer tennis lessons for children and for adults. Our classes are designed to enhance the player’s strength and to provide the necessary technical, physical, and tactical knowledge. At Stryx Tennis we focus intently on coach and students’ development to ensure we are up to date with the leading-edge information, skills and developments in the tennis industry.</p> <p><u>Students must bring their own tennis rackets.</u></p> <p><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Athletics</b> Season 1: AED 110/Session</p>	<p>KG2</p>	<p>3:45PM – 4:45PM  Outdoor Running Track</p>	<p>AIS Athletics cover over 15 different track &amp; field events. Whether you are new to the sport or taking it a little bit more serious, we have an event for you. Covering everything from fundamental movements to event specific technical work.</p> <p><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX - AIS Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

## Monday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Ballet</b>  Season 1: AED 110/Session	KG2	2:10 PM – 3:10 PM  SPO Dance Studio	<p>Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus which builds upon itself and teaches coordination, grace, strength, and artistry. We teach classical ballet using the Vaganova Method. We place our emphasis on sound anatomical training so you can dance for years to come. We encourage proper alignment and kinesiology to prevent injury.</p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Karate</b>  Season 1: AED 110/Session	KG2	2:10 PM – 3:10 PM  AUD Dance Studio	<p>Champions Karate are currently delivering high standard karate training for both children and adult across the UAE. Our success is a result of our coaching philosophy, we pride ourselves on the fundamentals of martial arts. We combine the art of traditional Shotokan Karate with our knowledge and experience of sport Karate.</p> <p>Provider: STRYX – CHAMPIONS KARATE            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Basketball</b>  Season 1: AED 110/Session	KG2	2:10 PM – 3:10 PM  Skylight Room	<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: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a></p>

			058 895 9377 055 877 1658 800 STRYX
<b>Judo</b> Season 1: AED 110/Session	KG2	2:10 PM – 3:10 PM AUD Dance Studio	<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>They learn the following:</p> <ul style="list-style-type: none"> <li>• Fundamental movement patterns</li> <li>• Learning how to fall</li> <li>• Learning forward and backward throws</li> <li>• Learn a pin and a turnover</li> <li>• Learn combinations of two techniques together</li> <li>• Learn key judo words and moral code of judo</li> <li>• Introduction of sparring and competition situations</li> </ul> <p>Judo uniforms available at a cost of AED 200.</p> <p>Provider: STRYX – CORE JUDO ACADEMY Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

## Tuesday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Multi Sports</b> Season 1: AED 110/Session	PreKG	2:10 PM – 3:10 PM  Skylight Room	<p>We offer your child a huge range of sports, physical activities and alternative activities.</p> <p>Multi sports is essential for supporting active, healthy lifestyles. When kids are young, the multi-sport approach is the best for developing their physical literacy.</p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Barça Football</b> Season 1: AED 110/Session	KG1	2:10 PM – 3:10 PM  Skylight Room	<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><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377</p>

			055 877 1658 800 STRYX
<p><b>Tennis</b></p> <p>Season 1: AED 110/Session</p>	KG1	2:10 PM – 3:10 PM Activity Room 1	<p>We offer tennis lessons for children and for adults. Our classes are designed to enhance the player's strength and to provide the necessary technical, physical, and tactical knowledge. At Stryx Tennis we focus intently on coach and students' development to ensure we are up to date with the leading-edge information, skills and developments in the tennis industry.</p> <p><u>Students must bring their own tennis rackets.</u></p> <p><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Judo</b></p> <p>Season 1: AED 110/Session</p>	KG1	2:10 PM – 3:10 PM AUD Dance Studio	<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>They will learn the following:</p> <ul style="list-style-type: none"> <li>• Fundamental movement patterns</li> <li>• Learning how to fall</li> <li>• Learning forward and backward throws</li> <li>• Learn a pin and a turnover</li> <li>• Learn combinations of two techniques together</li> <li>• Learn key judo words and moral code of judo</li> <li>• Introduction of sparring and competition situations</li> </ul> <p>Judo uniforms available at a cost of AED 200.</p>

			<p>Provider: STRYX – CORE JUDO ACADEMY          Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>          058 895 9377          055 877 1658          800 STRYX</p>
<p><b>Athletics</b>          Season 1: AED 110/Session</p>	<p>KG1</p>	<p>2:10 PM – 3:10 PM          Indoor Running Track</p>	<p>AIS Athletics cover over 15 different track &amp; field events. Whether you are new to the sport or taking it a little bit more serious, we have an event for you. Covering everything from fundamental movements to event specific technical work.</p> <p><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX - AIS          Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>          058 895 9377          055 877 1658          800 STRYX</p>

## Wednesday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Karate</b>  Season 1: AED 110/Session	KG1	2:10 PM – 3:10 PM  AUD Dance Studio	<p>Champions Karate are currently delivering high standard karate training for both children and adult across the UAE. Our success is a result of our coaching philosophy, we pride ourselves on the fundamentals of martial arts. We combine the art of traditional Shotokan Karate with our knowledge and experience of sport Karate.</p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Multi Sports</b>  Season 1: AED 110/Session	PreKG	2:10 PM – 3:10 PM  Skylight Room	<p>We offer your child a huge range of sports, physical activities and alternative activities.</p> <p>Multi sports is essential for supporting active, healthy lifestyles. When kids are young, the multi-sport approach is the best for developing their physical literacy.</p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Twinkle Toes Ballet</b>  Season 1: AED 110/Session	KG1	2:10 PM – 3:10 PM  SPO Dance Studio	<p>This class introduces students to ballet vocabulary and dance aesthetics. This is the student's first experience at the ballet barre where they learn basic positions and exercises.</p> <p>Students begin to learn about alignment while increasing their sense of body awareness. They learn movement patterns and sequences, and improve coordination as they experience the joy of dancing.</p> <p>Ballet preparation lessons are designed for students between the ages of 3 and 4 with the aim to improve muscle coordination. Although, students at this age are quick learner, their fragile bodies are not ready for real ballet.</p>



			<p>Therefore, in this class, we will teach them how to adapt their bodies and minds to movement and rhythm. With the right training, they will develop the flexibility and understanding they need to progress to the next level.</p> <p>Provider: STRYX – DIVERSE Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Rhythmic Gymnastics (Girls)</b></p> <p>Season 1: AED 110/Session</p>	<p>KG1 KG2</p>	<p>2:10 PM – 3:10 PM</p> <p>Activity Room 1</p>	<p>Rhythmic gymnastics is a sport in which individuals or teams of 5 or more manipulate one or two pieces of apparatus: clubs, hoop, ball, ribbon, rope and freehand (no apparatus). Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. The victor is the participant who earns the most points, determined by a panel of judges, for leaps, balances, pirouettes (pivots), apparatus handling, and execution.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Basketball</b></p> <p>Season 1: AED 110/Session</p>	<p>KG1</p>	<p>2:10 PM – 3:10 PM</p> <p>Sports Hall 2</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: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

## Thursday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Tennis</b>  Season 1: AED 110/Session	KG1 KG2	2:10 PM – 3:10 PM  Skylight Room	<p>We offer tennis lessons for children and for adults. Our classes are designed to enhance the player's strength and to provide the necessary technical, physical, and tactical knowledge. At Stryx Tennis we focus intently on coach and students' development to ensure we are up to date with the leading-edge information, skills and developments in the tennis industry.</p> <p><u>Students must bring their own tennis rackets.</u></p> <p><b>**Please keep in mind that outdoor activities will be held outdoors for the whole season and some sessions might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</b></p> <p>Provider: STRYX            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Street Jazz Dance (Diverse)</b>  Season 1: AED 110/Session	KG2	2:10 PM – 3:10 PM  SPO Dance Studio	<p>This class is an awesome combination of Hip Hop and Jazz. For the all students, this class will teach some of the fundamental technique of jazz dance mixed with the exciting world of today's dance pop culture. This class will teach some of the fundamentals of jazz dance, but we will mix those fundamentals with the fun moves of today's most popular artists.</p> <p>Provider: STRYX - DIVERSE            Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Multi Sports</b>  Season 1: AED 110/Session	PreKG	2:10 PM – 3:10 PM  Skylight Room	<p>We offer your child a huge range of sports, physical activities and alternative activities.</p>

			<p>Multi sports is essential for supporting active, healthy lifestyles. When kids are young, the multi-sport approach is the best for developing their physical literacy.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
--	--	--	--