

## SUNDAY

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Ballet</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  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>Swimming Beginners 2 / Development 1-2</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  Olympic Pool	<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: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Tennis</b>  Season 1: AED 110/Session	G1 to G2 G3 to G5	3:45PM – 4:45PM  Tennis Court 1 Tennis Court 2	<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</b></p>

			<p>might happen during hot days. Sessions will not be moved indoors (due to limited indoor spaces) and no refunds will be awarded for sessions cancelled due to the heat.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Volleyball</b></p> <p>Season 1: AED 110/Session</p>	G4 to G5	<p>3:45PM – 4:45PM</p> <p>Sports Hall 2</p>	<p>Esperia Volleyball offers the best Volleyball training for junior athletes. Certified professional coaches provide an amazing club Volleyball experience by sharing their wide knowledge and making sure our members get to their full potential.</p> <p>Provider: STRYX – ESPERIA VOLLEYBALL Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Piano</b></p> <p>Season 1: AED 180/Session</p> <p>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</p>	G1 to G5	<p>3:45PM – 4:45PM</p> <p>MY Music Room</p>	<p>SISD Music Club is offering an amazing opportunity to G1-G5 students to enjoy fun and efficient piano classes in small groups or privately. Exciting program and super enthusiastic teachers will make the experience of learning piano playing unforgettable for your children! Our piano recitals and exam preparation opportunities (for private students) will make our journey together even more motivating.</p> <p>Provider: Exclusive Music Contact: Vitali Mihailiuc <a href="mailto:sisdmusclub@gmail.com">sisdmusclub@gmail.com</a> +971554827542 <a href="http://www.emusiceducation.org">www.emusiceducation.org</a></p>
<p><b>Barça Football</b></p> <p>Season 1: AED 110/Session</p>	G1 to G5	<p>3:45PM – 4:45PM</p> <p>Football Field 1</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</p>

			<p>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 055 877 1658 800 STRYX</p>
<p><b>Russian (as mother-tongue)</b></p> <p>Season 1: 105/Session</p>	<p>G1 to G5</p>	<p>3:45PM – 4:45PM</p> <p>Activity Room 2</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: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 / 19</p>

## Monday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Basketball</b> Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM Sports Hall 2	<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>
<b>Chess</b> Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM Activity Room 2	<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  <a href="mailto:alexandrachess@yahoo.com">alexandrachess@yahoo.com</a></p>
<b>Karate</b> Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM 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</p>

			055 877 1658 800 STRYX
<p><b>Swimming Beginners 2 / Development 1-2</b></p> <p>Season 1: AED 110/Session</p>	G1 to G5	3:45PM – 4:45PM  Olympic Pool	<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: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Tennis</b></p> <p>Season 1: AED 110/Session</p>	G1 to G2	3:45PM – 4:45PM  Tennis Court 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>Piano</b></p> <p>Season 1: AED 180/Session</p> <p>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</p>	G1 to G5	3:45PM – 4:45PM  MY Music Room	<p>SISD Music Club is offering an amazing opportunity to G1-G5 students to enjoy fun and efficient piano classes in small groups or privately. Exciting program and super enthusiastic teachers will make the experience of learning piano playing unforgettable for your children! Our piano recitals and exam preparation opportunities</p>

			<p>(for private students) will make our journey together even more motivating.</p> <p>Provider: Exclusive Music Contact: Vitali Mihailiuc <a href="mailto:sisdmusclub@gmail.com">sisdmusclub@gmail.com</a> +971554827542 <a href="http://www.emusiceducation.org">www.emusiceducation.org</a></p>
<p><b>Adventure In Coding</b> Season 1: AED 110/Session</p>	G1 to G5	3:45PM – 4:45PM	<p>In this course, we will be learning coding with algorithms, loops, conditionals, and events. We will also be revising the common coding principles. At the end of this course, we will be creating our own application using block-based programming with all the concepts and knowledge acquired in this course.</p> <p>Provider: STRYX - JUNKBOT Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Build A Drone</b> Season 1: AED 110/Session <b>Additional cost charge: AED 220 for DIY Drone Kit</b></p>	G4 to G5	3:45PM – 4:45PM	<p>The After School Drone Camp offers one of a kind opportunity for children to experience the magnetic appeal of drones through designing, building, coding and flying.</p> <p>Through this camp, participants can connect to the real-world drones with hands-on activities of assembling a drone using our specially designed DIY Drone Kit</p> <p>Design: Learn how to design a drone through Tinkercad/Fusion 360 Code: Learn block programming to fly the Drone Build: Understand the components of a Drone and assemble using our DIY Drone Kit</p> <p>Provider: STRYX – DRONE IN SCHOOLS Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Italian (as foreign language)</b> Season 1: 105 /Session</p>	G1 to G5	3:45PM – 4:45PM	<p>We can teach your children how to speak, read and think in Italian properly at our Italian 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</p>

			<p>dictations which will help them to develop good grammar skills and improve the vocabulary.</p> <p>Provider: Headway Institute Contact: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 /19</p>
<p><b>Russian (as foreign language)</b></p> <p>Season 1: 105 /Session</p>	G1 to G5	3:45PM – 4:45PM	<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: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 /19</p>
<p><b>Spanish (as a foreign language)</b></p> <p>Season 1: 105 /Session</p>	G1 to G5	3:45PM – 4:45PM	<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: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 /19</p>

## Tuesday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Tennis</b>  Season 1: AED 110/Session	G1 to G2 G3 to G5	3:45PM – 4:45PM  Tennis Court 1 Tennis Court 2	<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>Piano</b>  Season 1: AED 180/Session  PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR	G1 to G5	3:45PM – 4:45PM  MY Music Room	<p>SISD Music Club is offering an amazing opportunity to G1-G5 students to enjoy fun and efficient piano classes in small groups or privately. Exciting program and super enthusiastic teachers will make the experience of learning piano playing unforgettable for your children! Our piano recitals and exam preparation opportunities (for private students) will make our journey together even more motivating.</p> <p>Provider: Exclusive Music            Contact: Vitali Mihailiuc  <a href="mailto:sisdmusclub@gmail.com">sisdmusclub@gmail.com</a>            +971554827542  <a href="http://www.emusiceducation.org">www.emusiceducation.org</a></p>
<b>Judo</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  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</p>



			<p>offer classes with experienced coaches that promote core values including determination, hard work, enjoyment, self-control, and respect.</p> <p>G1-G5 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> <li>• </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>Mobile App Development</b></p> <p>Season 1: AED 110/Session</p>	<p>G1 to G5</p>	<p>3:45PM – 4:45PM</p>	<p>This course continues the introduction of foundational concepts of computer programming, which unlocks the ability to make rich, interactive mobile apps. This course uses JavaScript as the programming language, and App Lab as the programming environment to build apps, but the concepts learned in these lessons span all programming languages and tools.</p> <p>Provider: STRYX - JUNKBOT Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Russian (as mother-tongue)</b></p> <p>Season 1: 105 /Session</p>	<p>G1 to G5</p>	<p>3:45PM – 4:45PM Activity Room 2</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>

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<p><b>Spanish (as a foreign language)</b>           Season 1: 105 /Session</p>	G1 to G5	3:45PM – 4:45PM	<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: <a href="mailto:courses@headin.pro">courses@headin.pro</a>          +971 (0)4 362 5313 / 17 / 18 /19</p>
<p><b>Athletics</b>           Season 1: AED 110/Session</p>	G1 to G5	3:45PM – 4:45PM  Outdoor Running Track	<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>Barça Football</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  Football Field 1	<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            055 877 1658            800 STRYX</p>
<b>Rhythmic Gymnastics (Girls)</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  Activity Room 1	<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</p>

			800 STRYX
<b>Basketball</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  Sports Hall 2	<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>
<b>Drama</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  Auditorium	<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. Classes focus on developing core drama skills such as diction, speech, and characterization. Students will study the interpretation and performance of poetry as well as monologues and short scenes. Through drama, students are encouraged to develop confidence, improve voice skills and enhance stage presence. Drama is a valuable tool for children to harness their natural creativity as they embark on their journey through education. As with all BODA classes, these sessions will focus on developing vocabulary, imagination, listening skills and social skills as well as having fun. The course is suitable for students who would like to undertake a professional assessment with Trinity College London Examination Board and earn graded examinations and accredited performance certificates for acting and speaking.</p> <p><b>Drama students are eligible for the optional Trinity College London examinations with accreditation.</b></p> <p>Provider: STRYX - BODA            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	G1 to G5	3:45PM – 4:45PM  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</p>

			<p>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>
<p><b>Musical Theatre</b> Season 1: AED 110/Session</p>	G1 to G5	<p>3:45PM – 4:45PM Auditorium</p>	<p>Stage Musical theatre serves as an introduction to the essentials of musical theatre for primary school students. Children will explore the three disciplines of musical theatre in one fun packed class! Participants train to perform well known musical theatre scenes and will be challenged to perform both ensemble and solo pieces and will learn to receive critique and will tailor their performances in response to both teacher and fellow class participants. The teaching staff identify musical pieces which are popular and current to the young students and use these as a vehicle for improving singing, movement and acting skills. As always in a BODA course whilst the emphasis remains upon 'fun learning' the course will culminate in the opportunity to attain accredited Trinity College London qualification through examination entry.</p> <p><b>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</b></p> <p>Provider: STRYX - BODA Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Swimming Beginners 2 / Development 1-2</b> Season 1: AED 110/Session</p>	G1 to G5	<p>3:45PM – 4:45PM Olympic Pool</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: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

<p><b>Tennis</b></p> <p>Season 1: AED 110/Session</p>	<p>G1 to G2</p>	<p>3:45PM – 4:45PM</p> <p>Tennis Court 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>Piano</b></p> <p>Season 1: AED 180/Session</p> <p>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</p>	<p>G1 to G5</p>	<p>3:45PM – 4:45PM</p> <p>MY Music Room</p>	<p>SISD Music Club is offering an amazing opportunity to G1-G5 students to enjoy fun and efficient piano classes in small groups or privately. Exciting program and super enthusiastic teachers will make the experience of learning piano playing unforgettable for your children! Our piano recitals and exam preparation opportunities (for private students) will make our journey together even more motivating.</p> <p>Provider: Exclusive Music Contact: Vitali Mihailiuc <a href="mailto:sisdmusclub@gmail.com">sisdmusclub@gmail.com</a> +971554827542 <a href="http://www.emusiceducation.org">www.emusiceducation.org</a></p>
<p><b>Synchronized Swimming</b></p> <p>Season 1: AED 110/Session</p>	<p>G2 to G5 (7 years old and above)</p>	<p>3:45PM – 4:45PM</p> <p>Olympic Pool 1-5</p>	<p>Synchronized swimming is a hybrid form of swimming, dance, and gymnastics, consisting of swimmers (either solos, duets, trios, combos, or teams) performing a synchronized routine of elaborate moves in the water, accompanied by music.</p> <p>It requires advanced water skills, and great strength, endurance, flexibility, grace, artistry and precise timing, as well as exceptional breath control when upside down underwater.</p> <p>Provider: SPEEDO (under STRYX) Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a></p>



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## Thursday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Swimming Beginners 2 / Development 1-2</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  Olympic Pool 1-5	<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: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a>            058 895 9377            055 877 1658            800 STRYX</p>
<b>Tennis</b>  Season 1: AED 110/Session	G1 to G2	3:45PM – 4:45PM  Sports Hall 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>
<b>Street Jazz Dance (Diverse)</b>  Season 1: AED 110/Session	G1 to G5	3:45PM – 4:45PM  SPO Dance Studio	<p>We offer beginner street jazz to advance semi-professional level street jazz at Diverse.</p>



			<p>We will be introducing After School Street Jazz at Swiss International School, this will be fun and upbeat dance class. Where the children learn the latest commercial dance moves, just like their favourite Pop and Tik Tok video stars. This energetic dance class will not only be fun but will also focus on general dance co-ordination, style and dance technique.</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>Chinese (as foreign language)</b></p> <p>Season 1: 105 /Session</p>	G1 to G5	3:45PM – 4:45PM	<p>We can teach your children how to speak, read and think in Chinese properly about 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: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 /19</p>
<p><b>Russian (as foreign language)</b></p> <p>Season 1: 105 /Session</p>	G1 to G5	3:45PM – 4:45PM	<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: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 /19</p>