

## SUNDAY

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<p><b>Volleyball</b></p> <p>Season 1: AED 110/Session</p>	G6 to G12	<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 Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p><b>Career Coaching Workshop</b></p> <p>Different price: AED 2100 per term</p>	G6 to G12	<p>3:45PM – 4:45PM</p>	<p>The Bedrock Program Career Coaching Workshops for Teens is designed to help students explore career options for a successful future. The program is structured to help students gain a greater level of self-awareness, their values, and how that will play out in a working situation, and we investigate and dispel limiting beliefs that strike at the heart of motivation. By the end of the program, students will have a deeper understanding of what they want to do, why they want to do it, and how to plan their next steps to get there.</p> <p>Provider: Bedrock Program Career Coaching Workshops for Teens Contact: <a href="mailto:audrey@hametner.co">audrey@hametner.co</a> 055 587 8264</p>
<p><b>Piano</b></p> <p>Season 1: AED 180/Session</p> <p>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</p>	G6 to G12	<p>3:45PM – 4:45PM 5:00 PM - onwards</p> <p>MY Music Room</p>	<p>Exclusive Music is offering an amazing opportunity to G6 – G12 students to enjoy private piano lessons with the highly acclaimed piano instructors. Our piano recitals and exam preparation opportunities will make our journey together even more motivating.</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>Russian (as mother-tongue)</b></p> <p>Season 1: AED 105/ Session</p>	<p>G6 to G12</p>	<p>3:45PM – 4:45PM</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>
<p><b>Athletics</b></p> <p>Season 1: AED 110/Session</p>	<p>G6 to G12</p>	<p>3:45PM – 4:45PM</p> <p>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>Swimming Beginners 2 / Development 1-2</b>  Season 1: AED 110/Session	G6 to G12	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            800STRYX</p>
<b>Tennis</b>  Season 1: AED 110/Session	G6 to G12	3:45PM – 4:45PM  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>Python Coding</b>  Season 1: AED 110/Session	G6 to G12	3:45PM – 4:45PM	<p>In this course, you will be introduced to the basic concepts of Python. Learn how to use Python interactively and by using a script. Get yourself acquainted with Python Variables, Data Types, Conditionals Statements and Loops. You'll also learn to</p>

			<p>use functions, methods, and packages to efficiently leverage the Python code. These helps to reduce amount of code written to solve problems.</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>Piano</b></p> <p>Season 1: AED 180/Session</p> <p>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</p>	G6 to G12	<p>3:45PM – 4:45PM 6:00 PM - onwards</p> <p>MY Music Room</p>	<p>Exclusive Music is offering an amazing opportunity to G6 – G12 students to enjoy private piano lessons with the highly acclaimed piano instructors. Our piano recitals and exam preparation opportunities will make our journey together even more motivating.</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>Italian (as foreign language)</b></p> <p>Season 1: AED105/Session</p>	G6 to G12	<p>3:45 PM- 4:45 PM</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: AED 105/Session</p>	G6 to G12	<p>3:45PM – 4:45PM</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>
<p><b>Karate</b></p> <p>Season 1: AED 110/Session</p>	G1 to G5	<p>3:45PM – 4:45PM</p> <p>AUD Dance Studio</p>	<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</p>

			<p>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>
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## Tuesday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Web Development</b>  Season 1: AED 110/Session	G6 to G12	3:45PM – 4:45PM	<p>In this course, you'll learn how to create and share the content on your own web pages. After deciding what content you want to share with the world, you'll learn how to structure and style your pages using HTML and CSS. You'll also practice valuable programming skills such as debugging, web security and, using resources</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>
<b>Piano</b>  Season 1: AED 180/Session  PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR	G6 to G12	3:45PM – 4:45PM 6:00 PM - onwards  MY Music Room	<p>Exclusive Music is offering an amazing opportunity to G6 – G12 students to enjoy private piano lessons with the highly acclaimed piano instructors. Our piano recitals and exam preparation opportunities will make our journey together even more motivating.</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>Russian (as mother-tongue)</b>  Season 1: AED 105/ Session	G6 to G12	3:45PM – 4:45PM  Activity Room 2	<p><b>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.</b></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>

## Wednesday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Tennis</b>  Season 1: AED 110/Session	G6 to G12	3:45PM – 4:45PM  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>Basketball</b>  Season 1: AED 110/Session	G6 to G12	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>Piano</b>  Season 1: AED 180/Session  PRIVATE CLASS:	G6 to G12	3:45PM – 4:45PM 6:00 PM - onwards  MY Music Room	<p>Exclusive Music is offering an amazing opportunity to G6 – G12 students to enjoy private piano lessons with the highly acclaimed piano instructors. Our piano recitals and exam preparation opportunities will make our journey together even more motivating.</p>

<p>AED 149/30 MINUTES AED 283/HOUR</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>Build A Drone</b></p> <p>Season 1: AED 110/Session</p> <p><b>Additional cost charge: AED 690 for DIY Drone Kit</b></p>	<p>G6 to G12</p>	<p>3:45PM – 4:45PM</p>	<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. 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</p> <p>Code: Learn block programming to fly the Drone</p> <p>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>Karate</b></p> <p>Season 1: AED 110/Session</p>	<p>G1 to G5</p>	<p>3:45PM – 4:45PM</p> <p>AUD Dance Studio</p>	<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>



## Thursday

EXTERNAL ASA'S			
ACTIVITY	GRADE	TIME / LOCATION	DESCRIPTION
<b>Chess</b>  Season 1: AED 110/Session	G6 to G12	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 5028145            0559484111  <a href="mailto:alexandrachess@yahoo.com">alexandrachess@yahoo.com</a></p>
<b>Russian (as foreign language)</b>  Season 1: AED 105/Session	G6 to G12	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>
<b>Chinese (as foreign language)</b>  Season 1: 105 /Session	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>