

SWISS INTERNATIONAL SCIENTIFIC SCHOOL

After School Activities



PRIMARY

External ASAs



SWISS
INTERNATIONAL
SCIENTIFIC SCHOOL
— DUBAI —

PRIMARY External ASAs



Monday



SWIMMING BEGINNERS 2 / DEVELOPMENT 1-2

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.

G1 - G5

3:45pm - 4:45pm

Olympic Pool



CHESS TRAINING

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. To know more about the Chess program, please contact:

Provider: Chess Knowledge

Contact: Alexandra, 050 502 8145 / 055 948 411, alexandrachess@yahoo.com

G1 - G5

3:45pm - 4:45pm

S08 - PY building



OUTDOOR TENNIS

Padel tennis is an inclusive, sociable, fast-moving, and fun sport for all. It is played in an enclosure of glass and chain link fence with a tennis net in the middle of the court.

In this sport, our aim is to provide opportunity and introduce kids to this fast-growing sport and will teach them the basics of Padel tennis. Students must bring their own padel tennis rackets.

****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.**

G3 - G5

3:45pm - 4:45pm

Tennis Court 1

PRIMARY External ASAs



Monday



BALLET

Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus that 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.

G1 - G5

3:45pm - 4:45pm

SPO Dance Studio



ENGINEERING FOR KIDS

Engineering for Kids programs have been categorized into three separate levels of curriculum to best meet the needs of our students in their age range. Our goal is to increase awareness of engineering concepts and principles to our students in a form they understand. Help children build problem solving skills. Encourage kids to discover how things work. Motivate kids to learn math and science concepts by engaging them in real-world engineering problems. Increase kids' desire to explore engineering as a career option. To know more about the Engineering for Kids Program, please contact: dubai-motorcity@engineeringforkids.net

G1 - G5

3:45pm - 4:45pm

F11 - PY Building



OUTDOOR BARÇA FOOTBALL

At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 16-4 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.

****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.**

G1 - G5

3:45pm - 4:45pm

Football Pitch

Monday

VIRTUAL REALITY / AUGMENTED REALITY WITH CODING - LEVEL 1

«*Students need to carry their own tablets every session

*Beginners only

In this course, we combine Programming with Virtual reality and Augmented reality. We will dive into the world of virtual reality and create our own interactive 3D environments using an online platform. Whether you're an aspiring game designer, a future architect, or simply curious about the endless possibilities of VR, this course is perfect for you.

Throughout the program, you'll learn the fundamentals of building virtual worlds, designing objects and characters, and scripting interactive behaviours. You can also code using the drag and drop program to animate, thus combining coding to VR.

Collaboration is key in this course, as you'll have the opportunity to work alongside fellow students, exchanging ideas, and creating incredible virtual experiences together. From exploring historical landmarks to simulating scientific experiments, the possibilities are limited only by your creativity.

Unleash your creativity, develop critical thinking skills, and become a master of virtual reality creation. Get ready to transform your ideas into stunning virtual realities that can be experienced by anyone, anywhere! «



G1 - G5

3:45pm - 4:45pm

INDOOR ROLLER SKATING

«Important: Kindly ensure that your child brings their own long socks (NOT ANKLE SOCKS); otherwise, they will not be able to use the skates during classes

Skate like a champ with Roll DXB

Get ready to glide, spin, and groove your way to roller skating greatness. Let's roll into a world of excitement together!

From beginners to pros, our sessions cater to all skill levels. Whether you're just starting out or looking to refine your skills

No skates? No problem! We've got you covered. We provide all the equipments

The equipment will be provided by the provider free of cost. However, if you wish to purchase your personal equipment, you can buy it directly from the provider.

For the skates and equipment price please visit their website: <http://rolldxb.com/>

Email: info@rolldxb.com

Call the provider: +971 50 900 7275



G1 - G5

3:45pm - 4:45pm

Skylight Room

PRIMARY External ASAs



Monday



OUTDOOR WALL CLIMBING

Experience the thrill of rock climbing, where nature could become your playground and every ascent is an exhilarating adventure. Whether you're a beginner or a seasoned climber, our expert coaches will lead you beyond your fears and create paths to your goals by offering a series of unique challenges. Feel the rush as you conquer vertical walls, navigate overhanging angles, and test your strength, agility & resilience against rugged terrain.

With safety as our top priority, you can push your limits with confidence. So, gear up, embrace the challenge, and scale new heights as you immerse yourself in the ultimate rock climbing experience. Get ready to climb, conquer and overcome your fears!"

G1 - G2

3:45pm - 4:45pm

Activity Room 1



VIRTUAL REALITY/AUGMENTED REALITY WITH CODING - LEVEL 2

Students need to bring their own tablets for every session.

*Level 2 students ONLY, who completed Level 1 in the previous season.

Welcome to Level 2 of our exciting AR/VR with coding course! Building on the foundation established in Level 1, your child is about to embark on the next stage of their immersive journey into the world of virtual and augmented reality. In these upcoming classes, they will delve deeper into the creative possibilities of AR and VR, exploring advanced features and honing their skills in 3D modeling, interactive storytelling, and virtual world creation. As they progress, your child will take on more complex projects, gaining a richer understanding of digital design and expanding their ability to craft captivating, interactive experiences. Get ready for another round of fun, creativity, and innovation as your child continues to explore and create with AR/VR with coding Level 2

G1 - G5

3:45pm - 4:45pm



CHEERLEADING

G1 - G5

3:45pm - 4:45pm

PRIMARY External ASAs

Tuesday



CHESS TRAINING

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.

To know more about the Chess program, please contact:

Provider: Chess Knowledge

Alexandra: 050 502 8145 / 055 948 4111, alexandrachess@yahoo.com

G1 - G5

3:45pm - 4:45pm

S08 - PY building



KARATE

Champions Karate is 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 sports Karate.

To know more about the Karate program/if you wish to order the karate uniform, please contact: karate@champions-uae.com

Champions Karate - +971 58 591 5086

G1 - G5

3:45pm - 4:45pm

Activity Room 1



BALLET

Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus that 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.

G1 - G5

3:45pm - 4:45pm

SPO Dance Studio

Tuesday



OUTDOOR PADEL TENNIS

Padel tennis is an inclusive, sociable, fast-moving, and fun sport for all. It is played in an enclosure of glass and chain link fence with a tennis net in the middle of the court.

In this sport, our aim is to provide opportunity and introduce kids to this fast-growing sport and will teach them the basics of Padel tennis. Students must bring their own padel tennis rackets.

****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.**

G1 - G5

3:45pm - 4:45pm

Padel Court 1



GYMNASTICS (BEGINNERS ONLY)

Gymnastics is a sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, dedication and endurance.

We deliver comprehensive programs that will improve your gymnastics skills, flexibility, core function, balance, posture, speed & agility.

G1 - G5

3:45pm - 4:45pm

Skylight Room

OUTDOOR PARKOUR

At Parkour DXB, we offer more than Parkour Coaching, we deliver Parkour Education.

The difference is that we support your kids to be strong and confident individuals in all areas of their lives, not just in their Parkour ability.

We know through personal experience the power that Parkour offers to individuals to grow confidence, foster determination and build perseverance, all of which are important elements in a happy, healthy and successful young person.

****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.**



G1 - G5

3:45pm - 4:45pm

Adventure Playground/
G1 Outdoor Playground

Tuesday



ADVENTURE IN CODING L1 (BEGINNERS ONLY)

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.

*Students need to carry their own tablets every session

G1 - G5

3:45pm - 4:45pm

F16



ADVENTURE IN CODING (LEVEL 2 STUDENTS ONLY)

Only available for those students who registered from the previous season Level 1.

The student has completed Level 1, they are eligible for Level 2, where they will learn advanced lessons mentioned below:

Functions: Minecraft Adventure

Functions: Simplify Harveste

Functions: Be an Artist

Variables: Be an Artist

Variables: Changing values

Variables: with loops

For Loops: For loop fun

For Loops: Advanced

Create your app

*Kindly note that if your child is a beginner, you will need to register for the Level 1 container, not for Level 2.

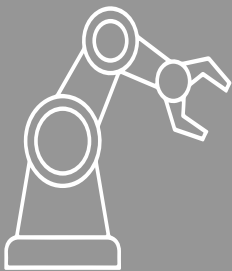
*Students need to carry their own tablets every session

G1 - G5

3:45pm - 4:45pm

F15

Tuesday



ENGINEERING FOR KIDS

Engineering for Kids programs have been categorized into three separate levels of curriculum to best meet the needs of our students in their age range. Our goal is to increase awareness of engineering concepts and principles to our students in a form they understand. Help children build problem solving skills. Encourage kids to discover how things work. Motivate kids to learn math and science concepts by engaging them in real-world engineering problems. Increase kids' desire to explore engineering as a career option. To know more about the Engineering for Kids Program, please contact: dubai-motorcity@engineeringforkids.net

G1 - G5

3:45pm - 4:45pm

F11



ORIGINAL MIX DJs

INTRODUCTION TO DJing ECA

Fun and hands-on sessions for young DJs and music lovers!
Learn about the equipment, mixing, looping, sound effects, and more!
Perform different genres of music - house, commercial and RnB.
Choose your DJ name

Led by industry professionals

WHAT DO I NEED TO BRING

Dedicated iPhone or iPad with "WeDJ for iPhone" app installed OR macbook/ laptop users download and install www.rekordbox.com/en/download/
Headphones with 3.5mm jack (same as standard laptop jack)

NOTE: new models of iPhone/iPad have lightening ports OR USB - C for headphones, therefore please provide an adapter.

We will supply music to you throughout the course to download to your device to learn and add to your playlist during your journey with ORIGINAL MIX DJs. Water bottle if required.

A big smile and a lot of enthusiasm!!

To know more about the program, you may contact: kristine@originalmixdjs.com / adam@originalmixdjs.com

G1 - G5

3:45pm - 4:45pm

PRIMARY External ASAs



Tuesday

LANGUAGE (SPANISH/PORTUGUESE)

Registration will be done through the provider directly - Headway Institute.

Provider: Headway Institute

Email: customer5@headin.pro

WhatsApp: +971521203278

Phone: +97143839210

The price per class shall be 120 AED

Headway Institute is a language learning center operating for more than 5 years across Dubai.

We have been providing Language instruction in 20 Dubai schools so far. The major courses we are offering for ASA's are Russian, Italian, Spanish, Portuguese and German (plus other languages might be added on demand).

Apart from arranging ASA we are also offering Mother tongue courses at SISD during the school day (currently running Russian and Portuguese classes) mostly for primary students.

All the classes are run by certified native-speaking teachers with more than 5 years of experience, who tailor the courses to the level of the participants.

Our courses offer the following benefits:

- Learning a language in accordance with the official curriculum for fluent native speakers.
- Conversational courses for bilingual students.
- Small groups of 2-8 students and individual attention to each participant.
- Open communication and transparency between teachers and parents.



G1-5

3:45pm - 4:45pm



INDOOR ATHLETICS

AIS Athletics cover over 15 different track & 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. If you wish to know more about the Athletics program, please contact: annabelle@aisathletics.ae, tanya@aisathletics.ae

G1 - G5

3:45pm - 4:45pm

Indoor Athletics Track

PRIMARY External ASAs

Wednesday



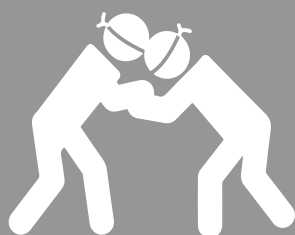
CONFIDENCE COACHING WORKSHOP

The Bedrock Program is an Internationally recognized Career Training program that eliminates the stress and anxiety youth and their parents are struggling with when deciding on a suitable career path. This program will provide your child with a clear understanding of what they value and how to apply that to their career choices. Our program develops the confidence youth need to identify what they want to do, and the plan to get them there. In this ASA, your child will explore difficult questions about themselves, and evolve their understanding of where their journey at SISD can take them in the future. Since 2019, The Bedrock Program has worked with many high-profile schools in the UAE including The University of Toronto, ADEK, Imperial College London, and other highly esteemed schools and Universities around the globe. Price: AED 1800 per term To know more about the program, please contact: Provider: Bedrock Program Career Coaching, Workshops for Teens Contact: info@hametner.co, 055 587 8264

G3 - G5

3:45pm - 4:45pm

F03



JUDO

They learn the following:
Fundamental movement patterns
Learning how to fall
Learning forward and backward throws
Learn a pin and a turnover
Learn combinations of two techniques together
Learn key judo words and moral code of judo
Introduction of sparring and competition situations
To know more about the Judo program/uniforms, please contact:
Fernanda Baisch - fernanda@rossiteamacademy.com Contact no. 056 267 1372 / 056 401 3006

G1 - G5

3:45pm - 4:45pm

AUD Dance Studio



SWIMMING BEGINNERS 2 / DEVELOPMENT 1-2

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.

G1 - G5

3:45pm - 4:45pm

Olympic Pool

PRIMARY External ASAs



Wednesday



JUNIOR MEDZ

Welcome to Little, Young and Junior Medz for KIDS – a thrilling program designed to spark curiosity and ignite a passion for healthcare and adventure in young minds! Our experienced and compassionate professionals lead engaging, hands-on activities, unveiling the secrets of dentistry, pediatric care, veterinary science, surgery, and more. From nurturing a love for healthcare to instilling essential life skills, our program provides a safe and supportive environment for your child to grow, learn, and become a young hero. Join us on this exciting journey of discovery and inspiration!

If you wish to order a kids lab coat, you may contact us on this email: youngcreatorshub@gmail.com

G1 - G5

3:45pm - 4:45pm



CHESS TRAINING

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.

To know more about the Chess program, please contact:

Provider: Chess Knowledge

Alexandra: 050 502 8145 / 055 948 4111, alexandrachess@yahoo.com

G1 - G5

3:45pm - 4:45pm

S08 - PY building

PRIMARY External ASAs



Wednesday



JIU JITSU

Program introduces kids to all the benefits a Jiu Jitsu lifestyle offers. This program focuses on self-defense and Jiu Jitsu techniques, as well as teaching the students the importance of discipline, team work, and self-confidence. Importantly, we don't teach how to punch or kick, since this often does more harm than good. Instead, we use leverage-based control holds to neutralize threats without violence. This class is high energy, filled with drills, techniques, and physical exercises, as well as step by step instruction making it very easy for beginners to start with no prior martial arts experience.

To know more about the Jiu Jitsu program/if you wish to purchase Jiu Jitsu uniforms, please contact:

Fernanda Baisch - fernanda@rossiteamacademy.com

Contact no. 056 267 1372 / 056 401 3006

G1 - G5

3:45pm - 4:45pm

Activity Room 1



STREET JAZZ DANCE

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

G1 - G5

3:45pm - 4:45pm

SPO Dance Studio



OUTDOOR TENNIS

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.

Students must bring their own tennis rackets.

****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.**

G3 - G5

3:45pm - 4:45pm

Tennis Court 2

PRIMARY External ASAs

Wednesday



OUTDOOR TENNIS

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.

Students must bring their own tennis rackets.

G1 - G2

3:45pm - 4:45pm

Tennis Court 1



OUTDOOR BARÇA FOOTBALL

At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 16-4 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.

**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.

G1 - G5

3:45pm - 4:45pm

Football Pitch



SOAPY SCIENCE LESSON IN A BOX

This Soapy Science workshop is packed full of practical science. We investigate how particles change states and whether those changes are reversible or irreversible. Every student makes soap in their desired shape, chosen scent & creative design that they take home. Students learn the science behind bath bombs and take home their own bath bomb. They investigate the science of dry ice. Students use different types of clay to make jewellery. Natural, organic and eco friendly products.

To know more about the program, please contact: ivybrighteducation@outlook.com

G1 - G5

3:45pm - 4:45pm

PRIMARY External ASAs



Wednesday



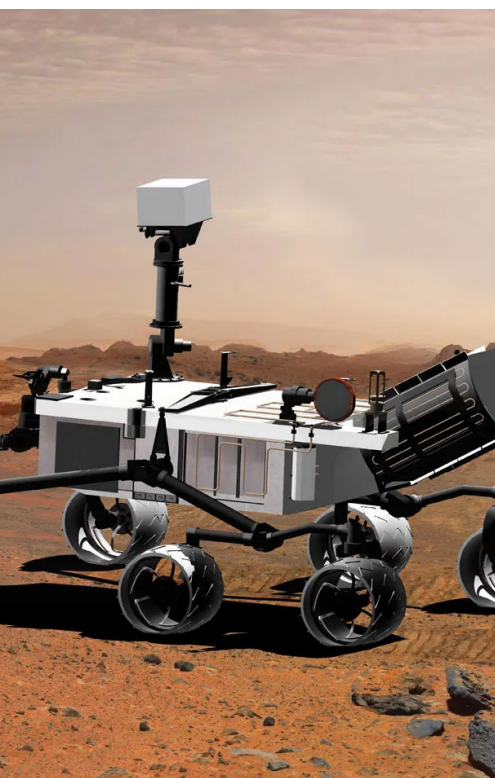
INDOOR ATHLETICS

AIS Athletics cover over 15 different track & 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. If you wish to know more about the Athletics program, please contact: annabelle@aisathletics.ae, tanya@aisathletics.ae

G1 - G5

3:45pm - 4:45pm

Indoor Athletics Track



MARS ROVER FOR SPACE X

Mission to Mars: Students will embark on a space mission, designing and constructing their own Mars Rovers inspired by SpaceX's groundbreaking initiatives in space exploration. It's a hands on experience where student will build a rover, code and control it test various functionality used by rovers.

STEM Skills Development: This hands-on program integrates STEM concepts, allowing students to explore robotics, engineering, and space science while developing critical problem-solving skills.

5 Fascinating Sessions of 2 hours each (Total 10 hours): Over the span of 10 hour, young space enthusiasts will engage in a series of activities that mirror the challenges faced in designing and building rovers for planetary exploration.

Inspiring Future Innovators: By participating in this activity, students not only learn about space technology but also gain insights into the exciting possibilities of contributing to future space missions.

Enroll your child today in this innovative spring camp that promise an enriching journey of learning, creativity and problem solving. Lets inspire the next generation of thinkers

G1 - G5

3:45pm - 4:45pm

Indoor Athletics Track

PRIMARY External ASAs



Thursday



GYMNASTICS (INTERMEDIATE ONLY)

Gymnastics is a sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, dedication and endurance.

Through proper practice and experience each week students learn to produce skilled movements with permanent change which can be retained for the future and built upon.

Our coaches motivate students by providing feedback on performance to help increase the quality of their movements and tools so the student can learn for themselves how to improve.

G1 - G5

3:45pm - 4:45pm

Skylight Room



KARATE

Champions Karate is 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 sports Karate.

To know more about the Karate program/if you wish to order the karate uniform, please contact: karate@champions-uae.com
Champions Karate - +971 58 591 5086

G1 - G5

3:45pm - 4:45pm

Activity Room 1



OUTDOOR TENNIS

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.

Students must bring their own tennis rackets.

****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.**

G1 - G2

3:45pm - 4:45pm

Tennis Court 1

PRIMARY External ASAs

Thursday



SWIMMING BEGINNERS 2 / DEVELOPMENT 1-2

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.

G1 - G5

3:45pm - 4:45pm

Olympic Pool



OUTDOOR PADEL TENNIS

Padel tennis is an inclusive, sociable, fast-moving, and fun sport for all. It is played in an enclosure of glass and chain link fence with a tennis net in the middle of the court.

In this sport, our aim is to provide opportunity and introduce kids to this fast-growing sport and will teach them the basics of Padel tennis.

Students must bring their own padel tennis rackets.

****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.**

G1 - G5

3:45pm - 4:45pm

Padel Court 1



OUTDOOR WALL CLIMBING

Experience the thrill of rock climbing, where nature could become your play-ground and every ascent is an exhilarating adventure. Whether you're a beginner or a seasoned climber, our expert coaches will lead you beyond your fears and create paths to your goals by offering a series of unique challenges. Feel the rush as you conquer vertical walls, navigate overhanging angles, and test your strength, agility & resilience against rugged terrain.

With safety as our top priority, you can push your limits with confidence. So, gear up, embrace the challenge, and scale new heights as you immerse yourself in the ultimate rock climbing experience. Get ready to climb, conquer and overcome your fears!

G1 - G5

3:45pm - 4:45pm

Activity Room 1

PRIMARY External ASAs

Thursday



BASKETBALL

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 that covers all aspects of the game by incorporating tactic, skill, small sides games, and team-building activities as well as NBA methodologies.

Sports Hall

G1 - G5

3:45pm - 4:45pm



CHESS TRAINING

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.

To know more about the Chess program, please contact:

Provider: Chess Knowledge

Alexandra: 050 502 8145 / 055 948 4111, alexandrachess@yahoo.com

G1 - G5

3:45pm - 4:45pm

S08 - PY building



MUSICAL THEATRE AND DRAMA

Musical Theatre & Drama is a fun and exciting class filled with Broadway style atmosphere!

Through songs, musical theatre games, stories and dance, these budding performers learn in a playful and creative environment. Young performers develop confidence in singing, acting and dancing in this imaginative class experience. Musical theatre class will strengthen students performance skills and unleash their creative potential in a positive and fun atmosphere.

Students will sing, dance and act to their favourite tunes and create life-long memories alongside their peers. Your kids will just love their journey in the wonderful world of the performing arts!

Sign your budding performer up today!

For more information about the program: info@dance-infinity.com / 052-888-6936

G1 - G5

3:45pm - 4:45pm

PRIMARY External ASAs

Thursday



PHOTOGRAPHY & VIDEOGRAPHY

The student who registers for this activity will need to bring their own TABLET or IPAD. Any model or brand will do.

Embark on a photographic journey with our Junior Photography and Videography Experience! Gift your child the magic of storytelling through the lens in this enchanting workshop. Foster creativity as their imagination comes alive in vibrant colors, capturing everyday moments and expressing their unique perspective. Our hands-on after-school classes, guided by experienced photographers and videographers, provide a fun and interactive environment for your budding artist to learn essential photography skills. As they develop technical proficiency, they also build confidence, blossoming into self-assured individuals with a passion for visual storytelling. Frame It Up isn't just a workshop; it's the beginning of a lifelong love affair with photography. Your child may even become the next rising star in the world of visual storytelling! Discover the basics of photography, creative composition, lighting and shadows, as well as the art of storytelling through images.

G1 - G5

3:45pm - 4:45pm

F16



LANGUAGE (GERMAN/ITALIAN/RUSSIAN)

Registration will be done through the provider directly - Headway Institute.

Provider: Headway Institute

Email: customer5@headin.pro

WhatsApp: +971521203278

Phone: +97143839210

The price per class shall be 120 AED

Headway Institute is a language learning center operating for more than 5 years across Dubai.

We have been providing Language instruction in 20 Dubai schools so far. The major courses we are offering for ASA's are Russian, Italian, Spanish, Portuguese and German (plus other languages might be added on demand).

Apart from arranging ASA we are also offering Mother tongue courses at SISD during the school day (currently running Russian and Portuguese classes) mostly for primary students.

All the classes are run by certified native-speaking teachers with more than 5 years of experience, who tailor the courses to the level of the participants.

Our courses offer the following benefits:

- Learning a language in accordance with the official curriculum for fluent native speakers.
- Conversational courses for bilingual students.
- Small groups of 2-8 students and individual attention to each participant.
- Open communication and transparency between teachers and parents.

G1-5

3:45pm - 4:45pm

Thursday

ABACUS (LEVEL 1)



Welcome to the world of Abacus mathematics! In this series of classes, students will embark on an exciting journey to learn the basics of using the Abacus as a tool for mental arithmetic. Through hands-on activities, interactive exercises, and fun games, participants will develop a strong foundation in Abacus mathematics and build essential skills for mental calculation.

Learning Objectives:

1. Introduction to the Abacus: Familiarize students with the structure and basic operations of the Abacus.
2. Basic Counting and Addition: Learn how to use the Abacus to perform simple counting and addition operations.
3. Subtraction Techniques: Explore subtraction techniques using the Abacus and develop mental calculation skills.
4. Multiplication Fundamentals: Master the basics of multiplication using the Abacus and understand its principles.
5. Division Strategies: Learn division strategies and techniques using the Abacus for efficient calculation.
6. Speed and Accuracy: Practice mental arithmetic using the Abacus to improve speed and accuracy.
7. Problem-Solving Skills: Develop problem-solving skills through challenging Abacus exercises and puzzles.
8. Review and Assessment: Review key concepts and assess student progress through quizzes and activities

G1 - G5

3:45pm - 4:45pm

F16

WOODWORKING



Unlock a world of creativity and learning with StuDIYo Lab! As the first centre in the UAE to offer Woodworking, Metal Casting, and Design Technology for kids ages 5+, we believe that hands-on learning is vital in building independent and agile lifelong learners. With a focus on safety, independence, and creative expression, our woodworking course provides a dynamic and enriching learning experience that fosters skills, confidence, and a deep appreciation for craftsmanship.

Join us and bring the power of creativity back into kids' hands!

For more information about the program: amira@studiolab.com

G1 - G5

3:45pm - 4:45pm

PRIMARY External ASAs

Friday

FRIDAY CLUB

****Kindly note that we DO NOT have bus transportation on this day. PARENT PICK-UP ONLY**

12:30pm - 3:00pm

Friday Club is a great place for the students to try new sports or get more practice time in the sports they like. Built of 2 sports and 1 fun session each week it is a mix of sports and creative activities delivered in a safe, encouraging and inclusive environment.

Led by SISD ASA coaches of different sports, Friday Club sessions are designed to suit the age and abilities of all students.

11:45 - 12:00	Transition from school	
12:00 - 12:30	Lunch	
12:30 - 1:15	Activity 1	SPORTS
1:15 - 2:00	Activity 2	SPORTS
2:00 - 2:15	Snack & Break	
2:15 - 3:00	Activity 3	FUN
3:00 - 3:15	Pick Up	

Sports Activities:

- Football
- Tennis
- Basketball
- Gymnastics & Dance
- Athletics
- Martial Arts (Karate, Jiu Jitsu, Judo, Taekwondo)

Fun Activities:

- Art & Crafts
- Fun Games
- Masterclasses
- Quizzes

