

**ASA & TEAMS WEEKLY SCHEDULE  
SEASON 1  
2020 - 2021**

**PRIMARY YEARS PROGRAM  
G1 - G5**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Ballet Stryx G2 SPO Dance Studio	Athletics Stryx G1 Indoor Track (Half)	Ballet Stryx G1 SPO Dance Studio	Athletics Stryx G3 Indoor Track (Half)	Barça Football Stryx G3 Football Field 1
Drama Stryx G3 Auditorium (Half)	Athletics Stryx G2 Indoor Track (Half)	Chess Chess Knowledge TBD TBD	Athletics Stryx G4 Indoor Track (Half)	Barça Football Stryx G4 Football Field 2
Judo Stryx G1 AUD Dance Studio	Barça Football Stryx G1 Football Field 2 (Half)	Drama Stryx G4 Auditorium (Half)	Barça Football Stryx G1 Football Field 2 (Half)	Chinese (as foreign language) Headway Institute TBD TBD
Musical Theatre Stryx G3 Auditorium (Half)	Barça Football Stryx G2 Football Field 2 (Half)	Drama Stryx G5 Auditorium (Half)	Barça Football Stryx G2 Football Field 2 (Half)	Drama Stryx G2 Auditorium (Half)
Parkour Stryx G1 Activity Room 1	Barça Football Stryx G3 Football Field 3	Hip Hop Stryx G2 Tutorial Room 131	Barça Football Stryx G5 Football Field 3	Hip Hop Stryx G1 SPO Dance Studio
Piano (Private/Group) Exclusive Music Education TBD Music Room 229	Barça Football Stryx G4 Football Field 4	Judo Stryx G2 AUD Dance Studio	Basketball Stryx G1 Sports Hall 1	Italian (as foreign language) Headway Institute TBD TBD
Roller Skating Stryx G1 Skylight Room (Half)	Basketball Stryx G3 Sports Hall 1 (Half)	Junior Scientists + Mad Science TBD TBD	Basketball Stryx G2 Sports Hall 2	Junior Scientists + Mad Science TBD TBD
Roller Skating Stryx G2 Skylight Room (Half)	Basketball Stryx G4 Sports Hall 1 (Half)	Musical Theatre Stryx G4 Auditorium (Half)	Drama Stryx G1 Auditorium (Half)	Musical Theatre Stryx G2 Auditorium (Half)
Swimming Beginners 2 / Development 1-2 SPEEDO G1 Olympic Pool 1	Chess Chess Knowledge TBD TBD	Musical Theatre Stryx G5 Auditorium (Half)	Karate Stryx G3 AUD Dance Studio	Piano (Private/Group) Exclusive Music Education TBD Music Room 229
Swimming Beginners 2 / Development 1-2 SPEEDO G2 Olympic Pool 3	Drama Stryx G2 Auditorium (Half)	Parkour Stryx G3 Activity Room 1	Karate Stryx G4 Skylight Room	Rhythmic Gymnastics (Girls) Stryx G1 Sports Hall 2
Swimming Beginners 2 / Development 1-2 SPEEDO G4 Olympic Pool 5	Karate Stryx G1 AUD Dance Studio	Piano (Private/Group) Exclusive Music Education TBD Music Room 229	Musical Theatre Stryx G1 Auditorium (Half)	Spanish (as foreign language) Headway Institute TBD TBD
Tennis Stryx G2 Tennis Court 1	Karate Stryx G2 SPO Dance Studio	Rhythmic Gymnastics (Girls) Stryx G2 Sports Hall 1	Rhythmic Gymnastics (Girls) Stryx G5 Activity Room 1	Spanish (Beginners) Headway Institute TBD TBD
Tennis Stryx G3 Tennis Court 2	Musical Theatre Stryx G2 Auditorium (Half)	Roller Skating Stryx G3 Skylight Room (Half)	Rugby Stryx G2 Football Field 1	Swimming Beginners 2 / Development 1-2 SPEEDO G1 Olympic Pool 1
Volleyball Stryx G4 Sports Hall 1	Parkour Stryx G2 Activity Room 1	Russian (as foreign language) Headway Institute TBD TBD	Swimming Beginners 2 / Development 1-2 SPEEDO G2 Olympic Pool 1	Swimming Beginners 2 / Development 1-2 SPEEDO G3 Olympic Pool 3
Volleyball Stryx G5 Sports Hall 2	Piano (Private/Group) Exclusive Music Education TBD Music Room 229	Swimming Beginners 2 / Development 1-2 SPEEDO G1 Olympic Pool 1	Tennis Stryx G3 Tennis Court 1	Swimming Beginners 2 / Development 1-2 SPEEDO G4 Olympic Pool 5
	Rhythmic Gymnastics (Girls) Stryx G3 Sports Hall 2 (Half)	Swimming Beginners 2 / Development 1-2 SPEEDO G2 Olympic Pool 3	Tennis Stryx G4 Tennis Courts 2	Swimming Beginners 2 / Development 1-2 SPEEDO G5 Olympic Pool 7
	Rhythmic Gymnastics (Girls) Stryx G4 Sports Hall 2 (Half)	Swimming Beginners 2 / Development 1-2 SPEEDO G3 Olympic Pool 5		Tennis Stryx G1 Sports Hall 1
	Roller Skating Stryx G5 Skylight Room	Tennis Stryx G1 Sports Hall 2		Tennis Stryx G2 Tennis Court 1
	Rugby Stryx G1 Football Field 1	Tennis Stryx G4 Tennis Court 2		Tennis Stryx G5 Tennis Court 2
	Swimming Beginners 2 / Development 1-2 SPEEDO G3 Olympic Pool 1	Tennis Stryx G5 Tennis Court 1		
	Swimming Beginners 2 / Development 1-2 SPEEDO G5 Olympic Pool 3			

15:45 - 16:45

External ASA  
External Provider  
Grades  
Classroom / Location

## PRIMARY YEARS ASAs Schedule, Descriptions & Details

### INTERNAL ASAs (Free, 2 max per student per week)

! **NOT OFFERED IN SEASON 1, 2020-2021**

Internal after-school activities are delivered by SISD teachers and are **free of charge** (in some cases, a small fee might be charged for equipment).

Each student is permitted to participate in **2 INTERNAL ASAs per week (including teams)**.

- Early Years** : Sunday, Tuesday, and Wednesday (teachers meet on Mondays & Thursdays)
- Primary Years** : Sunday, Wednesday, and Thursday (teachers meet on Mondays & Tuesdays)
- Secondary Years** : Sunday, Monday, Wednesday, and Thursday (teachers meet on Tuesdays)

For any questions you may have about the actual ASA, please send an email to the teachers offering the ASA.

Registration is done on the system - first come, first served basis, with priority. This means that the software will actually consider all registrations to allocate Internal ASAs according to all requests, available places and priorities parents have chosen. This is meant to be fair to everyone.

### EXTERNAL ASAs (Paid)

External after-school activities are **offered on SISD campus** by **external providers**, whose fees vary for each ASA.

On a general note when registering with an external ASA provider, parents are entering into a direct agreement with the provider and not SISD. We therefore expect any issues to be resolved directly between the parents and the provider. However, SISD do appreciate and welcome feedback on what is happening so that we can ensure all matters are dealt with promptly and that our providers are providing good and quality service to our students/families.

Students can participate in **as many EXTERNAL ASAs** as they wish.

Registration is done directly with **each provider** by phone and by e-mail at any time or during the Expos **where the providers will be present on SISD campus**.

! **Please note that due to the COVID-19 situation, ASA Expos will not be held this year.**

Registration is on a first come, first served basis and places are reserved by the external providers only once they have received full payment.

## SUNDAY

### EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Ballet  <b>Season 1: AED 1100 / 10 Sessions</b>	G2	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>
Drama  <b>Season 1: AED 1100 / 10 Sessions</b>	G3	3:45PM – 4:45PM  Auditorium (Half)	<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 characterisation. 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><i>Drama students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Judo</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1</p>	<p>3:45PM – 4:45PM</p> <p>AUD Dance Studio</p>	<p>The Core Judo Academy believes in providing children with the fundamental skills and practices that will enable them to flourish throughout their life. We offer classes with experienced coaches that promote core values including determination, hard work, enjoyment, self-control, and respect.</p> <p>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> </ul> <p>Judo uniforms available at a cost of AED 200.</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>Musical Theatre</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G3</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</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><i>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Parkour</p> <p><b>Season 1: AED 1100 / 10 Sessions</b></p>	<p>G1</p>	<p>3:45PM – 4:45PM</p> <p>Activity Room 1</p>	<p>Parkour DXB: the home of Parkour in the UAE. Our differentiated extracurricular programs offer an alternative to traditional sports. Younger kids love to learn and play! We teach children the fundamentals of movement by exploring movement in a fun and engaging way. Skills include balancing, rolling, climbing, jumping and more. For older pupils, Parkour offers a holistic and engaging approach to movement training that encourages a strong body and a focused mind. Learn the basics of Parkour, challenge yourself and improve your fitness levels in a safe, but exciting environment.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p>Piano</p> <p><b>GROUP CLASS: AED 180/HOUR</b></p> <p><b>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</b></p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>Music Room 229</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>Roller Skating</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1 G2</p>	<p>3:45PM – 4:45PM</p> <p>Skylight Room (Half) Skylight Room (Half)</p>	<p>Inline roller skating is a fun and exciting sport for kids of all ages. It helps children develop agility, stability and balance. It is a great workout and improves overall physical fitness and helps build leg and core body muscles. Beginner classes will learn the basics of skating: how to balance on skates, first steps to gliding, braking and basic turns. Intermediate classes will learn advanced and faster gliding techniques, advanced turns and fun tricks on skates.</p> <p><b>We require all students to wear full safety gear: helmet and protective pads (elbow, wrists, knees).</b></p> <p><b><u>Students will not be able to participate without the mandatory equipment.</u></b></p> <p><b>Required gear for roller skating classes:</b> <b>INLINE SKATES (wheels in single line)</b></p> <p><b>PROTECTIVE GEAR:</b></p> <ul style="list-style-type: none"> <li>• Helmet (cycling helmet is acceptable)</li> <li>• Full set of safety pads: knee, elbow and wrist pads</li> </ul> <p><b>CLOTHING &amp; OTHER:</b></p> <ul style="list-style-type: none"> <li>• General sports clothing, water bottle, and a towel</li> </ul> <p><b>Skates and equipment can be bought in major sports stores.</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>Swimming Beginners 2 / Development 1-2</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1 G2 G4</p>	<p>3:45PM – 4:45PM</p> <p>Olympic Pool 1 Olympic Pool 3 Olympic Pool 5</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>Tennis</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2 G3</p>	<p>3:45PM – 4:45PM</p> <p>Tennis Court 1 Tennis Court 2</p>	<p>Kids learn more specific technical strokes and how to rally with their friends. They also learn the concepts of tactics and footwork.</p> <p><b><u>Students must bring their own tennis rackets.</u></b></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>Volleyball</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G4 G5</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 1 Sports Hall 2</p>	<p>Elite Volleyball Academy 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 Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

## MONDAY

### EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Athletics  Season 1: AED 1100 / 10 Sessions	G1 G2	3:45PM – 4:45PM  Indoor Track (Half) Indoor Track (Half)	<p>These classes are aimed to work on running techniques and speed. We provide special running drills, teaching how to stretch before and after exercises, focusing on running strength training. Introducing run speed intervals and work on stamina and learning how to recover properly.</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>
Barça Football  Season 1: AED 1100 / 10 Sessions	G1 G2 G3 G4	3:45PM – 4:45PM  Football Field 2 (Half) Football Field 2 (Half) Football Field 3 Football Field 4	<p>At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Admission fee options:            1) AED 160 for the year, with T-shirt (VAT inc)            2) AED 300 for the year, with socks, T-shirt, and shorts (VAT inc)</p> <p><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>Basketball</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G3 G4</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 1 (Half) Sports Hall 1 (Half)</p>	<p>The NBA Basketball School trains male and female players across Dubai the "NBA - way". The tuition-based basketball development program conducts sessions in a safe, fun and encouraging environment which covers all aspects to the game by incorporating tactic, skill, small sides games and team building activities as well as NBA methodologies.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p>Chess</p> <p>Season 1: AED 1050 / 10 Sessions</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>TBD</p>	<p>"According to research, test scores improved by 17.3% for students regularly engaged in chess classes, compared with only 4.6% for children participating in other forms of enriched activities" said 4-time World Champion Susan Polgar. Chess Lesson – teaching a particular skill, idea, strategy, move or concept. The focus being on improving Thinking Skills such as Problem Solving, Memory, Critical Thinking, Analysis, Decision Making, Concentration, Visualization, Lateral Thinking, Creative Thinking and more.</p> <p>Provider: Chess Knowledge Contact: Alexandra 050 502 8145 / 055 948 4111 <a href="mailto:alexandrachess@yahoo.com">alexandrachess@yahoo.com</a></p>
<p>Drama</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</p>	<p>A fun way for children to further develop their confidence and communication skills. Students learn how to express themselves creatively. Our teaching techniques include a variety of drama games, improvisation and story building sessions. Classes focus on developing core drama skills such as diction, speech, and characterisation. 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><i>Drama students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Karate</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1 G2</p>	<p>3:45PM – 4:45PM</p> <p>AUD Dance Studio SPO Dance Studio</p>	<p>Budo Juku (meaning Martial Arts in Japan) are currently delivering a professional standard of Wado Ryu Karate style to both children and adult across the UAE. Our lessons are conducted in Japanese and all students are registered and affiliated to the official “Wado Ryu Academy”.</p> <p>Karate will make its first appearance as an Olympic sport at the 2020 Summer Olympics in Tokyo, Japan. It will feature two events, Kumite and Kata.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p>Musical Theatre</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</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><i>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Parkour</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Activity Room 1</p>	<p>Parkour DXB: the home of Parkour in the UAE. Our differentiated extracurricular programs offer an alternative to traditional sports. Younger kids love to learn and play! We teach children the fundamentals of movement by exploring movement in a fun and engaging way. Skills include balancing, rolling, climbing, jumping and more. For older pupils, Parkour offers a holistic and engaging approach to movement training that encourages a strong body and a focused mind. Learn the basics of Parkour, challenge yourself and improve your fitness levels in a safe, but exciting environment.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

<p>Rhythmic Gymnastics</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G3 G4</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 2 (Half) Sports Hall 2 (Half)</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>Roller Skating</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G5</p>	<p>3:45PM – 4:45PM</p> <p>Skylight Room</p>	<p>Inline roller skating is a fun and exciting sport for kids of all ages. It helps children develop agility, stability and balance. It is a great workout and improves overall physical fitness and helps build leg and core body muscles. Beginner classes will learn the basics of skating: how to balance on skates, first steps to gliding, braking and basic turns. Intermediate classes will learn advanced and faster gliding techniques, advanced turns and fun tricks on skates.</p> <p><b>We require all students to wear full safety gear: helmet and protective pads (elbow, wrists, knees).</b></p> <p><b><u>Students will not be able to participate without the mandatory equipment.</u></b></p> <p><b>Required gear for roller skating classes:</b> <b>INLINE SKATES (wheels in single line)</b> <b>PROTECTIVE GEAR:</b></p> <ul style="list-style-type: none"> <li>• Helmet (cycling helmet is acceptable)</li> <li>• Full set of safety pads: knee, elbow and wrist pads</li> </ul> <p><b>CLOTHING &amp; OTHER:</b></p> <ul style="list-style-type: none"> <li>• General sports clothing, water bottle, and a towel</li> </ul> <p><b>Skates and equipment can be bought in major sports stores.</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>Rugby</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1</p>	<p>3:45PM – 4:45PM</p> <p>Football Field 1</p>	<p>From Grassroots to competitive squads, Barrelhouse Rugby in partnership with STRYX is your leader in rugby coaching here in the UAE. We bring our core values such as respect, honour, discipline and sportsmanship into a fun, active, inclusive and progressive rugby season. Expect your child to come home with stories of glory and excitement, right until their heads hit the pillow.</p> <p>For more information about our syllabus and competitive squads, please go on <a href="http://www.barrelhouserugby.club">www.barrelhouserugby.club</a></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>Swimming Beginners 2 / Development 1-2</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G3 G5</p>	<p>3:45PM – 4:45PM</p> <p>Olympic Pool 1 Olympic Pool 3</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>

## TUESDAY

### EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
<p>Ballet</p> <p>Season 1: AED 1100 / 10 Sessions</p>	G1	<p>3:45PM – 4:45PM</p> <p>SPO Dance Studio</p>	<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>
<p>Chess</p> <p>Season 1: AED 1050 / 10 Sessions</p>	TBD	<p>3:45PM – 4:45PM</p> <p>TBD</p>	<p>According to research, test scores improved by 17.3% for students regularly engaged in chess classes, compared with only 4.6% for children participating in other forms of enriched activities" said 4-time World Champion Susan Polgar. Chess Lesson – teaching a particular skill, idea, strategy, move or concept. The focus being on improving Thinking Skills such as Problem Solving, Memory, Critical Thinking, Analysis, Decision Making, Concentration, Visualization, Lateral Thinking, Creative Thinking and more.</p> <p>Provider: Chess Knowledge Contact: Alexandra 050 502 8145 / 055 948 4111 <a href="mailto:alexandrachess@yahoo.com">alexandrachess@yahoo.com</a></p>
<p>Drama</p> <p>Season 1: AED 1100 / 10 Sessions</p>	G4 G5	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half) Auditorium (Half)</p>	<p>A fun way for children to further develop their confidence and communication skills. Students learn how to express themselves creatively. Our teaching techniques include a variety of drama games, improvisation and story building sessions. Classes focus on developing core drama skills such as diction, speech, and characterisation. 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><i>Drama students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Hip Hop</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Tutorial Room 131</p>	<p>This is a high energy and rhythmical class for children who are just starting or beginners. Class consists of a warm up, strength building and coordination exercises. The lessons focus on creating short routines that focus on the basic elements of hip hop to popular music. The kids love it!</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p>Judo</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>AUD Dance Studio</p>	<p>The Core Judo Academy believes in providing children with the fundamental skills and practices that will enable them to flourish throughout their life. We offer classes with experienced coaches that promote core values including determination, hard work, enjoyment, self-control, and respect.</p> <p>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> </ul> <p>Judo uniforms available at a cost of AED 200.</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>Junior Scientists +</p> <p>Season 1: AED 840 / 10 Sessions</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>TBD</p>	<p>This season, our Junior Scientists will enter a different Lab: The Secret Agent Lab! Our students will undergo a special Mad Science training on how to become a certified Mad Science Secret Agent! They will be unlocking mysteries, breaking codes, and solving mock crime scenes. They will be looking up Finger Prints, Foot Prints, and Blood Types. They will check evidences such as clothes, drinks, and handwritings. At the second half, they will also learn about the world of Bugs, the many intricacies of our weather, and the various layers of our Earth! All these and more await our Junior Scientists this season!</p> <p>Provider: Mad Science Contact: Daryl 0568872867 <a href="mailto:daryl@madscience.ae">daryl@madscience.ae</a></p>



<p><b>Musical Theatre</b></p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G5</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</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><i>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Parkour</b></p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G3</p>	<p>3:45PM – 4:45PM</p> <p>Activity Room 1</p>	<p>Parkour DXB: the home of Parkour in the UAE. Our differentiated extracurricular programs offer an alternative to traditional sports. Younger kids love to learn and play! We teach children the fundamentals of movement by exploring movement in a fun and engaging way. Skills include balancing, rolling, climbing, jumping and more. For older pupils, Parkour offers a holistic and engaging approach to movement training that encourages a strong body and a focused mind. Learn the basics of Parkour, challenge yourself and improve your fitness levels in a safe, but exciting environment.</p> <p>Provider: STRYX Contact: <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>GROUP CLASS: AED 180/HOUR</p> <p>PRIVATE CLASS: AED 149/30 MINUTES AED 283/HOUR</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>Music Room 229</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>Rhythmic Gymnastics</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 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>Roller Skating</p> <p>Season 1: AED 1210 / 11 Sessions</p>	<p>G3</p>	<p>3:45PM – 4:45PM</p> <p>Skylight Room (Half)</p>	<p>Inline roller skating is a fun and exciting sport for kids of all ages. It helps children develop agility, stability and balance. It is a great workout and improves overall physical fitness and helps build leg and core body muscles. Beginner classes will learn the basics of skating: how to balance on skates, first steps to gliding, braking and basic turns. Intermediate classes will learn advanced and faster gliding techniques, advanced turns and fun tricks on skates.</p> <p><b>We require all students to wear full safety gear: helmet and protective pads (elbow, wrists, knees).</b></p> <p><b><u>Students will not be able to participate without the mandatory equipment.</u></b></p> <p><b>Required gear for roller skating classes:</b> <b>INLINE SKATES (wheels in single line)</b></p> <p><b>PROTECTIVE GEAR:</b></p> <ul style="list-style-type: none"> <li>• <b>Helmet (cycling helmet is acceptable)</b></li> <li>• <b>Full set of safety pads: knee, elbow and wrist pads</b></li> </ul> <p><b>CLOTHING &amp; OTHER:</b></p> <ul style="list-style-type: none"> <li>• <b>General sports clothing, water bottle, and a towel</b></li> </ul> <p><b>Skates and equipment can be bought in major sports stores.</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>Russian (as foreign language)</p> <p>Season 1: AED 1050 / 10 Sessions</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>TBD</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>Swimming Beginners 2 / Development 1-2</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1 G2 G3</p>	<p>3:45PM – 4:45PM</p> <p>Olympic Pool 1 Olympic Pool 3 Olympic Pool 5</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>Tennis</p> <p>Season 1: AED 1100 / 10 Sessions</p>	<p>G1 G4 G5</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 2 Tennis Court 1 Tennis Court 2</p>	<p>Kids learn more specific technical strokes and how to rally with their friends. They also learn the concepts of tactics and footwork.</p> <p><b><u>Students must bring their own tennis rackets.</u></b></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>

## WEDNESDAY

### EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Athletics  Season 1: AED 990 / 9 Sessions	G3 G4	3:45PM – 4:45PM  Indoor Track (Half) Indoor Track (Half)	<p>These classes are aimed to work on running techniques and speed. We provide special running drills, teaching how to stretch before and after exercises, focusing on running strength training. Introducing run speed intervals and work on stamina and learning how to recover properly.</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>
Barça Football  Season 1: AED 990 / 9 Sessions	G1 G2 G5	3:45PM – 4:45PM  Football Field 2 (Half) Football Field 2 (Half) Football Field 3	<p>At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Admission fee options:            1) AED 160 for the year, with T-shirt (VAT inc)            2) AED 300 for the year, with socks, T-shirt, and shorts (VAT inc)</p> <p><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>Basketball</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G1 G2</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 1 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>
<p>Drama</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G1</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</p>	<p>A fun way for children to further develop their confidence and communication skills. Students learn how to express themselves creatively. Our teaching techniques include a variety of drama games, improvisation and story building sessions. Classes focus on developing core drama skills such as diction, speech, and characterisation. 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><i>Drama students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Karate</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G3 G4</p>	<p>3:45PM – 4:45PM</p> <p>AUD Dance Studio Skylight Room</p>	<p>Budo Juku (meaning Martial Arts in Japan) are currently delivering a professional standard of Wado Ryu Karate style to both children and adult across the UAE. Our lessons are conducted in Japanese and all students are registered and affiliated to the official "Wado Ryu Academy".</p> <p>Karate will make its first appearance as an Olympic sport at the 2020 Summer Olympics in Tokyo, Japan. It will feature two events, Kumite and Kata.</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>

<p>Piano</p> <p><b>GROUP CLASS:</b> AED 180/HOUR</p> <p><b>PRIVATE CLASS:</b> AED 149/30 MINUTES AED 283/HOUR</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>Music Room 229</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:sisdmusicclub@gmail.com">sisdmusicclub@gmail.com</a>, +971554827542 <a href="http://www.emusiceducation.org">www.emusiceducation.org</a></p>
<p>Musical Theatre</p> <p><b>Season 1: AED 990 / 9 Sessions</b></p>	<p>G1</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</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><i>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Rhythmic Gymnastics (Girls)</p> <p><b>Season 1: AED 990 / 9 Sessions</b></p>	<p>G5</p>	<p>3:45PM – 4:45PM</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>Rugby</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Football Field 1</p>	<p>From Grassroots to competitive squads, Barrelhouse Rugby in partnership with STRYX is your leader in rugby coaching here in the UAE. We bring our core values such as respect, honour, discipline and sportsmanship into a fun, active, inclusive and progressive rugby season. Expect your child to come home with stories of glory and excitement, right until their heads hit the pillow.</p> <p>For more information about our syllabus and competitive squads, please go on <a href="http://www.barrelhouserugby.club">www.barrelhouserugby.club</a></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>Swimming Beginners 2 / Development 1-2</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Olympic Pool 1</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>Tennis</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G3 G4</p>	<p>3:45PM – 4:45PM</p> <p>Tennis Court 1 Tennis Court 2</p>	<p>Kids learn more specific technical strokes and how to rally with their friends. They also learn the concepts of tactics and footwork.</p> <p><b><u>Students must bring their own tennis rackets.</u></b></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>

## THURSDAY

### EXTERNAL ASAs

ACTIVITY / COST	GRADE	TIME / LOCATION	DESCRIPTION
Barça Football  <b>Season 1: AED 990 / 9 Sessions</b>	G3 G4	3:45PM – 4:45PM  Football Field 1 Football Field 2	<p>At Barça Academy Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Admission fee options:            1) AED 160 for the year, with T-shirt (VAT inc)            2) AED 300 for the year, with socks, T-shirt, and shorts (VAT inc)</p> <p><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>
Chinese (as foreign language)  <b>Season 1: AED 945 / 9 Sessions</b>	TBD	3:45PM – 4:45PM  TBD	<p>We can teach your children how to speak, read and think in Chinese properly at our 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>Drama</p> <p><b>Season 1: AED 990 / 9 Sessions</b></p>	<p>G2</p>	<p>3:45PM – 4:45PM</p> <p>Auditorium (Half)</p>	<p>A fun way for children to further develop their confidence and communication skills. Students learn how to express themselves creatively. Our teaching techniques include a variety of drama games, improvisation and story building sessions. Classes focus on developing core drama skills such as diction, speech, and characterisation. 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><i><b>Drama students are eligible for the optional Trinity College London examinations with accreditation.</b></i></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>Hip Hop</p> <p><b>Season 1: AED 990 / 9 Sessions</b></p>	<p>G1</p>	<p>3:45PM – 4:45PM</p> <p>SPO Dance Studio</p>	<p>This is a high energy and rhythmical class for children who are just starting or beginners. Class consists of a warm up, strength building and coordination exercises. The lessons focus on creating short routines that focus on the basic elements of hip hop to popular music. The kids love it!</p> <p>Provider: STRYX Contact: <a href="mailto:asa@stryxsports.com">asa@stryxsports.com</a> 058 895 9377 055 877 1658 800 STRYX</p>
<p>Italian (as foreign language)</p> <p><b>Season 1: AED 945 / 9 Sessions</b></p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>TBD</p>	<p>The course is aimed at those students who do not have any Italian background and would like to learn a new language.</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>Junior Scientists +  Season 1: AED 756 / 9 Sessions</p>	<p>TBD</p>	<p>3:45PM – 4:45PM  TBD</p>	<p>This season, our Junior Scientists will enter a different Lab: The Secret Agent Lab! Our students will undergo a special Mad Science training on how to become a certified Mad Science Secret Agent! They will be unlocking mysteries, breaking codes, and solving mock crime scenes. They will be looking up Finger Prints, Foot Prints, and Blood Types. They will check evidences such as clothes, drinks, and handwritings. At the second half, they will also learn about the world of Bugs, the many intricacies of our weather, and the various layers of our Earth! All these and more await our Junior Scientists this season!</p> <p>Provider: Mad Science Contact: Daryl 0568872867 <a href="mailto:daryl@madscience.ae">daryl@madscience.ae</a></p>
<p>Musical Theatre  Season 1: AED 990 / 9 Sessions</p>	<p>G2</p>	<p>3:45PM – 4:45PM  Auditorium (Half)</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><i>Musical theatre students are eligible for the optional Trinity College London examinations with accreditation.</i></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>Rhythmic Gymnastics (Girls)  Season 1: AED 990 / 9 Sessions</p>	<p>G1</p>	<p>3:45PM – 4:45PM  Sports Hall 2</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>Spanish (as a foreign language)</p> <p>Season 1: AED 945 / 9 Sessions</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>TBD</p>	<p>We can teach your children how to speak, read and think in Spanish properly at our Spanish Language classes. Folk stories, fairytales, books by Spanish writers and poets will give them wonderful moments during reading classes. Your children will learn how to write essays and dictations which will help them to develop good grammar skills and improve the vocabulary.</p> <p>Provider: Headway Institute Contact: <a href="mailto:courses@headin.pro">courses@headin.pro</a> +971 (0)4 362 5313 / 17 / 18 /19</p>
<p>Spanish (Beginners)</p> <p>Season 1: AED 945 / 9 Sessions</p>	<p>TBD</p>	<p>3:45PM – 4:45PM</p> <p>TBD</p>	<p>The course is intended for non-native speakers who wish to learn a new language. The studies will begin from the very basics and will include both Grammar and conversational part.</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>Swimming Beginners 2 / Development 1-2</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G1 G3 G4 G5</p>	<p>3:45PM – 4:45PM</p> <p>Olympic Pool 1 Olympic Pool 3 Olympic Pool 5 Olympic Pool 7</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>Tennis</p> <p>Season 1: AED 990 / 9 Sessions</p>	<p>G1 G2 G5</p>	<p>3:45PM – 4:45PM</p> <p>Sports Hall 1 Tennis Court 1 Tennis Court 2</p>	<p>Kids learn more specific technical strokes and how to rally with their friends. They also learn the concepts of tactics and footwork.</p> <p><b><u>Students must bring their own tennis rackets.</u></b></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>