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Sunday	Rhythmic Gymnastics	DuGym Rhythmic Gymnastics Club	561150456	www.dugymrg.com	5th Feb-25th May	14 weeks 1.120	PKG	G7	1:20 - 2:15	G146	Rhythmic Gymnastics is an Olympic Sport that combines the beauty, flow and elegance of ballet with the athleticism and acrobatic elements of gymnastics. Only for girls. You don't need any experience to get started but a love of dance and creativity goes a long way. As you are taking your first steps you will learn how to move gracefully with the five apparatus (the rope, the hoop, the ball, the ribbon, the clubs)
Sunday	Rhythmic Gymnastics	DuGym Rhythmic Gymnastics club	Recreational@dugymrg.com	www.dugymrg.com	21st may	1,280.00aed	KG2	G7	2:35 - 3:30	1st floor gym	*Rhythmic Gymnastics is an Olympic Sport that combines the beauty, flow and elegance of ballet with the athleticism and acrobatic elements of gymnastics ,apparatus are rope,hoop,ball,ribbon,clubs..Classes for only girls for 3-16yrs.
Sunday	Karate	Eurosport Martial Arts Club	506465139	asa@eurosport.ae	May 21, 2017	AED 980	PKG	KG1	1:20 - 2:15	G125	Karate is a traditional Japanese martial art system of offensive and defensive techniques utilizing the various parts of the body as weapons and shields. Karate teaches children self-defense, goal setting, positive attitude, discipline, and improve fitness & health.
Sunday	Karate	Eurosport Martial Arts Club	506465139	asa@eurosport.ae	May 21, 2017	980	KG2	G5	2:35 - 3:30	Dance Hall	Karate is a traditional Japanese martial art system of offensive and defensive techniques utilizing the various parts of the body as weapons and shields. Karate teaches children self-defense, goal setting, positive attitude, discipline, and improve fitness & health.
Monday	Aloha Mental Arithmetic	The Math Genius	Sabiha Ahmed, 056-6348160, sabiha.aloha@gmail.com		22nd May 2017	AED 1000/- (fee aed 900/- and aed 100/- for kit)	G1	G6	2:30 to 4:30	G46	ALOHA stand for Advance Learning of Higher Arithmetic. Aloha- Mental Arithmetic program are brain management techniques which helps develop the right side of the brain, exposing its infinite potential. It is specially designed for children in the age group of 6 to 13 years & helps them strengthen, improve & enhance their mathematical competence in calculating with speed & accuracy. It consists of 8 level. Children who attended this program have shown remarkable change in their attitude & approach towards life reflecting: 1. Better Memory. 2. Greater Concentration. 3. Improved Analytical skills. 4. Better Calculating skills. 5. More Self Confidence. 6. Better Learning skills. 7. Improved Listening skills. 8. Higher Creativity & Imaginative skills.
Monday	Showdance - Ballroom & Latin Dancing	The Dance Project	050 148 9480 info@danceprojectuae.com	www.danceprojectuae.com	22nd May	1360	KG2	G5	2:35 - 3:30	Dance Studio	The aim of the afterschool programme is to build a solid foundation of basic dance principles. Students will cover The Dance Project, Pre Bronze syllabus. Students will learn: Ballroom – Waltz, Tango, Quickstep Latin – Cha Cha, Samba, Jive Each term will cover two dances. One Ballroom and One Latin dance to ensure continuity of learning when new students join in the second term. The after school programme is an introductory course for children. The aim is to introduce them to a new style of dance in a fun environment - we give them a chance to take classes like the Strictly Come Dancing Stars. This term they will be learning a Showdance with the two dances Tango and Samba.
Monday	Swimming	Speedo Swim Squads	Kevin@speedoswimsquads.com 043549525	www.speedoswimsquads.com	22nd May 2017	Dh1100 + Dh50 membership if not paid last term.	KG1	G2	1:20 - 2:15	small pool	Our fully qualified staff will introduce water skills and early strokes in a fun, educational environment. Start here on your swim pathway for life.
Monday	Swimming	Speedo Swim Squads	Office 043549525 Email: Kevin@speedoswimsquads	www.speedoswimsquads.com	27th March	AED 600	KG2	G2	2:35 - 3:05 & 3.0	Main Pool	Speedo swim squad offer the following : Ducklings (non swimmers) Beginner/Improver Swimmers
Monday	BORN TO MOVE	StryxGulf	+971 4 434 7404	http://www.stryxgulf.com	22 May, 2017	AED 1,190	G1	G5	2:35 - 3:30	G125	Stryx is proud to be the exclusive licensing partner for BORN TO MOVETM in schools throughout Dubai. BORN TO MOVETM is a completely new concept of exercise for children. Created by the world's leader for group exercise, Les Mills, this class is designed to get children of all ages to fall in love with movement. Classes are divided into 5 different age groups – each choreographed to capture your child's attention and to make fitness fun, which is essential in keeping them engaged and enthusiastic about class. Featuring music the kids love and exercise techniques they'll want to master, this is studio fitness at its finest. It's updated regularly so those in class can be sure they're always working out with the latest and coolest moves and music. Classes are created to inspire a life long love of movement, plugging young people into their innate need to move and the joy, vitality and self-esteem that comes with it. After all: children are born to move! Classes for the younger children build foundation fitness skills through imagination, exploration, music and movement set to specially created music; While classes for older kids use top 40 hits and focus on building dance, martial arts and athletic skills.
Tuesday	Youth Basketball Academy	MPAC Sports	043851777; info@mpacsports.com	www.mpacsports.com	May 23, 2017	800 aed	G3	G10	2:30-3:30	Sports Hall	MPAC sports offers top of the line basketball training and skills development from experienced American instructors. We train all athletes from the beginner who has never touched a basketball, to advanced and elite levels. Our Next Level program has placed numerous players into Universities some receiving full athletic scholarships Additional Info: 100 AED annual registration fee (FOR NEW MPAC STUDENTS ONLY) 250 AED customized jersey with chosen NAME and NUMBER

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Tuesday	TENNIS	NEW YORK SPORTS SERVICES	Marc Massad, 0556586049/massadmarc3@gmail.com	www.nysssports.com	23 May 2017	1000 PKG	KG1		1:20 - 2:15	Mini Tennis Court	<p>TENNIS challenges you to improve, to hit your strokes and develop your strategy to become a more efficient, effective player. When you improve your game, you don't just become a better player. You also get the satisfaction that comes from mastering a skill. That's where pros — teaching professionals, not pro players — and tennis lessons come into the picture. When you get serious about your tennis, even if you're just playing for fun, you need to consider taking tennis lessons.</p> <p>New York Sports Services was on its 7th year doing the Tennis after-school activity in CAS. Under the supervision of Tennis PRO, Mr. Marc Massad, the Tennis activity had been a huge success! Students keep on coming back and registered in the activity during the school full-term. We offer different Tennis training programs depending on the skills and levels of the students.</p> <p>Do sign-up with our activity now and let your kids have fun, enjoy and learn like a Tennis PRO!</p>
Tuesday	TENNIS	NEW YORK SPORTS SERVICES	Marc Massad, 0556586049/massadmarc3@gmail.com	www.nysssports.com	23 May 2017	AED 1000	KG2	G5	2:35 - 3:30	Tennis Court	<p>TENNIS challenges you to improve, to hit your strokes and develop your strategy to become a more efficient, effective player. When you improve your game, you don't just become a better player. You also get the satisfaction that comes from mastering a skill. That's where pros — teaching professionals, not pro players — and tennis lessons come into the picture. When you get serious about your tennis, even if you're just playing for fun, you need to consider taking tennis lessons.</p> <p>New York Sports Services was on its 7th year doing the Tennis after-school activity in CAS. Under the supervision of Tennis PRO, Mr. Marc Massad, the Tennis activity had been a huge success! Students keep on coming back and registered in the activity during the school full-term. We offer different Tennis training programs depending on the skills and levels of the students.</p> <p>Do sign-up with our activity now and let your kids have fun, enjoy and learn like a Tennis PRO!</p>
Tuesday	Drumming (DADBI-Dubai Afro Drum Beat Inc.)	NEW YORK SPORTS SERVICES	Marc Massad, 0556586049	www.nysssports.com	23 May 2017	AED 1000	PKG	KG1	1:20 - 2:15	KG Discovery Room	<p>New York Sports & Fitness Group LLC is managing a U.A.E. based company specializing in traditional West African drumming and dance, Dubai Afro Drum Beat Inc. (DADBI), a trusted name in cultural West-African music.</p> <p>DADBI is dedicated to promoting and sharing the music and culture of West Africa through an intensive drumming classes, workshops, drum circles, retreats, team buildings workshops, corporate events, birthdays, parties and performances for all events and activities in the UAE. The sessions provide a complete educational and inspiring cultural experience.</p> <p>It presents and facilitates high-energy drumming workshops, classes, drum circles to teach African and hand drumming as an outlet to entertain, relieve stress, enhance brain function, reduce anxiety, creates fun and leaving participants feeling uplifted, energized and inspired.</p> <p>At DADBI, traditional West African drumming is our passion along with rhythms and a variety of percussion instruments. Our drumming sessions and workshops are based on well-established traditional West African drumbeats and rhythmic patterns, but these are highly flexible so as to accommodate virtually unlimited personal interpretation and freedom of expression.</p> <p>Register your kids now in the Drumming/DADBI in CAS to experience a very exciting, fun learning and enjoyable after-school activity.</p>
Tuesday	Drumming (DADBI-Dubai Afro Drum Beats Inc.)	NEW YORK SPORTS SERVICES	Marc Massad, 0556586049/massadmarc3@gmail.com	www.nysssports.com	23 May 2017	AED 1000	KG2	G5	2:35 - 3:30	Upstairs Gym	<p>New York Sports & Fitness Group LLC is managing a U.A.E. based company specializing in traditional West African drumming and dance, Dubai Afro Drum Beat Inc. (DADBI), a trusted name in cultural West-African music.</p> <p>DADBI is dedicated to promoting and sharing the music and culture of West Africa through an intensive drumming classes, workshops, drum circles, retreats, team buildings workshops, corporate events, birthdays, parties and performances for all events and activities in the UAE. The sessions provide a complete educational and inspiring cultural experience.</p> <p>It presents and facilitates high-energy drumming workshops, classes, drum circles to teach African and hand drumming as an outlet to entertain, relieve stress, enhance brain function, reduce anxiety, creates fun and leaving participants feeling uplifted, energized and inspired.</p> <p>At DADBI, traditional West African drumming is our passion along with rhythms and a variety of percussion instruments. Our drumming sessions and workshops are based on well-established traditional West African drumbeats and rhythmic patterns, but these are highly flexible so as to accommodate virtually unlimited personal interpretation and freedom of expression.</p> <p>Register your kids now in the Drumming/DADBI in CAS to experience a very exciting, fun learning and enjoyable after-school activity.</p>
Tuesday	Ultra Sports Soccer	Ultra Sports	557507882	www.ultrasportsuae.com	24th May	1120	KG2	G5	2:35 - 3:30	Upstairs Gym	<p>Ultra Sports soccer is an introduction into the world of soccer. This program designed for girls and boys who want to learn the FUNdamentals of soccer. We go through all the basics of the wonderful world of soccer.</p> <p>We work on speed, dribbling, passing, shooting, balance and co-ordination.</p> <p>This is an amazing program that also works on confidence too.</p>
Tuesday	Ultra Sports Soccer	UltraSports	557507882	www.ultrasportsuae.com	23rd May	1120	G6	G10	3:35-4:30	Upstairs Gym	<p>Ultra Sports soccer is an introduction into the world of soccer. This program designed for girls and boys who want to learn the FUNdamentals of soccer. We go through all the basics of the wonderful world of soccer.</p> <p>We work on speed, dribbling, passing, shooting, balance and co-ordination.</p> <p>This is an amazing program that also works on confidence too.</p>

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Tuesday	Chess Training	Chess Kknowledge	alexandrachess@yahoo.com	www.chessdubai.com	23rd, May	800dh +100 for new registration	G1	G6	2:35 - 3:30	G46	<p>Chess Makes Kids Smart</p> <p>Playing chess has proven to help students:</p> <ul style="list-style-type: none"> Enhance their creativity Improve their power of concentration Develop and expand critical thinking skills Boost memory and retention Achieve superior academic performance <p>A study on a large scale chess program in US, which involved more than 100 schools and 3,000 children, showed higher classroom grades in both English and Math for children involved in chess.</p>
Wednesday	Zumba	NEW YORK SPORTS SERVICES	Marc Massad, 056586049/massadmarc3@gmail.com	www.nyssports.com	24 May 2017	AED 1400	KG2	G5	2:35 - 3:30	Dance Hall	<p>ZUMBA Kids is both a dance class and a fitness class. Aside from its heart-health benefits, Zumba Kids provides a workout for the whole body. From head and shoulder rolls that loosen up the neck and warm up the upper body, to footwork that strengthens and stretches calves and ankles, this fitness method touches on nearly every muscle and joint. Even those who are just learning the dance steps will find themselves waking up the day after a Zumba class with a definitive post-workout feeling.</p> <p>Hips and abs receive particular attention in the Latin dance style, and as with many dance exercise classes, thighs and butts often end up being sore the day after class. Flexibility is not ignored in a Zumba class either, with warm-ups and cool-downs a regular part of Zumba programming.</p> <p>The Zumba Kids session is being conducted by our expert and internationally certified instructor. She design Zumba steps and programs for all the kids in different class and age groups. Zumba Kids activity has been conducted in CAS for over a year now and its enormous success contributed to the students well-being.</p> <p>Hurry up and and register for this enjoyable, fun and exciting Dance activity and be one of the great Zumba Kids of your generation!</p>
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Wednesday	Ultra sports soccer	Ultra sports	557507882	Www.ultrasportsuae.com	24th May	1120	PKG	KG1	1:20 - 2:15	Kg field	<p>Ultra Sports soccer is an introduction into the world of soccer. This program designed for girls and boys who want to learn the FUNdamentals of soccer. We go through all the basics of the wonderful world of soccer.</p> <p>We work on speed, dribbling, passing, shooting, balance and co-ordination.</p> <p>This is an amazing program that also works on confidence too.</p>
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Wednesday	KidzArt Fine Art Program	Innovative Concepts Recreational Services	Hetal Shah /055 2220129/hetal15@eim.ae	www.kidzart.ae	24th May 2017	AED 1120	PKG	KG1	1:20 - 2:15	G125	<p>Students are introduced to step by step drawing techniques and Vocabulary of Art through our curriculums.</p> <p>Ideally, students who start with KidzArt classes in preschool, will continue to build solid foundation in Fine Arts either by continuing KIDZART classes or by delving more deeply into specific mediums such as sculpture, painting or other areas of interest with their newfound confidence.</p>
Wednesday	KidzArt - Fine Art Program	Hetal Shah	+971 55 2220129/hetal15@eim.ae	www.kidzart.ae	24th May 2017	AED 1120 for 14 weeks	G1	G3	2:35 - 3:30	G125	<p>KidzArt program is designed to develop child's confidence in drawing skills as the same time learn different techniques, fundamental, vocabulary. Students will work with variety of ART Mediums. With each completed piece of artwork, children will feel a sense of accomplishment and pride in their work. Kidzart is developed to be fun program which help children to be creative thinkers and problem solvers.</p>
Thursday	Youth Basketball Academy	MPAC Sports	043851777; info@mpacsports.com	www.mpacsports.com	May 25, 2017	1120 aed	KG1	KG2	2:30-3:30	Sports Hall	<p>MPAC sports offers top of the line basketball training and skills development from experienced American instructors. We train all athletes from the beginner who has never touched a basketball, to advanced and elite levels. Our Next Level program has placed numerous players into Universities some receiving full athletic scholarships.</p> <p>Additional Info: 100 AED annual registration fee (FOR NEW MPAC STUDENTS ONLY) 250 AED customized jersey with chosen NAME and NUMBER</p>
Thursday	Swimming	Speedo Swim Squads	Office 043549525 Email: Kevin@speedoswimsquads	Speedo swim squad	30th March	600 AED	KG2	G2	2.35 - 3.05 & 3.0	Main Pool	Speedo Swim Squads offer the following : Ducklings (Non swimmers) Beginner / Improver

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Thursdays	Italian Mother Tongue Program	CAS parent lead activity; Mrs. Vanja La Vecchia	971 562216233; vanjalv@hotmail.com		25th of May	There is no fee for the Italian Mother Tongue Program as it is organized by CAS parents volunteers. Please note that materials and textbook costs are to be covered by the students.	KG2	G5	2:30 to 3:30	F078	<p>SIGN UP for the Italian Mother Tongue Program will be only via email at vanjalv@hotmail.com</p> <p>We are a group of Italian moms at CAS who would love that their kids will approach the Italian language in a more structural way. We believe that a solid foundation in Italian will help the students to foster and develop a better relationship with their country of origin, strengthen cultural awareness and develop debate</p> <p>About the program: The course is addressed to children at CAS that want to learn Italian and enhance acquisition of the fundamental elements of the Italian language.</p>
Tuesdays and Thursdays	Urdu Mother Tongue Program	CAS parent lead activity; Mrs. Lailomah Sayyed	971 504598220; ekaans@gmail.com		25th of May	There is no fee for the Urdu Mother Tongue Program as it is organized by CAS parents volunteers. Please note that materials and textbook costs are to be covered by the students.	KG2	G5	2:30 to 3:30	G 075	<p>The Urdu Mother Tongue program will be based on 2 modules: Conversational and Reading & Writing.</p> <p>Students will be divided into 3 groups of basic, intermediate and advanced levels depending on their language competency. The reading and writing module will be based on reading material taught at Primary and Secondary educational institutions in Pakistan.</p>