



## BIS Abu Dhabi Paid Sports Programme Term 2, 2015/16

To register for the following paid activities please contact the providers directly on:

Discover Sports: [stephen@discover-sports.ae](mailto:stephen@discover-sports.ae)

Sports4Life: [contactus@sports4life.ae](mailto:contactus@sports4life.ae)

Baroudy Sports: [kidssportsclub@gmail.com](mailto:kidssportsclub@gmail.com)

### Sunday

Activity	Time	Description	Year Group	Teacher	Venue	Cost
KS2 Basketball	15:00-16:00 Session 1 16:00-17:00 Session 2	Skills development sessions for basketball players. Individual technique, team plays and strategy will be covered. Expert coaching delivered by the Baroudy Sports team, based at Abu Dhabi Country Club.	Y3-6	Baroudy Sports	Cage	40 AED per session
EYFS/KS1 Gymnastics	15:00-16:00	An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines.	FS1-Y2	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED
Open-age gymnastics (4-15 years)	16:00-17:00	An introduction to gymnastics activities. All participants will learn basic elements from floor and apparatus disciplines.	FS-Y10	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED



## Monday

Activity	Time	Description	Year Group	Teacher	Venue	Cost
KS2 Gymnastics	15:00-16:00	An introduction to gymnastics activities for our KS2 students. All participants will learn basic elements from floor and apparatus disciplines.	Y3-Y6	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED
Open-age gymnastics (4-15 years)	16:00-17:00	An introduction to gymnastics activities. All participants will learn basic elements from floor and apparatus disciplines.	FS-Y10	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED

## Tuesday

Activity	Time	Description	Year Group	Teacher	Venue	Cost
EYFS/KS1 Gymnastics	15:00-16:00	An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines.	FS1-Y2	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED
Open-age gymnastics (4-15 years)	16:00-17:00	An introduction to gymnastics activities. All participants will learn basic elements from floor and apparatus disciplines.	FS-Y10	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED



### Wednesday

Activity	Time	Description	Year Group	Teacher	Venue	Cost
KS2 Basketball	15:00-16:00 Session 1 16:00-17:00 Session 2	Skills development sessions for basketball players. Individual technique, team plays and strategy will be covered. Expert coaching delivered by the Baroudy Sports team, based at Abu Dhabi Country Club.	Y3-6	Baroudy Sports	Cage	40 AED per session
Taekwondo	15:00-16:00 Session 1 16:00-17:00 Session 2	Active Korean martial arts sessions, delivered by expert coaches from Baroudy Sports.	KS2-IB	Baroudy Sports	Hall	40 AED per session

### Friday

Activity	Time	Description	Year Group	Teacher	Venue	Cost
Saracens Little Ruckers	08:30-09:15	Pre-rugby activity sessions for younger students focusing on skill development, activity and fun! Coaching will be led by Saracens Rugby coaches.	FS2-Y2	Discover Sports	Field	10 weeks 700 AED
Saracens Junior Rugby	09:30-10:30	Training sessions for KS2 rugby enthusiasts. Individual technique and team play will be covered. Coaching will be led by Saracens Rugby coaches.	Y3-Y6	Discover Sports	Field	10 weeks 700 AED



## Saturday

Activity	Time	Description	Year Group	Teacher	Venue	Cost
EYFS/KS1 Gymnastics	10:00-11:00	An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines.	FS1-Y2	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED
KS2 Gymnastics	15:00-16:00	An introduction to gymnastics activities for our younger students. All participants will learn basic elements from floor and apparatus disciplines.	Y3-Y6	Sport4Life	Shed 2	1 class per week 700 AED 2 classes per week 1330 AED