



JUNIOR ACTIVITIES PROGRAMME

April - June 2022

ACTIVITES



- 3 Friday After School Multi-Camp
- 4 Weekend Activities
- 5 Tennis
- 6 Ballet
- 7 Basketball
- 8 Capoeira
- 9 Football
- 10 Irish Dancing
- 11 Sailing
- 12 Karate
- 14 Music Lessons
- 15 Music Monkeys
- 16 Swimming
- 19 Teen Fit



FRIDAY AFTER SCHOOL MULTI-CAMP



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	TERM COST
Friday	12	12:30-16:00	4-10 years	Badminton Court	3.5 hours	15-Apr	1-Jul	AED 960



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Join Howard and our team of Junior Activity Assistants for a fun afternoon of sports, games, arts and crafts and more! An afternoon snack and juice will be provided on the day.

Spaces are limited so please pre-book to avoid disappointment.

WEEKEND ACTIVITIES

Junior Howard and our activities each weekend for whole range of fun, games and activities to keep our Junior Members engaged whilst mum and dad can sit back, relax and enjoy The Club facilities and services. All completely free of charge. The weekend starts early here at The Club, so join us on a Friday evening for in the pool where we will be introducing the pool floats followed by a family movie on the big screen at the pool.

On each Saturday and Sunday we will have our usual kayaks and stand-up paddleboards available from the water sports counter, as well as installing our water polo or water volleyball inflatables for the whole family to have fun! These will be available throughout the day. Check out the Junior Weekend Activity Schedule by the towel counter, to see what other activities will be taking place each weekend from 2-6 PM. These activities change on a weekly basis to keep our Junior Members active, engaged and having heaps of fun!

One weekend our Juniors may be partnering up to compete against others in Archery tag or Nerf Gun tag, ducking and diving their way out of oncoming foam tipped arrows whilst trying to eliminate the opposition with their own bow and arrows or nerf gun. You may find us on the courts, playing some friendly games of football, basketball, volleyball or hockey, we may even inflate our Human Foosball on the Main Beach and challenge parents to a game!



TENNIS LESSONS WITH COACH DAVORIN



LESSON TYPE	DAY	WEEKS	TIME	AGE	VENUE	TERM START	TERM END	TERM COST
Private classes	<i>Subject to Coach availability</i>	12	TBC with Davorin	All ages	Tennis Court 4	11-Apr	3-Jul	AED 1,750 for 10 lessons or AED 190 per lesson
Semi-private classes	<i>Subject to Coach availability</i>	12	TBC with Davorin	All ages	Tennis Court 4	11-Apr	3-Jul	AED 2,150 for 10 lessons or AED 230 per lesson
Group classes	<i>Subject to Coach availability</i>	12	TBC with Davorin	All ages	Tennis Court 4	11-Apr	3-Jul	AED 1,020 (AED 85 per lesson) per term or AED 95 part-term (9 lessons or less)

Tuesday through to Sunday Coach Davorin provides Junior Members with the professional guidance in different tennis techniques and skills to take their game to the next level. Through developing their agility, coordination and social skills in a fun environment, and setting them en route to becoming more confident tennis players. We are fortunate that Coach Eric will be returning for the coming term to coach on Monday when Davorin is taking a well-earned day off.

For availability, bookings and info on tennis lessons, please contact Coach Davorin directly on 050 297 8964.



BALLET LESSONS WITH OLGA



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	NO CLASS	TERM COST	PART TERM *
Monday	11	16:00-16:30	3-4 years	Studio 1	30 mins	11-Apr	27-Jun	2-May	AED 550	AED 55
		16:45-17:30	5-6 years	Studio 1	45 mins	11-Apr	27-Jun	2-May	AED 660	AED 65
		17:45-18:30	7+ years	Studio 1	45 mins	11-Apr	27-Jun	2-May	AED 660	AED 65
Tuesday	11	16:00-16:30	3-4 years	Studio 1	30 mins	12-Apr	28-Jun	3-May	AED 550	AED 55
		16:45-17:30	5-6 years	Studio 1	45 mins	12-Apr	28-Jun	3-May	AED 660	AED 65

Introducing basic dance movements and terminology through imagery, use of props and stories, along with simple choreography. These ballet classes will enhance your child's coordination, balance and flexibility with the teaching of basic ballet positions, steps, and terminology through standing barre work and simple centre floor exercises. Your child will also enjoy simple and fun exercises in creative dance and music exploration.

*part-term (six or more consecutive classes)

For availability and bookings, please contact Health Complex Reception.



BASKETBALL

WITH CAPITAL SPORT FUTURE



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	TERM COST *
Thursday	12	17:00-18:00	7-10 years	Multipurpose Court	60 mins	14-Apr	30-Jun	AED 780
		18:00-19:00	11+ years	Multipurpose Court	60 mins	14-Apr	30-Jun	AED 780
Sunday	12	09:00-10:00	4-6 years	Multipurpose Court	60 mins	17-Apr	3-Jul	AED 780

Capital Sports basketball is founded with a growth mindset to build players with basketball confidence and competence in a positive and engaging learning environment. We take a holistic approach to player development, so our programme is structured to meet your child's age and stage of developmental needs. As an entity, we are inclusive and encourage values of good sportsmanship and fair play. Most importantly, we are here for the players to have fun.

*Part-term (six or more consecutive weeks) **AED 75 per class** or single class **AED 85**

**Due to the summer weather, classes will move indoors to the Badminton Court.

For availability and bookings, please contact Health Complex Reception.



CAPOEIRA

WITH COACH ALEX



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	TERM COST *
Tuesday	12	16:00-17:00	Juniors (4+ years)	Studio 2	60 mins	12-Apr	28-Jun	AED 900
		17:00-18:00	Teens (12-16 years)	Studio 2	60 mins	12-Apr	28-Jun	AED 900
		18:00-19:00	Adults	Studio 2	60 mins	12-Apr	28-Jun	AED 900

Capoeira is the only multi-functional sport that blends martial arts, self-defense, gymnastics and music. Studies show Capoeira is one of the most comprehensive lifestyle exercise program available to children and adults, incorporating strength, reflex, flexibility, speed, balance, coordination, power and discipline.

www.facebook.com/capoeiraabudhabi.caxias

*Part-term (six or more consecutive weeks) **AED 85 per class**

For availability and bookings, please contact Health Complex Reception.



FOOTBALL LESSONS WITH PROACTIVE SOCCER SCHOOL



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	TERM COST *
Wed	12	17:00-17:45	5-6 years	Multipurpose Court	45 mins	13-Apr	29-Jun	AED 540
		18:00-18:45	7-9 years	Multipurpose Court	45 mins	13-Apr	29-Jun	AED 540
Friday	12	17:00-17:45	5-6 years	Multipurpose Court	45 mins	15-Apr	1-Jul	AED 540

Join us, Proactive Soccer School (PASS), here at The Club to learn and develop under the guidance of our highly qualified and experienced coaches each week. The pass program caters for players of all abilities. Whether you are looking for casual or competitive football for your young player, we have the right program for you. We are proud to boast highly qualified coaches to ensure all our programs suit and challenge players of all abilities to assist their personal and football development.

www.passabudhabi.com

*Part-term class (six or more consecutive weeks) **AED 55 per class** (45 minutes)

For availability and bookings, please contact Health Complex Reception.



IRISH DANCING

WITH O'CONNOR BARTON IRISH DANCING



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	TERM COST	PART TERM *
Friday	11	13:00-14:00	All ages	Studio 1	60 mins	22-Apr	1-Jul	AED 935	AED 95 per class



We embrace a learning environment that will prepare you for the path ahead. Focusing on traditional Irish Dance whilst incorporating modern choreography for competition and performance opportunities. All dancers will be encouraged to prepare for Grade Examinations throughout the year, with the aim to host annual examinations.

*Part-term (six or more consecutive weeks)

For availability and bookings, please contact Health Complex Reception.



JUNIOR SAILING COURSES WITH RYA SAILING ACADEMY



DAY	WEEKS	WEEK 1-4 TIME	WEEK 5-6 TIME	INSTRUCTOR	TERM START	TERM END	TERM COST *
Friday	6	15:00-18:00	16:00-18:00	Julian & Robert	13-May	17-Jun	AED 997.50
Saturday	6	08:00-11:00	08:00-10:00	Chuck	14-May	18-Jun	AED 997.50
Sunday	6	08:00-11:00	08:00-10:00	Simone	15-May	19-Jun	AED 997.50

The Club's Sailing Academy is an accredited Royal Yachting Association (RYA) training centre offering Members the opportunity to gain internationally recognised sailing RYA qualifications. The Youth Sailing scheme is usually completed in small dinghies suitable for the size of the sailor. Our expert instructors offer a safe environment for children to have fun, learn and challenge themselves.

Start Sailing Stage 1 - An introduction to the parts of the boat and the basic principles of how to get a boat sailing.

Start Sailing Stage 2 - Develop the skills needed to sail around a course and understand the basic principles needed to become a confident sailor.

Start Sailing Stage 3 - Build your confidence and develop the skills needed to sail in different directions in moderate conditions.

Start Sailing Stage 4 - Learn how to sail a double-handed boat as crew or helm and solve a variety of problems afloat.

For availability and bookings, please contact Health Complex Reception.

**A non-refundable 50% deposit is requested at the time of booking in order to reserve a space on the course, full payment is due seven days prior to the course beginning.*



KARATE LESSONS WITH EMIRATES KARATE



Emirates Karate Centre is a well-established group that has been teaching martial arts in Abu Dhabi since 1984. Emirates Karate instructors include World Karate Champion and fully qualified and experienced Sensei's (Teachers) and are on a mission to build strong minds, bodies and spirit. Emirates Karate provides the highest quality instruction in a safe positive learning environment that Members of all ages can enjoy.

www.emirateskarate.com

For availability and bookings, please contact Health Complex Reception.



*Part-term (six of more consecutive weeks) **AED 50 (30 mins) / AED 55 (45 mins)**



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	TERM COST *
Wednesday	12	16:00-16:30	3-4 years	Studio 2	30 mins	13-Apr	29-Jun	AED 540
		16:30-17:15	5-13 years	Studio 2	45 mins	13-Apr	29-Jun	AED 600
		17:15-18:00	Purple, Brown and Black Belts	Studio 2	45 mins	13-Apr	29-Jun	AED 600
Friday	12	16:00-16:30	3-4 years	Studio 2	30 mins	15-Apr	1-Jul	AED 540
		16:30-17:15	5-13 years	Studio 2	45 mins	15-Apr	1-Jul	AED 600
		17:15-18:00	Purple, Brown and Black Belts	Studio 2	45 mins	15-Apr	1-Jul	AED 600
Saturday	12	09:30-10:00	3-4 years	Studio 2	30 mins	16-Apr	2-Jul	AED 540
		10:00-10:45	Purple, Brown and Black Belts	Studio 2	45 mins	16-Apr	2-Jul	AED 600
		10:45-11:30	5-13 years	Studio 2	45 mins	16-Apr	2-Jul	AED 600
Sunday	12	09:30-10:00	3-4 years	Studio 2	30 mins	17-Apr	3-Jul	AED 540
		10:00-10:45	5-7 years	Studio 2	45 mins	17-Apr	3-Jul	AED 600
		10:45-11:30	8-13 years	Studio 2	45 mins	17-Apr	3-Jul	AED 600



MUSIC LESSONS WITH THE MUSIC HUB



DAY	WEEKS	TIME	AGE	VENUE	TERM START	TERM END	TERM COST *
Saturday	12	09:00-15:00	All ages	Meeting Room	16-Apr	2-Jul	AED 1,500



The Music Hub is a music institution whose main aim is to provide the best quality tuition in music for children in the UAE. The Music Hub offers fun music learning opportunities for all ages whether beginner, intermediate or advanced. The Music Hub teaches lessons in piano, flute, vocal, violin, recorder, guitar or ukulele.

*Individual class (30 minutes) **AED 135**

Individual class (45 minutes) **AED 200

For availability and bookings, please contact The Music Hub at
registry@musichub.ae
www.musichub.ae



MUSIC & MOVEMENT WITH MUSIC MONKEYS



DAY	WEEKS	TIME	AGE	VENUE	DURATION	TERM START	TERM END	NO CLASS	TERM COST *
Friday	10	09:00-09:30	18 months to 4 years	Waterfront Suite	30 mins	22-Apr	1-Jul	6-May	AED 600
		09:45-10:15	11 months to 2 years	Waterfront Suite	30 mins	22-Apr	1-Jul	6-May	AED 600

At Music Monkeys, we are passionate about introducing music as early as possible and understand the value, importance and impact it can have on a child. At Music Monkeys we don't just sing along to a CD we encourage Mums, Dads, Grans, Nannies to engage with their child and sing along with the teacher, this ensures our monkeys are getting the most out of their classes.

We cater for children from three months to four years with age-specific groups tailored for their development.

*Part-term (six of more consecutive weeks) **AED 60**

Single class (when available) **AED 75

For bookings and more information, please contact Music Monkeys by email at contact@musicmonkeys.ae | www.musicmonkeys.ae



SWIMMING LESSONS WITH COACH SPORT



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DAY	WEEKS	LESSON TYPE	TIME	DURATION	TERM START	TERM END	NO CLASS	TERM COST *
Monday	11	Private & Semi	08:00-08:30	30 mins	11-Apr	27-Jun	2-May	See costs*
		Masters	08:30-09:00	30 mins	11-Apr	27-Jun	2-May	AED 440
		Baby Swim (2-3 years)	09:30-10:00	30 mins	11-Apr	27-Jun	2-May	AED 825
		Baby Swim (0-1 years)	10:00-10:30	30 mins	11-Apr	27-Jun	2-May	AED 825
		Baby Swim (1-2 years)	10:30-11:00	30 mins	11-Apr	27-Jun	2-May	AED 825
		Private & Semi	11:00-11:30	30 mins	11-Apr	27-Jun	2-May	See costs*
		Masters	14:00-15:00	60 mins	11-Apr	27-Jun	2-May	AED 440
		Level 3	15:00-15:30	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 2	15:00-15:30	30 mins	11-Apr	27-Jun	2-May	AED 770

Coach Sport is a professional sports coaching company that focuses on providing top quality and experienced swim coaches.



Please view the timetable on the follow pages.

Private and semi-private classes are subject to availability, please contact Dawn at Coach Sport for more information: theclub@coachdxb.com



Private Lessons*

AED 200 per 60 mins

AED 120 per 30 mins



Semi-private Lessons*

AED 75 per 30 mins per student (2 students)

AED 70 per 30 mins per student (3 students)

DAY	WEEKS	LESSON TYPE	TIME	DURATION	TERM START	TERM END	NO CLASS	TERM COST
Monday	11	Level 1	15:30-16:00	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 4	15:30-16:00	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 3	16:00-16:30	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 5	16:00-16:30	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 4	16:30-17:00	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 5	16:30-17:00	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 6	17:00-17:30	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 5	17:00-17:30	30 mins	11-Apr	27-Jun	2-May	AED 770
		Level 1/2	17:30-18:00	30 mins	11-Apr	27-Jun	2-May	AED 770
		Junior Squad (7-9 years)	17:30-18:30	60 mins	11-Apr	27-Jun	2-May	AED 880
		Private & Semi	18:00-19:30	90 mins	11-Apr	27-Jun	2-May	See costs*
		Senior Squad (9-12 years)	18:30-19:30	60 mins	11-Apr	27-Jun	2-May	AED 880
Tuesday	11	Level 2	15:00-15:30	30 mins	12-Apr	28-Jun	3-May	AED 770
		Level 3	15:30-16:00	30 mins	12-Apr	28-Jun	3-May	AED 770
		Level 4	16:00-16:30	30 mins	12-Apr	28-Jun	3-May	AED 770
		Level 5	16:30-17:00	30 mins	12-Apr	28-Jun	3-May	AED 770
		Level 6	17:00-17:30	30 mins	12-Apr	28-Jun	3-May	AED 770
		Junior Squad (7-9 years)	17:30-18:30	60 mins	12-Apr	28-Jun	3-May	AED 770
		Senior Squad (9-12 years)	18:30-19:30	60 mins	12-Apr	28-Jun	3-May	AED 770
		Private & Semi	19:30-20:00	30 mins	12-Apr	28-Jun	3-May	See costs*





DAY	WEEKS	LESSON TYPE	TIME	DURATION	TERM START	TERM END	NO CLASS	TERM COST
Wednesday	11	Level 1	15:00-15:30	30 mins	13-Apr	29-Jun	4-May	AED 770
		Level 4	15:30-16:00	30 mins	13-Apr	29-Jun	4-May	AED 770
		Level 6	16:00-16:30	30 mins	13-Apr	29-Jun	4-May	AED 770
		Level 5	16:30-17:00	30 mins	13-Apr	29-Jun	4-May	AED 770
		Junior Squad (7-9 years)	17:00-18:00	60 mins	13-Apr	29-Jun	4-May	AED 880
Thursday	11	Level 2	15:30-16:00	30 mins	14-Apr	30-Jun	5-May	AED 770
		Level 3	16:00-16:30	30 mins	14-Apr	30-Jun	5-May	AED 770
		Level 1	16:30-17:00	30 mins	14-Apr	30-Jun	5-May	AED 770
		Level 6	17:00-17:30	30 mins	14-Apr	30-Jun	5-May	AED 770
		Squads Combined	17:30-18:30	60 mins	14-Apr	30-Jun	5-May	AED 880
Sunday	11	Squads Combined	08:00-09:00	60 mins	17-Apr	3-Jul	8-May	AED 880
		Baby Swim (0-1 years)	09:00-09:30	30 mins	17-Apr	3-Jul	8-May	AED 825
		Baby Swim (1-2 years)	09:30-10:00	30 mins	17-Apr	3-Jul	8-May	AED 825
		Level 2	10:00-10:30	30 mins	17-Apr	3-Jul	8-May	AED 770
		Level 3	10:30-11:00	30 mins	17-Apr	3-Jul	8-May	AED 770
		Level 1	11:00-11:30	30 mins	17-Apr	3-Jul	8-May	AED 770
		Level 4	11:30-12:00	30 mins	17-Apr	3-Jul	8-May	AED 770
		Level 6	12:00-12:30	30 mins	17-Apr	3-Jul	8-May	AED 770



TEEN FIT IN STUDIO TWO



DAY	DURATION	TIME	AGE	VENUE	DURATION	INSTRUCTOR
Wednesday	Every week	15:15-16:00	12-16 years	Studio 2	45 mins	Ken
Saturday	Every week	15:00-15:45	12-16 years	Studio 2	45 mins	Akash
Sunday	Every week	15:00-15:45	12-16 years	Studio 2	45 mins	Franz

Studio Two is a purpose-built workout venue for our Junior Members aged 12-16 years. Using state of the art functional fitness equipment, Junior Members of all abilities can join us for a fun and functional workout. All of these fitness sessions will be led by one of our fitness professionals, Akash, Franz or Ken, where you'll be challenged and inspired by workouts and learn new techniques.

Junior Fitness Class Card (10 sessions) for **AED 250** or **AED 30** per class

Spaces are limited so please pre-book each class in advance to avoid disappointment on the day at Health Complex reception.





THANK YOU



Email

hcreception@the-club.com

Website

www.the-club.com

Phone

02 673 1111 (Ext. 1)

