Sorbonne University Abu Dhabi A bridge between civilisations

Sport programmes for UAE residents

Packages and prices for new sport courses 2019-2020



Our Sorbonne sport classes are open to the public!

We hope you enjoy the offer we have for you! You will find all the information needed in this booklet.

Eligibility for registration for Sorbonne Abu Dhabi (non-student) sports activities:

• UAE residents only for all mentioned activities

How to register?

- 1. Online pre-registration: click here (desktop computers only, no mobile devices)
- 2. You will receive a PDF document by email (the email might take up to 24h to 48h)
- a. Print the PDF document
- 3. Make an appointment by emailing resa.sports@sorbonne.ae
- a. On the day of your appointment, bring all the documents listed below
- b. Pay the fees at the Finance Department by credit card only (no cash accepted)
- c. Wait 48 hours to receive an email for confirmation of your account activation
- d. You can start to reserve facilities/courses and use your credit until the end of the validity of your package
- e. Reservation: allowed two weeks in advance
- f. Cancellation: maximum one hour before
- Documents for both new and renewing members to be presented for registration: Valid Emirates ID copy + Passport copy Insurance card copy + Phone number Email contact and emergency contact number Parental authorisation for under 18 years old guests – original only 2 photos (one photo must be sent electronically and one photo given hard copy)
- Online booking is mandatory for sport courses
- It is mandatory that all children attending kids courses are the responsibility of their parents or an adult who must supervise them at all times whilst on campus, in the cafeteria and during the activity

Closing dates will be updated regularly.

For more information: resa.sports@sorbonne.ae

Bring your own towel and bottle. We will provide the water......we support a green planet!

Sport auditors

SUN 7:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	:15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Dance studio			Yoga	Spinning	
Climbing Wall		Self training		Self training	
		Improvement		Climbing c	ourses (discovery/lead)
Martial arts			Aikibudo	Muay Thai	
MON 7:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Gym Dance studio		Circuit training			
studio		Zumba			
Climbing Wall	Kids (10-15 yrs)	Kids sports	Advan		
Sports hall		Self training	Self tra Volleyball Sorbonr		
hall Martial arts	Kids judo (4-8 yrs	s) Judo filles	volleyball Sorbonr	Judo mixed	
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TUE 7:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Gym Dance studio		Yoga		Self defence	
Climbing Wall		Climbing courses (discovery/lead)	Improvement		
		Self ti	raining	Self train	
Sports hall Martial		an taola latila (0.44 ann)			Futsal 2
arts	lee	en judo kids (9-14 yrs)		Μι	uay Thai fitness
WED 7:30am - 8:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Climbing Wall				Advanced	
Martial		Self training		Self training	
arts Dance studio		Circuit	fraining		
			Spinning		
THU 7:30am - 8:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Climbing Kids (6-9 yrs) Wall	Kids (10	0-15 yrs)	Kids sports		
	Self training		raining		
Sports hall		Volleyball kids (+10 yrs) - Atanas	Volleyball Sorbonr	ne ADVC	
FRI 7:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Sports Badminton 2:30pm to 4:30pm	Badminton 4:30pm to 6	5:30pm	Badminton 6:30pm to 8:30pm	E	Sadminton 8:30pm to 10:30pm
hall Kids tennis (4-6 yrs) 9:30am to 10:30am	Kids tennis (7-9	9 yrs) 10:30am to 11:30am	Kids tennis (10-15 yrs) 11:30am to 12	2:30pm	
SAT 7:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm	5:00pm 5:15pm 5:30pm 5:45pm	6:00pm 6:15pm 6:30pm 6:45pm 7:00pm	7:15pm 7:30pm 7:45pm 8:00pm	8:15pm 8:30pm 8:45pm 9:00pm 9:	15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Climbing Kids (6-9 yrs)	Kids (10	0-15 yrs)	Kids sports		
Vall	Self training	Self ti	raining		
Sports hall		Badminton		Volleyball Sorbonne	ADVC

Sport programmes for UAE residents Rates proposal for new sport courses

Healthy activities and martial arts: adults and teens



Healthy activities	Max guests per course	Course duration	Number of courses per week
Spinning (mixed)	10	1h	2
Zumba	20	1h	1
Yoga	20	1h15	2
Circuit training (mixed - route)	20	1h30	1
Circuit training (mixed - gym)	10	1h30	1
Martial arts activities	Max guests per course	Course duration	Number of courses per week
Martial arts activities Muay Thai (technique)	Max guests per course 20	Course duration 1h30	Number of courses per week
			Number of courses per week 1 1
Muay Thai (technique)	20	1h30	Number of courses per week 1 1 1 1
Muay Thai (technique) Muay Thai fitness	20 20	1h30 1h30	Number of courses per week 1 1 1 1 1 1 1 1 1 1 1 1 1

Two activities max per week (even if they are not inside the same pack)	Cost
Full year (prorata temporis until beginning of February-after for the end of the year the 3 months offer is applicable)	AED 2,000
3 months (can start anytime during the year - between April to June prorata temporis)	AED 800
8 sessions (one time)	AED 500
Unlimited activities per week (all activities)	Cost
onumited activities per week (all activities)	COSC
Full year (prorata temporis until beginning of February-after for the end of the year the 3 months offer is applicable)	AED 4,000

All the activities are between September 2019 until end of June 2020

	Discount	Description
Before 10th July 2019 at 3:00pm: new package 2019-2020	10%	Only applicable to renewals or new registrations. Combinable with below discounts.
Package		
Full year (activity 1) + full year (activity 2)	15%	
Full year (activity 1) + 3 months (activity 2)	10%	Only if registration is before 15th October 2019
3 months (activity 1) + 3 months (activity 2)	5%	
Familly package (kids and parents)		
Full year	25%	Cubervintion at the same time same neclars
3 months	15%	Subscription at the same time same package

Healthy activities and martial arts

SUN 7:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30	om 4:45pm 5:00pm 5:15pm 5:30pm 5:45pm 6:00p	0pm 6:15pm 6:30pm 6:45pm 7:00pm 7:15pm	7:30pm 7:45pm 8:00pm 8:15pm 8:30pm	m 8:45pm 9:00pm 9:15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Dance studio		Yoga	Spi	inning
Martial arts		Aiki	budo	Muay Thai

MON ^{7:30am} - 8:30am ^{2:00pm} 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm 5:00pm 5:15pm 5:30pm 5:45pm 6:00p	a 6:15pm 6:30pm 6:45pm 7:00pm 7:15pm 7:30pm 7:45pm 7:30pm 7:45pm 8:00pm 8:15pm 8:30pm 8:45pm 9:00pm 9:15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Gym	Circuit training
Dance studio	Zumba (women only)
Martial arts	Judo (women only) Judo mixed

TUE	7:30am - 8:30am 2:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm 5:00p	om 5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10:00pm	10:15pm 10:30p	m
Dance studio										Yoga											Self d	efence					
Martial arts																							Muay Th	ai fitness	5		

WED	7:30an - 8:30a	n m 2:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:	:30pm
Martial arts																Circuit	training													
Dance studio																	Spin	ning												

Climbing: adults, teens and kids



Adult courses (16+ years old)	Max guests per course	Course duration	Number of courses per week	Cost
Discovery* (2 lessons belaying + 2 self training)	10	1h30	1	AED 450
Lead climbing* (4 lessons belaying + 2 self training)	20	1h30	1	AED 700
Workshop (4 per year on Saturday - climbing technique)	45	5h	N/A	AED 250

Adult courses (16+ years old)	Max guests per course	Course duration	Number of courses per week	10 sessions (one time only)	Unlimited (until end of June 2020)
Improvement	25	1h30	2	AED 600	AED 1,500
Advanced	25	2h	2	AED 600	AED 1,500
Advanced & Improvement	-	-	2 + 2	N/A	AED 2,500

Self training	Max guests per course	Course duration	Number of courses per week	4 sessions (one time only)	3 months unlimited (prorata temporis from April to June 2020)	Unlimited (prorata temporis during the academic year (this prorata is available only until the end of March) + bouldering wall access in July and August for free)
Adults						
Kids-teens (belay only by their parents - after discovery courses if required)	45	2h	10	AED 400	AED 2,500	AED 4,500

Kids and teen courses (6 to 15 years old)	Max guests per course	Course duration	Number of courses per week
6 to 9 (one course per week only)	8	1h	2
10 to 15 (one course per week only)	12	1h30	2
Sport group - 2 courses (only after selection 8 to 15 years old)	20	1h30	2

Full year (prorata temporis until March-for the end of the year the 3 months is applicable)	AED 2,600
3 months (can start every time during the year-between April to June prorata temporis)	AED 950
4 sessions (once a year)	AED 400

	Discount	Description
Before 10th July 2019 at 3:00pm: new package 2019-2020	10%	Only applicable to renewals or new registrations. Combinable with below discounts.
Package		
Full year (activity 1) + full year (activity 2)	15%	
Full year (activity 1) + 3 months (activity 2)	10%	Only if registration is before 15th October 2019
3 months (activity 1) + 3 months (activity 2)	5%	
Familly package (kids and parents)		
Full year	25%	Subscription at the same time same package
3 months	15%	Subscription at the same time same package

*Discovery and lead courses have an alternating schedule every week between Sunday and Tuesday

Climbing

SUN	7:30am - 8:30am	2:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm 6	5:00pm 6	:15pm 6	:30pm	6:45pm	7:00pm	7:15pm 7:30)pm 7:45pr	n 8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10	0:00pm 10:1	.5pm 10:30pr
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Wall												l	Improve	ment										Climbing	courses			
	7:30am														_													
MON	- 8:30am	2:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm			5:30pm	5:45pm 6	5:00pm 6			6:45pm	7:00pm	7:15pm 7:30	0pm 7:45pr		8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10	0:00pm 10:1	5pm 10:30pr
Climbing Wall								Kids (10	0-15 yrs)				Kids spo	orts						anced								
												Self train	ning						Self t	raining								
TUE	7:30am - 8:30am		3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm 6	5:00pm 6	:15pm 6	:30pm	6:45pm	7:00pm	7:15pm 7:30	0pm 7:45pr	n 8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10	0:00pm 10:1	.5pm 10:30pr
	- 8:30am											Cl	imbing c					Impr	ovement									
Climbing Wall																Selftra	ining						Self tra	aining				
WED	7:30am - 8:30am		3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm 6	5:00pm 6	:15pm 6	:30pm	6:45pm	7:00pm	7:15pm 7:30)pm 7:45pr	n 8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10	0:00pm 10:1	.5pm 10:30pr
Climbing																					Adva	nced						
Wall														Self tra	aining						Self t	raining						
THU	7:30am - 8:30am	2:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm					6:45pm	7:00pm	7:15pm 7:30)pm 7:45pr	n 8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10	0:00pm 10:1	.5pm 10:30pr
Climbing						Kids (6	i-9 yrs)				Depen Kids (10-1		the season* Kids sports															
Climbing Wall								Self t	raining							Self tra												
SAT	7:30am - 8:30am		3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm 6	5:00pm 6	:15pm 6	:30pm	6:45pm	7:00pm	7:15pm 7:30)pm 7:45pr	n 8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm 10	0:00pm 10:1	5pm 10:30pr
												nding on t	the seaso	on*														
Climbing Wall						Kids (6	-9 yrs)				Kids (10-1	15 yrs)					Kids sport	S										
								Self t	raining							Self tra	ining											

*Climbing courses are on Saturday between 8th September 2019 and 9th November 2019 Climbing courses are on Thursday between 21st November 2019 and 30th April 2020 Climbing courses are on Saturday between 6th May 2019 and 17th June 2020

Tennis: adults, teens and kids



Court only (12 month validity)	Max guests per course	Session duration	10 sessions	20 sessions	40 sessions	60 sessions
Indoor (even in July and August) 1 court	4	1h	AED 700	AED 1,200	AED 2,200	AED 3,000
Outdoor (even in July and August) 2 courts	4	1h	AED 350	AED 600	AED 1,100	AED 1,500

Kids and teen courses (teacher and court)	Max guests per course	Session duration	Full year (prorata temporis)	3 months (prorata temporis from April to June	4 lessons (once a year)
4 to 6 years old	6	1h	AED 2,600	AED 1,200	AED 400
7 to 9 years old	6	1h			
10 to 15 years old	6	1h			

	Discount	Description
Before 10th July 2019 at 3:00pm: new package 2019-2020	10%	Only applicable to renewals or new registrations. Combinable with below discounts.
Package		
Full year (activity 1) + full year (activity 2)	15%	
Full year (activity 1) + 3 months (activity 2)	10%	Only if registration is before 15th October 2019
3 months (activity 1) + 3 months (activity 2)	5%	
Familly package (kids and parents)		
Full year	25%	Cubervistian at the come time come polyage
3 months	15%	Subscription at the same time same package

Tennis

FRI 7:30am - 8:30an	n _m 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm 5:00pm	5:15pm 5:30pm 5:45pm 6:00pm 6:15pm 6:30pm 6:45pm	7:00pm 7:15pm 7:30pm 7:45pm 8:00pm 8:15pm 8:30pm	8:45pm 9:00pm 9:15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Sports hall	Kids tennis (4-6 yrs) 9:30am to 10:30am	Kids tennis (7-9 yrs) 10:30am to 11:30am	Kids tennis (10-15 yrs) 11:30am to 12:30pm	

Other activities



Badminton (court only - 7 courts - access available during summer)	Max guests	Session	Number of	Full year	3 months
	per course	duration	courses per week	(prorata temporis)	(prorata temporis from June to August)
Badminton (adults and teens)	35	2h	4	AED 1,500	AED 600

Volleyball course (court and teacher) teacher only during the academic year - access available during summer without coach	Max guests per course	Session duration	Number of courses per week	Full year (prorata temporis)	3 months (prorata temporis from June to August)	
Adult volleyball	45	2h	2	AED 1.300	AED 600	
Teens and kids volleyball	25	1h30	1	AED 1,500		

Adult futsal (court)	Max guests	Session	Number of	Full year	3 months
	per course	duration	courses per week	(prorata temporis)	(prorata temporis from April to June)
Adult futsal	20	2h	1	AED 400	AED 200

Judo courses (teacher)	Max guests per course	Session duration	Number of courses per week	Full year (prorata temporis)	3 months (prorata temporis from April to June)	4 lessons (once a year)
Mixed adult judo	45	1h30	1	AED 2,100	AED 850	AED 400
Ladies judo	45	1h30	1	AED 2,100	AED 850	AED 400
Teen and kids judo	25	1h	1	AED 1,300	AED 600	AED 250

Adult gym (leisure) - only for parents who are waiting during kids and teen lessons	Max guests	Session	Number of	Full year	3 months
	per course	duration	courses per week	(prorata temporis)	(prorata temporis from April to June)
Adult gym	20	ТВС	1	AED 500	AED 250

	Discount	Description					
Before 10th July 2019 at 3:00pm: new package 2019-2020	10%	Only applicable to renewals or new registrations. Combinable with below discounts.					
Package							
Full year (activity 1) + full year (activity 2)	15%						
Full year (activity 1) + 3 months (activity 2)	10%	Only if registration is before 15th October 2019					
3 months (activity 1) + 3 months (activity 2)	5%						
Familly package (kids and parents)							
Full year	25%						
3 months	15%	Subscription at the same time same package					

Other activities

MON	7:30am - 8:30am 2:0	00pm 3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm 8	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm 10):15pm 10:30pm
Sports hall																		Volleyba	ll Sorbonr	ne ADVC								
Martial arts													J	ludo (wo	men only)				Judo m	ixed							
TUE	7:30am - 8:30am 2:0	00pm 3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm 8	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm 10):15pm 10:30pm
Sports hall																										Fut	sal	
тни	7:30am 2.0	00pm 3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5·30nm	5:45pm	6:00pm	6:15nm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7·45nm	8:00pm	8:15nm	8-30nm	8·45nm	9:00pm	9:15nm	9·30nm	9:45nm	10:00pm 1	0:15pm 10:30pm
Sports	- 8:30am	oopin 5.50pin	4.00pm	4.130	4.50pm	4.43pm	3.00pm	5.1351	3.30pm	3.43pm	0.00pm	0.135111	0.50pm	0.430	7.00pm	7.13pm			rbonne Al		5.50pm	0.43pm	3.00pm	9.13pm	9.90pm	5.45pm	10.000000	
hall																												
FRI	7:30am - 8:30am 2:0	00pm 3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm 8	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm 10):15pm 10:30pm
Sports hall		Bad	minton						Badm	inton							Badm	inton							Badm	inton		
Roof outdoor											Tenn	is court r	ental ou	tdoor: fu	ll day fro	m 8:00ar	n to 10:0	0pm										
647	7:30am																											
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hall Sports	Tonnis ind		4:00									В	adminto	n								olleybal	i sorbon	ne ADVC				
hall indoor Roof	Tennis inde	oor 8:00am to	54:00pm																									
outdoor											Tenn	is court r	ental ou	tdoor: fu	ll day fro	m 8:00ar	n to 10:0	0pm										

Activities: teens and kids



Judo (court and teacher)	Max guests		Number courses		year a temporis)	3 months (prorata temporis from Apr	ril to June) 4 lessons (once a year)				
Teen and kids judo	25	1h	1	AED	1,300	AED 480	AED 250				
Volleyball (court and teacher)	Max guests		Number courses p		year a temporis)	3 months (prorata temporis from Jur	ne to August)				
Teen and kids volleyball	25	1h30	1	AED	1,300	AED 600					
Tennis - kids and teens (court and teacher)	Max guests per course			Full y (prorate	year a temporis)	3 months (prorata temporis from Apr	ril to June) 4 lessons (once a year)				
4 to 6 years old	6	1h									
7 to 9 years old	6	1h		AED	2,600	AED 960	AED 400				
10 to 15 years old	6	1h									
Climbing - kids and teens (6 to 15 years old)	Max guests	s per course		Session du	uration	Numb	er of courses per week				
6 to 9 years old (one course per week only)	8			1h		2					
10 to 15 years old (one course per week only)	12			1h30		2					
Sport group 2 courses (only after selection 8 to 15 years old)	20			1h30		2					
Full year (prorata temporis until March-for the end of the year the	e 3 months is a	applicable)				A	NED 2,600				
3 months (can start every time during the year-between April to	June prorata te	emporis)				A	AED 950				
4 sessions (once a year)						A	ED 400				
Climbing self-training		Max guests per course	Course duration	Number of courses per we	ek (one time only)	3 months unlimited (prorata temporis from April to Jun	ne 2020) Unlimited (prorata temporis during the academic year (this package is available only until the end of March)				
Kids-teens (belay only by their parents - after discovery courses i	f required)				AED 400	AED 2,500	AED 4,500				
Adult gym (leisure) - only for parents who are waiting during kids and teen lessons	Max guests		ssion ration	Number of courses per w	eek Full yea	IF nporis)	3 months (prorata temporis from April to June)				
Adult gym	20	TB	С	1	AED 50	0	AED 250				
			Discount	Descriptio	on						
Before 10th July 2019 at 3:00pm: new package 2019-2020			10%			or new registrations. Com	nbinable with below discounts.				

Belore Toth July 2014 at 2.00pm. new package 2014-2020	10%	Only applicable to renewals or new registrations. Combinable with below discounts.					
Package							
Full year (activity 1) + full year (activity 2)	15%						
Full year (activity 1) + 3 months (activity 2)	10%	Only if registration is before 15th October 2019					
3 months (activity 1) + 3 months (activity 2)	5%						
Familly package (kids and parents)							
Full year	25%	Subscription at the same time same package					
3 months	15%	Subscription at the same time same package					

Sport programmes for UAE residents Rates proposal for new sport courses

Activities

MON	7:30am - 8:30am 2	2:00pm 3:30p	n 4:00pm	4:15pm 4:	30pm 4:45	pm 5:00j	pm 5:15	5:30pr	n 5:45pm	n 6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:30pi
Climbing Wall						Kids clim	bing (10)-15 yrs)		c	limbing k	kids spor	ts														
Martial arts								Kids juo	do (4-8 yr	s)																	
TUE	7:30am	2:00pm 3:30p	n 4:00pm	4:15pm 4:	30pm 4:45	pm 5:00	pm 5:15	5:30pr	n 5:45pm	n 6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:30pi
Martial arts	- 8:50am								een judo k	kids (9-14	<u> </u>	<u> </u>															
_																											
тни	7:30am - 8:30am 2	2:00pm 3:30p	n 4:00pm	4:15pm 4:	30pm 4:45	pm 5:00	pm 5:15	5:30pr	n 5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:30pi
Climbing									Dej	pending o	n the sea	son*															
Wall				Kids	climbing (6	-9 yrs)		K	ids climbi	ng (10-15	yrs)			с	limbing	kids spor	rts										
Sports hall										Vo	lleyball k	ids (+10	yrs)														
_	7:70am																										
FRI	7:30am - 8:30am ²	2:00pm 3:30p	m 4:00pm	4:15pm 4:	30pm 4:45	pm 5:00	pm 5:15	5:30pr	n 5:45pm	n 6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:30pi
Sports hall		Kids	tennis (4-6	5 yrs) 9:30ar	n to 10:30a	m		Kids	tennis (7-9	9 yrs) 10:3	0am to 1	1:30am			Kids ter	nnis (10-1	.5 yrs) 11:	30am to 1	.2:30pm								
SAT	7:30am	2:00pm 3:30p	m 4:00pm	4:15pm 4:	30pm 4:45	pm 5:00	om 5:15	5:30pr	n 5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:30pi
	- 8:30am										on the sea																

Climbing		Depending on the season		
Wall	Kids climbing (6-9 yrs)	Kids climbing (10-15 yrs)	Climbing kids sports	

*Climbing courses are on Saturday between 8th September 2019 and 9th November 2019 Climbing courses are on Thursday between 21st November 2019 and 30th April 2020 Climbing courses are on Saturday between 6th May 2019 and 17th June 2020

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