

General Information	
Activity	<b>Judo Mixed</b>
Activity Description	A coached Judo class offers structured, instructor-led training focused on developing techniques, strength, and discipline. Participants learn fundamental throws, holds, and grappling techniques, with guidance on form and safety. The coach provides personalized feedback, helping students progress through skill levels, while promoting physical fitness, mental focus, and respect for others. Suitable for both beginners and experienced practitioners, these classes foster a supportive environment for improving Judo skills and overall athleticism.

Package type	
Description	One training session per week with a Judo trainer.
Name of the Coach	Ellenita Merle
Target Audience	Beginner, Intermediate and Advanced
Age availability	15+ y.o.
Class Schedule	Thursday 7:30pm-9pm
Duration	1.5h
Maximum Number of Participants	30

Additional Information	
Required Equipment	Judogi can be provided by Sorbonne; water bottle and sports t-shirt.

Pricing Details		
Package Type	Full Year	Semester
Validity of Package	9 Sep - 24 to 30 June 25	9 Sep - 13 Jan 24
Cost for Full Course	1500 AED	1000 AED

General Information	
<i>Activity</i>	<b>Teens Judo</b>
<i>Activity Description</i>	Our coached judo class for teens provides a dynamic and engaging environment where young practitioners can develop their judo skills, enhance their physical fitness, and build confidence. Under the guidance of experienced instructors, participants will learn fundamental techniques, improve their agility and strength, and practice disciplined movement in a supportive and fun setting. The class emphasizes respect, teamwork, and personal growth, making it an ideal choice for teens interested in martial arts or looking to improve their overall athletic abilities.

Package type	
<i>Description</i>	One training session per week with a Judo trainer.
<i>Name of the Coach</i>	Ellenita Merle
<i>Target Audience</i>	Beginner, Intermediate and Advanced
<i>Age availability</i>	15+ y.o.
<i>Class Schedule</i>	Tuesday and Thursday 6pm-7:30pm
<i>Duration</i>	1.5h
<i>Maximum Number of Participants</i>	30

Additional Information	
<i>Required Equipment</i>	Judogi can be provided by Sorbonne; water bottle and sports t-shirt.

Pricing Details		
<i>Package Type</i>	Full Year	Semester
<i>Validity of Package</i>	9 Sep - 24 to 30 June 25	9 Sep - 13 Jan 24
<i>Cost for Full Course</i>	1500 AED	1000 AED

General Information	
Activity	<b>Baby Judo</b>
Activity Description	SUAD Baby Judo - class for small kids offers a fun and interactive introduction to the world of judo. Designed for young children, this class focuses on basic judo techniques through playful games and activities that enhance coordination, balance, and teamwork. With a strong emphasis on safety, respect, and positive reinforcement, kids will enjoy learning essential skills while developing confidence and social skills in a supportive and engaging environment.

Package type	
Description	One training session per week with a Judo trainer.
Name of the Coach	Ellenita Merle
Target Audience	Beginner and Intermediate
Age availability	15+ y.o.
Class Schedule	Monday 4pm-5pm
Duration	1h
Maximum Number of Participants	25

Additional Information	
Required Equipment	Judogi can be provided by Sorbonne; water bottle and sports t-shirt.

Pricing Details		
Package Type	Full Year	Semester
Validity of Package	9 Sep - 24 to 30 June 25	9 Sep - 13 Jan 24
Cost for Full Course	1300 AED	700 AED