

Programmes for Children

SPORT ACTIVITIES	AGE GROUP	DAYS AND TIME	COACH & VENUE
Sailing for Children	7-13 years	Stage 1 : Tuesday 15:30-17:00	Ms Shayma Argan Al'Bidaa Resort
	7-13 years	Stage 2: Thursday 15:00-17:00	Ms Shayma Argan Al'Bidaa Resort
Ice Skating	5-14 years	Saturday 10:00-11:00	Below Zero Marina Mall
Calisthenics Fitness for Kids	7-16 years	Monday & Wednesday 16:00-17:00	Coach Mahmoud BSK DD Studio
Roller Skating	4-14 years	Tuesday - BEG - 16:00-17:00	Mr. Mobbie BSK Outer Courtyard
		Tuesday - INT/ADV - 17:00-18:00	
		Saturday - BEG - 09:00-10:00	
		Saturday - INT/ADV - 10:00 -11:00	
Basketball	4-16 years	Saturday 11:30-13:30	Mr. Georgi BSK Outer Courtyard, BSK Inner Courtyard
Football	3-16 years	Thursday 16:15-18:15	Mr. Tareq BSK Wembley
Swimming	3-16 years	Sunday & Wednesday 16:00-16:40	Mr. Georgi BSK Pool
		Sunday & Wednesday 16:40-17:20	
		Sunday & Wednesday 17:20-18:00	
		Monday & Thursday 16:00-16:40	
		Monday & Thursday 16:40-17:20	
	Club	Monday & Thursday 17:20-18:00	
Swimming for Babies	6 months to 2 years	Saturday 11:00-11:30	Ms. Masoumah BSK Pool
Karate	4-8 years	Saturday 09:00-10:00	Cpt. Sultan DD Studio
	9-16 years	Saturday 10:00-11:00	
Badminton	7-16 years	Wednesday 18:00-19:30	Mr. Hisham Marble Arch

Notes:

- Class timings and venues may be adjusted by BA Management with prior notice.
- Coaches assigned to classes may change based on their availability.

SPORT ACTIVITIES	AGE GROUP	DAYS AND TIME	COACH & VENUE
Tennis	5-14 years	Sunday & Tuesday - BEG 17:00-18:00	Coach William BSK North Roof
		Sunday & Tuesday - INT 18:00-19:00	
		Saturday - BEG 15:00-16:00	
		Saturday - INT 16:00 -17:00	
		Saturday - ADV 17:00-18:00	
Gymnastics	6-9 years	Sunday & Tuesday - BEG 17:00- 18:00	Mr. Slava & Ms. Tatiana BSK DD Studio
	8-12 years	Sunday & Tuesday - ADV 18:00- 19:00	
	3-5 years	Saturday - JNR 11:00-12:00	
	3-5 years	Saturday - JNR 14:00 - 15:00	
	6-9 years	Saturday - BEG 12:00 -13:00	
	6-9 years	Saturday - BEG 15:00 -16:00	
	8-12 years	Saturday - ADV 13:00 - 14:00	

ARTS & STEM ACTIVITIES	AGE GROUP	DAYS AND TIME	COACH & VENUE
Visual Arts & Design	6-14 years	Saturday 12:00-13:30	Ms. Nora BSK-BA02
Coding for Juniors	8-13 years	Wednesday 16:00-17:00	BSK P07
Fun With Phonics	3-6 years	Saturday 11:00-12:00	Ms. Nafisa BSK 1 st Floor
	7-12 years	Saturday 12:00-13:00	
Ballet Babes	3-5 years	Saturday 09:00-09:45	Ms. Dominique TSK - SB02
Intro to Ballet	5-6 years	Saturday 10:00-11:00	
Pre-Primary Ballet	7-8 years	Saturday 11:00-12:00	
Beginner Ballet	9-12 years	Sunday & Tuesday 16:00-17:00	
Piano	5-16 years	Piano lessons are one-on-one, with scheduling arranged between the instructor and student. Session options: 30, 45, or 60 minutes	Ms. Julia BSK - Music Room
Vocal	5-16 years	Vocal lessons are one-on-one, with scheduling arranged between the instructor and student. Session options: 30, 45, or 60 minutes	Ms. Crystal BSK - Music Room

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Violin	5-16 years	Violin lessons are one-on-one, with scheduling arranged between the instructor and student. Session options: 30, 45, or 60 minutes	Ms. Gina BSK - Music Room
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The Late Stay Service for students aged 3–17 is available Sunday to Thursday from 2:30 PM to 4:00 PM. For more information, contact BA office.

Programmes for Adults (+17 years)

ACTIVITIES	AGE GROUP	DAYS AND TIME	COACH & VENUE
Swimming for Women	17+ years	Saturday 10:00-11:00	Ms. Masoumah BSK Pool
Swimming for Men	17+ years	Saturday 15:00-16:00	Mr. Boris BSK Pool
Badminton	17+ years	Saturday 10:00-11:30	Mr. Hisham Marble Arch
Yoga & Pilates Blend	17+ years	Monday & Wednesday 17:30-18:30	Ms. Dominique TSK - SB02
Ballet	17+ years	Sunday & Tuesday 17:30-18:30	
Calisthenics Fitness	17+ years	Saturday & Wednesday 18:15-19:15	Coach Mahmoud Marble Arch
Tennis	17+ years	Sunday & Tuesday - 19:00-20:00	Coach William BSK North Roof
Piano	17+ years	Piano lessons are one-on-one, with scheduling arranged between the instructor and student. Session options: 30, 45, or 60 minutes	Ms. Julia BSK Music Room
Violin	17+ years	Violin lessons are one-on-one, with scheduling arranged between the instructor and student. Session options: 30, 45, or 60 minutes	Ms. Gina BSK Music Room
Basketball	17+ years	Monday & Wednesday -18:30-20:00	Mr. Ahmed Marble Arch

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