



# ECA'S SCHEDULE 2022

GERMAN INTERNATIONAL SCHOOL ABU DHABI

SCHEDULE AND INFORMATIONS FOR THE EXTENDED TERM 1 2023

STARTING FROM: JAN 2ND - JAN 27TH



# WHAT IS OFFERED THIS TERM?

GISAD	Monday	Tuesday	Wednesday	Thursday		Friday
<b>Period 8 &amp; 9</b> <b>14:10pm - 15:40pm</b>		<i>Football</i> G3 - G8			<b>Friday Timing</b> <b>12:10pm-13:10pm</b>	<i>Football</i> G1 - G4
	<i>Football</i> G1&2	<i>Karate</i> G1&G2		<i>Programming</i> G5-G7		<i>Karate</i> G5 - G8
	<i>Karate</i> G3	<i>Gymnastics</i> G1 - 4		<i>Fitness</i> G1-4		<i>Football</i> G5-G8
<b>2:50pm-3:40pm</b>	<i>Karate</i> G4				<i>Gymnastics</i> G5 - 8	
<b>After School</b> <b>15:40pm - 16:40pm</b>						
	<i>Football</i> G5-G8			<i>Fitness</i> G5-8		

# CALENDAR AND PRICING

Pricing for the entire extended term is as below:

- Monday Classes (60 min session) 340 AED
- Monday Classes (90 min session) 380 AED
- Tuesday Classes (60 min session) 340 AED
- Tuesday Classes (90 min session) 380 AED
- Thursday Classes (60 min session) 340 AED
- Thursday Classes (90 min session) 380 AED
- Friday Classes (60 min session) 340 AED
- Friday Classes (90 min session) 380 AED

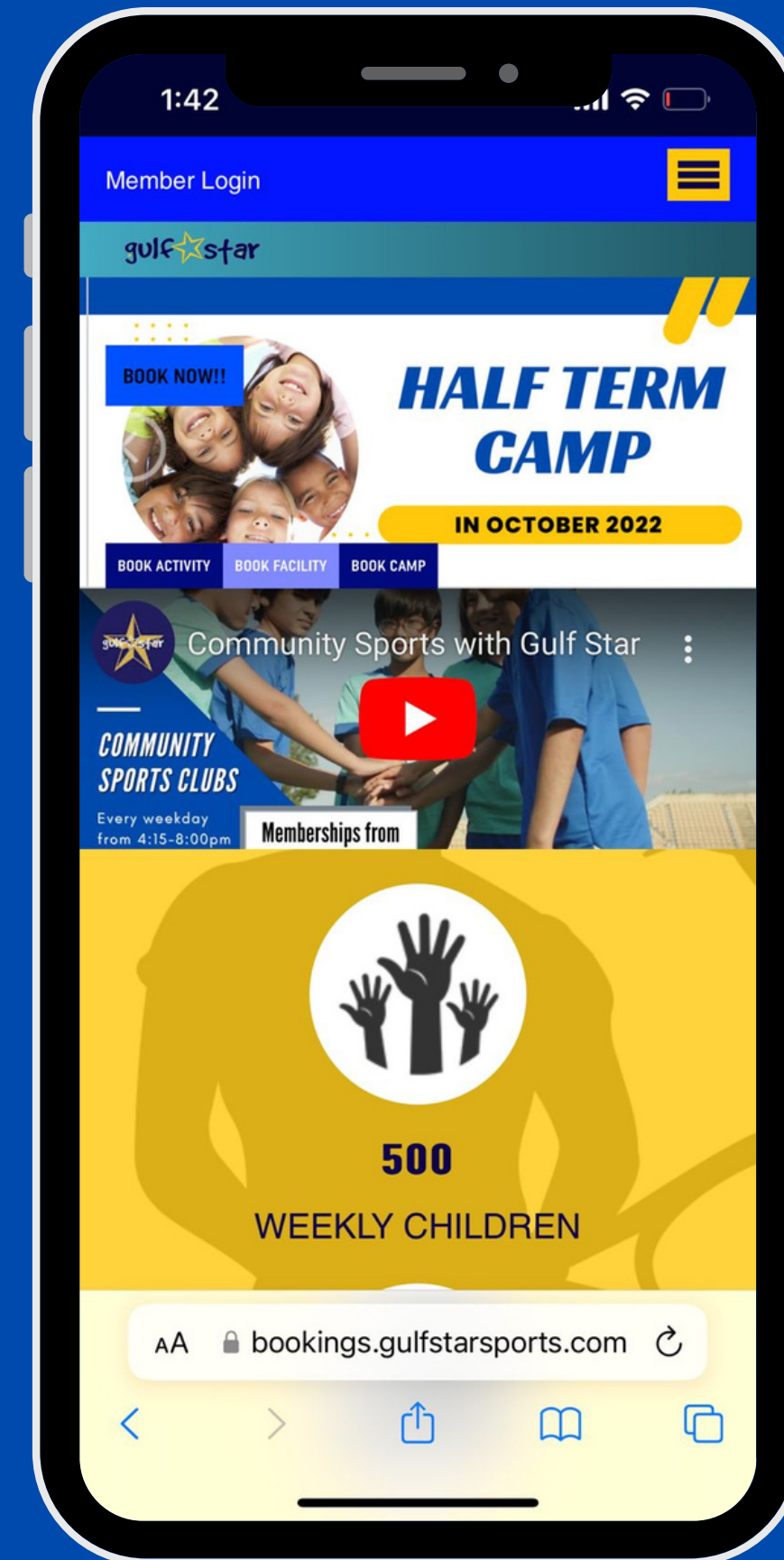
# BOOKING LINK

You can sign up for all activities using the link below for all classes

[https://bookings.gulfstarsports.com/  
location/263](https://bookings.gulfstarsports.com/location/263)

# HOW TO REGISTER?

- All bookings must be made online via our booking platform. Payments must be made in advance using Credit or Debit Card.
- Sadly, we will not be accepting payments at the desk.
- Before making a booking parents must register as a user.
- Parents will be required to provide all contacts details and child details prior to making a booking.
- Parents will be able to make multiple bookings for multiple children.



# Football

## Our Philosophy

Gulf Star Football's model is based on the combination of English FA coaching and the FCBarcelona coaching academy.

Our philosophy is that of collective game culture-

- The Team
- The Player
- The Coach
- The Training
- The Game

## What We Train?

We focus on the FCBarcelona coaching philosophy of Possession and Recovery stages opposed to 'attack' and 'defense'.

As part of this our training focuses on the 3 P's

- Possession
- Position
- Pressure



# Karate

## Our Principles

- Discipline
- Respect
- Self Control
- Tolerance

## What We Train

Students begin their journey learning the basics, but quickly learn how to perform a Kata and compete in Kumite.

## How Do You Progress

All of our students will have the opportunity to work through the WKF belts grading system, with our coaches carrying out termly gradings.



# Gymnastics

## Who Are We and What We Do?

Gulf Star offer a variety of classes from beginners to advanced level. Structured classes for boys and girls, working to British Gymnastics standards based on the British Gymnastics proficiency award scheme. Our Team is headed up by highly qualified Gymnastics coaches who are passionate about developing the skill of young gymnasts.

## what we train?

Gymnastics are taught fundamental skills and receive an early introduction to flexibility and stretching skills and basic techniques for moves such as rolls, handstands, cartwheels, jumps, shapes and the initial steps to the vault run up. They will have fun whilst gaining a good understanding for the sport and can make friends in a safe, friendly environment.





# Fitness

## What is Fitness?

Physical fitness can be defined as a general state of health and well-being.

It's a combination of running, jumping, playing! It focuses on developing the fundamental attributes required for movement including: balance, strength, dynamism, endurance, precision, spatial awareness and creative vision. The classes are fun, energetic, and constantly creative, and encourage everyone to fulfill their true potential!

## what we train?

Our coaches teach kids how to do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle.



# Programming

**Are you ready to be a Wizkid?**

Programming Incorporates all the essential skills that modern day developers use to create software technology.

**What The Course includes:**

Web, Design, App Development, Game, Development, and 3D Design. Students will also learn key program languages such as Python and Javascript.

