



ECA SCHEDULE 2023

(IGNITE SCHOOL)

SCHEDULE AND INFORMATION FOR TERM (1) 2023
FROM (25TH SEPT - 9TH DEC)

WHAT IS OFFERED THIS TERM?

SPORT	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOOTBALL			K1 - GRADE 2	GRADE 3+
KARATE		K1 - GRADE 2	GRADE 3+	
GYMNASTICS		ALL LEVELS		
BASKETBALL				ALL LEVELS
SWIMMING	ALL LEVELS			ALL LEVELS
ATHLETICS			ALL LEVELS	
STREET DANCE				ALL LEVELS

ALL CLUBS TUESDAY - THURSDAY 2:45-3:45PM (FRIDAY 11:45-12:45PM)

CALENDAR AND PRICING

Pricing for the entire term is as below:

- TUESDAY CLASSES - 650 AED
- WEDNESDAY CLASSES - 650 AED
- THURSDAY CLASSES - 650 AED
- FRIDAY CLASSES - 585 AED

10% DISCOUNT AVAILABLE FOR SIBLINGS OR MULTIPLE ACTIVITY BOOKINGS.

*PLEASE NOTE THAT THESE PRICES ARE FOR FULL-TERM. PARENTS WILL PAY ONLY FOR THE REMAINING SESSIONS DUE TO THE DATE OF REGISTRATION.

** ALL DISCOUNTS APPLY TO THE 2ND CHILD, 2ND ACTIVITY ETC ETC.

BOOKING LINK

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

<https://bookings.gulfstarsports.com/location/262>

Parents must register their details and pay online before being allowed to attend any activities.

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 cash or card payments on site.
- 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 trained Sensei's 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.

How Do We Coach

Gymnasts 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.



Athletics

What is Athletics?

Athletics is one of most the loved sports across the globe as it encompasses various declines in one. Athletics is split into two elements 'Track and Field'. At Gulf Star we coach the following Track and field disciplines:-

- 100m and 200m Sprint
- 110m Hurdles
- 400m, 800m, 1500m and 3000m Run
- Long Jump
- Triple Jump
- High Jump
- Javelin
- Shot Put

How Do We Coach

Gulf Star Athletics teaches agility, fitness and strengths whilst inspiring players to take responsibility for their own development, whilst focusing on the basics of athleticism. Throughout the session, athletes will take part in exciting drills, and learn new techniques. They will also understand the rules of Team work. Athletes will also keep their own records and timings.



Recreational Dance

Who Are We and What We Do

At Gulf Star Performing Arts Academy, we provide various Dance Programs in Schools, Nurseries and venues across Dubai and the UAE. Our dance programs promote self-confidence, determination, respect and a total understanding of the body. Gulf Star Performing Arts is highly versatile and is offered for children from the age of 18 months up to secondary school students.

How Do We Coach

The uniqueness of dance lies in its dual nature, physical and expressive. Dance develop physical, creative, imaginative, emotional and intellectual capacities for all students being a great boost to promote participation besides to improve social skills.



Basketball

Core Values

- 1) Appreciation
- 2) Teamship
- 3) Work Ethic
- 4) Toughness
- 5) Accountability

What We Train

From a team play mentality, students will learn basic skills such as passing, shooting and basic game tactics. While developing coordination and physical condition

What Will They Learn?

Basketball is an enjoyable team sport that suits many skills and levels what is ideal to promote the participation. The values that define the spirit of Gulf Star are effort, respect and teamwork. We motivate students through a reward system based on previous values pursuing an improvement in the holistic development of our students.



Swimming

Our Philosophy.

At Gulf Star Swimming Academy, we believe that you are never too young to enjoy the water. We will introduce your toddler or preschooler to the basics of swimming, accompanying them during their primary education stage.

We are also able to cater for experienced and older swimmers our coaches will always assess a child during their first class to establish which level they are at. Each level proposed has been created with the child's natural growth and development in mind based on programs of North American organizations. We recognize that each student is unique therefore we encourage learning at their own pace with the aim that all students reach their potential.



	Duration	Timing	Prices	Starts week	Ends week	Days Excluded
Wednesday	10 Weeks	2:45-3:45pm	650 AED	Sep 27th, 2023	Dec 6th, 2023	Oct 18th, 2023
Thursday	10 Weeks	2:45-3:45pm	650 AED	Sep 28th, 2023	Dec 7th, 2023	Oct 19, 2023
Friday	9 Weeks	11:45-12:45pm	585 AED	Sep 29th, 2023	Dec 8th, 2023	Oct 19, 2023, Dec 1st, 2023

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** ALL SWIMMING CLASSES ARE SUBJECT TO THE RE-OPENING OF THE SWIMMING POOL.