



updated 13072016

RECREATIONAL CLASSES

Title	Instructor	Age	Class Duration	Days	Time	Location	Max participants
Badminton Advanced 1	Charlo	Advanced	1 hour	Thu / Sat	1:30 pm – 2:30 pm	Indian Stream Sports Hall	15
Badminton Advanced 2	Charlo	Advanced	1 hour	Thu / Sat	2:30 pm – 3:30 pm	Indian Stream Sports Hall	15
Badminton Beginners 1	Charlo	Beginners	1 hour	Sun / Tue	1:30 pm – 2:30 pm	Indian Stream Sports Hall	15
Badminton Beginners 2	Charlo	Beginners	1 hour	Sun / Tue	2:30 pm – 3:30 pm	Indian Stream Sports Hall	15
Basketball 1	Edel	6-10 Yrs	1 hour	Mon / Wed	2:00 pm – 3:00 pm	AKIS New Primary Sports Hall	25
Basketball 2	Edel	11-16 Yrs	1 hour	Mon / Wed	3:00 pm – 4:00 pm	AKIS New Primary Sports Hall	25
Cricket Coaching Camp	Ibrahim Khan	8-16 Yrs	2 hours	Mon / Wed	4:00 pm – 6:00 pm	AKIS Old Sports Hall	40
Hawaiian Dance	Caroline	6-11 Yrs	1 hour	Tue / Sat	2:00 pm – 3:00 pm	AWC New Aerobics Room	20
Hip – Hop Dancing	Caroline	7-15 Yrs	1 hour	Sun / Thu	2:00 pm – 3:00 pm	AWC New Aerobics Room	20
Indoor Football 1	Maxwell	5-9 Yrs	1 hour	Thu / Sat	1:00 pm – 2:00 pm	AKIS Old Sports Hall	25
Indoor Football 2	Maxwell	10-15 Yrs	1 hour	Thu / Sat	2:00 pm – 3:00 pm	AKIS Old Sports Hall	25
Karate Beginners	Ali V.	5-16 Yrs	1 hour	Sun / Tue	4:00 pm – 5:00 pm	AKIS New Primary Sports Hall	50
Kids Aerobics	Bennet	8-14 Yrs	1 hour	Sun / Tue	11:30 am – 12:30 pm	AWC New Aerobics Room	20
Kids Muay Thai	Alberto	8-14 Yrs	1 hour	Tue / Sat	2:00 pm – 3:00 pm	AWC Table Tennis Room	20
Music & Movement	Bennet	3-6 Yrs	1 hour	Sun / Tue	10:30 am – 11:30 am	AWC Old Aerobics Room	15



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Swimming Beginners 1 (Mix)	Charlie / Daz Judy	5-16 Yrs	1 hour	Mon / Thu	2:00 pm – 3:00 pm	AKIS Indoor Pool	15
Swimming Beginners 2 (Mix)	Charlie / Daz Judy	5-16 Yrs	1 hour	Mon / Thu	3:00 pm – 4:00 pm	AKIS Indoor Pool	15
Swimming Intermediate 1 (Mix)	Charlie / Daz Judy	5-16 Yrs	1 hour	Tue / Sat	2:00 pm – 3:00 pm	AKIS Indoor Pool	15
Swimming Intermediate 2 (Mix)	Charlie / Daz Judy	5-16 Yrs	1 hour	Tue / Sat	3:00 pm – 4:00 pm	AKIS Indoor Pool	15
Swimming Advanced 1 (Boys)	Charlie / Daz	5-16 Yrs	1 hour	Mon / Thu	4:00 pm – 5:00 pm	AKIS Indoor Pool	10
Swimming Advanced 2 (Girls)	Judy	5-16 Yrs	1 hour	Tue / Sat	4:00 pm – 5:00 pm	AKIS Indoor Pool	15
Table Tennis Beginners 1	Kelly	Beginners	1 hour	Mon / Wed	1:30 pm – 2:30 pm	AWC Table Tennis Room	15
Table Tennis Beginners 2	Kelly	Beginners	1 hour	Mon / Wed	2:30 pm – 3:30 pm	AWC Table Tennis Room	15
Table Tennis Advanced 1	Kelly	Advanced	1 hour	Mon / Wed	3:30 pm – 4:30 pm	AWC Table Tennis Room	15
Table Tennis Advanced 2	Kelly	Advanced	1 hour	Mon / Wed	4:30 pm – 5:30 pm	AWC Table Tennis Room	15
Tennis Beginners	Charlo	Beginners	2 hours	Mon / Wed	1:30 pm – 3:30 pm	Indian Stream Sports Hall	15
Tennis Advanced	Charlo	Advanced	2 hours	Mon / Wed	3:30 pm – 5:30 pm	Indian Stream Sports Hall	15
Karate Club 1	Jean	5-8 Yrs	1 hour	Sun / Thu	2:30 pm – 3:30 pm	AWC Table Tennis Room	15
Karate Club 2	Jean	9-15 Yrs	1 hour	Sun / Thu	3:30 pm – 4:30 pm	AWC Table Tennis Room	15
Mini Tennis (Summer Camp 2 only)	Faisal Malik	4-8 Yrs	1 hour	Sun/Tue	12:30 pm – 1:30 pm	Indian Stream Sports Hall	14

Approved by : PR & Events Coordinator _____

Date _____

Approved by : Head of Clubs, Recreation & PR _____

Date _____