



ISM SPORTS AT AL BASMA BRITISH SCHOOL

TERM 1 2025



AL BASMA BRITISH SCHOOL

IMPORTANT THINGS TO NOTE

The Extra Curricular Activities (ECA's) are specialised sessions run by professional coaches to enhance the student's skills in a range of different activities.

Activities run on a weekly basis with the exception of school and public holidays on the following dates:

Monday 15th September until Friday 28th November

Monday & Wednesday: 3pm-4pm

Fridays: 11.45am-12.45pm

Half Term: 13th to 17th October.

Please join our What's App Group for updates:



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Tennis by ISM Sports

ISM Tennis Academy offers a bespoke tennis programme that caters for all ages, standards and goals. We cover all aspects of the game helping individuals develop skills, technique and tactics in a fun engaging way. All ISM coaches are fully qualified and have a minimum 5 years coaching experience. With continuous coach education and following the LTA coaching method, the ISM Tennis Academy and coaches create an optimum environment for students to maximise their potential. Group and individual coaching available for all ages and abilities.

Private and small group classes are also available weekday evenings and weekends



Football by ISM Sports

ISM Football Academy offers players the chance to train with full UEFA qualified coaches, in state of the art facilities throughout the UAE. The sessions provide each player a platform to develop their skills, understanding and confidence whilst enjoying the energetic fun approach of the ISM coaches. The ISM method incorporates a long term player development plan that ensures players have the opportunity to reach their potential.

Sign up for 2 Football academy classes per week and receive the third session free!



Swimming by Bedaya

Dive into Confidence with Bedaya Sports Academy

Our swimming program is designed to help children and adults of all skill levels develop strength, confidence, and a lifelong love for the water. From beginners learning basic water safety to advanced swimmers improving technique, our certified coaches provide personalized guidance in a safe, supportive environment.

With a focus on fitness, fun, and skill-building, our classes encourage discipline, teamwork, and self-confidence while ensuring every swimmer enjoys the journey. Whether your goal is recreational swimming, competitive training, or simply building water confidence, Bedaya Sports Academy has the right class for you.

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Karate by Guardian Martial Arts

Karate with Guardian Martial Arts. Our Junior Karate program is designed for all levels and ages helping students build confidence, discipline, and focus while having fun. Through structured lessons, students learn fundamental karate techniques, self-defense skills, and the importance of respect—both for themselves and others. Classes are engaging and age-appropriate, blending physical activity with character development. Students improve strength, balance, and coordination, while also developing valuable life skills such as teamwork, perseverance, and goal setting. Whether your child is a beginner or already has some experience, our supportive instructors create a safe and encouraging environment where every student can grow at their own pace.



Gymnastics by Guardian Gymnastics

At Guardian Gymnastics, we inspire every child to fall in love with movement and enjoy the excitement of gymnastics. Our programs are designed for all ages and abilities, encouraging discipline, confidence, and joy through active training. We believe in nurturing a lifelong passion for sports while helping each child achieve their personal best. With our expert coaches, your child will not only build strength, flexibility, and coordination, but also gain the opportunity to: join training camps around the world, take part in exciting competitions, and live a healthy, active, and sporty lifestyle.



Basketball by ISM

We provide a structured, high-level program designed to help young athletes grow their skills, confidence, and love for the game. We offer Professional coaching with a focus on fundamentals, skill development, and game understanding. Competitive team trainings and league participation. Small-group sessions for individualized attention. Camps, tournaments, and travel opportunities to gain experience on bigger stages. A clear pathway from beginner to elite performance level. We believe in building strong character, teamwork, and discipline both on and off the court helping every player reach their potential.

ECA SCHEDULE AND BOOKINGS

Day	Activity	Age Group	Term Price	Booking Link
Monday	Tennis ECA	FS 1 and FS2	AED715	Book Now
	Football ECA	Year 1 and 2	AED715	Book Now
	Karate ECA	Year 3 to 6	AED715	Book Now
Wednesday	Karate ECA	Years FS1 & FS2	AED715	Book Now
	Gymnastics ECA	Years 1 - 4	AED715	Book Now
	Basketball	Year 4 to 6	AED715	Book Now
Friday	Karate ECA	Years 1 - 3	AED715	Book Now
	Gymnastics ECA	FS1 & FS2	AED715	Book Now
	Tennis	Year 1 to 6	AED715	Book Now

ACADEMY SCHEDULE

These sessions are held outside of school hours and are open to the community- bring your friends!

Day	Activity	Time	Age Group	Location	Provider	Price per term	Contact/Booking Link
Monday	Football	5pm - 6pm	FS2 to Year 6	Pitch	ISM	AED770	Book Now
	Gymnastics	5pm - 6pm	Ages 4 - 7	Primary Sports Hall	Guardian	AED770	Book Now
	Karate	5pm - 6pm	Ages 4 - 7	Primary Sports Hall	Guardian	AED770	Book Now
	Swimming	5pm - 8pm	All ages	Large Pool	Bedaya		Mohamed Gamal Mohamed Said Hussein - +971 58 591 2921
	Gymnastics	6pm - 7pm	Ages 8 - 12	Primary Sports Hall	Guardian	AED770	Book Now
	Karate	6pm - 7pm	Ages 8 - 12	Primary Sports Hall	Guardian	AED770	Book Now
	Football	6pm - 8pm	All ages	Pitch	Star Sports Academy		Mohamed Ahmed Mohamed Elhady - +971 56 394 3371
	Karate	7pm - 8pm	Teens & Adults (13+)	Studio	Guardian	AED770	Book Now
Tuesday	Swimming	5pm - 8pm	All Ages	Large Swimming Pool	Bedaya		Mohamed Gamal Mohamed Said Hussein - +971 58 591 2921
Wednesday	Football	5pm - 6pm	FS2 - Year 6	Pitch	ISM	AED770	Book Here
	Gymnastics	5pm - 6pm	Ages 4 - 7	Primary Sports Hall	Guardian	AED770	Book Now
	Karate	5pm - 6pm	Ages 4 - 7	Studio	Guardian	AED770	Book Now
	Swimming	5pm - 8pm	All ages	Large Swimming Pool	Bedaya		Mohamed Gamal Mohamed Said Hussein - +971 58 591 2921
	Gymnastics	6pm - 7pm	Ages 8 - 12	Primary Sports Hall	Guardian	AED770	Book Now
	Karate	6pm - 7pm	Ages 8 - 12	Studio	Guardian	AED770	Book Now
	Football	6pm - 8pm	All ages	Pitch	Star Sports Academy		Mohamed Ahmed Mohamed Elhady - +971 56 394 3371
	Judo	7pm - 8pm	Age 10 plus	Studio	Guardian	AED770	Book Now

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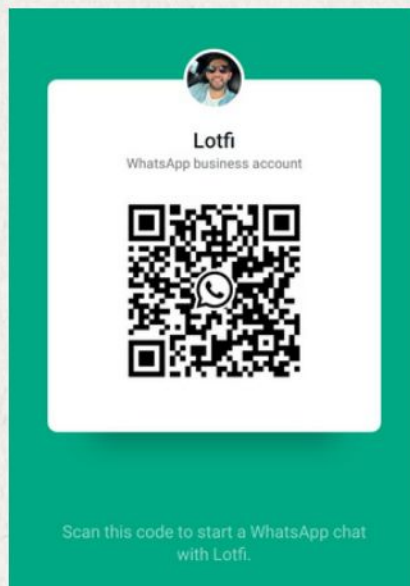
Day	Activity	Time	Age Group	Location	Provider	Term Cost	Contact/Booking Link
Thursday	Swimming	5pm - 8pm	All ages	Large Swimming Pool	Bedaya		Mohamed Gamal Mohamed Said Hussein - +971 58 591 2921
Friday	Basketball	3pm - 4pm	Year 1 to 3	Main Sports Hall	ISM	AED770	Book Now
	Basketball	4pm - 5pm	Year 4 to 6	Main Sports Hall	ISM	AED770	Book Now
	Basketball	5pm - 6pm	Year 7 plus	Main Sports Hall	ISM	AED770	Book Now
	Football	5pm - 6pm	FS2 - Year 6	Pitch	ISM	AED770	Book Now
	Swimming	5pm - 8pm	All Ages	Large Swimming Pool	Bedaya		Mohamed Gamal Mohamed Said Hussein - +971 58 591 2921
Sunday	Swimming	5pm - 8pm	All Ages	Large Swimming Pool	Bedaya		Mohamed Gamal Mohamed Said Hussein - +971 58 591 2921

COMMUNITY SPORTS SCHEDULE

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are open to the community- bring your friends!

Day	Activity	Timings
Monday - Friday	Badminton	7pm - 11pm
	Football	
	Basketball	
	Fitness Classes	
Saturday & Sunday	Basketball	8am - 11pm
	Football	
	Tennis - private lessons	
	Fitness	

Please contact our team for more information and booking!
Lotfi +971 55 872 4890



OUR CONTACT

For any questions, please contact Lotfi



Lotfi +971 55 872 4890



www.ismsports.org



albasma@ismsports.org



**Al Basma British School
External Sports and Activities**
WhatsApp group



Scan or upload this QR code using the
WhatsApp camera to join this group



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