

2025/2026

## **SPORTS CLASSES ACCESSIBLE TO THE PUBLIC**

### MISSION

We bring the community together through sport. At SUAD, you'll find world-class facilities, expert coaches, and activities for all ages and skill levels. Whether you want to improve, challenge yourself, or simply stay active, our programs offer a safe, engaging, and supportive environment.

### REGISTRATION

1. Fill in the [Google Form https://forms.gle/vrVCbQzDxQRjC3on9](https://forms.gle/vrVCbQzDxQRjC3on9)
2. We reply within 48–72 hours of the academic working days, 10:00–15:00.

### GENERAL RULES

1. Coached classes run only during the academic semester. No sessions during university breaks or public holidays.
2. Government closures (e.g. weather alerts) automatically cancel all sessions.
3. Self-training climbing packages are available during breaks (limited rope climbing hours, ladies-only slots).
4. No refunds for cancellations, absences, or schedule changes.
5. External users must follow SUAD rules, safety protocols, and etiquette.
6. Pro rata prices apply to annual/semester packages marked with ★. Details in the annex.
7. 10- and 5-passes packages are available to purchase only once per semester and are valid for 6 months until 23<sup>rd</sup> of August 2026
8. Last day to buy packages: 16 April.

## CLIMBING

Whether you're brand new to the sport or aiming to push your limits, our climbing programs cater to all levels.

### SELF-TRAINING

Access the climbing wall, training devices, free weights, and air bikes. Gym machines are available when not in use by classes.

Package type	
Description	<b>Self-training</b>
Target Audience	<b>Intermediate and experienced climbers</b>
Age availability	<b>14+ y.o.</b>
Class Schedule	<b>Mon-Sun 7:00-10:30 (some timing available for ladies only, rope climbing is limited to the specific timings)</b>
Duration	<b>day pass</b>

Additional Information	
Required Equipment	<b>It is required to use climbing shoes on the wall. Upon the request SUAD rents the shoes, harnesses and belaying devices</b>
Special Instructions or Prerequisites	<b>For the rope climbing it is required to undergo belaying assessment, that needs to be arranged before first climb on the wall. The assessment can be done depending on the instructor availability.</b>

Self-training - Prices	
Package	Price in AED (VAT included)
Full Year (academic year + July and August) ★	<b>3500</b>
One semester ★	<b>1120</b>
10-passes	<b>900</b>
5-pass	<b>750</b>

**Detailed calculation per month for the packages on the last page.**

## ADULT COACHED SESSIONS

Small group (8 people max.) training for intermediate/advanced climbers (16+), focusing on technique, strength, and problem-solving. Belay skills required.

Coached Adult Climbing Sessions	
Name of the Coach	<b>Magdalena Nowak</b>
Target Audience	<b>Intermediate and experienced climbers</b>
Age availability	<b>16+ y.o.</b>
Class Schedule	<b>Tue 6:30 PM; Thu 6:30 PM. Classes can be taken only once a week; prorata starting only from the beginning of each month, trial session to be done before enrollment is accepted</b>
Duration	<b>2h</b>
Maximum Number of Participants	<b>8 people</b>

Additional Information	
Required Equipment	<b>Upon the request SUAD rents the shoes, harnesses and belaying devices.</b>
Special Instructions or Prerequisites	<b>Participants need to undergo belaying assessment, that needs to be arranged before first class. Participants who fail the belay test will not be allowed to participate in the class.</b>

Pricing Details		
Package Type	Number of classes	Price
One Semester ★	<b>12 classes + 4-6 bonus sessions</b>	<b>2900</b>

## CLIMBING COURSES

Package Type	Number of classes	Price
Lead Climbing Course	<b>3 sessions</b>	<b>500</b>
Top-Rope Course	<b>2 sessions</b>	<b>350</b>
Belay and Lead Skills Refresher	<b>2 sessions</b>	<b>350</b>

**Detailed calculation per month for the packages on the last page.**

## YOUTH SPORTS GROUP

For committed young climbers—three mandatory structured sessions per week under the guidance of an experienced coach. To join the group climber needs to do mandatory belay intro and receive an approval.

Youth Sports Group Climbing Sessions	
Name of the Coach	<b>Magdalena Nowak</b>
Target Audience	<b>Advanced climbers</b>
Age availability	<b>10-16 y.o.</b>
Class Schedule	<b>Mon 5:00 PM, Tue 5:00 PM; Thu 5:00 PM. Pro-rata starting only from the beginning of each month, trial session to be done before enrollment is accepted</b>
Duration	<b>1.5h</b>
Maximum Number of Participants	<b>12 people</b>

Additional Information	
Required Equipment	<b>Upon the request SUAD rents the shoes, harnesses and belaying devices.</b>
Special Instructions or Prerequisites	<b>To join the group climber needs to do mandatory belay intro or test and receive an approval.</b>

Pricing Details		
Package Type	Number of classes	Price
One Semester ★	<b>36 classes + 12-18 bonus sessions</b>	<b>3300</b>

**Detailed calculation per month for the packages on the last page.**

## TEENS & KIDS RECREATION

Fun and progressive climbing sessions (1–2 per week) with skill checkpoints.

<b>Little Climbers (5-6 y.o.) - Kids Coached Climbing Sessions</b>	
Name of the Coach	<b>Jane Alcantara</b>
Target Audience	<b>Beginner and Intermediate</b>
Age availability	<b>5-6 y.o.</b>
Class Schedule	<b>Mon 4:00 PM; Wed 4:00; PM Fri 2:00 PM. Classes can be taken once or twice a week; pro-rata starting only from the beginning of each month. Belay introduction required if joining mid-semester.</b>
Duration	<b>1h</b>
Maximum Number of Participants	<b>6 people</b>

<b>Junior Climbers (7-9 y.o.) - Kids Coached Climbing Sessions</b>	
Name of the Coach	<b>Jane Alcantara</b>
Target Audience	<b>Beginner and Intermediate</b>
Age availability	<b>7-9 y.o.</b>
Class Schedule	<b>Mon 5:00 PM; Wed 5:00 PM; Fri 4:45 PM. Classes can be taken once or twice a week; pro-rata starting only from the beginning of each month. Belay introduction required if joining mid-semester.</b>
Duration	<b>1.5h</b>
Maximum Number of Participants	<b>8 people</b>

<b>Recreation Youth Climbing (10-16 y.o.) - Teens Coached Climbing Sessions</b>	
Name of the Coach	<b>Jane Alcantara</b>
Target Audience	<b>Beginner and Intermediate</b>
Age availability	<b>10-16 y.o.</b>
Class Schedule	<b>Tue 6:15 PM; Fri 6:15 PM. Classes can be taken once or twice a week; pro-rata starting only from the beginning of each month. Belay introduction required if joining mid-semester.</b>
Duration	<b>1.5h</b>
Maximum Number of Participants	<b>8 people</b>

## TEENS & KIDS RECREATION

Additional Information	
Required Equipment	<b>Upon the request SUAD rents the shoes, harnesses and belaying devices.</b>

Junior Climbers (7-9 y.o.) and Recreation Youth Climbing (10-16 y.o.) Pricing Details		
Package Type	Number of classes	Price
One Semester Once a Week ★	<b>12 classes + 4-6 bonus sessions</b>	<b>1100</b>
One Semester Twice a Week ★	<b>24 classes + 8-12 bonus sessions</b>	<b>2200</b>

Little Climbers (5-6 y.o.) Pricing Details		
Package Type	Number of classes	Price
One Semester Once a Week ★	<b>12 classes + 4-6 bonus sessions</b>	<b>800</b>
One Semester Twice a Week ★	<b>24 classes + 8-12 bonus sessions</b>	<b>1500</b>

**Detailed calculation per month for the packages on the last page.**

## CLIMBING PRICING ANNEX

<b>Adults - Detailed Calculation Pro Rata</b>			
Calculation per month	Self-training		Coached sessions
Period	Full Year	Semester 1	Semester 1
From Oct 1, 2025	<b>3300</b>	<b>800</b>	<b>2000</b>
From Nov 1, 2025	<b>3000</b>	<b>600</b>	<b>1000</b>
From Dec 1, 2025	<b>2700</b>	<b>N/A</b>	<b>N/A</b>
From Jan 1, 2026	<b>2400</b>		
From Feb 1, 2026	<b>2100</b>		
From Mar 1, 2026	<b>1800</b>		<b>1500</b>
From Apr 1, 2026	<b>1500</b>		<b>1000</b>

<b>Teens and Kids - Detailed Calculation Pro Rata</b>					
Calculation per month	Youth Sports Group Coached Climbing Sessions	Recreation Groups (7-16 y.o.) Coached Climbing Sessions	Recreation Groups (7-16 y.o.) Coached Climbing Sessions	Kids Groups (5-6 y.o.) Coached Climbing Sessions	Kids Groups (5-6 y.o.) Coached Climbing Sessions
Frequency	One Semester Three Times a Week	One Semester Twice a Week	One Semester Once a Week	One Semester Twice a Week	One Semester Once a Week
From Oct 1, 2025	<b>2200</b>	<b>1500</b>	<b>800</b>	<b>1000</b>	<b>600</b>
From Nov 1, 2025	<b>1100</b>	<b>800</b>	<b>400</b>	<b>500</b>	<b>300</b>
From Dec 1, 2025	<b>N/A</b>				
From Jan 1, 2026					
From Feb 1, 2026					
From Mar 1, 2026	<b>1700</b>	<b>1100</b>	<b>600</b>	<b>800</b>	<b>400</b>
From Apr 1, 2026	<b>1100</b>	<b>800</b>	<b>400</b>	<b>500</b>	<b>300</b>

## FITNESS

Stay active, get stronger, and improve mobility with our varied group classes:

### MOBILITY

Stretching and functional exercises to improve flexibility and prevent injury.

Package type	
Name of the Coach	<b>Magdalena Nowak</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>14+ y.o.</b>
Class Schedule	<b>Tuesday 8:30 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Sportswear</b>
Important	<b>Classes run until the end of May</b>

### CIRCUIT TRAINING

A mix of strength, cardio, and endurance stations for a full-body challenge.

Package type	
Name of the Coach	<b>Julien Maxwell</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>18+ y.o.</b>
Class Schedule	<b>Wednesday, 4:30 PM</b>
Duration	<b>1.5</b>
Required Equipment	<b>Sportswear</b>

## RIDE & STRETCH

30mins HIIT Cycling + 30mins core & stretch – a unique blend of intensity and recovery for a full training experience.

Package type	
Name of the Coach	<b>Mariam Abdelmoneim</b>
Target Audience	<b>All levels</b>
Age availability	<b>15+ y.o.</b>
Class Schedule	<b>Monday, 5:00 PM;</b> <b>LADIES ONLY: Thursday, 8:00 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Sportswear</b>

## SHAPE

A 45mins low impact, high energy workout blend of Pilates, core, power yoga and ballet. Designed to sculpt, strengthen and improve mobility.

Package type	
Name of the Coach	<b>Mariam Abdelmoneim</b>
Target Audience	<b>All levels</b>
Age availability	<b>15+ y.o.</b>
Class Schedule	<b>Thursday, 5:00 PM</b>
Duration	<b>45 min.</b>
Required Equipment	<b>Sportswear</b>

## BOOTCAMP

High-intensity sessions designed to boost overall fitness in a motivating group setting.

Package type	
Name of the Coach	<b>Julien Maxwell</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>18+ y.o.</b>
Class Schedule	<b>Tuesday, 6:00 PM</b>
Duration	<b>1.5</b>
Required Equipment	<b>Sportswear</b>

## FIT KIDS

Fun fitness games and drills that would build confidence, strength and coordination - elevating their performance.

Package type	
Name of the Coach	<b>Mariam Abdelmoneim</b>
Target Audience	<b>All levels</b>
Age availability	<b>5-10 y.o.</b>
Class Schedule	<b>Tuesday, 4:30 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Sportswear and running shoes</b>

## PRICES

Fitness Classes - Detailed Calculation Pro Rata	
Period	Full Year
Full Academic Year (until 15 <sup>th</sup> June)	<b>1500</b>
From Oct 1, 2025	<b>1350</b>
From Nov 1, 2025	<b>1200</b>
From Jan 1, 2026	<b>750</b>
From Feb 1, 2026	<b>600</b>
From Mar 1, 2026	<b>450</b>

## VOLLEYBALL

Ladies volleyball program designed to build teamwork, improve skills, and enhance performance through structured training sessions. Starting with trials for those aspiring to join the competitive team.

Package type	
Name of the Coach	<b>Atanas Tarkalanov</b>
Target Audience	<b>Intermediate and Advanced</b>
Age availability	<b>16+ y.o.</b>
Class Schedule	<b>Tuesday and Thursday, 7:30 PM</b>
Duration	<b>1.5h</b>
Required Equipment	<b>Sportswear</b>

### PRICES

Volleyball - Detailed Calculation Pro Rata	
Period	Full Year
Full Academic Year (until 15 <sup>th</sup> June)	<b>1300</b>
From Oct 1, 2025	<b>1170</b>
From Nov 1, 2025	<b>1040</b>
From Jan 1, 2026	<b>780</b>
From Feb 1, 2026	<b>650</b>
From Mar 1, 2026	<b>520</b>

## MARTIAL ARTS

Develop discipline, strength, and confidence with our martial arts programs:

### JUDO ADULTS

Learn throws, holds, and techniques in a friendly but challenging environment.

Package type	
Name of the Coach	<b>Ellenita Merle</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>15+ y.o.</b>
Class Schedule	<b>Thursday, 7:30 PM</b>
Duration	<b>1.5h</b>
Required Equipment	<b>Water bottle and sports t-shirt</b>
Important	<b>Judogi can be provided by Sorbonne</b>

### JUDO KIDS & TEENS

Focused on coordination, balance, and respect while building judo skills.

Package type	
Name of the Coach	<b>Ellenita Merle</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>8-14 y.o.</b>
Class Schedule	<b>Tuesday and Thursday, 6:00 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Water bottle and sports t-shirt</b>
Important	<b>Judogi can be provided by Sorbonne</b>

## BABY JUDO

Playful baby judo classes that introduce little ones to movement, balance, and coordination in a safe and fun environment.

Package type	
Name of the Coach	<b>Ellenita Merle</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>4-7 y.o.</b>
Class Schedule	<b>Monday 4:00 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Water bottle and sports t-shirt</b>
Important	<b>Judogi can be provided by Sorbonne</b>

## BOXING

Dynamic boxing classes that combine fitness, fun, and skill-building to boost focus, coordination, and self-confidence.

Package type	
Name of the Coach	<b>Julien Maxwell</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>18+ y.o.</b>
Class Schedule	<b>Wednesday, 6:00 PM</b>
Duration	<b>1.5h</b>
Required Equipment	<b>Sportswear</b>
Important	<b>Optional: Hand wraps and mouth guard</b>

## MUAY THAI

Intense Muay Thai classes for adults that build power, agility, and endurance while teaching authentic techniques in a supportive training environment.

Package type	
Name of the Coach	<b>Julien Maxwell</b>
Target Audience	<b>Beginner, Intermediate and Advanced</b>
Age availability	<b>18+ y.o.</b>
Class Schedule	<b>Monday, 6:30 PM</b>
Duration	<b>1.5h</b>
Required Equipment	<b>Sportswear</b>
Important	<b>Optional: Hand wraps and mouth guard</b>

## PRICES

Detailed Calculation Pro Rata			
Period	Adults	Kids and Teens	Baby Judo
From Sep 1, 2025	<b>1500</b>	<b>1500</b>	<b>1300</b>
From Oct 1, 2025	<b>1350</b>	<b>1350</b>	<b>1170</b>
From Nov 1, 2025	<b>1200</b>	<b>1200</b>	<b>1040</b>
From Jan 1, 2026	<b>750</b>	<b>750</b>	<b>780</b>
From Feb 1, 2026	<b>600</b>	<b>600</b>	<b>650</b>
From Mar 1, 2026	<b>450</b>	<b>450</b>	<b>520</b>

## FOOTBALL

Fun and engaging football classes for kids that build skills, teamwork, and confidence through play and practice.

### FOXYFOOT

Fun and fast-paced football sessions that help kids sharpen their skills, speed, and teamwork.

Package type	
Name of the Coach	<b>Antoine Grima</b>
Target Audience	<b>Beginner and Intermediate</b>
Age availability	<b>10+ y.o.</b>
Class Schedule	<b>Friday 4:00 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Sportswear</b>

### KIDDY FOOT

Playful football classes designed to introduce young children to the joy of the game through simple skills and teamwork.

Package type	
Name of the Coach	<b>Antoine Grima</b>
Target Audience	<b>Beginner and Intermediate</b>
Age availability	<b>6-9 y.o.</b>
Class Schedule	<b>Friday 3:00 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Sportswear</b>

## BABY FOOT

Gentle, engaging sessions that introduce toddlers to movement, coordination, and the basics of football in a fun way.

Package type	
Name of the Coach	<b>Antoine Grima</b>
Target Audience	<b>Beginner and Intermediate</b>
Age availability	<b>4-6 y.o.</b>
Class Schedule	<b>Friday 2:00 PM</b>
Duration	<b>1h</b>
Required Equipment	<b>Sportswear</b>

Detailed Calculation Pro Rata	
Period	Full Year
Full Academic Year (until 15 <sup>th</sup> June)	<b>1500</b>
From Oct 1, 2025	<b>1350</b>
From Nov 1, 2025	<b>1200</b>
From Jan 1, 2026	<b>750</b>
From Feb 1, 2026	<b>600</b>
From Mar 1, 2026	<b>450</b>