

CLUB
S

HELLO
NOVERMBER



CLUB S MONTHLY
DIGEST

RECAP

Art Hub



RECAP



Club S is proud to have hosted the first edition of the Schoolympics, a two day sports event that took place on the weekend of October 14th.



Our athletes competed against each other in various sports like football, tennis, swimming, squash, basketball, and track & field for a chance to win medals and trophies. We wish to thank our athletes, parents and schools for their participation and congratulate the winners on their achievements!



RECAP

MOULED AT CLUB S



In celebration of Mouled El Nabawi, we hosted a fun-filled day with activities for the whole family, like el Leila el Kebira, Arts & Crafts, and lots of games and entertainment!



RECAP



Kids enjoying “Pumpkin Week” at Play2learn.



RECAP

SYNCHROFUN



**Our Synchron fun champions competing in the
'Nermin Fadel Friendly Competition' at Al Ahly Club,**



Ranking:

1. Ranking 4th in the under 10 Combo.
2. Ranking 10th in the under 10 Team A and 7th with the routine
3. Ranking 8th in Team B among Team Bs
4. Ranking 9th in the under 8 competition with 4 girls only, and 7th with the routine

Well done and to many more success!

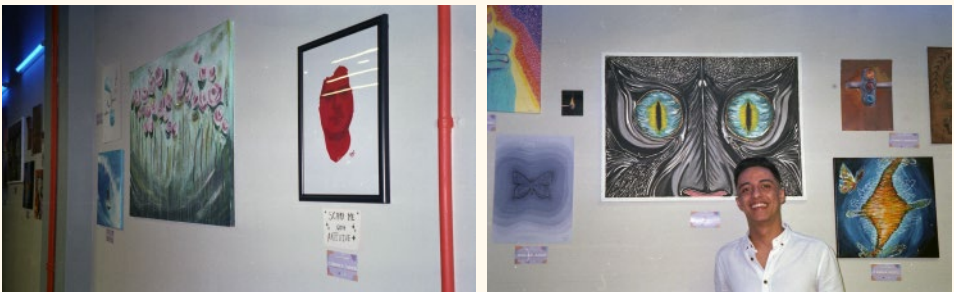
RECAP

YOE EVENT



Chill-axed, creative, intuitive and empowering !

YOE (Youth of Egypt), our newly established social community hub, kicked-off the season with chill vibes, allowing young and fresh talents to uniquely display their expressive art skills. The event took place on October 8th, at ClubS Allegría Soccer field. Performances included a mixture of poetry readings, music, stand-up comedy, improv, and live art (courtesy of the Comfort Zone). With more than 100 Youth Attendees, around 10 exhibitors and a wall full of art, the NEW COMMUNE is the first of many more to come.



We can't be more excited to see how YOE will add-on to Youths lifestyle with engaging and empowering events and workshops. Stay tuned for YOE's upcoming events and calendar by checking their website on www.yoegypt.com!

NOV

11
MONTH

DIGEST

MBER



FRIENDS & REWARDS

Invite your family and friends to be part of the Club S family by referring them, to earn rewards worth up to

12K EGP and more!

1st referral completed:

Waiving of your 2023 membership fees

For every additional referral:

Your choice of

6 Months free membership at Cellblock gym

or

2 Free ticket booklets

or

Voucher worth 2000 LE to use in any club service

Message us on +201 212 832 148 - +201 212 832 154

Or fill in the application <https://forms.gle/8F9acLAZa2Mgs5tZ9>

*The membership has to be processed and the downpayment has to be settled, in order to redeem your compensation



Music Academy

Music Academy is now exclusive to members of Allegría and Westtown only. Enjoy their exclusive services that include private one-on-one classes as well as groups classes for kids starting the age of 3 until adults.



Let Musica discover your child's hidden talent in music or help you pursue playing the instrument you have always dreamed of playing.

Classes offered are for the following instruments: Piano, Drums, Guitar, Singing, Saxophone as well as kids music club and music band.

Musica also organizes occasional masterclasses where talented kids can train with professional musicians. For booking your spot and more details call: 012 76233200



Acrylic Painting

For Beginners



For Allegria and Westown Members

Acrylic painting class, it's all about creative expression and storytelling through art. Every month, a new theme is tackled and the main aim is to nurture kids' creativity and storytelling skills.

You will learn

- Basics of color theory
- Perspective and Landscape
- Still Life Painting
- Introduction to collage
- Self portrait types
- Project

6 Classes per week (For Adults)

Sunday 4:00 to 5:30 PM

Sunday 5:30 to 7:00 PM

For booking and prices call : 01276233200

Instructor Instagram page: @dinakarimy.art

Oil Painting

For Beginners



For Allegria and Westown Members

you will learn about oil paint characteristics, application and techniques to guide you finish a portrait using simplified concept of classical methods used by old masters.

You will learn

- Introduction to oil paint
- Underpainting and glazing exercise
- How to pick a picture to paint / composition
- Transfer picture to canvas
- Blocking lights and darks
- Finish the underpainting / detailing
- Glazing

8 Sessions per week (For Adults)

11:00 AM - 2:00 PM

For booking and prices call : 01276233200

Instructor Instagram page: @dinakarimy.art



Enjoy new painting skills

Every month, a new theme is tackled and we aim to nurture kids' creativity and storytelling skills through Art.

Painting classes schedule:

Monday & Wednesday: 4-5:30 pm Age: 4-6 yrs

Monday & Wednesday: 5:30-7pm Age: 7-9 yrs

Sunday 4-5:30 PM Age: 6-8 yrs

Sunday 5:30-7 PM for Age: 9-11 yrs

For more information and to book your kids
call: 01276233200





GROUPS

Group A: Qatar, Ecuador, Senegal, Netherlands

Group B: England, Iran, USA, Wales

Group C: Argentina, Saudi Arabia, Mexico, Poland

Group D: France, Australia, Denmark, Tunisia

Group E: Spain, Costa Rica, Germany, Japan

Group F: Belgium, Canada, Morocco, Croatia

Group G: Brazil, Serbia, Switzerland, Cameroon

Group H: Portugal, Ghana, Uruguay, South Korea

MATCH SCHEDULE

Sunday,
November 20

Group A

Qatar v Ecuador (6 pm)

Wednesday,
November 23

Group E

Germany v Japan (3 pm)

Spain v Costa Rica (6 pm)

Group F

Morocco v Croatia (12 pm)

Belgium v Canada (9 pm)

Saturday,
November 26

Group C

Poland v Saudi Arabia (3 pm)

Argentina v Mexico (9 pm)

Group D

Tunisia v Australia (12 pm)

France v Denmark (6 pm)

Tuesday,
November 29

Group A

Netherlands v Qatar (6 pm)

Ecuador v Senegal (6 pm)

Group B

Iran v USA (9 pm)

Wales v England (9 pm)

Friday,
December 2

Group G

Serbia v Switzerland (9 pm)

Cameroon v Brazil (9 pm)

Group H

Ghana v Uruguay (6 pm)

South Korea v Portugal (6 pm)

Monday,
November 21

Group A

Senegal v Netherlands (6 pm)

Group B

England v Iran (3 pm)

USA v Wales (9 pm)

Thursday,
November 24

Group G

Switzerland v Cameroon (12 pm)

Brazil v Serbia (10 pm)

Group H

Uruguay v South Korea (3 pm)

Portugal v Ghana (6 pm)

Sunday,
November 27

Group E

Japan v Costa Rica (12 pm)

Spain v Germany (9 pm)

Group F

Belgium v Morocco (3 pm)

Croatia v Canada (6 pm)

Wednesday,
November 30

Group C

Poland v Argentina (9 pm)

Saudi Arabia v Mexico (9 pm)

Group D

Australia v Denmark (6 pm)

Tunisia v France (6 pm)

Tuesday,
November 22

Group C

Argentina v Saudi Arabia (12 pm)

Mexico v Poland (6 pm)

Group D

Denmark v Tunisia (3 pm)

France v Australia (9 pm)

Friday,
November 25

Group A

Qatar v Senegal (3 pm)

Netherlands v Ecuador (6 pm)

Group B

Wales v Iran (12 pm)

England v USA (9 pm)

Monday,
November 28

Group G

Cameroon v Serbia (12 pm)

Brazil v Switzerland (6 pm)

Group H

South Korea v Ghana (3 pm)

Portugal v Uruguay (9 pm)

Thursday,
December 1

Group E

Japan v Spain (9 pm)

Costa Rica v Germany (9 pm)

Group F

Croatia v Belgium (6 pm)

Canada v Morocco (6 pm)



Swimming Academy

Aquathletic provides progressive learn to swim programs for all ages (4 years and up), that emphasizes proper swimming technique and water safety, all while having fun!

Enroll yourself in Aquathletic Swimming Academy, where you will learn from passionate and experienced certified instructors that focus on the individual needs and goals of every swimmer.

We are operating a class system (maximum 4 swimmers per instructor) as well as private (1 to 1), and semi-private (2 to 1) sessions, with a program that is unique and developed based on International curriculums, preparing athletes for National and International competitions.

FOUNDED: 2019

FOUNDERS:

Dr. Mohamed El Dessouky : Assistant Professor at Cairo University. 29 years in coaching (countless medals and champions at national competitions). Prime Coach of the Egyptian National Swimming Team from 2011 to 2015. Head Coach of the Egyptian National Swim Team since 2017.

AGES: 4+

PROGRAM STAGES:

- 1- Starfish: Lets get friends with the water
- 2- Jellyfish: Lets play with our new friend
- 3-Duck: Lets move forward
- 4- Penguin: Lets swim freestyle
- 5- Seal: Lets swim backstroke
- 6- Dolphin: Lets swim butterfly
- 7- Frog: Lets swim breakstroke
- 8- Nemo: Lets find out more about swimming
- 9- Shark: lets learn how to train

PRICING:

Group from step 1 to 7 (750 le) / Session duration 50 minutes
Preteam (step 8&9) (900 le) / Session duration 60 minutes
Private 1 to 1 (1600 le) / Session duration 60 minutes
Semi-private 2 swimmers (1200 le) for each
Session duration 60 minutes

SCHEDULE:

Westown operation (days×)

(Saturday, Monday:) and (Sunday, Tuesday:)

Saturday, Monday:

Saturday 9:00 AM, Monday 3:00 PM
Saturday 10:00 AM, Monday 4:00 PM
Saturday 11:00 AM, Monday 5:00 PM
Saturday 12:00 PM, Monday 6:00 PM
Saturday 1:00 PM, Monday 7:00 PM

Sunday, Tuesday:

Sunday, Tuesday 3:00 PM
Sunday, Tuesday 4:00 PM
Sunday, Tuesday 5:00 PM
Sunday, Tuesday 6:00 PM
Sunday, Tuesday 7:00 PM

Allegria operation (days& times)

(Saturday, Tuesday:) and (Sunday, Wednesday:)


Saturday, Tuesday:

Saturday, Tuesday 3:00 PM
Saturday, Tuesday 4:00 PM
Saturday, Tuesday 5:00 PM
Saturday, Tuesday 6:00 PM
Saturday, Tuesday 7:00 PM

Sunday, Wednesday:

Sunday, Wednesday 3:00 PM
Sunday, Wednesday 4:00 PM
Sunday, Wednesday 5:00 PM
Sunday, Wednesday 6:00 PM
Sunday, Wednesday 7:00 PM

CONTACT US:

 01009001280
 01033220015

ACADEMY REGISTRATION





ALPHA
WATER POLO ACADEMY



WATER POLO ACADEMY

Alpha strives to build and train teams at professional standards, preparing them to compete at all levels, from national tournaments to regional-and international championships.

Alpha also aims at further developing the skills and performance of existing water polo players across all clubs, which in turn will upgrade the game level in Egypt.

Shaping healthy athletes is one of Alpha's main goals. Through the structured training programs and customized nutrition plans, athletes can meet their training needs and recovery to ensure that they will reach their full potential!

FOUNDED: 2019

FOUNDERS:

Ahmed Adel: Egyptian Waterpolo National Team coach

Winner of the Egyptian league

Participated in 2 world cups 2021 and 2022

Ex Gezira player and coach. 3 time winner of the Egyptian League as a coach

Winner of Egypt's best coach 3 times



ALPHA
WATER POLO ACADEMY

AGES:

- TEAM 2010 - 2011
- TEAM 2012
- TEAM 2013
- TEAM 2014-2015

PROGRAM:

Water Polo:

The training is divided into three parts that complement one another and translate to all around better technique in the pool: Dryland workout - Swimming - Fundamentals of water polo

Private – Swimming:

Applicants who do not meet the minimum required swimming level are offered private

swimming sessions by the academy's swimming coach before joining the team or they can have private swimming classes outside the academy before having their swimming assessment.

Private - Water Polo:

Water polo players from all clubs, who wish to improve their performance, are offered the necessary technical expertise through private sessions to enhance their skills and strengthen their weak points.

Nutrition:

Athletes from all kinds of sports can get their customized nutrition plans to improve their general health and meet their training needs.

PRICING:

1650 per month

SCHEDULE:

Monday – Wednesday, Friday, and Saturday (session duration 2 hours)

CONTACT US:



01006063429



alphawaterpoloacademy@gmail.com



alphawaterpoloacademy



alphawaterpoloacademy

ACADEMY REGISTRATION





ALPHA
WATER POLO ACADEMY

Join us now, Alpha water polo has the most exciting calendar in the field offering programs and accepting players aged between 7 and 12 years old. (2010-2015)

Alpha academy and national team coach and league champion is taking it to a new level. Below you'll see all our services, calendars and previous achievements:

SERVICES:

- Waterpolo
- Swimming
- Fitness
- Mobility
- Educational lectures (mentorship and sports psychology)

CALENDAR

- Habawaba participation each summer (June-July) "Camp"
- Camp inside Egypt February
- Weekly friendly games
- Friendly tournaments

ACHIEVEMENTS

- Officially registered in the swimming federation
- First in Bronze category international tournament
- Third in Silver category international tournament

For details contact us through: 01006063429

ECOLE F.DOLTO



Exclusively for Eastown residents

ECOLE F.DOLTO IS OFFERING

1. 50% discount on the application fee
2. 15% discount for last year Dolto students * Offer valid till end of December
3. 15% discount on monthly fee for the first 5 students

Enroll your kids today and call: 0128 7444485



AGE
7 - 12
YEARS

BIKE & ART FROM 9AM TO 4PM

AT CLUB S ALLEGRIA



9AM: ARRIVAL

10AM - 12PM: BIKE

12PM - 1PM: LUNCH

(Either kids will bring or parents will order and pay at pick up)

1PM - 4PM: ART

kids are required to bring their own bikes, backpack, water bottle and helmet.



AGE
4 - 9
YEARS

ART & MUSIC CAMP

FROM 9AM TO 4PM

AT CLUB S EASTOWN



9AM: ARRIVAL

10AM - 12PM: MUSIC

12PM - 1PM: LUNCH

(Either kids will bring or parents will order and pay at pick up)

1PM - 4PM: ART



AGE
4 - 9
YEARS

ART & MUSIC CAMP

FROM 9AM TO 4PM

AT CLUB S ALLEGRIA



9AM: ARRIVAL

10AM - 12PM: MUSIC

12PM - 1PM: LUNCH

(Either kids will bring or parents will order and pay at pick up)

1PM - 4PM: ART



DEVELOP SPORTS CAMP STARTING NOVEMBER 4 & 5

EVERY FRIDAY & SATURDAY AT CLUB S WESTOWN

Age: 6-12 years old

8:30 AM to 4 PM

Members

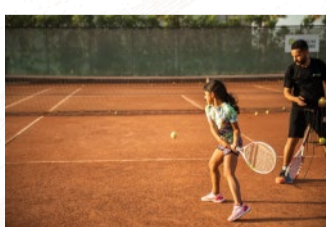
2 days: 900 LE / 1 day: 500 LE

Non members

2 days: 940 LE / 1 day: 540 LE

For more info call +20110 1220 302

Kindly include the following registration link to the message/story: <https://form.jotform.com/222782920881563>



	FRIDAY	SATURDAY
8:45 AM - 9:00 AM	DROP OFF	DROP OFF
9:00 AM - 10:00 AM	HOME WORK / WARM UP	HOME WORK / WARM UP
10:00 AM - 11:00 AM	TENNIS	CYCLING
11:30 AM - 12:30 PM	BREAK	BREAK
12:30 PM - 2:00 PM	GYMNASTICS	FENCING
2:00 PM - 2:30 PM	LUNCH	LUNCH
2:30 PM - 3:30 PM	POOL TIME	POOL TIME
3:30 PM - 4:00 PM	SHOWER & PICK UP	SHOWER & PICK UP

SUN	MON	TUES	WED	THUR	FRI	SAT
08:00 am Power Blend with Nada	08:00 am Advanced Vinyasa Yoga with Laila Farouk	08:00 am Power Blend with Nada	08:00 am Advanced Vinyasa Yoga with Laila Farouk	08:00 am Advanced Vinyasa Yoga with Laila Farouk		
09:15 am Power Mat with Nada <i>Ladies Only</i>	08:15 am Guided Meditation for Mindfulness (Hind)	09:15 am Power Mat with Nada <i>Ladies Only</i>	09:15 am Reformer Sculpt with Rania	09:15 am Mat Sweat with Radwa		
10:30 am Vinyasa Yoga Strength with Mae/Laila	09:15 am Mat Sweat with Radwa	10:30 am Vinyasa Yoga Flexibility with Mae/Laila	10:30 am Fit & Fab <i>Ladies Only</i>	10:30 am Vinyasa Yoga with Dalia	10:30 am Reformer with Heba	
11:30 am Hatha Yoga with Alisha <i>Ladies Only</i>	10:30 am Fit & Fab <i>Ladies Only</i>		11:30 am Hatha Yoga with Alisha <i>Ladies Only</i>			
	10:45 am Vinyasa Yoga with Dalia					
OPEN STUDIO FROM 12:00 PM TO 6:00 PM						
07:30 pm Vinyasa Sweat with Laila Farouk		07:30 pm Vinyasa Sweat with Laila Farouk				
	08:00 pm Vinyasa Yoga with Dalia		08:00 pm Reformer with Heba			08:00 pm Mat with Heba

By Booking only (Call +20 127 6233 204)

Open Gym from 12pm to 6pm

Whatsapp (+971 5635 90794)

TEAM A		TEAM B		SUN	MON	TUES	WED	THUR	SAT
10:00 am Spinning with Amena Mixed Groups	10:00 am Vinyasa Yoga with Shahira	10:00 am Spinning with Amena Mixed Groups	11:00 am Vinyasa Yoga with Heba	10:00 am Spinning with Merihan	4 pm to 8pm Fencing Academy				
6:00 pm belly dancing fun class with Dina	11:00 pm Power Mix with Sabrin		11:00 pm Power Mix with Sabrin						
	05:00 pm Boxing with Sameh	5 pm to 8pm Fencing Academy	5 pm to 8pm Fencing Academy						
			05:00 pm Boxing with Sameh						

SUN	MON	TUES	WED	THUR	FRI	SAT
08:00 AM WAREHOUSE SNC	08:00 AM VELOCITY	08:00 AM WAREHOUSE SNC	08:00 AM WAREHOUSE ENGINE	08:00 AM WAREHOUSE VELOCITY	10:00 AM WAREHOUSE VELOCITY	11:00 PM BEAT BY KARIM
10:00 AM WAREHOUSE <i>Ladies Only</i>		10:00 AM WAREHOUSE <i>Ladies Only</i>		10:00 AM WAREHOUSE <i>Ladies Only</i>	11:00 AM OUDA'S BOOTCAMP	11:00 PM BEAT BY KARIM
06:00 PM TEENS		06:00 PM TEENS		06:00 PM TEENS		12:30 PM FIT FLOW BEAT (NEW)
07:00 PM BEAT BY KARIM	07:00 PM BEAT BY KARIM	07:00 PM BEAT BY KARIM	07:00 PM BEAT BY KARIM	07:00 PM BEAT BY KARIM		
07:30 PM OUDA'S BOOTCAMP	07:30 PM OUDA'S BOOTCAMP	07:30 PM OUDA'S BOOTCAMP	07:30 PM OUDA'S BOOTCAMP			
08:30 PM BEAT BY KARIM	08:30 PM BEAT BY KARIM	08:30 PM BEAT BY KARIM	08:30 PM BEAT BY KARIM			
8AM TO 8PM OPEN GYM	8AM TO 8PM OPEN GYM	8AM TO 8PM OPEN GYM	8AM TO 8PM OPEN GYM	8AM TO 8PM OPEN GYM	8AM TO 8PM OPEN GYM	

SUN	MON	TUES	WED	THUR	SAT
08:00 am Functional Fitness	08:00 am Stamina	08:00 am Functional Fitness	08:00 am Stamina	08:00 am Functional Fitness	11:00 am Stamina
11:00 am Cardio & Core <i>Ladies Only</i>	08:30 am Mobility		08:30 am Mobility		
06:00 pm Kids Fitness	07:00 pm Juniors	06:00 pm Kids Fitness	07:00 pm Toning <i>Ladies Only</i>		
06:30 pm Tapout	08:00 pm Stamina	06:30 pm Tapout	07:00 pm Juniors	06:30 pm Tapout	07:00 pm Juniors
08:00 pm Stamina		08:00 pm Stamina	08:00 pm Stamina	08:00 pm Stamina	08:00 pm Stamina
08:30 pm Tapout		08:30 pm Tapout		08:30 pm Tapout	

For more info Call: +20 122 1078 3387

	SUN	MON	TUES	WED	THUR	SAT
7:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION		
7:30 AM				SWIM WOD		
8:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	
10:00 AM	TRANSFORMHER		TRANSFORMHER		TRANSFORMHER	
11:00 AM						WEIGHTLIFTING
12:00 - 2:00 PM						OPEN GYM
5:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
		KIDS FITNESS		KIDS FITNESS		
6:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7:00 PM	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	CROSSFIT	
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	
8:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		

CLUB S ACADEMIES

All Club S Sports Academies are now only accessible to Club S members

To become a member now and for inquiries contact us on:

01212832148 - 01212832154

Or visit our website on <https://www.sodicclubs.com/about-4>

CLUB S RENEWALS

Deadline for Club S renewal fees was on October 1st

If you are facing difficulties registering to any academies or services because of unsettled dues; kindly find below how you can resolve these issues.

CLUB S MEMBERSHIP OFFICE HOURS

9:00AM TO 5:00PM

CLUB S ALLEGRIA: EVERYDAY EXCEPT TUESDAYS

LOCATION: The glass office in the ground floor next to the sports desk and refuel bar

CLUB S WESTOWN: EVERYDAY EXCEPT MONDAYS

LOCATION: The glass office at the reception of the Club building

CLUB S EASTOWN: EVERYDAY EXCEPT TUESDAYS

LOCATION: The reception of the Club building

HOTLINE

16220

We are now reachable on SODIC Hotline 16220 and we encourage all our members to transfer communication regarding all inquiries, requests or complaints to the above number.

You can also reach us on www.sodicclubs.com/feedback

CONTACT LIST

MEMBERSHIP OFFICE

Club S Allegria: +20 120 023 1525

Club S Westown: +20 121 283 2790

Club S Eastown: +20 121 283 2750

SPORTS DESK

Club S Allegria: +20 127 623 2823

Club S Westown: +20 128 915 2971

Club S Eastown: +20 127 623 2800

EVENTS: +20 127 623 2890

ART AND MUSIC: +20 127 623 3200

CELLBLOCK GYM AND STUDIO:

+20 127 623 3204

WAREHOUSE: +20 121 283 1980

VITAL SPA: +20 127 623 3275

CLUB S DELIVERY: +20 127 623 2859

CLUB S CATERING: +20 122 837 9711

 @CLUBSEGYPT

 @CLUBSEGYPT

THE SECOND EDITION OF WELLNESS RETREAT



Unwind and recharge, Club S 2nd edition of wellness event.

Take a time off and treat yourself by joining the 1-Day Ladies Retreat at Club S Allegia

6 Coaches will take you on a journey of; Neuroplasticity, Tai Chi, Face Yoga, Art of Acceptance & Letting Go, Sacred Dance & Gratitude Meditation

Date: 26th of November
Full Program; 11 am – 8 pm

Sign up through the link

For more information, call
+20 127 623 3275

