



CLUB **S**

HELLO

*October*

**CLUB S  
MONTHLY  
DIGEST**

## SEPTEMBER RECAP

### 108 SUN SALUTATIONS BY SUKUN



Have you ever repeated a movement until your mind stopped and became the movement? Some call it a state of trance, others experience it as reaching one of the highest states of consciousness.



On the 9th of September, Sarah Abdelmoneim guided by Sukun studios and sound healing by Loulii Megahed; participants practiced releasing and healing with 108 sun salutations and sound healing. While watching the sunset and moon rise in the beautiful skies of the Allegria Golf Course. Everyone gathered and enjoyed some detox water, fresh juices and healthy snacks.



A look back at our very first Back To School events that took place at Club S Westown and Eastown! Amazing energy and excitement were flowing from start to finish.



Families and their friends enjoyed a day full of shopping, entertainment and got introduced to Club S academies and fun activities. To many more exciting events!





## NURSERY AT CLUB S WESTOWN



Le Palmier participated in the back-to-school event with a full day of fun and lots of activities through sensory play with the goal of enhancing each child's development through learning with fun tools, creativity, and engagement.

For more information call : 01154418856

Follow us on instagram:  
[@le\\_palmier\\_monachache](https://www.instagram.com/le_palmier_monachache)





**KOBI team  
was very happy to be at the  
“ Back-to-school” event.**



The adventure zone for the little ones was a hit, KOBI also provided bikes for the kids to play and enjoy.

KOBI is offering “learn-to-ride” classes for all ages. Next level is only for kids who either want to ride their bikes for fun in a group, learn to race or those who wish to learn tricks on their bikes.

For more info and for bookings,  
please call us on +20 101 6771113



# TRI FOR FUN



The second edition of TriForFun took place on Friday 23rd September at Club S Westown. It was a great success with many first timers experiencing their first taste of triathlon. We had a range of ages participating in the Flash distance (250m swim, 9km bike, 2.5km run) with our winners male athlete Yusuf Iraky and female athlete Salma Akram. Congratulations to all participants who took to the start line and achieved their finishers medal.



The highlight of the day was the juniors race, which included children starting from the age of 4 up until the age of 12. With the great support from their families and volunteers, all children were able to complete the race and receive their finisher medals. Our top place finishers were Karim ElSayed, Bessam Farouk, Ramzi ElSaadi and Laila Boghdady.

We look forward to hosting more events at Club S.



# Yasmin's win at the Ironman Triathlon



Yasmin Halawa, co-founder of Tenacity Coaching raced Barcelona Ironman last Sunday 2nd October 2022. The Ironman race consists of a 3.8km swim, 180km bike ride and then a full marathon, 42km run. Yasmin completed the race in a new PB time, finishing top of her age group and automatically qualifying to the Kona World Championships 2023 in Hawaii.

We are happy to have Tenacity Coaching train at Club S Westown with daily sessions of swim, bike and run.

Follow: @tenacity.coaching and DM if interested to train with the best coaches or to join in our next triathlon.



3 big wins for our Optimum Tennis Academy players during September. A big congratulations for 2 of our boys; Safwat Ahmed Higazy won First place Singles at ETF El Gouna Club Under 14 and First place doubles at ETF El Khamayel Under 14, while Seif Ahmed Sami won First place singles at ETF El Khamayel Under 8.

Keep up the amazing work!



## JUDO NATIONAL CHAMPIONSHIP U12

Congratulations to our SUA Academy winners at the Judo National Championship U12. The tournament was held at the Cairo Stadium between 6-8 October, with our very own Tarek Abu Hussein and Malak Mostafa Aly winning gold medals for boys and girls respectively. We would like to congratulate them on their success, wishing them all the best at future events. Full list of participants below:

### National Championship U12 Boys

Tarek Abu Hussein – Gold Medal (Club S Westown)

Aly Islam – Silver Medal (Club S Westown)

Raslan Abdel Rahman – Bronze Medal (Club S Westown)

Yassin Khaled El-Sayed – Bronze Medal (Club S Eastown)

Seif Al-Naggary – Participation (Club S Westown)

### National Championship U12 Girls

Malak Mostafa Aly – Gold Medal (Club S Westown)

Amina Amr Abdel Khalik – Participation (Club S Westown)





Congratulations to the Club S Artistic Gymnastics team on their win at The Egyptian Cup Tournament. All of our participating players have won the event medals, making it 2 wins in 2 tournaments.

We thank the academy's team for their hard work and wish our players continued success. You are all making us very proud.

The allegria

## The Arab Golf Championship



The Allegria would like you congratulate the Egyptian Junior Team on their second place - silver medal at the Arab Golf Championship played in Tunisia last week.

Well done to The Allegria Junior Boys

# HAVE YOU NOT HEARD OF THESE EVENTS?

**IF NOT, CLICK ON THE LINK BELOW TO UPDATE YOUR  
DATABASE AND ENSURE THAT YOU ARE ALWAYS UP  
TO DATE ON ALL OUR UPCOMING EVENTS**

<https://forms.gle/cMT5NqCkjG67TMGcA>

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SPOOKY SEASON IS JUST AROUND THE CORNER  
STAY TUNED FOR OUR UPCOMING EVENT



## EXCITING NEWS

**Art Hub is starting Art classes at Club S Allegría,  
Accessible to Westown members**

It's four classes per month.

Schedule is as follows:

- Sunday 4-5:30 PM for ages: 6-8 years
- Sunday 5:30-7 PM for ages : 9-11 years

This class is Acrylic painting and 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.

For more info and prices call: 01276233200



# ECOLE F.DOLTO NURSERY AT CLUB S EASTOWN

Ecole Dolto celebrates the opening of their newest branch at Club S Eastown with all Eastown members. We hope you and your little ones enjoyed the “Leila el Kebira” live performance by Dolto.

Come and check out their beautiful place. We are still accepting registrations.

École F. Dolto at Club S Eastown Special Opening Offer :

- **Free application fee till October 2022**
- **15% discount for all Club S - last year nursery students valid till December 2022**
- **15 % discount on monthly fee for the first 10 students upon opening applied on Sep/Oct/Nov/ Dec 2022**

For more information:

Call: 01287444485

Follow us on: @ecole.f.dolto





# Play2Learn

Nursery

At Play2learn, we use natural materials, sensory tools and open-ended settings, to enable children to reach the best of their abilities and development.





### **Mrs. Eman Khairy**

founder and director of play2learn nursery is a qualified child psychologist with bachelors in specific arts, and a 15-year experience in teaching early years. She holds the Wunderled certification from 'Fairy Dust Teaching' by Sally Houghy.

### **Play2learn nursery**

is a Reggio inspired space where we honor children's needs for playing, exploring and socializing to become eager lifelong learners. At Play2learn, we use natural materials, sensory tools and open-ended settings, to enable children to reach the best of their abilities and development.



### **Admissions are now open.**

We accept children starting 1.6 years of age up to 3.5 years.

**For the after school program,**  
we accept children up to 10 years



### **Contact us:**

01094778677

Email: [fun@play2learn.fun](mailto:fun@play2learn.fun)



### **Doaa Gomaa:**

An Egyptian Piano, Cello, Accordion, Xylophone, Educator and Founder of Musica. She Graduated from Faculty of Music Education in Cairo with over ten years of experience as a piano instructor. She has further qualifications of a masters degree in music at Piano duets for kids. Currently a Professor Assistant at the Faculty of Music in Cairo.

### **Check out Musica's different kind of lessons and explore your kids' talents:**

#### **Private lessons:**

To enhance your talent and skills.

#### **Group lessons:**

Musica group classes are tons of fun. Your child will practice with students who have the same ambitions as him/her.

#### **Students concert:**

It provides students with an opportunity to gain experience and confidence in performance.

#### **ABRSM - TRINITY Exam preparation:**

Musica can design different lesson-plans for every single student to prepare them for the ABRSM and TRINITY exams

For more information and to book your spot for enhancing your talents : 01276233200



# Sound Healing



A sound healing session, facilitated by coach Chérine Samir, took place in Westown lounge on the full moon of September, attended and enjoyed by 13 members and their friends.

The second round of the “Self-Awareness Journey” by the charming Noha Sabry commenced with “the Art of Self-Love” workshop. It was held in Westown lounge on the 20th of September, and was attended by 12 ladies.

Following are some of the feedbacks on the workshop:-

“Thank u so much Noha for an eye-opening journey, for being there for me and for making me feel that change is possible.” -Dalia Mohsen

“Can’t thank you enough Noha. Thank you for being in our lives helping us with no judgment- it’s not an easy thing. Forever grateful for your knowledge, your influence and your constant dedication.” -Nermine

# Self awareness



October was a busy month for our wellness department!

On the 2nd and 3rd of October we held the Introduction to Self-Awareness workshop, by Noha Sabry. It was attended by 18 members and their friends and they were amazed to learn how to start connecting with their true selves, to live a life that serves them.

On the 10th and 11th of October the same group of ladies will take the first tool of Self-awareness awakening journey which is Acceptance; which is a life-changing tool, to go through life with a sense of flowing rather than resisting.

On the 23,25,30 of October, we will hold the Power of Belief workshop where we will learn how to manifest positive beliefs that serve us and how to eliminate limiting beliefs, and old patterns that hold us back.

For more information and to book your spot: follow @clubsvitalspa and call +20 106 8861042



VITAL  
SPA



VITAL  
SPA

INSTYLE

CLUB  
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# INSTYLE

We are happy to announce the opening of Instyle Beauty Salon at Vital Spa, Club S Allegria! Enjoy all our beauty services ( Hairdresser & Nail studio)  
Pre-book your appointment now: 01068861042 / 0127 6233275



One session is  
only for  
**EGP200**

# YOGA FOR GOLFERS

October 2022  
Monday's at 8:15 am



# GAIA

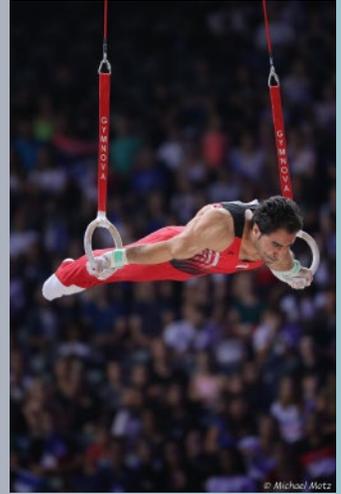
Book Now

**01004636683**

[Youaregaia.eg@gmail.com](mailto:Youaregaia.eg@gmail.com)

The allegria  
A GREG NORMAN SIGNATURE COURSE

**TROON GOLF**®



### Artistic Gymnastics: Coach Tamer Ragab and Aly Zahran

With more than 30 years of experience in Artistic gymnastics, our team consists of former International Gymnasts and Coaches that have participated in many National and International competitions. Coach Tamer has been Captain of the Gezira Sporting Club for more than 20 years, and Coach Aly is a participant in various world championships, keeping his rank in the top 8 in Ring Gymnastics. Our academy's goal is to instill self-confidence and strength in our athletes, to develop a crop of homegrown players and prepare them to compete in amateur and professional National and International competitions.





**AGES: 3+**

**PROGRAM AND PRICING:**

Category	Level	Monthly fees	Tarining/ week	Duration (hours)
Artistic Gymnastics	1	800	2	1
	2	1100	2	1.5
	3	1600	3	1.5
	4	2000	4	2
Aerobic Gymnastics	1	800	2	1
	2	1000	2	1.5
	3	1500	3	1.5
	4	1800	3	2
Private Lessons	Physical Fitness	1800	2	1.5
	Technical Skills	2200	2	1.5
Trampoline	1	700	2	1
	2	1100	2	1.5
	3	1800	3	1.5
Gymnastics for All	1	1000	2	1.5
	2	1500	3	1.5

**SCHEDULE:**

Sunday to Wednesday starting ( 5:30 PM till 8:30 PM )

**CONTACT US:**

☎ 01551304574  
☎ 01121498000





# RYTHMIC GYMNASTICS

The Academy's primary objective is to build a capable, self-confident and self-motivated generation of gymnasts who enjoy practicing the sport in a stress-free and emotionally stable environment. Our exercises focus on strengthening and stretching all body muscles, while enhancing coordination between flexibility and fitness through circuit training. We want our athletes to grow up enjoying the sport, while developing physically, mentally, and emotionally to be able to compete in both national and international competitions!

**FOUNDED: 2021**





## FOUNDERS:

**Sarah Ismail Sakr:**

- Head coach of the Egyptian national team senior Group and individuals that qualified for the OLYMPIC Game for the 1st time in Tokyo 2020.
- International coach certified by the International Gymnastics Federation (FIG)
- International judge certified by the International Gymnastics Federation (FIG).

## AGES: 3-17

With private sessions available for older ages

## PROGRAM:

Rhythmic Gymnastics program adopted by Olympia RG Academy and was founded in 2021 by Sarah Ismail Sakr, its different levels (Amateurs & professionals Teams) ensure that each gymnast is afforded the suitable amount of training hours to help acquire set of skills, body difficulties, dance steps, artistry and elements of physical fitness.

## PRICING:

2600 - 1300 EGP depending on the technical and level for each gymnasts and number of training per week

## CONTACT US:

 01284843904

ACADEMY REGISTRATION



# 10 The Studio OCTOBER SCHEDULE

SUN	MON	TUES	WED	THUR	SAT
10:00 am Spinning with Amena	9:45 am Bungee with Annan	10:00 am Spinning with Amena	11:00 am Power Mix with Sabrin	10:00 am Spinning with Merihan	4 pm to 8pm Fencing Academy
	11:00 pm Power Mix with Sabrin	12:00 am Body Art with Anna	5 pm to 8pm Fencing Academy		
	05:00 pm Boxing with Sameh	5 pm to 8pm Fencing Academy	05:00 pm Boxing with Sameh		
			07:00 pm Hatha Yoga with Yasmin		

# 10 The Studio OCTOBER SCHEDULE

WED	FRI	SAT
4:00 pm Aqua Gym with Hany Emam	4:00 pm Aqua Gym with Hany Emam	4:00 pm Aqua Gym with Hany Emam

# 10 The Studio OCTOBER SCHEDULE

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



# 10 The Studio OCTOBER SCHEDULE

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
09:00 AM WAREHOUSE <i>Ladies Only</i>		09:00 AM WAREHOUSE <i>Ladies Only</i>		09:00 AM WAREHOUSE <i>Ladies Only</i>	11:00 AM OUDA'S BOOTCAMP	
06:00 PM TEENS		06:00 PM TEENS		06:00 PM TEENS		
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	8AM TO 8PM OPEN GYM



# 10 The Studio OCTOBER SCHEDULE

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		10:00 am yogalates with Aya
09:15 am Power Mat with Nada <i>Ladies Only</i>	09:15 am Mat Sweat with Radwa	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	10:30 am Fit & Fab <i>Ladies Only</i>	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 Aisha <i>Ladies Only</i>	11:45 am Vinyasa Yoga with Dalia		11:30 am Hatha Yoga with Aisha <i>Ladies Only</i>			
<b>OPEN STUDIO FROM 12:00 PM TO 6:00 PM</b>						
07:30 pm Vinyasa Yoga with Laila Farouk		07:30 pm Vinyasa Yoga 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)

## 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>

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## 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](http://www.sodicclubs.com/feedback)

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## 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



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