

Cheering on the Club S Swimming Team at the GIZA Zone competition. It's sure to be an exciting and memorable experience! Go team, go!

January Recap



# The allegria

Golf Professional Rik Van Cauter, and a group of golfers from Belgium enjoying the Egyptian sun and the beautiful Allegria Golf course on their golf travel week.

The Allegria Golf Club attracts many golf tourists, who enjoy the Greg Norman challenging design and the well set up and maintained golf course conditions.

Negative and postitve thoughts workshop, for kids A Workshop led by Nada Hebeish; founder of the child development initiative. In this workshop children learned how to accept the full spectrum of their emotions, identify themselves, and encourage positive thinking and positive affirmations.





Acrylic Painting Workshop Participants learned the basics of painting, introduction to color, technique and composition in a 6 sessions course (For Adults) - Monday 11:00 to 2:00 PM If interested book your spot today by calling : 01276233200



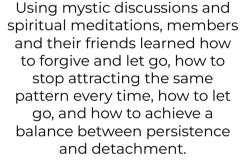
The Journey of Self-Awareness by Noha Sabry A 3 month workshop journey where members and their friends went through a process of shifting their awareness and embracing new empowering mindsets, to live their best life.



**Enneagram Course** This month marked the beginning of the Enneagram course, by Enneagram Egypt. Its a dynamic tool that is widely taught as a way of understanding personality, fears, desires, addiction, relationships, and vocation.

The Kingdom of Love workshop with Mohamed Montasser and Lita Tayeh







## Club S G3 Tennis Tournament

The best of the best from all across Egypt gathered at Club S Westown, with a total of 245 participants to compete in the U14, U12, and U10 age groups.



#### **Artistic Gymnastics** Competition

Congratulations to our two champions Berry Ali Fahmy and Nadia Mahmoud Sami who both won gold medals at the Egypt Cup U7, hosted at Nasr City Club! It was a great success for our team and we are so proud of their achievements!



19 players taking the court: Evaluating their squash skills at Club S, Allegria!



Waterballet national championship Congratulations to our amazing swimmers and coaches for achieving outstanding success in the National Championship! Our Under 15 swimmers got 5th place in the combo routine, and our Under 18 swimmers placed 10th in the duet routine. We're so proud of their accomplishments and look

forward to seeing them reach even higher

heights in the future!



February



NEW

Ballet Classes

Our ballet studio classes will help you build strength, increase flexibility, and express your creativity.

Join now and start your journey towards becoming a master of the ballet! Ages: 3+

Tuesday 5pm Saturday 12pm At The Studio, Club S Westown For registrations or more info call +20 127 623 3204





ORIENTAL BREAKFAST BUFFET EVERY SATURDAY SLOT 1: FROM 10PM TO 12PM SLOT 2: FROM 12PM TO 2PM

9 CLUB S ALLEGRIA CLUB S WESTOWN CLUB S EASTOWN 170LE per person

**Oriental Salads** Cheese with tomatoes Mix Cheese Baladi salad Stations Foul medames with condiments Falafel station Eggs station Hot items Oriental fried eggplant with pepper Boiled eggs Mini Sausages Potato wedges **Feteer Station Fresh fruits** 

Beverage Mineral water, Juice, Milk, Tea and Coffee All prices are Subject to 12% Charge and 14% VAT BBQ BUFFET **EVERY FRIDAY** FROM 2PM TO 5PM

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CLUB S ALLEGRIA, SOCIAL TERRACE CLUB S WESTOWN, OUTDOOR KOVO CLUB S EASTOWN, OUTDOOR KOVO

**Dips** Tahini Yogurt with cucumber Babaghanog Hummus

Taboula salad Fattoush salad Metabel Baladi Tuna pasta

Salads

On the Grill Egyptian Kofta Shish-tawook, BBQ Chicken Mini hawaws

Vegetables and sides Potato wedges Rice Roasted/Grilled vegetables

Pasta Station

Desserts Rice budding Fruit skewers Om Aly Basbousa

All prices are Subject to 12% Charge and 14% VAT

**BOOK YOUR EVENT AND GET** 

## TO BOOK YOUR EVENT CALL 16220





Join Ballers Basketball Academy today! A diverse, high energy and competitive atmosphere designed to make youth of all skill sets feel at home! What we provide: Structured training programs / Highly qualified coaching staff / Access to specialized training drills / Competitive and fun environment Opportunity for league and tournament play For registrations or more info call

Club S Westown: +20 128 915 2971 / Club S Eastown: +20 127 623 2800



Join Club S Squash Academy today and become the champion you're meant to be!

- Our academy offers: Coaching by some of the best in the game High quality technical training Opportunity for league and tourna-
- ment play A supportive and encouraging environment
- A chance to sharpen your skills and reach your goals

Take your squash game to the next level For registrations or more info call Club S Allegria: +20 127 623 2823 Club S Westown: +20 128 915 2971

Our Music School offers superior music lessons for anyone looking to enhance their music skills, or beginners who are looking to start learning a new instrument!

Our team at Musica are highly experienced musicians and instructors that offer hands on, excellent quality teaching in a fun and inclusive environment!

Our musical instruments include piano, guitar, violin, cello, saxophone, trumpet, clarinet, and drums.







**Oil Painting Workshop** 

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

8 sessions per course (For Adults) Tuesday, Wednesday or Thursday 11:00 AM - 2:00 PM

For booking and prices call : 01276233200

Schedules

Click on the boxes below to view the schedules



BODYHACK

**EASTOWN** 

Carlando and

Academies **ALLEGRIA** 

**ALLEGRIA** 

**WESTOWN** 

**EASTOWN** 



our members to transfer communication regarding all inquiries, You can also reach us on **www.sodicclubs.com/feedback** 

## **CONTACT LIST**

MEMBERSHIP OFFICE SPORTS DESK

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WAREHOUSE: +20 121 283 1980 VITAL SPA: +20 127 623 3275

CLUB S DELIVERY: +20 127 623 2859

### **CLUB S ACADEMIES**

All Club S Sports Academies are now only accessible to Club S members To become a member now and for inquiries 01212832148 - 01212832154

https://www.sodicclubs.com

**CLUB S MEMBERSHIP OFFICE HOURS** 

9:00AM TO 4:30PM CLUB S ALLEGRIA: EVERYDAY EXCEPT TUESDAYS

**LOCATION:** The glass office in the ground floor

CLUB S WESTOWN: EVERYDAY EXCEPT MONDAYS **LOCATION:** The glass office at the reception

7:00AM TO 3:00PM CLUB S EASTOWN: EVERYDAY EXCEPT TUESDAYS

**LOCATION:** The reception of the club building

**f** <u>@CLUBSEGYPT</u>

O <u>@CLUBSEGYPT</u>