



Modern Middle East International School – Riyadh **Commencement of MMEIS Sports Academy**

We are thrilled to announce the commencement of Karate and Basketball coaching sessions for the students of Modern Middle East International School (For Grades II to XII), Riyadh, starting on May 3rd, 2024.

These sessions will be conducted by the renowned **Wahid Sports Academy in collaboration with MMEIS.**

Karate and Basketball will offer a plethora of benefits for physical fitness, mental well-being, and personal development. Here are some advantages your child can gain from participating:

Karate:

- Improved physical fitness, including strength, flexibility, and endurance.
- Enhanced self-discipline and self-confidence through learning self-defense techniques.
- Stress relief and improved focus, which can positively impact academic performance.

Basketball:

- Enhanced cardiovascular health, coordination, and agility.
- Development of teamwork, communication, and leadership skills.
- Opportunities for social interaction and building friendships.

Schedule:

- **Karate:** Fridays and Saturdays, 9:30 AM to 11:00 AM
- **Basketball:** Fridays and Saturdays, 4:00 PM to 6:00 PM
- **The coaching** will consist of 8 sessions per month
- **Coaching fee:** SAR 250 per month
- **Entry & Exit:** Gate No. 3

For further information or to register, please contact Mr. Thakiyudeen Wahid - 0538643473.

Let's empower our students to thrive both physically and mentally through the joy of sports!