

FFT Tennis Programs 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
Champ Elysees 2	Tennis (Age 12-14)	Jan 05 – Feb 29	Tuesdays 6-7	Intermediate	QR 75
West Bay Lagoon	Tennis(Age 9-11)	Jan 05 – Feb 29	Thursdays 3:00-4:00	Beginner	QR 75
Ain Khaled Gate Boys	Tennis (Age 7-10)	Jan 05 – Feb 29	Wed/Sat 6-7 pm	Intermediate	QR 70
Ain Khaled Gate Mix	Tennis (Age 5-7)	Jan 05 – Feb 29	Mon 6-7/Wed 7-8	Beginner	QR 70
Rose Valley	Tennis (Age 8-11)	Jan 05 – Feb 29	Saturday 5:00-6:00	Beginner	QR 70
Messilah Gardens	Tennis (Age 4-6) Residents Only!	Jan 05 – Feb 29	Mon/Wed 4:00-5:00	Beginner	QR 75
Messilah Gardens	Tennis (Age 7-9) Residents Only!	Jan 05 – Feb 29	Mon/Wed 5:00-6:00	Beg/Inter	QR 75

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Qipco Compound	Tennis (Age 4-6)	Jan 05 – Feb 29	Sun/Tues 4:30-5:30	Beginner	QR 75
Qipco Compound	Tennis (Age 8-11)	Jan 05 – Feb 29	Mon/Wed 4:30-5:30	Intermediate	QR 75
Qipco Compound	Tennis (Age 11-14)	Jan 05 – Feb 29	Mon/Wed 5:30-6:30	Beginner	QR 75
Les Roses 1	Tennis (Age 4-7)	Jan 05 – Feb 29	Saturdays 4-5	Beginner	QR 70

FFT Kickboxing Program 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
Avenue Compound	Junior Kickboxing Mix (Age 7-11)	Jan 5-Feb 29	Mon/Tue/Thu 6-7	Beginners	QR 75
Avenue Compound	Teenage Kickboxing Mix (Age 13-17)	Jan 5-Feb 29	Sun 6-7/Wed 6:30-7:30	Intermediate	QR 75
Qipco Compound	Little Ninjas (Age 4-6)	Jan 5-Feb 29	Mon/Wed 3:00-3:30	Beginners	QR 60
Qipco Compound	Junior Kickboxing (Age 8-12)	Jan 5-Feb 29	Mon/Wed 3:30-4:30	Intermediate	QR 75
Qipco Compound	Self-Defense Teenage Kickboxing (13-17)	Jan 5-Feb 29	Mon/Wed 4:30-5:30	Intermediate/ Advanced	QR 75
QF - Clubhouse	Ladies Only Kickboxing Age 18+	Jan 5-Jan 26 Monthly	Sat 7-8 pm	Beginner/Inter mediate	QR 68 QF members

FFT Taekwondo Schedule 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
Qatar Foundation - Club House	Tiny Taekwondo (Age 5-7)	Jan 5-Feb 29	Thu 4-4:30/Sat 10:30-11:30	Beginner	QR 52,5 QF/QR 70 non QF
Qatar Foundation - Club House	Junior Taekwondo (Age 8-12)	Jan 5-Feb 29	Thu 4:30-5:30/Sat 11:30-12:30	Beginner/Intermediate	QR 67 QF/ QR 90 non QF
Qatar Foundation - Club House	Teenag Taekwondo (Age 13-17)	Jan 5-Feb 29	Thu 5:30-6:30 /Sat 12:30-1:30	Advanced	QR 67 QF/ QR 90 non QF
Porto Arabia 11-Pearl	Little Ninjas (Age 4-6)	Jan 5-Feb 29	Sun/Tue 4-5	Beginner	QR 70
Porto Arabia 11-Pearl	Junior Taekwondo (Age 7-11)	Jan 5-Feb 29	Sun/Tue 5-6	Intermediate	QR 70
SEK International	ECA – SEK Students Only) Grade 2-5	Jan 5-Feb 29	Tuesdays 12:30-1:30	Intermediate	QR 70

FFT Football Programs 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
West Bay Lagoon Park 10	Football (Age 6-9)	Jan 5-Feb 29	Tuesdays 4-5	Beginner	QR 70
Qipco Compound	Toddler Football (Age 3-5)	Jan 5-Feb 29	Saturdays 9-10 am	Beginner	QR 65
Qipco Compound	Football (Age 6-8)	Jan 5-Feb 29	Saturdays 10-11 am	Intermediate	QR 70
Alfardan Gardens 1	Football (Age 5-8)	Jan 5-Feb 29	Sundays 4:30-5:30	Beginner/Intermediate	QR 70
Pearl Temba Arena	Football (Age 7-11)	Jan 5-Feb 29	Mon/Wed 4-5	Beginner/Intermediate	QR 70

FFT Gymnastic Programs 2020

Location	Program + Age	Term	Schedule	Level	Price
Porto Arabia 11-Pearl	Junior Gymnasts (Age 7-11)	Jan 5-Feb 29	Mon 4:30- 5:30	Beginner/Interme diate	QR70
Porto Arabia 11-Pearl	Little Gymnasts (Age 4-6)	Jan 5-Feb 29	Mon 3:30- 4:30	Beginner	QR 70
Alfardan Gardens 1	Little Gymnast (Age 4-6)	Jan 5-Feb 29	Wed 4-5/Sat 5-6	Beginner	QR 70
Alfardan Gardens 1	Junior Gymnasts (Age 7-11)	Jan 5-Feb 29	Mon 5-6/Wed 6-7	Beginner/Interme diate	QR70