

# FFT Tennis Programs 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
<b>West Bay Lagoon</b>	Tennis(Age 9-11)	Sep 06-Oct 31	Thursdays 3:00-4:00	Beginner	QR 75
<b>Ain Khaled Gate Boys</b>	Tennis (Age 7-10)	Sep 06-Oct 31	Wed/Sat 6-7 pm	Intermediate	QR 75
<b>Ain Khaled Gate Mix</b>	Tennis (Age 5-7)	Sep 06-Oct 31	Mon 6-7/Wed 7-8	Beginner	QR 75
<b>Messilah Gardens</b>	Tennis (Age 5-6) Residents Only!	Sep 06-Oct 31	Mon/Wed 4:00-5:00	Beginner	QR 75
<b>Messilah Gardens</b>	Tennis (Age 7-9) Residents Only!	Sep 06-Oct 31	Mon/Wed 5:00-6:00	Beg/Inter	QR 75
<b>Qipco</b>	Age 5-7	Sep 06-Oct 31	Tuesday 4-5	Beginner	QR 70
<b>Qipco</b>	Age 8-12	Sep 06-Oct 31	Tuesday 5-6	Beginner	QR 70
Al Waab	Age 5-6	Sep 06-Oct 31	Saturday 4-5	Beginner	QR 70

# FFT Tennis Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
Qipco Compound	Tennis (Age 4-6)	Sep 06-Oct 31	Sun/Tues 4:00-5:00	Beginner	QR 75
Qipco Compound	Tennis (Age 8-11)	Sep 06-Oct 31	Mon/Wed 4:00-5:00	Intermediate	QR 75
Qipco Compound	Tennis (Age 11-14)	Sep 06-Oct 31	Mon/Wed 5:00-6:00	Beginner	QR 75
Qipco Compound	Tennis (Age 6-8)	Sep 06-Oct 31	Tuesdays 5-6	Beginner	QR 75
Qipco Compound	Tennis (Age 4-5)	Sep 06-Oct 31	Mondays 4-5	Beginners	QR 70
Qipco Compound	Tennis (Age 6-7)	Sep 06-Oct 31	Thursdays 3-4	Beginner	QR 70
Qipco Compound	Tennis (Age 5-7)	Sep 06-Oct 31	Sunday 5-6	Beginner	QR 70

# FFT Kickboxing Program 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
<b>Avenue Compound</b>	Junior Kickboxing Mix (Age 7-11)	Sep 06-Oct 31	Tue 6-7	Beginners	QR 75
<b>Avenue Compound</b>	Teenage Kickboxing Mix (Age 13-17)	Sep 06-Oct 31	Sun 6-7/Wed 6:30- 7:30	Intermediate	QR 75
<b>Qipco Compound</b>	Little Ninjas (Age 4- 6)	Sep 06-Oct 31	Mon/Wed 3:00-3:30	Beginners	QR 60
<b>Qipco Compound</b>	Junior Kickboxing (Age 8-12)	Sep 06-Oct 31	Mon/Wed 3:30-4:30	Intermediate	QR 75
<b>Qipco Compound</b>	Self-Defense Teenage Kickboxing (13-17)	Sep 06-Oct 31	Mon/Wed 4:30-5:30	Intermediate/ Advanced	QR 75

# FFT Taekwondo Schedule 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
<b>SEK International</b>	<b>ECA – SEK Students Only) Grade 2-5</b>	Sep 06-Oct 31	Tuesdays 12:30-1:30	Intermediate	QR 70
<b>SEK International</b>	<b>ECA – SEK Students Only) Pre 5-Grade 1</b>	Sep 06-Oct 31	Wednesdays 2:30-3:15	Beginner	QR 70
<b>Porto Arabia 11-Pearl</b>	Little Ninjas (Age 4-6)	Sep 06-Oct 31	Sun/Tue 4-5	Beginner	QR 70
<b>Porto Arabia 11-Pearl</b>	Junior Taekwondo (Age 7-11)	Sep 06-Oct 31	Sun/Tue 5-6	Intermediate	QR 70

# FFT Football Programs 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
<b>West Bay Lagoon Park 10</b>	Football (Age 6-9)	Sep 6-Oct 31	Tuesdays 4-5	Beginner	QR 70
<b>Qipco- Residents Only</b>	Toddler Football (Age 3-4)	Sep 6-Oct 31	Saturdays 9-10 am	Beginner	QR 65
<b>Qipco Residents Only</b>	Football (Age 6-8)	Sep 6-Oct 31	Saturdays 10-11 am	Intermediate	QR 70
<b>Alfardan Gardens 1</b>	Football (Age 5-8)	Sep 6-Oct 31	Sundays 4:30-5:30	Beginner/Intermedi ate	QR 70

# FFT Gymnastics Programs 2020

Location	Program + Age	Term	Schedule	Level	Price
<b>Porto Arabia 11-Pearl</b>	Junior Gymnasts	Sep 6-Oct 31	Mon 4:30- 5:30	Beginner/Interme diate	QR75
<b>Alfardan Gardens 1</b>	Little Gymnasts (Age 4-6)	Sep 6-Oct 31	Wed 4-5/Sat 5-6	Beginner	QR 75
<b>Alfardan Gardens 1</b>	Junior Gymnasts (Age 7-11)	Sep 6-Oct 31	Mon 5-6/Wed 6-7	Beginner/Interme diate	QR75