Kids & Adults Activities Program

31 January to 25 March 2022
Our activities

- Ballet
- Hip-Hop & Belly Dance
- Polynesian Dance & Modern Jazz
- Arts-Crafts & Painting
- Musical Awakening
- Acting & Theatre
- Baking & Cooking

All info
Ballet is a form of self-expression and it indulges you in an artistic world full of magical performances.

Our ballet classes give you an opportunity of elevating your spirit by learning flowing and graceful movements with musical fundamentals: rhythm and coordination.

We offer classes for kids, babies and adults. There's room for all ages and all levels!
Adult French Cooking

Did you ever dream of cooking a delicious French dish? Perhaps of becoming a French chef?

Come and learn exciting French recipes with our lovely Christelle, while she explains to you the origins and the story of the plate you make.

You will leave with a meal, a recipe, and a story to tell!
Let's get baking!

Pastries, cakes, bread and more!

This introductory class will teach you the basics of baking in a fun & engaging way! Your kids will learn to bake delicious French bakeries.

Baking is all about the experience and not the outcome.

Find out more about the tips and tricks to make your child a professional sweet maker à la française.

Prices

800 AED for 8 sessions
1h30 every session

Bonus sticker book with ingredients
Arts & Crafts

Let your child discover their inner creativity with our Arts & Crafts classes! There's nothing more exciting than making art come to life. Your kids are not leaving without feeling super proud!

In this class kids learn:
- Jewelry-making
- Drawing and painting
- Creating 3D objects
- Modeling

Never-ending excitement is on the way!

Prices
800 AED, 8 sessions
1 hour / 1h30 per session

Different themes depending on the time of the year!
Paint with an Artist!

Nada Al Ameri is an established artist from UAE, that has done incredible work especially with kids of determination. She has multiple years of experience with children, taking out their creativity at every session. Nada's artistic view changes kids attitude towards life and gives them the needed confidence in their skill. The beautiful artist, that displayed her pieces in the "âme" exhibition is back, this time to pass her knowledge to your kids!

Prices
1,000 for 8 sessions
2 hours per session
Ages: 4 and above
Acting & Theatre

Have you ever wondered if your child has a hidden talent for acting?

*Now is the time to know!*

Our acting classes provide kids with a chance to socialize with other kids their same age, and learn about self-expression and self-confidence!

*Can you think of another way of teaching them these attributes?*

**Prices**

720 AED

8 sessions, 1 hour per session
Musical Awakening

There's nothing like a journey of discovery of your own senses. Your child will find musical passion with our musical awakening classes, making it possible to get to know different instruments, how they work, while singing and playing them. This makes the process of choosing their own favorite instrument, an easy but an unconventional one, too.

We guarantee that your child will become a music artist after this class!

Prices:

- 480 AED - 4, 5 years
  8 sessions, 30 mins

- 720 AED - 6, 7 years
  8 sessions, 45 mins

French and English groups
8 sessions
Get JAZZY!

Burn some calories while having fun with our Modern Jazz/ Jazz Fusion dance classes!

A combination of iconic classic ballet techniques, contemporary dance moves, and good vibes will get you moving to the groove of the music.

Dance to irresistible modern tunes, that will make you forget about time!

Get JAZZY!

Ready Set Jazz!

Prices
720 AED, 8 sessions
1 hour per session
Women's bodies are naturally enchanting. Interested in exploring the movements of your own body? Belly dance class is for you.

Belly dance is not just a dance, it's a mood. This class promises more than just introductory techniques into belly-dancing but it gives you a chance of socializing, boosting core strength and muscle coordination.

*We promise you will be the life of any party after this class!*
Ever heard of the beautiful Polynesian culture? Indulge in the enchanting dance moves of the Polynesian Island, all while learning about its rich culture from our dance instructor that lived there for several years!

Culinary delights, good vibes, and a Polynesian dance is all you need.

For all ages, we present to you the experience of a fresh island breeze and hypnotic music!

Polynesian Dance
Adults & Kids
720 SAR for 1 hour (8 sessions)
Boys and girls
Steal the show with your new hiphop moves!
Our instructor had been in the field long enough to teach you the tricks that will wow your crowd.

Hip-Hop is a high-energy dance infusing the latest styles of street dancing, breaking, popping and locking.
The best part: you can dance with your own personality.

No standing, Only Dancing!

Adults: 1200 AED
Kids: 800 AED
8 sessions
1 hour per session
There isn't an age for art!
Spend some great quality time with your toddler in a painting class.
Every class, you will leave with an art piece created by the creative hands of
your child.

Art education helps your child with:
Observational skills
Movement coordination
Development of right brain lobe
Precision, preparing for school
Self-expression

Artists weren't lying when they said Art is life!

1 hour sessions
480 AED
8 sessions
Jewelry Making

Want to make a statement? Say it with your jewelry! Accessories are the best way to express your personality, don't let a factory do them!

Learn to create your own precious pieces from zero.

This time you are the boss.

1500 AED
2 hours per session
8 sessions

Leave this class with 5 pieces, all materials included!

Want more? Add more at only 30 AED
In the age of technology, coloring a drawing is mainstream.

Elevate your children's imagination with this class, where they will create objects in 3D then color them.

The coloring method depends on the material use, allowing them to learn multiple coloring techniques and exploring different tools.

This class will get your kids an A in geometry, for sure!

720 AED
1 hour per session
8 sessions
Hello strong women!

Take some time-off in the body-wellbeing class while learning the best ways to relax your muscles. This class focuses on relaxing long-held stretches combined with breath work.

These poses stretch beneath the superficial muscles to target the tense connective tissues of the body, often in the hips, pelvis, and lower back, improving flexibility and energy together.

This class is gentle, yet intense, with the primary focus of getting the body and muscles to relax.

You’ll be ready for another strong week in just an hour!
Art Atelier with Christelle

Don't like routine? This atelier is for you.
In this class you'll do something different every time:

- Pottery
- Design
- Fabrication
- Classic Arts
- Pastel Painting

With precise instructions, you'll be able to create the most beautiful pieces of art, different every single time.

When someone asks you after this class what art you do, you’ll answer: All!
Now we're talking...

For every new activity you take, we discount:

Second activity discounted at 10%
Third activity discounted at 20%
Forth activity discounted at 25%

Members:

10% off from the first activity
20% off the second activity
25% off the third activity
30% off the forth
Adults Program

**Arts with Christelle**
Wednesday 12:30 to 2:30 PM

**Classical Ballet**
Tuesday 6:00 to 7:30 PM
Wednesday 11:05 to 12:05 PM

**Body Well-being & Stretching**
Wednesday 10:00 to 11:00 AM

**Hip-Hop**
Friday 4:30 to 6:00 PM

**Belly Dance Class**
Sunday 4:30 to 6:00 PM

**Polynesian Dance - Beginner**
Monday 6:00 to 7:00 PM
Tuesday 10:00 to 11:00 AM

**Modern Jazz Dance - Beginner**
Tuesday 11:15 to 12:15 PM
Thursday 5:30 to 6:30 PM

**French Cooking Class**
Thursday 12:00 to 1:30 PM

**French Baking Class**
Tuesday 12:30 to 2:00 PM

**Jewelry Making Class - Beginner**
Thursday 10:00 to 12:00 PM
Kids Program (1)

**Baby Ballet (3 - 4 years)**
Tuesday 3:00 to 3:45 PM
Thursday 3:00 to 3:45 PM

**Ballet Awakening (5 - 6 years)**
Tuesday 3:45 to 4:30 PM
Thursday 3:45 to 4:30 PM

**Ballet Classique (7 - 10 years)**
Monday 3:30 to 4:30

**Initiation to Ballet (6 - 7 years)**
Thursday 3:45 to 4:30 PM

**Belly Dance for Kids (6 - 10 years)**
Sunday 3:00 to 4:30 PM

**Baby Polynesian Dance (5 - 10 years)**
Wednesday 2:30 to 3:30 PM

**Modern Jazz/Jazz Fusion (7 - 12 years)**
Wednesday 3:30 to 4:30 PM

**Modern Jazz/Jazz Fusion (12+ years)**
Thursday 5:30 to 6:30 PM

**Hip-Hop (4 - 6 years)**
Friday 1:30 to 3:00 PM

**Hip-Hop (6 - 10 years)**
Friday 3:00 to 4:30 PM
Sunday 1:30 to 3:00 PM

Alliance Française Abu Dhabi
Kids Program (2)

Musical Awakening (4 - 5 years)
- In French -
  Thursday 3:00 to 3:30 PM
- In English -
  Thursday 3:45 to 4:15 PM

Musical Awakening (6 -7 years)
- In French -
  Thursday 4:30 to 5:15 PM

French Patisserie Baking (4+ years)
  Tuesday 4:30 to 6:00 PM

Paint with an Artist (4+)
  Sunday 4:00 to 6:00 PM

Baby Painting (0 - 4 years)
  Monday 2:30 to 3:30 PM

3D Coloring (5 - 13 years)
  Thursday 4:30 to 5:30 PM

Arts & Crafts (6+ years)
  Monday 4:30 to 6:00 PM

Arts & Crafts (3 - 6 years)
  Thursday 1:30 to 2:30 PM

Theatre & Acting (4 - 6 years)
  Tuesday 3:30 to 4:30 PM

Theatre & Acting (7 - 10 years)
  Tuesday 4:30 to 5:30 PM
Get in touch!

Have any questions?
Contact us via phone or email!

E-mail:
events@afabudhabi.org
reception@afabudhabi.org

Phone:
+971 2 612 2951
+971 2 612 2900