**About Sporting life academy**

A new, innovative, creative, and dynamic academy! We aim to provide high-quality sports activities for kids, teenagers, and their parents! We pride ourselves on our professionalism and the reliability of our services in sports, health, and fitness.

The academy offers various unique programs. Our main distinguishing trait is our integrated classes and open areas that allow for children and adults to be active in the same space. The academy doors are open for all ages and genders, and our facilities offer a variety of fitness activities such as Football, Swimming, Karate, Kickboxing, Zumba, Yoga, and Cross Fit.

Sporting Life Academy has a track record of preparing its trainees and equipping them with the skill and opportunity to participate in local competitions, such as several karate tournaments, among others.

* Sporting Life Academy boosts an incredible team comprised of
* three champions from the Kuwait karate team
* Two champions from the Kuwaiti kick boxing team
* 5 certified trainers from the Kuwaiti swimming federation
* 3 certified coaches from the Kuwaiti football association
* 2 certified CrossFit coaches

Our goal is to encourage and motivate children and adults to practice physical activity regularly and to make it a lifestyle. We do this by giving them the right foundation to make these changes.

**Why us**

An Optimal Location

Far from traffic, with convenient entrances and exits.

Great Spaces:

Our fitness areas are spacious, open, and equipped with everything you might need on your fitness journey .

Quality:

From our competent staff to our fitness centers, we care about the quality of your experience with us.

We Focus on body fitness, flexibility and weight loss in all sports.

We have a variety of sports, more than 4 sports in one place.

Variety and Diversity:

We provide numerous sports and activities for all ages and genders.

Sports academy for the family.

**Divisions**

**Swimming:**

Here at Sporting Life academy, we teach students how to swim independently and confidently. We teach essential life skills and water safety to children aged 4-14, adults, and parents.

Our class We recognize that every student is different and tailor our classes based on that. Our expert couches adapt each class for every student to ensure they get the most out of it. Our methods not only guarantee results, but they do it in a safe and fun manner.

**SLOGAN…. Swimming is fun. We make it more fun.**

In our class, your child can be completely independent, for the first time. In the water, they can move freely, make mistakes, and learn to correct them. Swimming gives your children the unique opportunity to develop higher brain functions, core muscle strength, and to enhance their coordination faster than any other activity.

**Our Swimming Programmers**

We run 2 core swimming programmers. Each is tailor-made to give your child confidence in the water and to teach them the technique to grow and become strong swimmers. Sporting Life Academy offers run2core swimming programs. Each program is customized for the student and aims to give them confidence in the water and teach them techniques to grow as both a person and swimmer.

Swim Academy (for children aged 4-14 years)

Parents (Mommy & Daddy)

Brought to you by the experts

Our staff are skilled and equipped with the right mindset to make swimming a fun and fruitful hobby for your child. They focus on teaching the right techniques and instilling the habits of a great swimmer!

Not only teach you the technicalities of swimming but also give you a relaxing and healthy hobby.

Water Safety

Our classes offer children the chance to learn the importance of water safety. These are invaluable skills to develop at such a young age and will instill a confidence that will last a lifetime.

Our lessons are so well received that the children we teach can often swim before they start school. That’s Sporting Academy difference!

**Swimming Levels:**

|  |  |  |
| --- | --- | --- |
| **1 – swim starter** | **2- swim basics** | **3- swim stroke** |
| **Water discovery** | **Water acclimation** | **Stroke introduction** |
| **Water exploration** | **Water movement** | **Stoke development** |
|  | **Water stamina** | **Stroke Mechanics** |

|  |  |  |  |
| --- | --- | --- | --- |
| Front crawl | butterfly | Back stroke | Breast stroke |
| **Freestyle** | | | |

**Football Club:**

The football club at Sporting Life Academy is open to kids from 4 to 17 years of age. With us, your kids get the chance to learn the skills of their idols!

Our Program focus on enhancing individual skill levels of each child and building the player for the team. making sure that every child is readied for full competition within our Football Club structure.Our classes are split into two categories: skill development classes and game management sessions. Ball mastery is the focus of our skills classes, with lots of touches of the ball and small sided activities designed to emphasis and coach techniques on how to beat opposition players. Our coaches provide a positive atmosphere for children to develop at their own pace, while ensuring that exceptional players are nurtured into Development Teams.

Development: We teach our students how to control, pass and manipulate the ball but we also ingrain within them the value of communication and teamwork.

**SLOGAN… Practice winning every day.**

**Football Levels:**

**Amateur –professional –Master – Legend**

**Minim B – Minim A – Cadet B- Cadet A- Junior – espoir – senior**

Kickboxing:

Kids to continuously grow their interest in the sport, and their skills by ensuring both are stimulated regularly and enhanced under the watchful tutelage of our staff. Kids in our programs start their journey as “Little Champs” but quickly improve and progress through our ranks.

We help to build self-discipline and develop self-confidence – helping your child to overcome shyness and insecurity. Our coaches motivate children by incorporating many different training routines including pad work, bag work, stretching, footwork, fun and games and more.

. We have qualified instructors leading our classes. Each of our coaches boosts a list of awards and much experience in their field. More importantly, each coach is earnest in their mission to prepare your kids to participate in tournaments (and further their journey in kickboxing) such as Public Authority for Youth and Sports, etc.

**SLOGAN… Rise to the challenge.**

**Kickboxing Levels:**

White belt – yellow belt – orange belt – green belt – blue belt – brown belt – black belt

**Beginner – 3 months - 6 months- 8 months – 1 year – 2 years– 3 years**

**Karate:**

We strongly believe that martial arts can be for everyone, regardless of age, gender. Throughout all of our programs, students will not only learn the necessary skill sets to protect themselves, we stand behind our realistic and practical approach is to level up our student's self-confidence. We strive to provide a safe, comfortable and welcoming atmosphere for all students and family members.

With an individual focus - Your child will interact with others, work with partners and listen to the instructor as a member of the group. Every child is unique and our Karate classes offer a fantastic opportunity to capitalize on their natural strengths to bolster their Self Esteem so that they have the emotional and mental capability to tackle areas that need work.

**SLOGAN… Bring out the fighter in you**

**Karate Levels:**

White belt – yellow belt – orange belt – green belt – blue belt- purple belt – brown belt- red belt – black belt

**Other Sports:**

CrossFit, Boot Camp, sports rehabilitation, Hydrotherapy, Zumba, Yuga.

**Photo Gallery:**

Professional Photos for the place after the new branding.

**Working Days:**

Saturday to Thursday

Sat- Mon- Wed Girls and Ladies 3 to 6 pm

Sun-Tue-Thur boys and man 3 to 9pm

**Contact details & Location:**

99416846 – 50856020

KBS School Building – Saad Al Abdullah – Al Jahraa

