

DuGym is a gymnastics club that has been operating in Dubai for 20 years. We are pleased to announce that we will again be offering an exciting programme of gymnastics at AFLEC for students.

Each day we offer classes to different age groups where they learn the basics of gymnastics which is:-

A – AGILITY
B – BALANCE
C – CO-ORDINATION

The lessons are work on students:

S – Suppleness
S – Strength
S -Stamina
S - Speed
S – Skills

At the end of each term the students are assessed on skills and they can achieved merit certificates based on their attainment. Students who achieve 5 star merit certificates are selected for school based competitions at the end of the summer term.