



**LITTLE BALLERS**

**AL WAJBA**

**TRAINING SCHEDULES**

# AGE GUIDE



## AGE GROUP

## AGE AS OF SEPT 1ST 2022

UNDER 3

2 - 3 YEARS OLD

UNDER 4

3 - 4 YEARS OLD

UNDER 5

4 - 5 YEARS OLD

UNDER 6

5 - 6 YEARS OLD

**YOUR CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2022.**

**PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2022/2023 SEASON (MUCH LIKE SCHOOL GRADES).**

**PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACHES DISCRETION.**

# LITTLE BALLERS

## AL WAJBA



### TERM 1 - PART 2

### (2ND OCTOBER - 19TH NOVEMBER)

TEAM	MONDAY	TUESDAY	FRIDAY	SATURDAY
UNDER 3 LIONS	-	-	-	8.00 - 8.45AM
UNDER 4 LIONS	4.00 - 4.45PM	-	8.00 - 8.45AM	-
UNDER 4 TIGERS	-	4.00 - 4.45PM	-	8.00 - 8.45AM

**\*PLEASE NOTE; ALL SESSIONS WILL TAKE PLACE INDOORS IN THE PRIMARY DINING HALL**

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## AL WAJBA



### TERM 1 - PART 2

### (2ND OCTOBER - 19TH NOVEMBER)

TEAM	MONDAY	TUESDAY	FRIDAY	SATURDAY
UNDER 5 LIONS	4.45 - 5.45PM	-	8.45 - 9.45AM	-
UNDER 5 TIGERS	-	4.45 - 5.45PM	-	8.45 - 9.45AM
UNDER 6 CHEETAHS	4.45 - 5.45PM	-	9.45 - 10.45AM	-
UNDER 6 TIGERS	-	4.45 - 5.45PM	-	8.45 - 9.45AM

**\*PLEASE NOTE; ALL SESSIONS WILL TAKE PLACE INDOORS IN THE PRIMARY DINING HALL**