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TimeOut
Dubai

AN INTELLIGENT GUIDE TO PARENTING APRIL 2012

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TimeOut
Dubai

Kids

Babies who brunch

BEST FAMILY-FRIENDLY FEASTS IN TOWN

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Inside!

KEEP IT LOCAL
THE KID-APPROVED
COMMUNITY CENTRES
NEAR YOU



EGG-TASTIC!
WE GO IN
SEARCH OF THE
EASTER BUNNY

Spring camps + Ice skating + Juicy gossip + Fun workshops

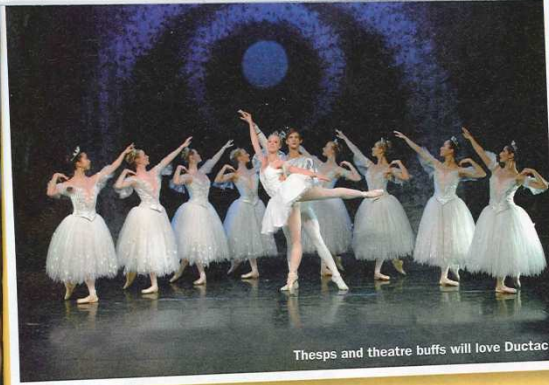


air work. Classes can be paid individual or 'course of 10' basis. If you are a member of DIAC, you can enjoy a 25 per cent discount. If you are not a member, you are also invited to join. For more information, visit www.diac.ae. If you are a member of DIAC, you are also invited to join. For more information, visit www.diac.ae.

L-ROUNDERS

Friends, Dubai Marina

Friends and Family Community Centre thing to offer everyone looking for activities and opportunities to alize. The facilities include an indoor play area for children as well as a number of fitness studios for adults, and rooms to accommodate classes in languages, baby signing, singing clubs, first aid and more. In addition, there is a wide range of classes to choose from that will cater to children and adults of all ages. Family



Thesps and theatre buffs will love Ductac

and Friends has a children's birthday party service and also runs Early Years educational courses for children as well as all manner of fitness classes for busy mums. We especially like the fact that you pay-as-you-go in terms of classes – there is no annual membership or registration required. And, included in the price of adult classes is a 'play and stay' option for you to leave your kids in the supervised play area while you enjoy a guilt free class. Cool!

No annual membership. Dhs30-50 per class (depending on the programme) or you can buy them in blocks of five or ten. Family and Friends Community Centre, Dubai Marina. www.dubainfamilyandfriends.com (050 3164025)



Al Areeesh Club, Dubai Festival City

With facilities that include a Spinneys supermarket, a hair and beauty salon, two swimming pools, tennis and squash courts, soccer and basketball courts, a kids' playground and a well-equipped gym, it's hardly surprising that the Al Areeesh Club scores high marks with its members. Unfortunately, you can only make full use of the facilities if you have friends who are already members of the club. This is because Al Areeesh is so popular that its membership list is currently closed to new applicants. You can, however, sign up to any of the classes without being a member. These range from tennis and kids swimming classes, to

women's self defense, Zumba™ fitness and Arabic lessons.

Annual membership not available for newcomers. From Dhs40 (per class). Open 6am-10pm daily. Dubai Festival City, www.dubainfestivalcity.com/alareesh (04 232 5670).

The Lakes Club (formerly Hayya, now Fitness First), Emirates Hills

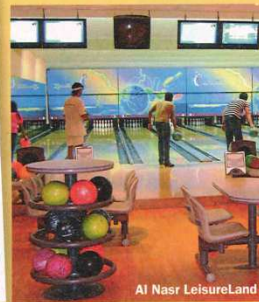
This popular community centre in The Lakes has a good mix of sporting activities, personal training services, children's classes, like Boogie Babies, swimming lessons and racquet sports on offer. While Fitness First has recently taken over Hayya's facilities across Dubai, it's the Lakes Club Junior programme that is especially appealing to parents with hyperactive children, thanks to its summer and Spring camps, and a variety of activities with nippers in mind. Think teen gym timings, karate, ballet, Thai kick boxing, piano, dance and guitar classes. There are also spinning, yoga, Zumba™ and body combat classes for kids in the pipeline. While members have obvious perks, like using the facilities as and when they like, classes are also on a pay-as-you-go basis. Another added bonus is you can pop into any branch and use the facilities. This will come at a price if you are not a member, but it still offers you the chance to try all the facilities before you commit to an annual membership.

Annual membership available. From Dhs20 per class (members). Open 6am-10pm daily. The Lakes Club, www.fitnessfirstme.com (04 438 0338).



The Lakes Club

Community centres



Al Nasr LeisureLand

Al Nasr Leisureland, Oud Metha

A Dubai institution, Al Nasr LeisureLand is an all-encompassing place located behind the American Hospital. Built on 48-acres of land, this community complex epitomizes old-style Dubai. There's a full-size ice rink, a bowling alley, a proper lap swimming pool, tennis courts and squash courts galore, a gymnasium, and all manner of fitness training classes to get you sweating. LunaLand is also a fairground full of amusements for kids – and it's very reasonably priced too. In terms of community events, Al Nasr Leisure Lounge has excellent facilities and is home to the Mogul Room – a veritable Dubai must-dine offering superb Indian fare. There are also catering facilities for off-site and on-site functions. In short, this place is an all-singing, all-dancing, all-doing kind of community centre in the heart of Oud Metha, and you don't have to be a member to get involved in all the activities. It's definitely one to investigate if you're in the neighbourhood or live nearby.

Annual membership available. Classes from Dhs65 (for non-members). Open daily 9am-12 midnight. Oud Metha, www.alnasr.la (04 337 1234).

Apple Seeds coming soon!

A funky New York concept, 'Apple Seeds Family Play Space' will launch this month at the Gold and Diamond Park. This all-in-one play space is aimed at families with children from newborn to five years, and includes a specially designed indoor playground (just in time for summer!), classes in art, music, songs, cooking, science and an Arabic book club. We also hear there's going to be a healthy cafe, too. We think any additional recreational centre is something to celebrate, so watch this space! Email hello@appleseeds.com