

## Rugby

### Secondary

Rugby training, a very popular contact sport, is great for boosting health and strength and builds flexibility, coordination and physical dexterity. Like all competitive sports, it provides a healthy sense of competition, team building skills and a solid sense of sportsmanship. And... it's a whole lot of fun!

Under the guidance of expert trainer Khurram Khawaja and his team representing the Pakistan Rugby Union, students will receive coaching, skill enhancing exercises, practice, competition techniques and an opportunity to participate in competitive national tournaments.

The perfect avenue for the athletically ambitious!

<b>Details</b>	<b>Terms</b>
Course Duration	Monthly Basis (Every Saturday)
Age	13 – 16/17 years
Gender	Girls
Class	VI – O Levels
Commencing Date	Monthly Program, commencing from 11 <sup>th</sup> November, 2017
Timings	09:00 am – 10:00 am
Fees for DPS Students	Rs.300/- per month
Fees for Non-DPS Students	Rs.500/- per month