

## 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	6 Weeks (Every Saturday)
Age	13 – 16/17 years
Gender	Girls
Class	VI – O Levels
Timings	09:30 am – 10:15 am
Fees for DPS Students	Rs.950/- for complete course
Fees for Non-DPS Students	Rs.1250/- for complete course