

COLLABORATION WITH ADEK MAY 2020



هيئة المساهمات المجتمعية - معاً
Authority of Social Contribution - Ma'an

دائرة التعليم والمعرفة
DEPARTMENT OF EDUCATION
AND KNOWLEDGE



مكتب الطلبة أصحاب الهمم

Social Impact and outcomes of initiative:

- ✓ Encourage the People of Determination to continue their physical fitness from home
- ✓ Support families and the People of Determination mental wellbeing
- ✓ Contribute to children's increased self-esteem and confidence
- ✓ Empowering sport-inclined the People of Determination to participate in local and international league games





الأثر و المخرج الرئيسي من المبادرة:

- ✓ تشجيع أصحاب الهمم على استمرارية ممارسة الرياضة من منازلهم للمحافظة على الصحة و اللياقة البدنية
- ✓ دعم الصحة النفسية لأصحاب الهمم و الوالدين
- ✓ المساهمة في صقل شخصيات الأطفال و تعزيز الثقة بالنفس
- ✓ تمكين الرياضيين من أصحاب الهمم من المشاركة في المسابقات المحلية و العالمية



انضموا معا في رحلة شيقة للاستمتاع بالرياضة البدنية يوميا

Join us for a fun journey to enjoy Sports from Home

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM 9:30 AM	HEROES HITT COACH HOLLIE ID: 739 0095 1933 PASS:4TVALV	SOCCER KIDS COACH BEN ID: 753 7468 6938 PASS:3FHLQL	SUPER HERO WORKOUT COACH HOLLIE ID: 737 5306 2708 PASS: 1A22E	HEROES WOD COACH HOLLIE ID: 792 2515 8776 PASS:459NMX			
1:00 PM 1:30 PM							HEROES FOOTBALL COACH DAVE ID: Z22 8871 8373 PASS:7XKYXK
2:00 PM 2:30 PM		HEROES HANDS SKILLS COACH CONNOR ID: 798 4028 1169 PASS: 7WRWHV					
4:00 PM 4:30 PM	LITTLE HEROES WORKOUT COACH JENN, JESS &SARA ID: 778 0291 0654 PASS: 3TOQ4E		HEROES MOVEMENT COACH MAUREEN ID: 783 1332 6590 PASS: 2NMA4C	SUPER STRONG HEROES COACH BONNIE ID: 745 4730 9447 PASS: 50FBMB	HEROES YOGA COACH LEA ID: 784 8629 8800 PASS: 9QE0XG	HEROES STORIES COACH POOJLHA ID: 778 1782 2408 PASS: 6BZ6UE	ULTIMATE ATHLETICS COACH LISA ID: 770 7381 6948 PASS: 2NQUNE
5:00 PM 5:30 PM					HEROES STRENGTH COACH SARA REGISTERIN ADWRCE FOR THIS MEETING		

@DUBAISC

HEROES_OF_HOPE_

Heroes of Hope - a Ma'an Social Incubator Start up



Heroes of Hope - a Ma'an Social Incubator Graduate

Heroes of Hope Live Zoom Sessions

Coach Hollie Murphy – **Heroes HIIT/Super Hero Workouts/Heroes WOD (Workout Of the Day)** – The Heroes Of Hope CEO & Founder herself will deliver workouts that are sure to motivate and engage your children so they reach their maximum potential.

Coach Jenn, Jess and Sarah – **Little Heroes** – Our dynamic trio use their early childhood and PE experience to deliver a gross and fine motor skill based program. They incorporate music, singing and dance to support our little learners when doing different locomotive activity independently or with their parents. For children 3 – 8 years of age.

Coach Ben McBride – **Soccer Kids** – This expert Coach has been committed to Heroes Of Hope and the community at large for many years and has offered his professional services to deliver sessions that will effectively enhance your child's football skills.

Coach Connor – **Heroes Hands** – This established rugby player will be taking your child through some ball handling skills activities that are sure to challenge and improve your child's hand and eye coordination, along with ball familiarity.

Coach Maureen – **Heroes Movement** – This dedicated Heroes Of Hope Coach will focus on her area of expertise, delivering sessions on the fundamentals of movement. These basic workouts will improve athletes flexibility, coordination and body composition, as well as fun for the whole family.

Coach Bonnie – **Super Strong Heroes** – This advanced Personal Trainer and CrossFit Coach will deliver sessions focusing on body weight and body resistant workouts. It will challenge any athlete in multiple ways and is sure to improve overall health & wellbeing.

Coach Lea – **Heroes Yoga** – This experienced Yoga Coach, will deliver fun and active yoga sessions that will help your child to find their own inner zen while improving flexibility, strength and overall wellbeing. Yoga is recognized as a great in reducing stress and anxiety.

Coach Sara – **Heroes Strength** – Our very own Heroes Of Hope Cycling and Triathlon Coach will be offering advanced strength sessions for independent athletes over the age of 15. The main focus is to improve athletes overall muscular strength.

Coach Poojitha – **Story for Heroes** – Our Heroes Of Hope Super Mom will deliver fun interactive story telling suitable for all children.

Coach Dave – **Heroes Football** – This popular Heroes Of Hope Coach is a football player from the Dubai Irish Football team. He will deliver a series of football challenges to your child to become a super football player.

Coach Lisa – **Ultimate Athletics** – We are fortunate enough to have the iconic Lisa Campbell join us to deliver athletics activities. So get your trainers on and be ready to run!



LIVE ZOOM WORKOUTS WITH



TWO WORKOUTS A DAY EVERYDAY



WEBSITE [HEROESOFHOPEUAE.COM](https://www.heroesofhopeuae.com)
 INSTAGRAM [HEROES_OF_HOPE_](https://www.instagram.com/HEROES_OF_HOPE_)
 PHONE 0569738353



Heroes of Hope - a Ma'an Social Incubator Graduate

**Families of Determination,
Parents only Zoom**

WEEKLY ZOOM CHATS

Saturday 10-11am

Discussing Mental Health and Well-being in a safe space .

Get online, get together , listen and chat.



Meeting ID:
785 2113 3436
Password: 5a1Dmc



**WITH
LAURA BRENNAN
COUNSELLING
PSYCHOLOGIST**



HEROES OF HOPE



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شكراً جزيلاً