



If you can't read this email, please [view it online](#)

Read in [PDF Format](#)

Main Committee Message

Greetings RAHRC Members,

My name is Richard Winkel and I sit on the RAHRC main committee as the Community Member. I'm a Canadian who has lived with my wife and three boys in Oman for 4.5 years. As Community Member I work to provide members opportunities to connect with people who share similar interests or passions through Social and Community Sections. Currently we have 15 sections some of which are nationality based and some are activity based. For some who is new joiner to PDO, a new external member or someone who wants to experience more of what the Club has to offer these sections are the best vehicle to get engaged with the RAHRC community. I



strongly encourage you to check one out and see if it is a fit for you! A complete listing of the sections is available at the front office or can be obtained from myself via the front office.

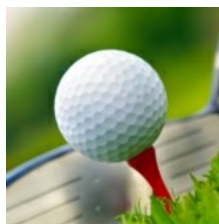
As we approach the end of the year we can look back a successful start to the season! Special events like the Wahiba Challenge, Sinterklaas, various swimming events and the huge National Day Fireworks were all successful and enjoyed by attendees/participants. The national day fireworks in particular was attended by approximately 3500 people – a huge testament to the community in and around the RAHRC. Core programs in the Arts Center, Fitness Center, Tennis, Sailing, swimming, running and others continue with good levels of participation.

Looking forward we several great events coming up such as the Music Festive Frolics (Dec 5th), Open Sail Day (Dec 7th), Panto Challenge (Dec 12-13th) and the New Years Party (Dec 31st). More details can be found by contacting the Front Office or checking the online calendar here. 2020 will also bring many great events for all ages as we enjoy the cooler winter months in the 1st quarter of the year.

Most of these events would not exist without our volunteers and I would like first to voice my appreciation to them for their commitment and selfless dedication. For those of you who are not yet involved in an event and would like to meet new people, learn some new skills and/or contribute to the RAHRC community please contact myself or the front office to learn more about the opportunities to get involved.

Thanks

**On behalf of the Main Committee,
Richard Winkel
Community Member RAHRC**



Karate Section





[See More..](#)

Fitness Section

Studio One - Mixed Studio							Instructors	
Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
08:30	GRIT	RPM			GRIT			1. Fatma
09:30							YOGA	2. Hazlan
09:45	BODYBALANCE	BODYBALANCE	ZUMBA	Fitness Talk				3. Dr. Hakim
12:00	RPM	BODYPUMP	BODYPUMP	RPM	BODYBALANCE			4. Andrea
14:30	CYCLING	BODYPUMP	Pump Fusion	CYCLING	Kick Boxing			5. Sudha
18:00		YOGA						6. Pui-Lan
								7. Loka

Sports Hall							Instructors	
Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
08:30			Circuit Training	BODYPUMP				Genik Only
12:00	Kick Boxing		BODYATTACK		GRIT			Mixed
14:30	Kick Boxing							Ladies Only

Studio 1 - Ladies Only Studio							Instructors	
Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
09:45			YOGA					
10:45						PILATES		
12:00		HIT			GRIT			

Note: Bodycombat, GRIT, Body Balance, RPM and Body Pump are trademarks of Les Mills. LESMILLS

[Click Here For Timetable..](#)

Judo Section



[Read More..](#)

Marah Tots





The Marah Tots section proudly celebrated Oman's 49th National Day by hosting a parent and child picnic. The event was hosted by Karavaan, our toddler play group that's designed to help build children's play and ...

[Read More..](#)

Tennis Section



Library Section





See More..

TINSEL AND TURKEY!

THURSDAY, 5 DECEMBER
BUFFET AT THE CLUBHOUSE RESTAURANT
FROM 6:30 PM

WITH MUSIC
FROM RAHRC
PLAYERS, come
and sing along!



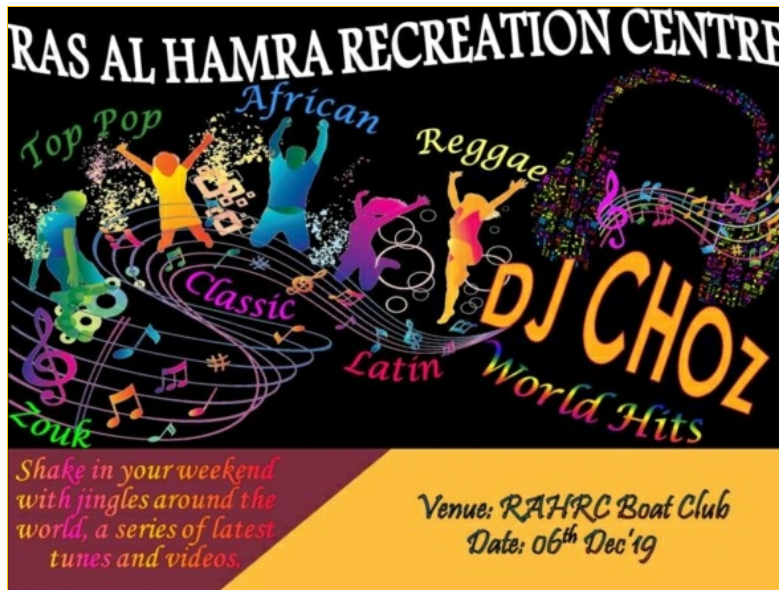

JANET AND LATIN SANDS
5TH DECEMBER 8:00PM
RAHRC BOAT CLUB

RAHADS PRESENTS

Three Short Pantos

SHOWTIMES: 1PM, 5PM, FRIDAY, 13TH DECEMBER
VENUE: CINEMA HALL RAHRC
*TICKET PRICE: MEMBER - 3 RIALS, NON MEMBER - 5 RIALS
* Tickets (include **free ice-cream**) available at RAHRC Front Office from Sunday 1 Dec.





Ras Al Hamra Recreation Center
The Club

+968 24677321 | www.pdorc.com | rahrc@pdo.co.om
PO Box 80, PC No 100

