


Day	Venue	Time	Age	Content	Dates	Cost
Sundays	New York University	4.45pm-5.45pm	Tots 4-6 years	Multi- events Run, jump, throw Youssef & Mehdi	Jan 14 th to March 18 th 2018	850 dhs (10 wks)
	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, hurdles Youssef, Mehdi, Dan, Steve	Jan 14 th to March 18 th 2018	850 dhs (10 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance Hurdles/Long Jump Youssef, Mehdi, Dan, Steve	Jan 14 th to March 18 th 2018	850 dhs (10 wks)
Tuesdays	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, hurdles Shaun, Youssef, Dan, Steve	Jan 16 th to March 20 th 2018	850 dhs (10 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance High Jump Shaun, Youssef, Dan, Steve	Jan 16 th to March 20 th 2018	850 dhs (10 wks)
Fridays	New York University	8.30am-9.30am	Youth 7-12 years	"Just Run" Work on Speed and Endurance technique Mehdi & Youssef	Jan 12 th to March 16 th 2018	850dhs (10 wks)
	New York University	9.30am-10.30am	Teens + Adults	Sprints, Middle Distance only Mehdi & Youssef	Jan 12 th to March 16 th 2018	850dhs (10 wks)
Thursday 8th March	New York University	5pm-8pm	ALL AGE GROUPS U9-Senior	Ultimate Racenight 	March 15 th 2018	40dhs per event

Term 2 Fees (10 weeks)

1 x per week = 850dhs

2 x per week = 1500dhs

3 x per week = 1950dhs

Term 3 Commences in April 2018