


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 & Jakob	Oct 1 st to Dec 3 rd 2017	800dhs 10 wks
	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, hurdles Dan, Youssef, Steve	Sept 17th to Dec 3rd 2017	960dhs 12 wks
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance Hurdles/Long Jump Dan, Youssef, Steve	Sept 17th to Dec 3rd 2017	960dhs 12 wks
Tuesdays	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, hurdles Dan, Shaun, Steve	Sept 19th to Dec 5th 2017	960dhs 12 wks
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance High Jump Dan, Shaun, Steve	Sept 19th to Dec 5th 2017	960dhs 12 wks
Fridays	New York University	8.30am-9.30am	Youth 7-12 years	"Just Run" Work on Speed and Endurance technique Youssef & Mehdi	Sept 15th to Dec 1 st 2017	960dhs 12 wks
	New York University	9.30am-10.30am	Teens + Adults	Sprints, Middle Distance only Youssef & Mehdi	Sept 15th to Dec 1st 2017	960dhs 12 wks
Thursday 7 th Dec	New York University	5pm-8pm	ALL AGE GROUPS	Ultimate Racenight 	Dec 7 th 2017	40dhs per event

TERM 1 fees based on amount of sessions attending per week

1 = 960 dhs (80dhs x 12)

2 = 1680 dhs (70dhs x 24)

3 = 2160 dhs (60dhs x 36)