









- Look at the Age Column first which is colour coded **Tots 3-6** **Youth 7-12** **Teens + Adults**
- See the content available in that session, with expert coaches for each discipline.
- Sessions 85dhs, 75dhs or 65dhs each (depending on how many times a week you attend)
 - 1 x week = 1190dhs, 2 x week = 2,100dhs, 3 x week = 2730dhs, 4th session Free
- Full Term Fees include Club Vest and New Balance Family Store Discount Card 25%.

Day	Venue	Time	Age	Content	Dates	Cost
*early session Sundays 	Dubai Sports City	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump Brian, Amanuel	9 th Sept To 9 th Dec	1,190dhs (14 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, High jump Brian, Amanuel, Paula, Philippa, Lisa	9 th Sept To 9 th Dec	1,190dhs (14 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance Hurdles, throws, high jump Bernard, Brian, Joe, Amanuel, Paula, Philippa, Lisa	9 th Sept To 9 th Dec	1,190dhs (14 wks)
*early session Mondays 	Dubai Sports City	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump Brian, Amanuel	10 th Sept To 10 th Dec	1,190dhs (14 wks)
	Dubai Sports City	6pm-7pm	Teens & Adults	Sprints, middle distance Brian, Amanuel	10 th Sept To 10 th Dec	1,190dhs (14 wks)
	Dubai Sports City	7.15pm – 8.15pm	Adults only	FREE NB RUN CLUB Brian, Amanuel	10 th Sept To 10 th Dec	250 DHS Term Track membership only
Tuesdays 	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw Brian, Amanuel, April	25 th Sept To 11 th Dec	1020 dhs (12 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump Brian, Amanuel, Paula, Philippa, Lisa	11 th Sept To 11 th Dec	1,190dhs (14 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance Hurdles, throws, high jump Bernard, Brian, Amanuel, Paula, Philippa, Lisa	11 th Sept To 11 th Dec	1,190dhs (14 wks)
Weds 	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, High jump Brian, Amanuel, Barry	12 th Sept To 12 th Dec	1,190dhs (14 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, Middle Distance *throws (shot, Javelin, discus) Brian, Amanuel, Barry	12 th Sept To 12 th Dec	1,190dhs (14 wks)

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Day	Venue	Time	Age	Content	Dates	Cost
Thursdays 	Dubai Sports City	6pm-7pm	Teens & Adults	Elite Sprints & Middle Distance (100-800m) Bernard & Joseph	13 th Sept To 13 th Dec	1,190dhs (14 wks)
Racenight League 	Dubai Sports City	4.30pm-8.30pm	Youth	Youth 4.45pm-6.45pm Track and Field Events Teens/Adults 6.45pm-8.30pm Track and Field Events	RN1 Oct 11th	60dhs members 80dhs non-members
			Teens Adults		RN2 Nov 22 nd	
Fridays 	Dubai American Academy	8am-9am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, long / triple jump Brian, Amanuel	14 th Sept To 14 th Dec	1,190dhs (14 wks)
	Dubai American Academy	9am-10am	Teens	Sprints, + Middle Distance Brian, Amanuel	14 th Sept To 14 th Dec	1,190dhs (14 wks)
Saturdays 	Dubai Sports City	8am-9am	Teens	Sprints, Middle Distance Brian, Amanuel	15 th Sept To 15 th Dec	1,190dhs (14 wks)
	Barsha Park	8am-9am	Teens * Youth on approval	Elite Distance Running Mat Ashton	15 th Sept To 15 th Dec	1,190dhs (14 wks)
	Dubai Sports City	9am-10am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, High jump Brian, Amanuel, Demehin	15 th Sept To 15 th Dec	1,190dhs (14 wks)
	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw Brian, Amanuel, Lisa	29 th Sept To 15 th Dec	1,020dhs (12 wks)
	*new class	Dubai Sports City	6pm - 7pm	Youth 10-12	"Just Run" Sprints or Middle Distance Only Brian & Amanuel	15 th Sept To 15 th Dec