









- 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)
- Fees include Club Vest and New Balance Store Discount 25%.

| Day   | Venue             | Time          | Age              | Content  | Dates   | Cost             |
|---|-------------------|---------------|------------------|--|---|------------------|
| *early session<br><br>Sundays<br>   | Dubai Sports City | 5pm-6pm       | Youth 7-12 years | Multi-Events:<br>Sprints, middle distance, throws, high jump<br><i>Brian, Amanuel</i>                        | Jan 14 <sup>th</sup> to March 18 <sup>th</sup> 2018 | 850 dhs (10 wks) |
|   | Dubai Sports City | 6pm-7pm       | Youth 7-12 years | Multi-Events:<br>Sprints, middle distance, throws, High jump<br><i>Brian, Amanuel, Paula, Philippa, Lisa</i> | Jan 14 <sup>th</sup> to March 18 <sup>th</sup> 2018 | 850 dhs (10 wks) |
|   | Dubai Sports City | 7pm-8pm       | Teens & Adults   | Sprints, middle distance hurdles, high jump<br><i>David, Brian, Joe, Amanuel, Paula, Philippa, Lisa</i>      | Jan 14 <sup>th</sup> to March 18 <sup>th</sup> 2018 | 850 dhs (10 wks) |
| *early session<br><br>Mondays<br> | Dubai Sports City | 5pm-6pm       | Youth 7-12 years | Multi-Events:<br>Sprints, middle distance, throws, high jump<br><i>David, Brian, Amanuel</i>                 | Jan 15 <sup>th</sup> to March 19 <sup>th</sup> 2018 | 850 dhs (10 wks) |
|   | Dubai Sports City | 6pm-7pm       | Teens & Adults   | Sprints, middle distance<br><b>*throws</b> (shot, Javelin, discus)<br><i>David, Amanuel, Brian</i>           | Jan 15 <sup>th</sup> to March 19 <sup>th</sup> 2018 | 850 dhs (10 wks) |
| Tuesdays<br>                      | Dubai Sports City | 4.45pm-5.45pm | Tots 3-6 years   | Multi Events:<br>Run – Jump – Throw<br><i>Brian, Amanuel, April</i>  | Jan 16 <sup>th</sup> to March 20 <sup>th</sup> 2018 | 850 dhs (10 wks) |
|   | Dubai Sports City | 6pm-7pm       | Youth 7-12 years | Multi-Events:<br>Sprints, middle distance, throws, high jump<br><i>Brian, Amanuel, Paula, Philippa, Lisa</i> | Jan 16 <sup>th</sup> to March 20 <sup>th</sup> 2018 | 850 dhs (10 wks) |
|   | Dubai Sports City | 7pm-8pm       | Teens & Adults   | Sprints, middle distance hurdles, high jump<br><i>David, Brian, Amanuel, Paula, Philippa, Lisa</i>           | Jan 16 <sup>th</sup> to March 20 <sup>th</sup> 2018 | 850 dhs (10 wks) |
| Weds<br>                          | Dubai Sports City | 6pm-7pm       | Youth 7-12 years | Multi-Events:<br>Sprints, Middle distance, throws, High jump<br><i>Brian, Amanuel, David</i>                 | Jan 17 <sup>th</sup> to March 21 <sup>st</sup> 2018 | 850 dhs (10 wks) |
|   | Dubai Sports City | 7pm-8pm       | Teens & Adults   | Sprints, Middle Distance<br><i>Brian, Amanuel</i>  | Jan 17 <sup>th</sup> to March 21 <sup>st</sup> 2018 | 850 dhs (10 wks) |

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| Day  | Venue                         | Time          | Age                      | Content   | Dates   | Cost                               |
|--|-------------------------------|---------------|--------------------------|---|---|------------------------------------|
| <b>Thursdays</b><br>        | <b>Dubai Sports City</b>      | 6pm-7pm       | Teens & Adults           | Elite Sprints (100-400m)<br><i>David &amp; Joseph</i>   | Jan 18 <sup>th</sup> to March 22nd 2018           | 850 dhs (10 wks)                   |
| <b>Racenight League</b><br> | <b>Dubai Sports City</b>      | 4.30pm-8.30pm | Youth<br>Teens<br>Adults | <b>Youth 4.45pm-6.45pm</b><br>Track and Field Events<br><b>Teens/Adults 6.45pm-8.15pm</b><br>Track and Field Events | RN3<br><b>Jan 25th</b><br>RN4<br><b>March 1st</b> | 60dhs members<br>80dhs non-members |
| <b>Fridays</b><br>         | <b>Dubai American Academy</b> | 8am-9am       | Youth 7-12 years         | Multi-Events:<br>Sprints, Middle distance, throws, <b>long / triple jump</b><br><i>Brian, Amanuel</i>               | Jan 12 <sup>th</sup> to March 16th 2018           | 850dhs (10 wks)                    |
|  | <b>Dubai American Academy</b> | 9am-10am      | Teens                    | Sprints, <b>long / triple Jump</b> , Middle Distance<br><i>Brian, Amanuel</i>                                       | Jan 12 <sup>th</sup> to March 16th 2018           | 850dhs (10 wks)                    |
| <b>Saturdays</b><br>      | <b>Dubai Sports City</b>      | 8am-9am       | Teens                    | Sprints, Middle Distance<br><i>Brian, Amanuel</i>   | Jan 13 <sup>th</sup> to March 17th 2018           | 850dhs (10 wks)                    |
|  | <b>Dubai Sports City</b>      | 9am-10am      | Youth 7-12 years         | Sprints & Long Jump<br>Middle Distance<br><i>Brian, Amanuel, David</i>  | Jan 13 <sup>th</sup> to March 17th 2018           | 850dhs (10 wks)                    |
|  | <b>Dubai Sports City</b>      | 4.45pm-5.45pm | Tots 3-6 years           | Multi Events:<br>Run – Jump – Throw<br><i>Brian, Amanuel, Lisa</i>  | Jan 13 <sup>th</sup> to March 17th 2018           | 850dhs (10 wks)                    |

### Term 2 Fees (10 weeks)

1 x per week = 850dhs

2 x per week = 1500dhs

3 or more x per week = 1950dhs

Term 3 Commences in April 2018