







- 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)
- Full Term Fees include Club Vest and New Balance Store Discount 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 <i>Brian, Amanuel</i>	8 <sup>th</sup> April to 17 <sup>th</sup> June	935 dhs (11 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, High jump <i>Brian, Amanuel, Paula, Philippa, Lisa</i>	8 <sup>th</sup> April to 17 <sup>th</sup> June	935 dhs (11 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance hurdles, high jump <i>David, Brian, Joe, Amanuel, Paula, Philippa, Lisa</i>	8 <sup>th</sup> April to 17 <sup>th</sup> June	935 dhs (11 wks)
*early session  Mondays 	Dubai Sports City	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>David, Brian, Amanuel</i>	9 <sup>th</sup> April to 18 <sup>th</sup> June	935 dhs (11 wks)
	Dubai Sports City	6pm-7pm	Teens & Adults	Sprints, middle distance <b>*throws</b> (shot, Javelin, discus) <i>David, Amanuel, Brian</i>	9 <sup>th</sup> April to 18 <sup>th</sup> June	935 dhs (11 wks)
Tuesdays 	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw <i>Brian, Amanuel, April</i>	10 <sup>th</sup> April to 29 <sup>th</sup> May	680 dhs (8 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>Brian, Amanuel, Paula, Philippa, Lisa</i>	10 <sup>th</sup> April to 19 <sup>th</sup> June	935 dhs (11 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance hurdles, high jump <i>David, Brian, Amanuel, Paula, Philippa, Lisa</i>	10 <sup>th</sup> April to 19 <sup>th</sup> June	935 dhs (11 wks)
Weds 	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, High jump <i>Brian, Amanuel, David</i>	11 <sup>th</sup> April to 20 <sup>th</sup> June	935 dhs (11 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, Middle Distance <i>Brian, Amanuel</i>	11 <sup>th</sup> April to 20 <sup>th</sup> June	935 dhs (11 wks)

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Day	Venue	Time	Age	Content	Dates	Cost
<b>Thursdays</b> 	<b>Dubai Sports City</b>	6pm-7pm	Teens & Adults	Elite Sprints (100-400m) <i>David &amp; Joseph</i>	12 <sup>th</sup> April to 21 <sup>st</sup> June	935 dhs (11 wks)
<b>Racenight League</b> 	<b>Dubai Sports City</b>	4.30pm-8.30pm	Youth	<b>Youth 4.45pm-6.45pm</b> Track and Field Events	RN5 <b>April 19th</b>	60dhs members
			Teens Adults	<b>Teens/Adults 6.45pm-8.15pm</b> Track and Field Events	RN6 <b>May 10th</b>	80dhs non-members
<b>Fridays</b> 	<b>Dubai American Academy</b>	8am-9am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, <b>long / triple jump</b> <i>Brian, Amanuel</i>	13 <sup>th</sup> April to 22 <sup>nd</sup> June	935 dhs (11 wks)
	<b>Dubai American Academy</b>	9am-10am	Teens	Indoor Track Sprints, + Middle Distance <i>Brian, Amanuel</i>	13 <sup>th</sup> April to 22 <sup>nd</sup> June	935 dhs (11 wks)
<b>Saturdays</b> 	<b>Dubai Sports City</b>	8am-9am	Teens	Sprints, Middle Distance <i>Brian, Amanuel</i>	14 <sup>th</sup> April to 23 <sup>rd</sup> June	935 dhs (11 wks)
	<b>Dubai Sports City</b>	8am-9am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, High jump <i>Bernard, David</i>	14 <sup>th</sup> April to 23 <sup>rd</sup> June	935 dhs (11 wks)
	<b>Dubai Sports City</b>	5pm-6pm	Tots 3-6 years	Multi Events: Run – Jump – Throw <i>Brian, Amanuel, Lisa</i>	14 <sup>th</sup> April to May 26 <sup>th</sup>	595 dhs (7 wks)

### Term 3 Fees (11 weeks)

1 x per week = 935 dhs

2 x per week = 1650 dhs

3 or more x per week = 2145 dhs