










- 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 80dhs, 70dhs or 60dhs 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
 Sundays 	INDOOR Gems Nations	5pm- 5.45pm	Tots 3+4 years	Multi - events Run, jump, throw Brian + Amanuel	Sept 17 th to Dec 10 th 2017	1040dhs (13 wks)
	Gems Nations	6pm- 7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, Long Jump Lisa, Amanuel, Brian	Sept 17 th to Dec 10 th 2017	1040dhs (13 wks)
	Gems Nations	7pm- 8pm	Teens + Adults	Sprints & Middle Distance Long Jump/Triple Jump Lisa, Amanuel, Brian	Sept 17 th to Dec 10 th 2017	1040dhs (13 wks)
	Dubai Sports City	6pm- 7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump Philippa, Warrick	Sept 17 th to Dec 10 th 2017	1040dhs (13 wks)
	Dubai Sports City	7pm- 8pm	Teens + Adults	Sprints, Middle Distance Hurdles, High Jump David, Joe, Philippa, Warrick	Sept 17 th to Dec 10 th 2017	1040dhs (13 wks)
 *early session Mondays 	*Dubai Sports City	5-6pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump David + Amanuel + Brian	Sept 18 th to Dec 11 th 2017	1040dhs (13 wks)
	*Dubai Sports City	6-7pm	Teens	Sprints, Middle Distance Throws David + Amanuel + Brian	Sept 18 th to Dec 11 th 2017	1040dhs (13 wks)
	Gems Modern Academy	6pm- 7pm	Youth 7-14 years	Multi-Events: Sprints, Middle distance, throws, long jump Stephen, Sumesh & Costa	Sept 18 th to Dec 11 th 2017	1040dhs (13 wks)

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Day	Venue	Time	Age	Content	Dates	Cost
Tuesdays  	Gems Nations	5pm-6pm	Tots 5+6 years	Multi- events Run, jump, throw Amanuel + Brian	Sept 19 th to Dec 12 th 2017	1040dhs (13 wks)
	Gems Nations	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, Long Jump Lisa, Brian, Amanuel, Kirsty	Sept 19 th to Dec 12 th 2017	1040dhs (13 wks)
	Gems Nations	7pm-8pm	Teens + Adults	Sprints & Middle Distance Long Jump/Triple Jump Lisa, Brian, Amanuel, Kirsty,	Sept 19 th to Dec 12 th 2017	1040dhs (13 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump Philippa, Warrick, Barry	Sept 19 th to Dec 12 th 2017	1040dhs (13 wks)
	Dubai Sports City	7pm-8pm	Teens + Adults	Sprints, Middle Distance Hurdles, High Jump, David, Barry, Philippa, Warrick,	Sept 19 th to Dec 12 th 2017	1040dhs (13 wks)
Weds 	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump Brian & Amanuel	Sept 20 th to Dec 13 th 2017	1040dhs (13 wks)
	Dubai Sports City	7pm-8pm	Adults Only	Sprints, Middle Distance Brian & Amanuel	Sept 20 th to Dec 13 th 2017	1040dhs (13 wks)

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Day	Venue	Time	Age	Content	Dates	Cost
Thursdays 	Dubai Sports City	6pm-7pm	Teens & Adults	Elite Sprints (100-400m) David & Joseph	Sept 21st to Dec 14 th 2017	1040dhs (13 wks)
Racenight League 	Dubai Sports City	4.45pm-8.30pm	Youth Teens Adults	Youth 4.45pm-6.45pm Track and Field Events Teens/Adults: 6.45pm-8.30pm Track and Field Events	RN1 Oct 19th RN2 Nov 30th	50dhs members 80dhs non-members
Fridays 	Gems Nations Academy	8am-9am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, long jump Brian, Amanuel	Sept 15 th to Dec 8 th 2017	1040dhs (13 wks)
	Gems Nations Academy	9am-10am	Teens	Sprints, Middle Distance Brian, Amanuel	Sept 15 th to Dec 8 th 2017	1040dhs (13 wks)
Saturdays 	Dubai Sports City	8am-9am	Teens	Sprints, Middle Distance Brian, Amanuel	Sept 16 th to Dec 9 th 2017	1040dhs (13 wks)
	Dubai Sports City	9am-10am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, long jump Brian, Amanuel	Sept 16 th to Dec 9 th 2017	1040dhs (13 wks)
	Dubai Sports City	4.45pm-5.45pm	Tots 4-6 years	Multi Events- Run, Jump, Throw Lisa, Brian, Amanuel	Oct 7 th to Dec 9 th 2017	800 dhs (10 wks)

Term 1 Fees (term 1 is the longest term at 13 weeks)

1 x per week = 1040dhs

2 x per week = 1820dhs

3 or more x per week = 2340dhs