


Day	Venue	Time	Age	Content	Dates	Cost
Sundays	Dubai Sports City	4.45pm-5.45pm	Tots 6 years	Multi- events Run, jump, throw Daniel	April 9 th to May 28th 2017	640dhs 8 weeks
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump Lisa, Mat, Warrick, Dan	April 9 th to June 18th 2017	880dhs 11 wks
	Dubai Sports City	7pm-8pm	Teens + Adults	Sprints & Middle Distance Advanced Hurdles. High Jump Lisa, Joe, Mat, Warrick, Philippa	April 9 th to June 18th 2017	880dhs 11 wks
*earlier/ new session	*Dubai Sports City	5-6pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump David + Heidi + Dan	April 10 th to June 19th 2017	880dhs 11 wks
	*Dubai Sports City	6-7pm	Teens	Sprints, Middle Distance *Intermediate Hurdles *Throws David + Heidi + Warrick + Dan	April 10 th to June 19th 2017	880dhs 11 wks
	Gems Modern Academy	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, long jump Sumesh & Adam	April 10 th to June 19th 2017	880dhs 11 wks
	Gems Modern Academy	7pm-8pm	Teens	Sprints & Middle Distance Sumesh & Adam	April 10 th to June 19th 2017	880dhs 11 wks
Tuesdays	Dubai Sports City	4.45pm-5.45pm	Tots 4+5 years	Multi- events Run, jump, throw April & Sarah	April 11 th to May 30th 2017	640dhs 8 wks
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events Sprints, Middle distance, throws, high jump Lisa Mat, Warrick, Philippa	April 11 th to June 20th 2017	880dhs 11 wks
	Dubai Sports City	7pm-8pm	Teens + Adults	Sprints, Middle Distance Advanced Hurdles. High Jump Lisa, David, Mat, Warrick, Philippa	April 11 th to June 20th 2017	880dhs 11 wks

Day	Venue	Time	Age	Content	Dates	Cost
*New venue / session Weds	*American School Dubai	6pm-7pm	10+ Teens	Long Jump / Triple Jump David	April 12 th to June 21 st 2017	880dhs 11 wks
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump Barry + Philippa + Dan	April 12 th to June 21 st 2017	880dhs 11 wks
	Dubai Sports City	7pm-8pm	Teens + Adults	Middle Distance & *Sprints Barry and Dan	April 12 th to June 21 st 2017	880dhs 11 wks
Thurs	Dubai Sports City	6pm-7pm	Teens + Adults	Advanced Sprints David & Joe	April 13 th to June 22 nd 2017	880dhs 11 wks
Thurs  Racenight League	Dubai Sports City	4.45pm-6.30pm	Youth Racenight League	Events: 55m hurdles, 80m,150m,300m,800m, 1500m High Jump, Shot, Javelin	RN5 20th April	50dhs or 80dhs non members
		6.45pm-8.30pm	Seniors Racenight League	100m, 100/110m Hurdles 200m,400m,800m,1500m, 3000m,High Jump	Final RN6 18th May	
Saturdays *indoor track	Dubai Sports City	8.00am-9.00am	Teens + Adults	Intermediate Sprints & Middle Distance David & Demehin	April 15 th to June 24 th 2017	880dhs 11 wks
	Dubai Sports City	8.30am-9.30am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, high jump Dan + Warrick + Kirsty	April 15 th to June 24 th 2017	880dhs 11 wks
	*Gems Nations Academy	3pm-4pm	Youth 9-12 years	Sprint Training Developing technique and speed David	April 22 nd to June 24 th 2017	800dhs 10 weeks
	Dubai Sports City	4.45pm-5.45pm	Tots 4-6 years	Multi- events Run, jump, throw Lisa, Dan, Barry	April 15 th to June 3 rd 2017	640dhs 8 weeks

Fees include a club vest and 20% Saucony Store discount card + Goodie Bag (2x a week)

1 x week is 80dhs a session (Term 880 dhs)

2 x week is 70dhs a session (Term 1540 dhs)

3 or more x week is 60dhs a session (Term 1980 dhs)