









- 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
*early session Sundays 	Dubai Sports City	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>Brian, Amanuel</i>	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 <i>Brian, Amanuel, Warrick, Philippa, Lisa</i>	Sept 17 th to Dec 10 th 2017	1040dhs (13 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance hurdles, high jump <i>David, Brian, Joe, Amanuel, Warrick, Philippa, Lisa</i>	Sept 17 th to Dec 10 th 2017	1040dhs (13 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>	Sept 18 th to Dec 11 th 2017	1040dhs (13 wks)
	Dubai Sports City	6pm-7pm	Teens & Adults	Sprints, middle distance *throws (shot, Javelin, discus) <i>David, Amanuel, Brian</i>	Sept 18 th to Dec 11 th 2017	1040dhs (13 wks)
Tuesdays 	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw <i>Brian, Amanuel, April</i>	Oct 10th to Dec 12 th 2017	800dhs (10 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>Brian, Amanuel, Warrick, Philippa, Lisa</i>	Sept 19 th to Dec 12 th 2017	1040dhs (13 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance hurdles, high jump <i>David, Brian, Amanuel, Warrick, Philippa, Lisa</i>	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 <i>Brian, Amanuel, David</i>	Sept 20 th to Dec 13 th 2017	1040dhs (13 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, Middle Distance <i>Brian, Amanuel</i>	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-8.15pm	Youth Teens Adults	Youth 4.45pm-6.45pm Track and Field Events Teens/Adults: 6.45pm-8.15pm Track and Field Events	RN1 Oct 19th RN2 Nov 30th	50dhs members 80dhs non-members
Fridays 	Dubai American Academy	8am-9am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, long / triple jump Brian, Amanuel	Sept 15 th to Dec 8 th 2017	1040dhs (13 wks)
	Dubai American Academy	9am-10am	Teens	Sprints, long / triple Jump , 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, Kirsty, Amanuel	Sept 16 th to Dec 9 th 2017	1040dhs (13 wks)
	Dubai Sports City	9am-10am	Youth 7-12 years	Sprints & Long Jump Middle Distance Brian, Kirsty, Amanuel	Sept 16 th to Dec 9 th 2017	1040dhs (13 wks)
	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw Brian, Amanuel, April	Oct 7th to Dec 9 th 2017	800dhs (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

Term 2 Commences in January 2018