

Day	Venue	Time	Age	Content	Dates	*Cost
Sundays جامعة نيويورك ابوظبي NYU ABU DHABI	New York University	4.45pm-5.45pm	Tots 4-6 years	Multi- events Run, jump, throw Youssef & Grace	30 th Sept To 9 TH Dec	935dhs (11 wks)
	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, Youssef, Grace, Dan, Matt	9 th Sept To 9 TH Dec	1,190dhs (14 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance Hurdles/Long Jump Youssef, Grace, Dan, Matt	9 th Sept To 9 TH Dec	1,190dhs (14 wks)
*New Venue Mondays AMITY INTERNATIONAL SCHOOL ABU DHABI	Amity International School	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump Steve and Youssef	10 th Sept To 10 TH Dec	1,190dhs (14 wks)
	Amity International School	6pm-7pm	Teens + Adults	Sprints, Middle Distance Steve, Youssef	10 th Sept To 10 TH Dec	1,190dhs (14 wks)
Tuesdays جامعة نيويورك ابوظبي NYU ABU DHABI	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, Youssef, Grace, Dan, Matt	11 th Sept To 4 TH Dec	1,105dhs (13 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance High Jump Youssef, Grace, Dan, Matt	11 th Sept To 4 TH Dec	1,105dhs (13 wks)
*New Venue Wednesday AMITY INTERNATIONAL SCHOOL ABU DHABI	Amity International School	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump Steve and Youssef	12 th Sept To 12 TH Dec	1,190dhs (14 wks)
	Amity International School	6pm-7pm	Teens + Adults	Sprints, Middle Distance Steve, Youssef	12 th Sept To 12 TH Dec	1,190dhs (14 wks)
Fridays جامعة نيويورك ابوظبي NYU ABU DHABI	New York University	8.30am-9.30am	Youth 7-12 years	"Just Run" Sprints, Middle Distance Grace & Youssef	14 th Sept To 7 th Dec	1,105dhs (13 wks)
	New York University	9.30am-10.30am	Teens + Adults	Sprints, Middle Distance Grace & Youssef	14 th Sept To 7 TH Dec	1,105dhs (13 wks)

*Cost is based on 1 session per week at 85dhs

2x a week is 75dhs each 3x a week is 65dhs each

Please look carefully at the start dates and end dates as they differ due to events at NYU