

Day	Venue	Time	Age	Content	Dates	*Cost
Sundays جامعة نيويورك ابوظبي 	New York University	4.45pm-5.45pm	Tots 4-6 years	Multi- events Run, jump, throw Youssef & Grace	6 th Jan to 24 th March	1,020dhs (12 wks)
	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, Youssef, Grace, Dan, Matt	6 th Jan to 24 th March	1,020dhs (12 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance Hurdles/Long Jump Youssef, Grace, Dan, Matt	6 th Jan to 24 th March	1,020dhs (12 wks)
Mondays 	Amity International School	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump Youssef & Eric	7 th Jan to 25 th March	1,020dhs (12 wks)
	Amity International School	6pm-7pm	Teens + Adults	Sprints, Middle Distance Youssef & Eric	7 th Jan to 25 th March	1,020dhs (12 wks)
Tuesdays جامعة نيويورك ابوظبي 	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, Youssef, Grace, Dan, Matt	8 th Jan to 26 th March	1,020dhs (12 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance High Jump Youssef, Grace, Dan, Matt	8 th Jan to 26 th March	1,020dhs (12 wks)
Wednesday 	Amity International School	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump Youssef & Eric	9 th Jan to 27 th March	1,020dhs (12 wks)
	Amity International School	6pm-7pm	Teens + Adults	Sprints, Middle Distance Youssef & Eric	9 th Jan to 27 th March	1,020dhs (12 wks)
Fridays جامعة نيويورك ابوظبي 	New York University	8.30am-9.30am	Youth 7-12 years	"Just Run" Sprints, Middle Distance Grace & Youssef *No session 18th Jan	11 th Jan to 29 th March	935dhs (11 wks)
	New York University	9.30am-10.30am	Teens + Adults	Sprints, Middle Distance Grace & Youssef * No session 18th Jan	7 th Jan to 29 th March	935dhs (11 wks)

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

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

***Training will be on the indoor track at NYU until Feb 8th due to FIFA CLUB WORLD CUP**