









- 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 85dhs, 75dhs or 65dhs each (depending on how many times a week you attend)
 - 1 x week = 1020dhs, 2 x week = 1,800dhs, 3 x week = 2340dhs, 4th session Free
- Full Term Fees include Club Vest and New Balance Family Store Discount Card 25%.

Day	Venue	Time	Age	Content	Dates	Cost
Sundays 	Dubai Sports City	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>Brian, Amanuel, Micheal</i>	Jan 6 th to Mar 24 th	1020dhs (12 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, High jump <i>Brian, Amanuel, Paula, Micheal</i>	Jan 6 th to Mar 24 th	1020dhs (12 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance, Hurdles, throws, high jump <i>Bernard, Brian, Joe, Amanuel, Micheal, Paula, Philippa</i>	Jan 6 th to Mar 24 th	1020dhs (12 wks)
*early session Mondays 	Dubai Sports City	5pm-6pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>Brian, Amanuel, Micheal</i>	Jan 7 th to Mar 25 th	1020dhs (12 wks)
	Dubai Sports City	6pm-7pm	Teens & Adults	Sprints, middle distance, *throws (Shot) <i>Brian, Amanuel, Micheal</i>	Jan 7 th to Mar 25 th	1020dhs (12 wks)
	Dubai Sports City	7.15pm – 8.15pm	Adults only	FREE NB RUN CLUB <i>Amanuel, Micheal</i>	Jan 7 th to Mar 25 th	250 dhs Track membership
Tuesdays 	Etisalat Academy 	5pm-6pm	Youth 9+ Teens	Sprints Club Only <i>Sumesh</i>	Jan 8 th to Mar 26 th	1020dhs (12 wks)
	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw <i>Brian, Amanuel, April, Micheal</i>	Jan 8 th to Mar 26 th	1020dhs (12 wks)
	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, high jump <i>Brian, Amanuel, Paula, Micheal</i>	Jan 8 th to Mar 26 th	1020dhs (12 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, middle distance Hurdles, high jump <i>Bernard, Brian, Amanuel, Paula, Philippa, Micheal</i>	Jan 8 th to Mar 26 th	1020dhs (12 wks)

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Day	Venue	Time	Age	Content	Dates	Cost
Weds 	Dubai Sports City	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, High jump Brian, Amanuel, Micheal	Jan 9 th to Mar 27 th	1020dhs (12 wks)
	Dubai Sports City	7pm-8pm	Teens & Adults	Sprints, Middle Distance *throws (Javelin) Brian, Amanuel, Micheal	Jan 9 th to Mar 27 th	1020dhs (12 wks)
Thursdays 	Dubai Sports City	6pm-7pm	Teens & Adults	Elite Sprints & Middle Distance (100-800m) Bernard & Joseph	Jan 10 th to Mar 28 th	1020dhs (12 wks)
Fridays 	Dubai American Academy	8am-9am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, long/triple jump Brian, Amanuel, Micheal	Jan 11 th to Mar 29 th	1020dhs (12 wks)
	Dubai American Academy	9am-10am	Teens	Sprints, + Middle Distance + long/triple Jump Brian, Amanuel, Micheal	Jan 11 th to Mar 29 th	1020dhs (12 wks)
Saturdays  *new class	Dubai Sports City	8am-9am	Teens & Adults	Sprints, Middle Distance Brian, Amanuel, Micheal	Jan 12 th to Mar 30 th	1020dhs (12 wks)
	Dubai Sports City	9am-10am	Youth 7-12 years	Multi-Events: Sprints, Middle distance, throws, High jump Brian, Amanuel Micheal	Jan 12 th to Mar 30 th	1020dhs (12 wks)
	Dubai Sports City	4.45pm-5.45pm	Tots 3-6 years	Multi Events: Run – Jump – Throw Brian, Amanuel, Lisa, Micheal	Jan 12 th to Mar 30 th	1020dhs (12 wks)
	Dubai Sports City	6pm - 7pm	Youth 7-12 years	"Just Run" Sprints or Middle Distance Only Brian, Amanuel, Michael	Jan 12 th to Mar 30 th	1020dhs (12 wks)
	Dubai Sports City	6pm - 7pm	Teens & Adults	Elite Distance Mat Ashton	Jan 12 th to Mar 30 th	1020dhs (12 wks)

Thursday Ultimate Racenight League Dates: RN3 Jan 24th and RN4 Feb 28th 2019