

Term 3 is 11 weeks. Fee pro-rata from your joining date.
 Term fee for 1 x a week = 90 AED x 11 = **990 AED**
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 Term fee 3 x a week = 70 AED x 3 x 11 = **2310 AED**
 4th session free.

Annual Membership (Sept – Sept) = **50AED** includes: Vest & Shorts Kit, membership card with 20% discount in Go Sports, 15% in Up and Running physiotherapy and 10% off Kibsons
3 Siblings Fees discount = 15% 4 Siblings = 25%

Tots	
Youth	
Teens	
Adults	
Special	



Day	Venue	Time	Age	Content	Dates	Cost
Sunday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps,throws) Khalid, Indi, Micheal, Brian	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Yu	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Bernard, Micheal Development Squad Indi, Khalid	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Hurdles Andy	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	13+	Sports Speed (Speed and Agility sports specific) Brian	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Brian, Bernard, Joe	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Philippa	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Hurdles Andy	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Long Jump / Triple Jump Indi	Sun 11 th April – 20 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Throws (shot, javelin) Micheal	Sun 11 th April – 20 th June 2021	90/80/70 AED

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Day	Venue	Time	Age	Content	Dates	Cost
 Monday 	Barsha Park	8.15am-9.15am	Adults	Ultimate Mums Run (Interval Running session) Micheal	Mon 12th April – 21st June 2021	50 AED
	DIA Al Barsha	5pm-6pm	5-6	Tots Athletics (sprints, middle distance, jumps, throws) Indi & Oj	Mon 12th April – 21st June 2021	90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal, Brian	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	5pm-6pm	7-9	Sports Speed & Conditioning (speed, power, mobility, strength) Martyn	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Brian & Khalid, Indi	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Yu	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Sports Speed & Conditioning (speed, power, mobility, strength) Martyn	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Brian, Indi	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Mon 12th April – 21st June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Sports Speed & Conditioning (speed, power, mobility, strength) Martyn	Mon 12th April – 21st June 2021	90/80/70 AED

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Tues 	DIA Al Barsha	5.30pm-6.30pm	7-12	Multi-events (sprints, middle distance, jumps,throws) Khalid, Indi, Micheal, Brian	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) Brian, Micheal Development Squad Indi, Khalid	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump Yu	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	DIA Al Barsha	6.45pm-7.45pm	Adults	New Balance Run Club Lee Garrett & Philippa	Tues 13 th April – 22 nd June 2021	FREE	
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance Khalid & Indi	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump Micheal	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump Yu	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints Bernard, Brian	Tues 13 th April – 22 nd June 2021	90/80/70 AED	
	* late session 	DIA Al Barsha	8.30pm-9.30pm	13+	Middle Distance Khalid & Micheal	Tues 13 th April – 22 nd June 2021	90/80/70 AED
		DIA Al Barsha	8.30pm-9.30pm	13+	Sprints Brian & Indi	Tues 13 th April – 22 nd June 2021	90/80/70 AED

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Weds 	DIA Al Barsha	5pm-6pm	3-6	Tots Athletics (sprints, middle distance, jumps,throws) Indi, Khalid, Micheal, Brian	Weds 14 th April – 23 rd June 2021	90/80 AED
	DIA Al Barsha	5pm-6pm	7-9	Sports Speed & Conditioning (speed, power, mobility, strength) Martyn	Weds 14 th April – 23 rd June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps,throws) Yu, Micheal, Brian	Weds 14 th April – 23 rd June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Indi	Weds 14 th April – 23 rd June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (athletes of determination) Khalid & Holly	Weds 14 th April – 23 rd June 2021	FREE
	DIA Al Barsha	6pm-7pm	10-12	Sports Speed & Conditioning (speed, power, mobility, strength) Martyn	Weds 14 th April – 23 rd June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Brian & Indi	Weds 14 th April – 23 rd June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Weds 14 th April – 23 rd June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Sports Speed & Conditioning (speed, power, mobility, strength) Martyn	Weds 14 th April – 23 rd June 2021	90/80/70 AED


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Thurs 	DIA Al Barsha	6pm-7pm	13+	Elite Sprints Bernard	Thurs 15 th April – 24 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (Sprints & middle distance) Indi & Yu	Thurs 15 th April – 24 th June 2021	90/80/70 AED
Friday 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal	Fri 16 th April – 25 th June 2021	90/80/70 AED
	DIA Al Barsha	8am-9am	13+	Sprints Brian	Fri 16 th April – 25 th June 2021	90/80/70 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout Martyn	Fri 16 th April – 25 th June 2021	550 AED for 11 wks or 70 p/c


Day	Venue	Time	Age	Content	Dates	Cost
Saturday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Micheal, Yu	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	8am-9am	10-12	Sprints (sprints) Indi	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout Martyn	Sat 17 th April – 26 th June 2021	550 AED for 11 wks or 70 p/c
	DIA Al Barsha	8am-9am	13+	Sprints Brian	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	8am-9am	10+	Middle Distance Khalid	Sat 17 th April – 26 th June 2021	90/80/70 AED

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Saturday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) Brian Micheal Khalid & Indi	Sat 17 th April – 26 th June 2021	90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Indi, Micheal, Khalid	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Brian	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance Mat & Yu	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Indi	Sat 17 th April – 26 th June 2021	90/80/70 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints Brian	Sat 17 th April – 26 th June 2021	70 AED



Scroll down for Dunecrest American School

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Day	Venue	Time	Age	Content	Dates	Cost
Monday 	Dunecrest American	5.30pm-6.30pm	6-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa, Philippa, Greg	Mon 12th April – 21st June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	10-12	Just Run Greg	Mon 12th April – 21st June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	13+	Middle Distance Ahmed	Mon 12th April – 21st June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	13+	Sprints Lisa	Mon 12th April – 21st June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	13+	Long Jump/High Jump Philippa	Mon 12th April – 21st June 2021	90/80 AED
Weds 	Dunecrest American	5.30pm-6.30pm	6-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa, Greg, Philippa	Weds 14th April – 23rd June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	10-12	Just Run Greg	Weds 14th April – 23rd June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	13+	Middle Distance Ahmed	Weds 14th April – 23rd June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	13+	Sprints Lisa	Weds 14th April – 23rd June 2021	90/80 AED
	Dunecrest American	6.30pm-7.30pm	13+	Long Jump/High Jump Philippa	Weds 14th April – 23rd June 2021	90/80 AED

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