

Term 1 is 12 weeks. Fee pro-rata from your joining date.  
 Term fee for 1 x a week = 100 AED x 12 = **1200 AED**  
 Term fee 2 x a week = 90 AED x 2 x 12 = **2160 AED**  
 Term fee 3 x a week = 80 AED x 3 x 12 = **2880 AED**  
 4<sup>th</sup> session free. **PRICES ARE VAT INCLUSIVE**

<b>Tots</b>	
<b>Youth</b>	
<b>Teens</b>	
<b>Adults</b>	
<b>Special</b>	

New Joiners annual Membership (Sept – Sept) = **100AED** 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%**


Day	Venue	Time	Age	Content	Dates	Cost
Monday 	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid, Indi, Micheal, Costa	Mon 3 <sup>rd</sup> Jan- Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>High Jump</b> Philippa	Mon 3 <sup>rd</sup> Jan- Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Indi, Khalid, Micheal	Mon 3 <sup>rd</sup> Jan- Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Hurdles</b> Andy	Mon 3 <sup>rd</sup> Jan- Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Sports Speed</b> (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 3 <sup>rd</sup> Jan – Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Indi, Bernard	Mon 3 <sup>rd</sup> Jan – Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid, Micheal	Mon 3 <sup>rd</sup> Jan – Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Philippa	Mon 3 <sup>rd</sup> Jan – Mon 21 <sup>st</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Hurdles</b> Andy	Mon 3 <sup>rd</sup> Jan – Mon 21 <sup>st</sup> March 2022	100/90/80 AED

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  <b>Tuesday</b>  	Barsha Park	8.15am-9.15am	Adults	<b>Ultimate Mums Run</b> (Interval Running session) Micheal	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	840AED 12 WEEKS 80AED PAG
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) Indi & OJ	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid, Micheal, Costa	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) Micheal	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Indi, Khalid	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Long Jump</b> Costa	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Indi, Omari	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal & Khalid	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) Costa	Tues 4 <sup>th</sup> Jan– Tues 22 <sup>nd</sup> March 2022	100/90/80 AED

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<b>Wednesday</b>  	DIA Al Barsha	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid, Indi, Micheal, Costa</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Indi, Khalid, Micheal</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>High Jump</b> <i>Yu</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Sports Speed</b> (Speed and Agility to help games players e.g. rugby, football, netball) <i>Costa</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	6.45pm-7.45pm	Adults	<b>New Balance Run Club</b> <i>Lee Garrett &amp; Philippa</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Middle Distance</b> <i>Khalid</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Long Jump</b> <i>Micheal</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>High Jump</b> <i>Yu</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Sprints</b> <i>Bernard, Indi</i>	Weds 5 <sup>th</sup> Jan – 23 <sup>rd</sup> March 2022	100/90/80 AED

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<b>Thursday</b> 	<b>DIA Al Barsha</b>	5pm-6pm	3-6	<b>Tots Athletics</b> (sprints, middle distance, jumps,throws) <b>Indi, Khalid, Micheal, Costa</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps,throws) <b>Ramzi, Micheal, Khalid</b>	Thurs 6 <sup>th</sup> Jan – 24th March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <b>Indi</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-19	<b>Heroes of Hope</b> (Athletes of Determination) <b>Holly</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	FREE
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> <b>Indi, Omari</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
<b>Friday</b> 	<b>DIA Al Barsha</b>	6pm-7pm	13+	<b>Elite Sprints</b> (technical/blocks) <b>Indi</b>	Fri 7 <sup>th</sup> Jan – Fri 25 <sup>th</sup> March 2022	100/90/80 AED


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<b>Saturday am</b> 	<b>DIA Al Barsha</b>	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid, Micheal</i>	Sat 8 <sup>th</sup> Jan- Sat 26 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	8am-9am	Adults	<b>Ultimate Fitness</b> Bootcamp Style full body workout <i>Costa</i>	Sat 8 <sup>th</sup> Jan- Sat 26 <sup>th</sup> March 2022	840AED 12 WEEKS 80 PAG
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Jumps &amp; Throws</b> <i>Khalid &amp; Micheal</i>	Sat 8 <sup>th</sup> Jan- 26 <sup>th</sup> March 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	13+	<b>Sprints</b> <i>Costa</i>	Sat 8 <sup>th</sup> Jan- 26 <sup>th</sup> March 2022	100/90/80 AED

Day	Venue	Time	Age	Content	Dates	Cost
<b>Sunday am</b> 	<b>DIA Al Barsha</b>	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid, Indi, Micheal</i>	Sun 9 <sup>th</sup> Jan Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	8am-9am	Adults	<b>Ultimate Fitness</b> Bootcamp Style full body workout <i>Costa</i>	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	840AED 12 WEEKS 80 PAG
	<b>DIA Al Barsha</b>	9am-10am	5-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <i>Costa</i>	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	10-12	<b>Just Run</b> (middle distance) <i>Micheal</i>	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Sprints</b> <i>Indi</i>	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	13+	<b>Middle Distance</b> <i>Khalid</i>	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED

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<b>Sunday</b> <b>pm</b> 	<b>DIA Al Barsha</b>	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) Khalid, Greg, Indi, Micheal	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	5pm-6pm	7-12	<b>Sports Speed</b> (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Costa	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Just Run</b> (middle distance) Micheal, Khalid	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (sprints) Costa	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Elite Sprints</b> (Invitation) Indi	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	13+	<b>Elite Distance</b> Mat & Yu	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> Micheal & Khalid	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> Indi	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	Adults	<b>Adults Sprints</b> Ramzi	Sun 9 <sup>th</sup> Jan – Sun March 27 <sup>th</sup> 2022	840AED 12 WEEKS 80 PAG

Scroll down for Dunecrest American School



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<b>Tuesday</b>  	Dunecrest American	5.30pm-6.30pm	Tots 4-5	<b>Multi-events</b> (run, jump, throw) Greg	Tues 4 <sup>th</sup> Jan – Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	6-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, Throws) Lisa, Rod	Tues 4 <sup>th</sup> Jan – Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Sprints</b> Lisa	Tues 4 <sup>th</sup> Jan – Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Middle Distance</b> Greg	Tues 4 <sup>th</sup> Jan – Tues 22 <sup>nd</sup> March 2022	100/90/80 AED
<b>Thursday</b>  	Dunecrest American	5.30pm-6.30pm	Tots 5-6	<b>Multi-events</b> (run jump throw) Greg	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, Throws) Lisa	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Sprints</b> Lisa	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Middle Distance</b> Greg	Thurs 6 <sup>th</sup> Jan – Thurs 24 <sup>th</sup> March 2022	100/90/80 AED

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