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 4th session free. **PRICES ARE VAT INCLUSIVE**

Tots	
Youth	
Teens	
Adults	
Special	

Annual Membership (Sept – Sept) = **150AED** includes: Vest & Shorts Kit + membership card with 30% discount on newbalance.co.ae, 30% off Monviso, 20% in Go Sports, 15% in Up and Running physiotherapy and 10% off Kibsons and fade fit **3 Siblings Fees discount = 15% 4 Siblings = 25%**

Day	Venue	Time	Age	Content	Dates	Cost
 Monday 	Umm Suqeim Beach	6am-7am	Adults	New Balance Run Club Khalid & Micheal	Mon 3 rd Oct – Mon 5 th Dec 2022	FREE
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Indi, Micheal, Costa	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Philippa	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Indi, Khalid, Micheal	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Sports Speed (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	Hurdles Andy	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Indi, Bernard	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid, Micheal	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Philippa	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
 Tuesday 	Barsha Park	8.15am-9.15am	Adults	Ultimate Mums Run (Interval Running session) Micheal	Tues 30 th Aug – Tues 6 th Dec 2022	1050AED 15 WEEKS 80AED PAG
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Indi & OJ	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal, Costa	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Indi, Khalid	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Indi, Omari	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
Wednesday 	DIA Al Barsha	5.30pm-6.30pm	7-12	Multi-events (sprints, middle distance, jumps,throws) <i>Khalid, Indi, Micheal, Costa</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) <i>Indi, Khalid, Micheal</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Sports Speed (Speed and Agility to help games players e.g. rugby, football, netball) <i>Costa</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	6.45pm-7.45pm	Adults	New Balance Run Club <i>Lee Garrett & Philippa</i>	Weds 31st Aug – Wed 7th Dec 2022	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Bernard, Indi</i>	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
Thursday 	DIA Al Barsha	5pm-6pm	3-6	Tots Athletics (sprints, middle distance, jumps, throws) Indi, Khalid, Micheal, Costa	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Indi	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thurs 1 st Sept – Thurs 8 th Dec 2022	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Indi, Omari	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
Friday 	DIA Al Barsha	6pm-7pm	13+	Elite Sprints (technical/blocks) Indi	Fri 2 nd Sept – Fri 9 th Dec 2022	100/90/80 AED


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Day	Venue	Time	Age	Content	Dates	Cost
Saturday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Khalid, Micheal</i>	Sat 3 rd Sept- Sat 10 th Dec 2022	100/90/80 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout <i>Costa</i>	Sat 3 rd Sept- Sat 10 th Dec 2022	1050AED 15 WEEKS 80 PAG
	DIA Al Barsha	9am-10am	10+	Jumps & Throws <i>Khalid & Micheal</i>	Sat 3 rd Sept- Sat 10 th Dec 2022	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Sprints <i>Costa</i>	Sat 3 rd Sept- Sat 10 th Dec 2022	100/90/80 AED

Day	Venue	Time	Age	Content	Dates	Cost
Sunday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Khalid, Indi, Micheal</i>	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout <i>Costa</i>	Sun 4 th Sept Sun 11 th Dec 2022	840AED 12 WEEKS 80 PAG
	DIA Al Barsha	9am-10am	5-6	Tots Athletics (sprints, middle distance, jumps, throws) <i>Costa</i>	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	9am-10am	10-12	Just Run (middle distance) <i>Micheal</i>	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	Sprints <i>Indi</i>	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Middle Distance <i>Khalid</i>	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
Sunday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) Khalid, Greg, Indi, Micheal	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal, Khalid	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Sprints (Invitation) Indi	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance Mat & Yu	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Indi	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints Indi	Sun 4 th Sept Sun 11 th Dec 2022	1050AED 15 WEEKS 80AED PAG



Scroll down for Dunecrest American School

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Day	Venue	Time	Age	Content	Dates	Cost
Tuesday 	Dunecrest American	5.30pm-6.30pm	Tots 4-5	Multi-events (run, jump, throw) Greg	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	6-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa, Rod	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sprints & Jumps Lisa	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Middle Distance Greg	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
Thursday 	Dunecrest American	5.30pm-6.30pm	Tots 5-6	Multi-events (run jump throw) Greg	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sprints Lisa	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Middle Distance Greg	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED

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