



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

Tots	
Youth	
Teens	
Adults	
Special	

**New Joiners Kit = 100AED** 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 FadeFit **3 Siblings Fees discount = 15% 4 Siblings = 25%**

Day	Venue	Time	Age	Content	Dates	Cost
  <b>Monday</b>  	Umm Suqeim Beach	6am-7am	Adults	<b>New Balance Run Club</b> Khalid & Micheal	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	FREE
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid, Lily, Micheal, Costa	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>High Jump</b> Philippa	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Lily, Khalid, Micheal	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	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 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	<b>Hurdles</b> Andy	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Lily, Bernard	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid, Micheal	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Philippa	Mon 2nd Jan – Mon 20 <sup>th</sup> March 2023	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
  <b>Tuesday</b>  	Barsha Park	8.15am-9.15am	Adults	<b>Ultimate Mums Run</b> (Interval Running session) <i>Micheal</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	840 AED 12 WEEKS 80AED PAG
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <i>Lily &amp; Connor</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid, Micheal, Costa</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) <i>Micheal</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Lily, Khalid</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Long Jump</b> <i>Costa</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> <i>Lily, Omari</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> <i>Micheal &amp; Khalid</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <i>Costa</i>	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
<b>Wednesday</b> 	<b>DIA Al Barsha</b>	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps,throws) <i>Khalid, Lily, Micheal, Costa</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Lily, Khalid, Micheal</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6.30pm-7.30pm	10-12	<b>High Jump</b> <i>Yu</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	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 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6.45pm-7.45pm	Adults	<b>New Balance Run Club</b> <i>Lee Garrett &amp; Philippa</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	FREE
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>Middle Distance</b> <i>Khalid</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>Long Jump</b> <i>Micheal</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>High Jump</b> <i>Yu</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>Sprints</b> <i>Bernard, Lily</i>	Weds 4 <sup>th</sup> Jan – Wed 22 <sup>nd</sup> March 2023	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
<b>Thursday</b> 	<b>DIA Al Barsha</b>	5pm-6pm	3-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <i>Lily, Khalid, Micheal, Costa</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid &amp; Micheal</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <i>Lily</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-19	<b>Heroes of Hope</b> (Athletes of Determination) <i>Holly</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	FREE
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> <i>Lily, Omari</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> <i>Micheal &amp; Khalid</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	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 7th Jan- Sat 25 <sup>th</sup> March 2023	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 7th Jan- Sat 25 <sup>th</sup> March 2023	840AED 12 WEEKS 80 PAG
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Jumps &amp; Throws</b> <i>Khalid &amp; Micheal</i>	Sat 7th Jan- Sat 25 <sup>th</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	13+	<b>Sprints</b> <i>Costa</i>	Sat 7th Jan- Sat 25 <sup>th</sup> March 2023	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, Lily, Micheal</i>	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	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 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	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 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	10-12	<b>Just Run</b> (middle distance) <i>Micheal</i>	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Sprints</b> <i>Lily</i>	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	13+	<b>Middle Distance</b> <i>Khalid</i>	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED

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<b>Sunday</b> <b>pm</b> 	DIA Al Barsha	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) Khalid, Greg, Lily, Micheal	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Costa	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Just Run</b> (middle distance) Micheal, Khalid	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints) Costa	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Elite Sprints</b> (Invitation) Lily	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	<b>Elite Distance</b> Mat & Yu	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal & Khalid	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Lily	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	<b>Adults Sprints</b> Lily	Sun 8 <sup>th</sup> Jan Sun 26 <sup>th</sup> March 2023	840 AED 12 WEEKS 80AED 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 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	6-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, Throws) Lisa, Rod	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Sprints &amp; Jumps</b> Lisa	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Middle Distance</b> Greg	Tues 3rd Jan – Tues 21 <sup>st</sup> March 2023	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 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, Throws) Lisa	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Sprints</b> Lisa	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	<b>Middle Distance</b> Greg	Thurs 5 <sup>th</sup> Jan – Thurs 23 <sup>rd</sup> March 2023	100/90/80 AED

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