

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**
 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**
 4th 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
Monday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Lily, Micheal, Costa	Mon 2nd Jan – Mon 20 th March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Philippa	Mon 2nd Jan – Mon 20 th March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid, Micheal	Mon 2nd Jan – Mon 20 th March 2023	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 2nd Jan – Mon 20 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	Hurdles Andy	Mon 2nd Jan – Mon 20 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Bernard	Mon 2nd Jan – Mon 20 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid, Micheal	Mon 2nd Jan – Mon 20 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Philippa	Mon 2nd Jan – Mon 20 th March 2023	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 3rd Jan – Tues 21 st March 2023	840 AED 12 WEEKS 80AED PAG
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Lily & Connor	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal, Costa	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 3rd Jan – Tues 21 st March 2023	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, Lily, Micheal, Costa</i>	Weds 4 th Jan – Wed 22 nd March 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) <i>Lily, Khalid, Micheal</i>	Weds 4 th Jan – Wed 22 nd March 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Weds 4 th Jan – Wed 22 nd March 2023	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 4 th Jan – Wed 22 nd March 2023	100/90/80 AED
	DIA Al Barsha	6.45pm-7.45pm	Adults	New Balance Run Club <i>Lee Garrett & Philippa</i>	Weds 4 th Jan – Wed 22 nd March 2023	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Weds 4 th Jan – Wed 22 nd March 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Weds 4 th Jan – Wed 22 nd March 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Weds 4 th Jan – Wed 22 nd March 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Bernard, Lily</i>	Weds 4 th Jan – Wed 22 nd March 2023	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) <i>Lily, Khalid, Micheal, Costa</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Khalid & Micheal</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) <i>Lily</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) <i>Holly</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Lily, Omari</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Micheal & Khalid</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED


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Day	Venue	Time	Age	Content	Dates	Cost
Saturday am 	Umm Suqeim Beach	6.30am-7.30am	Adults	New Balance Run Club Khalid & Micheal	Sat 7th Jan - Sat 25 th March 2023	FREE
	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal	Sat 7th Jan - Sat 25 th March 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout Costa	Sat 7th Jan - Sat 25 th March 2023	840AED 12 WEEKS 80 PAG
	DIA Al Barsha	9am-10am	10+	Jumps & Throws Khalid & Micheal	Sat 7th Jan - Sat 25 th March 2023	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Sprints Costa	Sat 7th Jan - Sat 25 th March 2023	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) Khalid, Lily, Micheal	Sun 8 th Jan - Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout Costa	Sun 8 th Jan - Sun 26 th March 2023	840AED 12 WEEKS 80 PAG
	DIA Al Barsha	9am-10am	5-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sun 8 th Jan - Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	9am-10am	10-12	Just Run (middle distance) Micheal	Sun 8 th Jan - Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	Sprints Lily	Sun 8 th Jan - Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Middle Distance Khalid	Sun 8 th Jan - Sun 26 th March 2023	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) <i>Khalid, Greg, Lily, Micheal</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Costa</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) <i>Micheal, Khalid</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) <i>Costa</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Sprints (Invitation) <i>Lily</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance <i>Mat & Yu</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Micheal & Khalid</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Lily</i>	Sun 8 th Jan Sun 26 th March 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints <i>Lily</i>	Sun 8 th Jan Sun 26 th March 2023	840 AED 12 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 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	6-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa, Rod	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sprints Lisa	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Middle Distance Greg	Tues 3rd Jan – Tues 21 st March 2023	100/90/80 AED
Thursday 	Dunecrest American	5.30pm-6.30pm	Tots 5-6	Multi-events (run jump throw) Greg	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sprints Lisa	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Middle Distance Greg	Thurs 5 th Jan – Thurs 23 rd March 2023	100/90/80 AED

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