


Term 3 is 11 weeks. **Fee pro-rata from your joining date.**
 Term fee for 1 x a week = 100 AED x 11 = **1100 AED**
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 Term fee 3 x a week = 80 AED x 3 x 11 = **2640 AED**
 4th session free. **3 siblings 15% and 4 siblings 25% discount**

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



Day	Venue	Time	Age	Content	Dates	Cost
Monday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal, Costa	Mon 10 th April – Mon 19 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Philippa	Mon 10 th April – Mon 19 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid, Micheal	Mon 10 th April – Mon 19 th June 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 10 th April – Mon 19 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	Hurdles Andy	Mon 10 th April – Mon 19 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Bernard	Mon 10 th April – Mon 19 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid, Micheal	Mon 10 th April – Mon 19 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Philippa	Mon 10 th April – Mon 19 th June 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 11 th April – Tues 20 th June 2023	770 AED 11 WEEKS 80AED PAG
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Micheal, Costa	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 11 th April – Tues 20 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 11 th April – Tues 20 th June 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) Khalid, Micheal, Costa	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) Lily, Khalid, Micheal	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump Yu	Weds 12 th April – Wed 21 st June 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) Costa	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	13+	Throws Micheal	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	6.45pm-7.45pm	Adults	New Balance Run Club Lee Garrett & Philippa	Weds 12 th April – Wed 21 st June 2023	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance Khalid	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump Micheal	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump Yu	Weds 12 th April – Wed 21 st June 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints Bernard, Lily	Weds 12 th April – Wed 21 st June 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 13th April – Thurs 22 nd June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Khalid & Micheal</i>	Thurs 13th April – Thurs 22 nd June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) <i>Lily</i>	Thurs 13th April – Thurs 22 nd June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) <i>Holly</i>	Thurs 13th April – Thurs 22 nd June 2023	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 13th April – Thurs 22 nd June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Lily, Omari</i>	Thurs 13th April – Thurs 22 nd June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Micheal & Khalid</i>	Thurs 13th April – Thurs 22 nd June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 13th April – Thurs 22 nd June 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 15 th April - Sat 24 th June 2023	FREE
	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat 15 th April - Sat 24 th June 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	13+	Sprints Costa	Sat 15 th April - Sat 24 th June 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, Micheal	Sun 16 th April - Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	5-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sun 16 th April - Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Lily	Sun 16 th April - Sun 25 th June 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) Khalid, Greg, Lily, Micheal	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal, Khalid	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Sprints (Invitation) Lily	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance Mat	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun 16 th April -Sun 25 th June 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints Lily	Sun 16 th April -Sun 25 th June 2023	840 AED 12 WEEKS 80AED PAG

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