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 4<sup>th</sup> session free. **3 sibs 15% and 4 sibs 25% discount**

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Tots	
Youth	
Teens	
Adults	
Special	



Day	Venue	Time	Age	Content	Dates	Cost
<b>Monday</b> 	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Costa, Lily, Micheal, Khalid	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>High Jump</b> Micheal	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Lily, Khalid	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 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 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	<b>Hurdles</b> Andy	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Lily, Bernard	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Michael	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED

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<b>Special</b>	


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  <b>Tuesday</b>  	Barsha Park	8.15am-9.15am	Adults	<b>Ultimate Mums Run</b> (Interval Running session) Micheal	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	1200AED (15 WKS) 80 PAG
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) Khalid	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Lily, Costa, Micheal	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) Micheal	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Lily, Khalid	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Long Jump</b> Costa	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Lily, Omari	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal & Khalid	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) Costa	Tues 29 <sup>th</sup> Aug – Tues 5 <sup>th</sup> Dec 2023	100/90/80 AED

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<b>Special</b>	


Day	Venue	Time	Age	Content	Dates	Cost
<b>Wednesday</b> 	DIA Al Barsha	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Costa, Lily, Micheal, Khalid</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Lily, Micheal</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>High Jump</b> <i>Yu</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	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 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Hurdles race specs</b> (invitation only) <i>Liam Wooley</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	<b>New Balance Run Club</b> <i>Khalid</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Middle Distance</b> <i>Khalid</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Long Jump</b> <i>Micheal</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>High Jump</b> <i>Yu</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Sprints</b> <i>Bernard, Lily</i>	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 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) <b>Khalid, Lily, Micheal, Costa</b>	Thurs 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Khalid &amp; Micheal</b>	Thurs 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <b>Lily</b>	Thurs 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	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 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	FREE
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Thurs 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> <b>Lily, Omari</b>	Thurs 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Thurs 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	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 31 <sup>st</sup> Aug – Thurs 7 <sup>th</sup> Dec 2023	100/90/80 AED


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Saturday am 	Umm Suqeim Beach	6.30am-7.30am	Adults	<b>New Balance Run Club</b> Khalid & Micheal	Sat 2nd <sup>nd</sup> Sept - Sat 9 <sup>th</sup> Dec 2023	FREE
	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat 2nd <sup>nd</sup> Sept - Sat 9 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	13+ Adults	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) Costa	Sat 2nd <sup>nd</sup> Sept - Sat 9 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	<b>Long Jump &amp; Throws</b> Khalid & Micheal	Sat 2nd <sup>nd</sup> Sept - Sat 9 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	<b>Sprints</b> Costa	Sat 2nd <sup>nd</sup> Sept - Sat 9 <sup>th</sup> Dec 2023	100/90/80 AED

Day	Venue	Time	Age	Content	Dates	Cost
Sunday am 	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid, Micheal	Sun 3 <sup>rd</sup> Sept - Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) Costa	Sun 3 <sup>rd</sup> Sept - Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	<b>Sprints</b> Lily	Sun 3 <sup>rd</sup> Sept - Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED

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Sunday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) Khalid, Lily, Micheal	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Costa	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Just Run</b> (middle distance) Micheal, Khalid	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints) Costa	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Elite Sprints</b> (Invitation only) Lily	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	<b>Elite Distance</b> Mat	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	<b>Adults Sprints</b> Lily	Sun 3 <sup>rd</sup> Sept -Sun 10 <sup>th</sup> Dec 2023	1200 AED (15 WKS) 80AED PAG

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