



Term 1 is 15 weeks. **Fee pro-rata from your joining date**. Term fee for 1 x a week = 100 AED x 15 = **1575 AED VAT INCLUSIVE** Term fee 2 x a week = 90 AED x 2 x 15 = **2835 AED VAT INCLUSIVE** Term fee 3 x a week = 80 AED x 3 x 15 = **3780 AED VAT INCLUSIVE** 4<sup>th</sup> session free. **3 siblings 15% and 4 siblings 25% discount** 

New Joiners Kit = 105AED includes: Vest & Shorts Kit Membership card with 25% Discount in NB Stores, 30% off Monviso, 10% off Kibsons & Fadefit

## Location Map: Abu Dhabi Cricket & Sports Hub

Day	Venue	Time	Age	Content	Dates	Cost
Monday	Abu Dhabi Cricket Track	5pm-6pm	4-6	Tots Athletics (sprints, middle-distance, jumps, hurdles, throws) Ebrima	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	6pm-7pm	10+	<b>Sports Speed</b> (Speed, Agility and Quickness for games players, rugby, netball, football) Ebrima	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	7pm-8pm	10+	Middle Distance (focused on endurance running, 800m -3000m) Ebrima	Mon 28 <sup>th</sup> Aug – Mon 4 <sup>th</sup> Dec 2023	100/90/80 AED
Tuesday	Abu Dhabi Cricket Track	5.30pm- 6.30pm	7-9	<b>Multi-Events</b> (sprints, middle-distance, jumps, hurdles, throws) Nader	Tues 29 <sup>th</sup> Aug – Tues 5th Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	6.30pm- 7.30pm	10+	<b>Multi-Events</b> (sprints, middle-distance, jumps, hurdles, throws) Nader	Tues 29 <sup>th</sup> Aug – Tues 5th Dec 2023	100/90/80 AED
Wednesday	Abu Dhabi Cricket Track	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle-distance, jumps, hurdles, throws) Ebrima	Weds 30 <sup>th</sup> Aug – Wed 6th Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	6pm-7pm	10+	<b>Sprints</b> (focused on speed running, 60m - 400m) Ebrima	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	7pm-8pm	10+	<b>Middle Distance</b> (focused on endurance running, 800m -3000m) Ebrima	Weds 30 <sup>th</sup> Aug – Wed 6 <sup>th</sup> Dec 2023	100/90/80 AED
Thursday	Abu Dhabi Cricket Track	5.30pm- 6.30pm	7-9	<b>Multi-Events</b> (sprints, middle-distance, jumps, hurdles, throws) Nader	Thur 31 <sup>st</sup> Aug – Thurs 7th Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	6.30pm- 7.30pm	10+	<b>Multi-Events</b> (sprints, middle-distance, jumps, hurdles, throws) Nader	Thur 31 <sup>st</sup> Aug – Thurs 7th Dec 2023	100/90/80 AED



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Location Map: Abu Dhabi Cricket & Sports Hub

Sunday	Abu Dhabi Cricket Track	5pm-6pm	10+	<b>Multi-Events</b> (sprints, middle-distance, jumps, hurdles, throws) Ebrima	Sun 3 <sup>rd</sup> Sept - Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED
	Abu Dhabi Cricket Track	6pm-7pm	7-12	Just Run (sprints, middle-distance) Ebrima	Sun 3 <sup>rd</sup> Sept - Sun 10 <sup>th</sup> Dec 2023	100/90/80 AED





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