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Tots	
Youth	
Teens	
Adults	
Special	



Day	Venue	Time	Age	Content	Dates	Cost
Monday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa, Lily, Micheal, Khalid	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Micheal	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Sports Speed (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sports Speed (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	Hurdles Andy	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Bernard	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Mon 8th Jan – Mon 18 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Michael	Mon 8th Jan – Mon 18 th March 2024	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/Lamin	Tues 2nd Jan – Tues 19th March 2024	100AED or 840aed Term
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Lily, Costa, Micheal	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 2nd Jan – Tues 19th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 2nd Jan – Tues 19th March 2024	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>Costa, Lily, Micheal, Khalid</i>	Weds 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) <i>Lily, Micheal</i>	Weds 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Weds 3rd Jan Wed 20th March 2024	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 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Hurdles race specs (invitation only) <i>Liam Wooley</i>	Weds 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	New Balance Run Club <i>Khalid</i>	Weds 3rd Jan Wed 20th March 2024	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Weds 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Weds 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Weds 3rd Jan Wed 20th March 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Bernard, Lily</i>	Weds 3rd Jan Wed 20th March 2024	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) Khalid, Lily, Micheal, Costa	Thur 4th Jan Thurs 21st March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Thur 4th Jan Thurs 21st March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Lily	Thur 4th Jan Thurs 21st March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thur 4th Jan Thurs 21st March 2024	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thur 4th Jan Thurs 21st March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Thur 4th Jan Thurs 21st March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thur 4th Jan Thurs 21st March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thur 4th Jan Thurs 21st March 2024	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 6 th Jan- Sat 23 rd March 2024	FREE
	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat 6 th Jan- Sat 23 rd March 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	13+ Adults	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Sat 6 th Jan- Sat 23 rd March 2024	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	Long Jump & Throws Khalid & Micheal	Sat 6 th Jan- Sat 23 rd March 2024	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Sprints Costa	Sat 6 th Jan- Sat 23 rd March 2024	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 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Lily	Sun 7 th Jan- Sun 24 th March 2024	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, Lily, Micheal	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal, Khalid	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Sprints (Invitation only) Lily	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance Mat	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun 7 th Jan- Sun 24 th March 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints Lily	Sun 7 th Jan- Sun 24 th March 2024	100AED or 840 Term

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