

Term 3 is 11 weeks. **Fee pro-rata from your joining date.**

Term fee for 1 x a week = 100 AED x 11 = **1155 AED VAT INCLUSIVE**

Term fee 2 x a week = 90 AED x 2 x 11 = **2079 AED VAT INCLUSIVE**

Term fee 3 x a week = 80 AED x 3 x 11 = **2772 AED VAT INCLUSIVE**

4th session free. **3 siblings 15% and 4 siblings 25% discount**

Tots	
Youth	
Teens	
Adults	
Special	

New Joiners Kit = 105AED includes: Vest & Shorts Kit

Membership card with 25% Discount in NB Stores, 30% off Monviso, 10% off Kibsons & Fafefit

Location: [DIA Al Barsha](#)

Day	Venue	Time	Age	Content	Dates	Cost
Monday	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Costa, Lily, Micheal, Khalid</i>	Mon 8th April – Mon 17 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump <i>Micheal</i>	Mon 8th April – Mon 17 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) <i>Lily, Khalid</i>	Mon 8th April – Mon 17 th June 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) <i>Costa</i>	Mon 8th April – Mon 17 th June 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) <i>Costa</i>	Mon 8th April – Mon 17 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	Hurdles <i>Andy</i>	Mon 8th April – Mon 17 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Lily, Daniel</i>	Mon 8th April – Mon 17 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Khalid</i>	Mon 8th April – Mon 17 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump <i>Michael</i>	Mon 8th April – Mon 17 th June 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 9 th April – Tues 18 th June 2024	100AED or 840aed Term
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Lily, Costa, Micheal	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 9 th April – Tues 18 th June 2024	100/90/80 AED


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 Location: [DIA Al Barsha](#)

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 10th April – Wed 19th June 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 10th April – Wed 19th June 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Weds 10th April – Wed 19th June 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 10th April – Wed 19th June 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Hurdles race specs (invitation only) <i>Lisa</i>	Weds 10th April – Wed 19th June 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	New Balance Run Club <i>Khalid</i>	Weds 10th April – Wed 19th June 2024	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Weds 10th April – Wed 19th June 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Weds 10th April – Wed 19th June 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Weds 10th April – Wed 19th June 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Lily</i>	Weds 10th April – Wed 19th June 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	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Lily	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thurs 11th April- Thurs 20 th June 2024	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs 11th April- Thurs 20 th June 2024	100/90/80 AED

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Saturday am 	Umm Suqeim Beach	6.30am-7.30am	Adults	New Balance Run Club Khalid & Micheal	Sat 13 th April- Sat 22 nd June 2024	FREE
	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat 13 th April- Sat 22 nd June 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	13+	Sprints (Short Speed work) Costa	Sat 13 th April- Sat 22 nd June 2024	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	Long Jump & Throws Khalid & Micheal	Sat 13 th April- Sat 22 nd June 2024	100/90/80 AED
	DIA Al Barsha	9am-10am	13+ Adults	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Sat 13 th April- Sat 22 nd June 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 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Lily	Sun 14 th April- Sun 23 rd June 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 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal, Khalid	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Sprints (Invitation only) Lily	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance Mat	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun 14 th April- Sun 23 rd June 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints Lily	Sun 14 th April- Sun 23 rd June 2024	100AED or 840 Term

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