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Tots	
Youth	
Teens	
Adults	
Special	



[Location](#)

Day	Venue	Time	Age	Content	Dates	Cost
Monday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Costa, Micheal, Khalid</i>	Mon 26 th Aug – Mon 9 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump <i>Micheal</i>	Mon 26 th Aug – Mon 9 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) <i>Lily, Khalid</i>	Mon 26 th Aug – Mon 9 th Dec 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 26 th Aug – Mon 9 th Dec 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 26 th Aug – Mon 9 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	10+	Hurdles <i>Andy</i>	Mon 26 th Aug – Mon 9 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Lily, Daniel</i>	Mon 26 th Aug – Mon 9 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Khalid</i>	Mon 26 th Aug – Mon 9 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump <i>Michael</i>	Mon 26 th Aug – Mon 9 th Dec 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	Tues 27 th Aug– Tues 10 th Dec 2024	80AED or 1120 AED Term
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid & Costa	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Lily, Micheal	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 27 th Aug– Tues 10 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 27 th Aug– Tues 10 th Dec 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, Micheal, Khalid</i>	Weds 28 th Aug – Wed 11 th Dec 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 28 th Aug – Wed 11 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Weds 28 th Aug – Wed 11 th Dec 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 28 th Aug – Wed 11 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Hurdles race specs (invitation only) <i>Lisa & Mo</i>	Weds 28 th Aug – Wed 11 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	New Balance Run Club <i>Khalid</i>	Weds 28 th Aug – Wed 11 th Dec 2024	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Weds 28 th Aug – Wed 11 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Weds 28 th Aug – Wed 11 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Weds 28 th Aug – Wed 11 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Lily</i>	Weds 28 th Aug – Wed 11 th Dec 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 29 th Aug- Thurs 12 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Thurs 29 th Aug- Thurs 12 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Lily	Thurs 29 th Aug- Thurs 12 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thurs 29 th Aug- Thurs 12 th Dec 2024	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs 29 th Aug- Thurs 12 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Thurs 29 th Aug- Thurs 12 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thurs 29 th Aug- Thurs 12 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs 29 th Aug- Thurs 12 th Dec 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 31 st Aug- Sat 14 th Dec 2024	FREE
	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat 31 st Aug- Sat 14 th Dec 2024	100/90/80 AED
	DIA Al Barsha	8.30am-10am	13+	Elite Sprints Squad Omari invite only	Sat 31 st Aug- Sat 14 th Dec 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Costa	Sat 31 st Aug- Sat 14 th Dec 2024	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	Long Jump & Throws Khalid & Micheal	Sat 31 st Aug- Sat 14 th Dec 2024	100/90/80 AED
	DIA Al Barsha	9am-10am	13+ Adults	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Sat 31 st Aug- Sat 14 th Dec 2024	100/90/80 AED

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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 Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Lily	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
Sunday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) Khalid, Micheal	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Elite Distance Khalid	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun Sept 1st- Sun 15 th Dec 2024	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Sprints Khalid	Sun Sept 1st- Sun 15 th Dec 2024	100AED or 1120 AED term

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