

Term <u>3</u> DIA Al Barsha



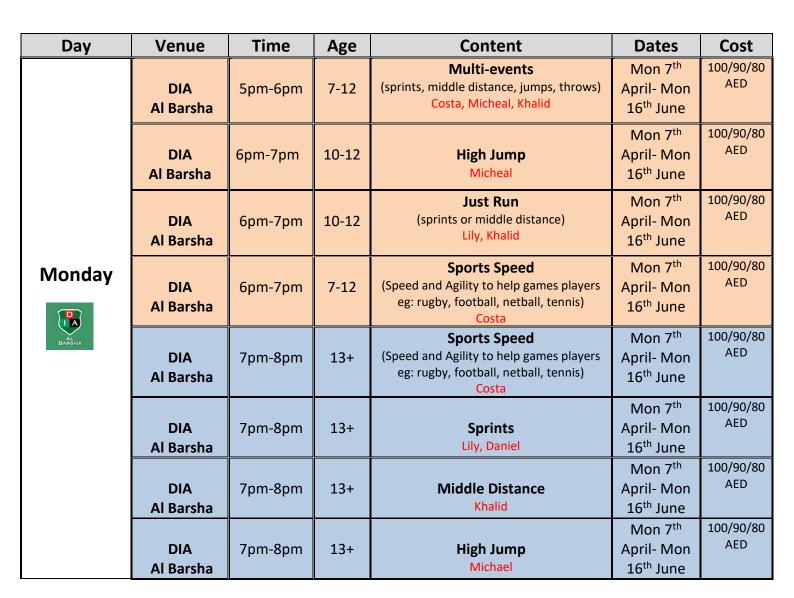
Term 3 is 11 weeks. Fee pro-rata from your joining date. Term fee for 1 x a week = 100 AED x 11 = 1155 AED VAT INCLUSIVE Term fee 2 x a week = 90 AED x 2 x 11 = 2079 AED VAT INCLUSIVE Term fee 3 x a week = 80 AED x 3 x 11 = 2772 AED VAT INCLUSIVE 4th session is free.

3 siblings 15% and 4 siblings 25% discount

TotsYouthTeensAdultsSpecial

New Joiners Kit = **105AED** includes: Vest & Shorts Kit Membership card with 25% Discount in NB Stores, 30% off Monviso, 15% in Up and Running,





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Day	Venue	Time	Age	Content	Dates	Cost
A MAR	Barsha Park	8.15am- 9.15am	Adults	Ultimate Mums Run (Interval Running session) Micheal	Tues 8 th April – Tues 17 th June	80AED or 770AED Term
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid & Costa	Tues 8 th April – Tues 17 th June	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Lily, Micheal	Tues 8 th April – Tues 17 th June	100/90/80 AED
Tuesday	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 8 th April – Tues 17 th June	100/90/80 AED
AL BARSHA	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Lily, Khalid	Tues 8 th April – Tues 17 th June	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 8 th April – Tues 17 th June	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Tues 8 th April – Tues 17 th June	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 8 th April – Tues 17 th June	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 8 th April – Tues 17 th June	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
	DIA Al Barsha	5.30pm- 6.30pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa, Micheal, Khalid	Wed 9 th April -Wed June 18th	100/90/80 AED
	DIA Al Barsha	6.30pm- 7.30pm	10-12	Just Run (sprints or middle distance) Dan, Micheal	Wed 9 th April -Wed June 18th	100/90/80 AED
	DIA Al Barsha	6.30pm- 7.30pm	10-12	High Jump Yu	Wed 9 th April -Wed June 18th	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) Costa	Wed 9 th April -Wed June 18th	100/90/80 AED
Wednesday	DIA Al Barsha	6.30pm- 7.30pm	10+	Hurdles race specs (invitation only) Lisa & Mo	Wed 9 th April -Wed June 18th	100/90/80 AED
A AL BARSHA	DIA Al Barsha	6.30pm- 7.30pm	Adults	New Balance Run Club Khalid	Wed 9 th April -Wed June 18th	FREE
	DIA Al Barsha	7.30pm- 8.30pm	13+	Middle Distance Khalid	Wed 9 th April -Wed June 18th	100/90/80 AED
	DIA Al Barsha	7.30pm- 8.30pm	13+	Long Jump Micheal	Wed 9 th April -Wed June 18th	100/90/80 AED
	DIA Al Barsha	7.30pm- 8.30pm	13+	High Jump Yu	Wed 9 th April -Wed June 18th	100/90/80 AED
	DIA Al Barsha	7.30pm- 8.30pm	13+	Sprints Dan	Wed 9 th April -Wed June 18th	100/90/80 AED

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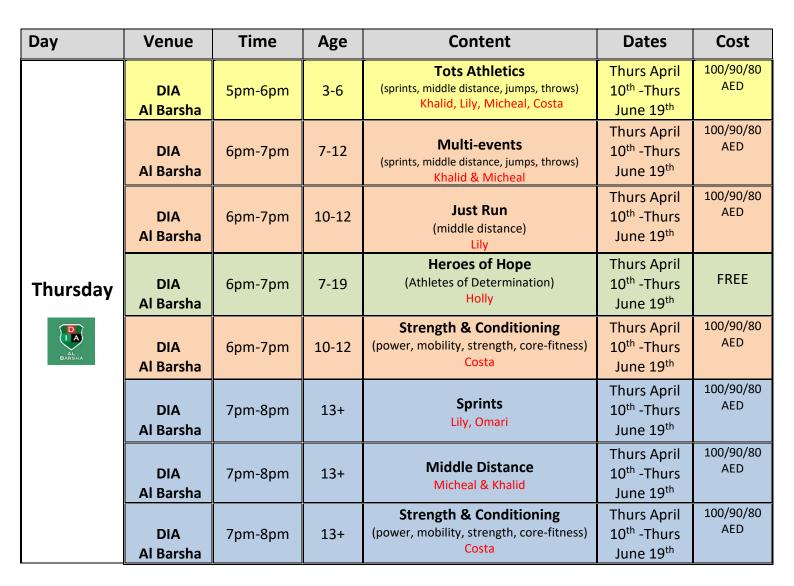
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Day	Venue	Time	Age	Content	Dates	Cost
	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat April 12 th - Sat June 21st	100/90/80 AED
Saturday	DIA Al Barsha	8.30am- 10am	13+	Elite Sprints Squad Omari invite only	Sat April 12 th - Sat June 21st	100/90/80 AED
am	DIA Al Barsha	8am-9am	10+	Sprints Costa	Sat April 12 th - Sat June 21st	100/90/80 AED
AL BARSHA	DIA Al Barsha	9am-10am	10+	Long Jump & Throws Khalid & Micheal	Sat April 12 th - Sat June 21st	100/90/80 AED
	DIA Al Barsha	9am-10am	13+ Adults	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Sat April 12 th - Sat June 21st	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 April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa & Fadi	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Lily	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
Sunday pm	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) Khalid, Micheal	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa & Fadi	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa & Fadi	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Elite Distance Khalid	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun April 13 ^{th-} Sun June 22nd	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Sprints Khalid	Sun April 13 ^{th-} Sun June 22nd	100AED or 880AED term

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