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Tots	
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Adults	
Special	

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[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 7 th April- Mon 16 th June	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump <i>Micheal</i>	Mon 7 th April- Mon 16 th June	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) <i>Lily, Khalid</i>	Mon 7 th April- Mon 16 th June	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 7 th April- Mon 16 th June	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 7 th April- Mon 16 th June	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Lily, Daniel</i>	Mon 7 th April- Mon 16 th June	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Khalid</i>	Mon 7 th April- Mon 16 th June	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump <i>Michael</i>	Mon 7 th April- Mon 16 th June	100/90/80 AED

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 Tuesday 	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
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 8 th April – Tues 17 th June	100/90/80 AED
	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
Wednesday 	DIA Al Barsha	5.30pm-6.30pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Costa, Micheal, Khalid</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) <i>Dan, Micheal</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Wed 9 th April -Wed June 18 th	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>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Hurdles race specs (invitation only) <i>Lisa & Mo</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	New Balance Run Club <i>Khalid</i>	Wed 9 th April -Wed June 18 th	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Dan</i>	Wed 9 th April -Wed June 18 th	100/90/80 AED

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Thursday 	DIA Al Barsha	5pm-6pm	3-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid, Lily, Micheal, Costa	Thurs April 10 th -Thurs June 19 th	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid & Micheal	Thurs April 10 th -Thurs June 19 th	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Lily	Thurs April 10 th -Thurs June 19 th	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thurs April 10 th -Thurs June 19 th	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs April 10 th -Thurs June 19 th	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Lily, Omari	Thurs April 10 th -Thurs June 19 th	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thurs April 10 th -Thurs June 19 th	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs April 10 th -Thurs June 19 th	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
Saturday am 	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
	DIA Al Barsha	8.30am-10am	13+	Elite Sprints Squad Omari invite only	Sat April 12 th - Sat June 21st	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Costa	Sat April 12 th - Sat June 21st	100/90/80 AED
	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 22 nd	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 22 nd	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	Sprints Lily	Sun April 13 th - Sun June 22 nd	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 22 nd	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 22 nd	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal	Sun April 13 th - Sun June 22 nd	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa & Fadi	Sun April 13 th - Sun June 22 nd	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Elite Distance Khalid	Sun April 13 th - Sun June 22 nd	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun April 13 th - Sun June 22 nd	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Sprints Khalid	Sun April 13 th - Sun June 22 nd	100AED or 880AED term

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