

Term 3 is 16 weeks. **Fee pro-rata from your joining date.**

Term fee for 1 x a week = 100 AED x 16 = **1680 AED VAT INCLUSIVE**

Term fee 2 x a week = 90 AED x 2 x 16 = **3024 AED VAT INCLUSIVE**

Term fee 3 x a week = 80 AED x 3 x 16 = **4032 AED VAT INCLUSIVE**

**4<sup>th</sup> session is free.**

**3 siblings 15% and 4 siblings 25% discount**

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Teens	
Adults	
Special	

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Day	Venue	Time	Age	Content	Dates	Cost
<b>Monday</b> 	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Costa, Micheal, Khalid, Luviwe	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>High Jump</b> Micheal	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Luviwe, Khalid	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Sports Speed</b> (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sports Speed</b> (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Luviwe, Daniel	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Michael	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED

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  <b>Tuesday</b>  	Barsha Park	8.15am-9.15am	Adults	<b>Ultimate Mums Run</b> (Interval Running session) <b>Micheal</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	80AED or 1120 AED Term
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <b>Khalid &amp; Costa</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Luviwe, Micheal</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) <b>Micheal</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) <b>Luviwe, Khalid</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Long Jump</b> <b>Costa</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> <b>Luviwe</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Triple Jump / Long Jump</b> <b>Fadi</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED

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Wednesday	DIA Al Barsha	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Costa, Micheal, Khalid, Luviwe</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Luviwe, Micheal</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>High Jump</b> <i>Yu</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Sports Speed</b> (Speed and Agility to help games players e.g. rugby, football, netball) <i>Costa</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Hurdles race specs</b> (invitation only) <i>Lisa &amp; Mo</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	<b>New Balance Run Club</b> <i>Khalid</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Middle Distance</b> <i>Khalid</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Long Jump</b> <i>Micheal</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>High Jump</b> <i>Yu</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Sprints</b> <i>Luviwe</i>	Wed 27 <sup>th</sup> Aug -Wed 9 <sup>th</sup> Dec	100/90/80 AED

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<b>Thursday</b> 	<b>DIA Al Barsha</b>	5pm-6pm	3-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <b>Khalid, Luviwe, Micheal, Costa</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Luviwe &amp; Micheal</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <b>Khalid</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-19	<b>Heroes of Hope</b> (Athletes of Determination) <b>Holly</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	FREE
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> <b>Luviwe</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED

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<b>Saturday am</b> 	<b>DIA Al Barsha</b>	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Costa &amp; Micheal</b>	Sat Aug 30th - Sat Dec 13 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	8am-9am	10+	<b>Sprints</b> <b>Luviwe</b>	Sat Aug 30th - Sat Dec 13 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Long Jump &amp; Throws</b> <b>Luviwe &amp; Micheal</b>	Sat Aug 30th - Sat Dec 13 <sup>th</sup>	100/90/80 AED
	<b>DIA Al Barsha</b>	9am-10am	13+ Adults	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Costa</b>	Sat Aug 30th - Sat Dec 13 <sup>th</sup>	100/90/80 AED

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<b>Sunday am</b> 	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Khalid, Micheal</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <b>Costa</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	8am- 9.30am	13+	<b>Elite Teen Sprints</b> (invite only) <b>Luviwe</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
<b>Sunday pm</b> 	DIA Al Barsha	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) <b>Khalid, Micheal</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Costa &amp; Luviwe</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Just Run</b> (middle distance) <b>Micheal</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints) <b>Costa</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Elite Youth Sprints</b> (invite only) <b>Luviwe</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Elite Distance</b> <b>Khalid</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	<b>Sprints or Middle Distance</b> <b>Luviwe &amp; Khalid</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100AED or 1280AED term
	DIA Al Barsha	7pm-8pm	Adults	<b>Sprints or Middle Distance</b> <b>Luviwe &amp; Khalid</b>	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100AED or 1280AED term

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