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Term fee 3 x a week = 90 AED x 3 x 10 = **2835 AED VAT INCLUSIVE**

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

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


<b>Tots</b>	
<b>Youth</b>	
<b>Teens</b>	
<b>Adults</b>	
<b>Special</b>	

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[Location](#)

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) Luwiwe, Micheal, Khalid	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Sports Conditioning</b> (Speed, agility & strength conditioning) Mo	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Luwiwe, Khalid	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>High Jump</b> Micheal	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	13+	<b>Sports Conditioning</b> (Speed, agility & strength conditioning) Mo	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Luwiwe, Mo	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Michael	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 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 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	80AED or 700 AED Term
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <b>Khalid &amp; Fadi</b>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Luwiwe, Micheal</b>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) <b>Micheal</b>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) <b>Luwiwe, Khalid</b>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> <b>Luwiwe &amp; Mehdi</b>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED

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<b>Wednesday</b> 	<b>DIA Al Barsha</b>	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Luwiwe, Micheal, Khalid</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <b>Luwiwe, Micheal</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6.30pm-7.30pm	10-12	<b>High Jump</b> <b>Yu</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	5.30pm-6.30pm	10+	<b>Sports Conditioning</b> (Speed, agility & strength conditioning) <b>Mo</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6.30pm-7.30pm	10+	<b>Hurdles race specs</b> (invitation only) <b>Mo</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6.30pm-7.30pm	Adults	<b>New Balance Run Club</b> <b>Khalid</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	FREE
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>Middle Distance</b> <b>Khalid</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>Long Jump</b> <b>Micheal</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>High Jump</b> <b>Yu</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	7.30pm-8.30pm	13+	<b>Sprints</b> <b>Luwiwe &amp; Mo</b>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 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,</b>	Thurs 8th Jan- Thurs 12th March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Micheal</b>	Thurs 8th Jan- Thurs 12th March 2026	110/100/90 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 8th Jan- Thurs 12th March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <b>Khalid</b>	Thurs 8th Jan- Thurs 12th March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-19	<b>Heroes of Hope</b> (Athletes of Determination) <b>Holly</b>	Thurs 8th Jan- Thurs 12th March 2026	FREE
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> <b>Luviwe &amp; Mehdi</b>	Thurs 8th Jan- Thurs 12th March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Thurs 8th Jan- Thurs 12th March 2026	110/100/90 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>Mo &amp; Micheal</b>	Sat 10 <sup>th</sup> Jan- Sat 14 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	8am-9am	10+	<b>Sprints</b> <b>Luviwe</b>	Sat 10 <sup>th</sup> Jan- Sat 14 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Long Jump &amp; Throws</b> <b>Luviwe &amp; Micheal</b>	Sat 10 <sup>th</sup> Jan- Sat 14 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	9am-10am	10+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Mo</b>	Sat 10 <sup>th</sup> Jan- Sat 14 <sup>th</sup> March 2026	110/100/90 AED

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<b>Sunday am</b> 	<b>DIA Al Barsha</b>	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Khalid, Micheal</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	8am-9am	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <b>Fadi</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	8am- 9.30am	13+	<b>Elite Teen Sprints</b> (invite only) <b>Luviwe</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
<b>Sunday pm</b> 	<b>DIA Al Barsha</b>	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) <b>Khalid, Micheal</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Mo &amp; Luviwe</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Just Run</b> (middle distance) <b>Micheal</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (sprints) <b>Mo</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Elite Youth Sprints</b> (invite only) <b>Luviwe</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	13+	<b>Elite Middle Distance</b> <b>Khalid</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm- 7.30pm	13+	<b>Middle Distance</b> <b>Micheal</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	7pm-8pm	Adults	<b>Sprints</b> <b>Luviwe</b>	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	100AED or 800 AED term

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