

Term 3 is 11 weeks. **Fee pro-rata from your joining date.**
 Term fee for 1 x a week = 110 AED x 11 = **1270.50 AED VAT INCLUSIVE**
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4th session free
3 siblings 15% and 4 siblings 25% discount

Tots	
Youth	
Teens	
Adults	
Special	

New Joiners Kit = 120 AED includes: Vest & Shorts Kit
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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) Luwiwe, Micheal, Khalid	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Sports Conditioning (Speed, agility & strength conditioning) Mo	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Luwiwe, Khalid	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	High Jump Micheal	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	13+	Sports Conditioning (Speed, agility & strength conditioning) Mo	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Luwiwe, Mo	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Michael	Mon 6 th April- Mon 15 th June 2026	110/100/90 AED

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 Tuesday 	Barsha Park	8.15am-9.15am	Adults	Ultimate Mums Run (Interval Running session) Micheal	Tues 7 th April- Tues 16 th June 2026	80AED or 910 AED Term
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid & Fadi	Tues 7 th April- Tues 16 th June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Luviwe, Micheal	Tues 7 th April- Tues 16 th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 7 th April- Tues 16 th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Luviwe, Khalid	Tues 7 th April- Tues 16 th June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Luviwe & Mehdi	Tues 7 th April- Tues 16 th June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 7 th April- Tues 16 th June 2026	110/100/90 AED

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Wednesday 	DIA Al Barsha	5.30pm-6.30pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Luviwe, Micheal, Khalid</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) <i>Luviwe, Micheal</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	5.30pm-6.30pm	10+	Sports Conditioning (Speed, agility & strength conditioning) <i>Mo</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Hurdles race specs (invitation only) <i>Mo</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	New Balance Run Club <i>Khalid</i>	Wed 8 th April- Wed 17 th June 2026	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Luviwe & Mo</i>	Wed 8 th April- Wed 17 th June 2026	110/100/90 AED

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Thursday 	DIA Al Barsha	5pm-6pm	3-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid, Luviwe,	Thurs 9 th April- Thurs 18th June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Micheal	Thurs 9 th April- Thurs 18th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Luviwe & Micheal	Thurs 9 th April- Thurs 18th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Khalid	Thurs 9 th April- Thurs 18th June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thurs 9 th April- Thurs 18th June 2026	FREE
	DIA Al Barsha	7pm-8pm	13+	Sprints Luviwe & Mehdi	Thurs 9 th April- Thurs 18th June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thurs 9 th April- Thurs 18th June 2026	110/100/90 AED

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Saturday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Mo & Micheal	Sat 11 th April – Sat 21 st June	110/100/90 AED
	DIA Al Barsha	8am-9am	10+	Sprints Luviwe	Sat 11 th April – Sat 21 st June	110/100/90 AED
	DIA Al Barsha	9am-10am	10+	Long Jump & Throws Luviwe & Micheal	Sat 11 th April – Sat 21 st June	110/100/90 AED
	DIA Al Barsha	9am-10am	10+	Strength & Conditioning (power, mobility, strength, core-fitness) Mo	Sat 11 th April – Sat 21 st June	110/100/90 AED

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Sunday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Khalid, Micheal</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	8am-9am	4-6	Tots Athletics (sprints, middle distance, jumps, throws) <i>Fadi</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	8am-9.30am	13+	Elite Teen Sprints (invite only) <i>Luwiwe</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
Sunday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) <i>Khalid, Micheal</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Mo & Luwiwe</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) <i>Micheal</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) <i>Mo</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Youth Sprints (invite only) <i>Luwiwe</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Middle Distance <i>Khalid</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7.30pm	13+	Middle Distance <i>Micheal</i>	Sun 12 th April- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	Adults	Sprints <i>Luwiwe</i>	Sun 12 th April- Sun 21st June 2026	100AED or 1040 AED term

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