Term 3 ISD Dubai Sports City

Term 3 is 13 weeks. **Fee pro-rata from your joining date.**
Term fee for 1 x a week = 110 AED x 13 = **1501.5 AED VAT INCLUSIVE**
Term fee 2 x a week = 100 AED x 2 x 13 = **2730 AED VAT INCLUSIVE**
Term fee 3 x a week = 90 AED x 3 x 13 **= 3685.5 AED VAT INCLUSIVE**
4TH session free
3 siblings 15% and 4 siblings 25% discount

New Joiners Kit = **120 AED** includes: Vest & Shorts Kit
Membership card with 25% Discount in NB Stores, 30% off Monviso, 15% in Up and Running

Location

Day	Venue	Time	Age	Content	Dates	Cost
Monday	**Dubai Sports City**	6.30pm-7.30pm	7-12	**Multi-Events** (Sprints & middle distance, Jumps, throws) Luke & Warrick	Mon 23rd March-Mon 15th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	**Just Run** (Speed Endurance for sprinters & middle distance runners) Joud	Mon 23rd March-Mon 15th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	**Sports Conditioning** (Sports speed, agility & strength & conditioning) Lawrence	Mon 23rd March-Mon 15th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Sprints or Middle Distance** Luke, Joud & Lawrence	Mon 23rd March-Mon 15th June 2026	110/100/90 AED
	Dubai Sports City	7pm-8.15pm	13+	**Hurdles** Andy	Mon 23rd March-Mon 15th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**High Jump** Warrick	Mon 23rd March-Mon 15th June 2026	110/100/90 AED

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Location

Tuesday	**Dubai Sports City**	6.30pm-7.30pm	7-12	**Multi-Events** (Sprints & middle distance, Jumps, throws) Luke & Warrick	Tues 24th March- Tues 16th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	**Sports Conditioning** (Sports speed, agility & strength & conditioning) Lawrence	Tues 24th March- Tues 16th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Sprints or Middle Distance** Luke, Warrick & Salim	Tues 24th March- Tues 16th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Sports Conditioning** (Sports speed, agility & Strength & Conditioning) Lawrence	Tues 24th March- Tues 16th June 2026	110/100/90 AED
Wednesday	**Dwight Sports City**	5pm-6pm	Tots 4-6	**Multi-events** (run jump throw) Warrick	Wed 25th March- Wed 17th June 2026	110/100/90 AED
	Dwight Sports City	5pm-6pm	7-12	**Just Run** (Sprints, short speed) Luke	Wed 25th March- Wed 17th June 2026	110/100/90 AED
Wednesday	**Dubai Sports City**	6.30pm-7.30pm	7-12	**Multi-Events** (Sprints & middle distance, Jumps, throws) Luke & Warrick	Wed 25th March- Wed 17th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	**Sports Conditioning** (Sports speed, agility & strength & conditioning) Lawrence	Wed 25th March- Wed 17th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	**Just Run** (Speed Endurance for middle distance runners) Joud	Wed 25th March- Wed 17th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Sprints or Middle Distance** Luke & Lawrence	Wed 25th March- Wed 17th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Multi-Events** (high jump, long jump) Warrick	Wed 25th March- Wed 17th June 2026	110/100/90 AED

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Location

Thursday	**Dubai Sports City**	6.30pm-7.30pm	7-12	**Multi-Events** (Sprints & middle distance, Jumps, throws) Luke & Warrick	Thurs 26th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	**Just Run** (Speed Endurance for sprinters & middle distance runners) Joud	Thurs 26th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	**Sports Conditioning** (Sports speed, agility & strength & conditioning) Lawrence	Thurs 26th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Sprints or Middle Distance** Luke & Warrick, Salim	Thurs 26th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	**Sports Conditioning** (Sports speed, agility & Strength & Conditioning) Lawrence	Thurs 26th March- Thurs 18th June 2026	110/100/90 AED
Friday	**Dubai Sports City**	6.30pm-7.30pm	7-12	**Multi-events** (run jump throw) Luke & Warrick	Fri 27th March -Fri 19th June 2026	110/100/90 AED

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Location

Day	Venue	Time	Age	Event	Dates	Cost
Sunday	**Dubai Sports City**	8am-9am	Tots 4-6	**Multi-events** (run jump throw) Luke & Mo	Sun 29th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	8am-9am	7-12	**Multi-Events** (run, jump, throw) Warrick	Sun 29th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	8.30am-10am	10+	**Sprint Squad Elite** (Invitation only) Luke & Lawrence	Sun 29th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	9am-10am	13+	**Multi-Events** (Long Jump, High Jump) Warrick	Sun 29th March-Sun 21st June 2026	110/100/90 AED

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