



Day	Venue	Time	Age	Content	Dates	*Cost
<b>Sundays</b> جامعة نيويورك ابوظبي NYU   ABU DHABI	New York University	4.45pm-5.45pm	Tots 4-6 years	Multi- events Run, jump, throw Youssef & Grace	30 <sup>th</sup> Sept To 9 <sup>TH</sup> Dec	1,105dhs (11 wks)
	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, Youssef, Grace, Dan, Matt	9 <sup>th</sup> Sept To 9 <sup>TH</sup> Dec	1,190dhs (14 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance <b>Hurdles/Long Jump</b> Youssef, Grace, Dan, Matt	9 <sup>th</sup> Sept To 9 <sup>TH</sup> Dec	1,190dhs (14 wks)
<b>*New Venue</b> <b>Mondays</b>  AMITY INTERNATIONAL SCHOOL ABU DHABI	Amity International School	5pm-6pm	Youth 7-12 years	Sprints, middle distance Steve and Youssef	10 <sup>th</sup> Sept To 10 <sup>TH</sup> Dec	1,190dhs (14 wks)
	Amity International School	6pm-7pm	Teens + Adults	Sprints, Middle Distance Steve, Youssef	10 <sup>th</sup> Sept To 10 <sup>TH</sup> Dec	1,190dhs (14 wks)
<b>Tuesdays</b> جامعة نيويورك ابوظبي NYU   ABU DHABI	New York University	6pm-7pm	Youth 7-12 years	Multi-Events: Sprints, middle distance, throws, long/triple/high jump, Youssef, Grace, Dan, Matt	11 <sup>th</sup> Sept To 4 <sup>TH</sup> Dec	1,105dhs (13 wks)
	New York University	7pm-8pm	Teens + Adults	Sprints, Middle Distance <b>High Jump</b> Youssef, Grace, Dan, Matt	11 <sup>th</sup> Sept To 4 <sup>TH</sup> Dec	1,105dhs (13 wks)
<b>*New Venue</b> <b>Wednesdays</b>  AMITY INTERNATIONAL SCHOOL ABU DHABI	Amity International School	5pm-6pm	Youth 7-12 years	Sprints, middle distance Steve and Youssef	12 <sup>th</sup> Sept To 12 <sup>TH</sup> Dec	1,190dhs (14 wks)
	Amity International School	6pm-7pm	Teens + Adults	Sprints, Middle Distance Steve, Youssef	12 <sup>th</sup> Sept To 12 <sup>TH</sup> Dec	1,190dhs (14 wks)
<b>Fridays</b> جامعة نيويورك ابوظبي NYU   ABU DHABI	New York University	8.30am-9.30am	Youth 7-12 years	"Just Run" Sprints, Middle Distance Grace & Youssef	14 <sup>th</sup> Sept To 7 <sup>th</sup> Dec	1,105dhs (13 wks)
	New York University	9.30am-10.30am	Teens + Adults	Sprints, Middle Distance Grace & Youssef	14 <sup>th</sup> Sept To 7 <sup>TH</sup> Dec	1,105dhs (13 wks)

\*Cost is based on 1 session per week at 85dhs

2x a week is 75dhs each    3x a week is 65dhs each

Please look carefully at the start dates and end dates as they differ due to events at NYU