

# TERM 1 DUBAI SCHEDULE

Please select the days and times you would like to train

Venue: GEMS World Academy



**AIS**  
ATHLETICS

Yearly membership fee – 1000 aed

Membership benefits include our team vest, 15% off physiotherapy & medical care at Up & Running Sports Medical Centre, & 15% of meal plans from Athleat.

- 1 session a week FREE (for the whole year – 36 weeks)
- 2 sessions a week – 600 aed per term (12 weeks)
- 3 sessions a week – 1200 aed per term
- 4 sessions a week – 1800 aed per term

Please register on our website [www.aisathletics.ae](http://www.aisathletics.ae)

**ESM**  
ATHLETICS



Day	Time	Age	Session	Dates
<b>Monday</b> 	5pm – 6pm	6 – 9 years old	<b>Run . Jump . Throw</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	5pm – 6pm	10 – 12 years old	<b>High Jump Workshop</b> High jump technique work & practice	15th Sep – 13th Dec <b>12 weeks</b>
	6pm – 7pm	10 – 12 years old	<b>Multi – Events</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	6pm – 7pm	13 – 18 years old	<b>Jumps Workshop</b> High jump & long jump technique & practice	15th Sep – 13th Dec <b>12 weeks</b>
	7pm – 8pm	13 – 18 years old	<b>Teen Sprints</b> Sprint & middle distance programmes	15th Sep – 13th Dec <b>12 weeks</b>
<b>Wednesday</b> 	5pm – 6pm	6 – 9 years old	<b>Run . Jump . Throw</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	5pm – 6pm	10 – 12 years old	<b>High Jump Workshop</b> High jump technique work & practice	15th Sep – 13th Dec <b>12 weeks</b>
	6pm – 7pm	10 – 12 years old	<b>Multi – Events</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
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	7pm – 8pm	13 – 18 years old	<b>Teen Sprints</b> Sprint & middle distance programmes	15th Sep – 13th Dec <b>12 weeks</b>
<b>Friday</b>  	5pm – 6pm	6 – 9 years old	<b>Run . Jump . Throw</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	5pm – 6pm	10 – 12 years old	<b>High Jump Workshop</b> High jump technique work & practice	15th Sep – 13th Dec <b>12 weeks</b>
	6pm – 7pm	10 – 12 years old	<b>Multi – Events</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	6pm – 7pm	13 – 18 years old	<b>Jumps Workshop</b> High jump & long jump technique & practice	15th Sep – 13th Dec <b>12 weeks</b>
	7pm – 8pm	13 – 18 years old	<b>Teen Sprints</b> Sprint & middle distance programmes	15th Sep – 13th Dec <b>12 weeks</b>
<b>Saturday</b> 	8am – 9am	6 – 9 years old	<b>Run . Jump . Throw</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	8am – 9am	10 – 12 years old	<b>Multi – Events</b> Sprints, middle distance, hurdles, long jump, shot putt	15th Sep – 13th Dec <b>12 weeks</b>
	9am – 10am	10 – 12 years old	<b>Elite Youth Sprint</b> Sprinting / speed development programme	15th Sep – 13th Dec <b>12 weeks</b>
	10am – 11am	10 – 12 years old	<b>Elite Teen Sprint</b> Sprinting / speed development programme	15th Sep – 13th Dec <b>12 weeks</b>
<b>October Athletics Camp</b>  NAD AL SHEBA SPORTS COMPLEX TBC	<b>5 DAY CAMP</b> 8am – 2pm	6 – 12 years old	<b>Youth Multi – Events</b> Sprints, middle distance, long distance, hurdles, long jump, high jump, shot putt, Javelin	20th Oct – 24th Oct <b>5 days</b>
		13 – 18 years old	<b>Elite Teen Sprint</b> Elite level sprint training and competition preparation	
<b>December Athletics Camp</b>  NAD AL SHEBA SPORTS COMPLEX TBC	<b>5 DAY CAMP</b> 8am – 2pm	6 – 12 years old	<b>Youth Multi – Events</b> Sprints, middle distance, long distance, hurdles, long jump, high jump, shot putt, Javelin	15th Dec – 19th Dec <b>5 days</b>
		13 – 18 years old	<b>Elite Teen Sprint</b> Elite level sprint training and competition preparation	
<b>Super Six Multi – Events Series</b>  	<b>Athletics Competition</b> 8am – 3pm	<b>AGE GROUPS</b>		18th October
		U10	<b>6 Events per Athlete</b> Under 10: 60m, Long Jump, High Jump, Shot Put, 150m, 400m Under 14: 100m, Long Jump, High Jump, Shot Put, 300m, 600m Under 12: 80m, Long Jump, High Jump, Shot Put, 200m, 400m Under 16: 100m, Long Jump, High Jump, Shot Put, 400m, 800m	22nd November
		U12 U14 U16		13th December

## GET IN CONTACT

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💻 [www.aisathletics.ae](http://www.aisathletics.ae)

