

# YEARLY SCHEDULE

THE UAE'S LEADING TRACK & FIELD ATHLETICS PROVIDER FOR YOUNG ATHLETES OF ALL ABILITIES

## MEMBERSHIP OPTIONS

Start Date: 7th September 2020



### Athletics League

- Access to the AIS Track & Field Athletics League
- Access to the AIS Athletics Championships
- Breakdown – Five league matches & one championship

**600AED**



### Bronze Membership

- One academy session per week for the whole year (38 weeks)
- Academy Sessions – Monday Evening, Wednesday Evening, or Friday Morning
- Cost Breakdown – 26AED per session

**1000AED**



### Silver Membership

- Unlimited academy sessions per week for the whole year (38 weeks)
- Academy Sessions – Monday Evening, Wednesday Evening, Friday Morning, Saturday Morning
- Cost Breakdown – 13AED per session

**2000AED**



### Gold Membership

- Unlimited academy sessions per week for the whole year (38 weeks)
- Academy Sessions – Monday Evening, Wednesday Evening, Friday Morning, Saturday Morning Indoors
- Access to the AIS Track & Field Athletics League
- Access to the AIS Athletics Championship
- Access to the Autumn Holiday Camp
- Access to the Winter Holiday Camp
- Access to the Spring Holiday Camp
- Cost Breakdown – 7AED per session

**5000AED**

## ACADEMY SESSIONS

Start Date: 7th September 2020

### MONDAY



TIME	AGE	SESSION
5pm - 6pm	Youth Athletics 6 - 9 years old	<b>Run . Jump . Throw</b> sprints, middle distance, hurdles, long jump, high jump, shot put
6pm - 7pm	Youth Development 10 - 12 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
7pm - 8pm	Teen Athletics 13 - 18 years old	<b>Teen Sprints</b> elite level speed & power development
7pm - 8pm	Teen Athletics 13 - 18 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
7pm - 8pm	All Ages open to all ages	<b>AIS Run Club</b> middle distance & long distance training for all ages

### WEDNESDAY



TIME	AGE	SESSION
5pm - 6pm	Youth Athletics 6 - 9 years old	<b>Run . Jump . Throw</b> sprints, middle distance, hurdles, long jump, high jump, shot put
6pm - 7pm	Youth Development 10 - 12 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
7pm - 8pm	Teen Athletics 13 - 18 years old	<b>Teen Sprints</b> elite level speed & power development
7pm - 8pm	Teen Athletics 13 - 18 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
5pm - 8pm	All Ages open to all ages	<b>AIS Run Club</b> middle distance & long distance training for all ages

### FRIDAY



TIME	AGE	SESSION
8am - 9am	Youth Athletics 6 - 9 years old	<b>Run . Jump . Throw</b> sprints, middle distance, hurdles, long jump, high jump, shot put
9am - 10am	Youth Development 10 - 12 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
10am - 11am	Teen Athletics 13 - 18 years old	<b>Teen Sprints</b> elite level speed & power development
10am - 11am	Teen Athletics 13 - 18 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
8am - 11am	All Ages open to all ages	<b>AIS Run Club</b> middle distance & long distance training for all ages

### SATURDAY



TIME	AGE	SESSION
8am - 9am	Youth Athletics 6 - 9 years old	<b>Run . Jump . Throw</b> sprints, middle distance, hurdles, long jump, high jump, shot put
8am - 9am	Youth Development 10 - 12 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put
9am - 10am	Teen Athletics 13 - 18 years old	<b>Teen Sprints</b> elite level speed & power development
9am - 10am	Teen Athletics 13 - 18 years old	<b>MULTI - EVENTS</b> sprints, middle distance, hurdles, long jump, high jump, shot put

## CONTACT US



058 529 7400



info@aisathletics.ae



www.aisathletics.ae