

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	 Bronze Membership	 Silver Membership	 Gold Membership
<ul style="list-style-type: none"> Access to the AIS Track & Field Athletics League Access to the AIS Athletics Championships Breakdown – Five league matches & one championship <p>600AED</p>	<ul style="list-style-type: none"> 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 <p>1000AED</p>	<ul style="list-style-type: none"> 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 <p>2000AED</p>	<ul style="list-style-type: none"> 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 <p>5000AED</p>

ACADEMY SESSIONS

Start Date: 7th September 2020

MONDAY

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

BRB...SORRY THIS SESSION IS TEMPORARILY UNAVAILABLE

WEDNESDAY

Outdoor Session



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

FRIDAY

Outdoor Session



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

FRIDAY

Indoor Session



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

SATURDAY

Indoor Session



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

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