



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	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
7pm - 8pm	All Ages open to all ages	AIS Run Club middle distance & long distance training for all ages

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 - 11am	Youth Athletics 8 - 12 years old	Elite Youth Development Squad sprints, middle distance, hurdles, long jump, high jump, shot put
8am - 11am	Teen Athletics 13 - 18 years old	Elite Teen Development Squad sprints, middle distance, hurdles, long jump, high jump, shot put

INVITE ONLY*

FRIDAY



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

SUNDAY



TIME	AGE	SESSION
5:30pm - 7:30pm	Youth Athletics 8 - 12 years old	Elite Youth Potential Squad sprints, middle distance, hurdles, long jump, high jump, shot put
5:30pm - 7:30pm	Teen Athletics 13 - 18 years old	Elite Teen Potential Squad sprints, middle distance, hurdles, long jump, high jump, shot put

INVITE ONLY*

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