

YEARLY SCHEDULE

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

MEMBERSHIP OPTIONS



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

- 1 academy session per week for the whole year (38 weeks)
- Academy Sessions – Monday, Tuesday, Wednesday, Friday, Saturday
- Cost Breakdown – 52AED per session. Pay monthly – 2 instalments of 1200AED

2000AED

Or two monthly payments of 1200AED



Silver Membership

- Up to 3 academy sessions per week for the whole year (38 weeks)
- Academy Sessions – Monday, Tuesday, Wednesday, Friday, & Saturday
- Cost Breakdown – 35AED per session. Pay monthly – 4 instalments of 1100AED

4000AED

Or four monthly payments of 1100AED



Gold Membership

- Unlimited academy sessions per week for the whole year (38 weeks)
- Academy Sessions – Monday, Tuesday, Wednesday, Friday, Saturday
- Access to the AIS Track & Field Athletics League
- Access to the AIS Athletics Championship
- Access to 6 weeks of Holiday Camp throughout the year
- Cost Breakdown – 12AED per session. pay monthly – 2100AED for 4 months

8000AED

Or four monthly payments of 2100AED

ACADEMY SESSIONS

MONDAY

OUTDOOR



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

TUESDAY

OUTDOOR



TIME	AGE	SESSION
5pm - 6pm	Youth Athletics 6 - 9 years old	Run . Jump . Throw sprints, middle distance, hurdles, long jump, high jump, shot put
5pm - 6pm	Youth Athletics 6 - 9 years old	AIS Run Club middle distance & long distance training for youth development
6pm - 7pm	Youth Development 10 - 12 years old	MULTI - EVENTS sprints, middle distance, hurdles, long jump, high jump, shot put
6pm - 7pm	Youth Development 10 - 12 years old	AIS Run Club middle distance & long distance training for all ages
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
7pm - 8pm	All Ages open to all ages	Adult Sprint middle distance & long distance training for all ages
6pm - 8pm	INVITE ONLY 9 - 18 years old	ELITE DEVELOPMENT SQUAD

WEDNESDAY

OUTDOOR



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

FRIDAY

OUTDOOR



TIME	AGE	SESSION
8am - 11am	INVITE ONLY 9 - 18 years old	ELITE DEVELOPMENT SQUAD
9am - 11m	Youth Athletics 6 - 9 years old	AIS Run Club middle distance & long distance training for youth development
9am - 11am	All Ages open to all ages	Adult Sprint middle distance & long distance training for all ages

FRIDAY

INDOOR



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



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

INDOOR



TIME	AGE	SESSION
5:30pm - 7:30pm	INVITE ONLY 9 - 18 years old	ELITE DEVELOPMENT SQUAD