

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

### TUESDAY

OUTDOOR



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

### WEDNESDAY

OUTDOOR



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

### FRIDAY

OUTDOOR



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

### FRIDAY

INDOOR



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

### SATURDAY

INDOOR



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

### SUNDAY

INDOOR



TIME	AGE	SESSION
8am - 11am	INVITE ONLY 9 - 18 years old	<b>ELITE DEVELOPMENT SQUAD</b>