



Physical Education Office – University of Thessaly

Spring Semester 2021-22

Timetable

Sports Activities	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENNIS						
SWIMMING						
YOGA			19.00 -20.00		19.00 -20.00	
BASKETBALL	<i>Awaiting approval from the Municipality of Volos for the provision of sports premises.</i>					
TRADITIONAL DANCES	21.00 – 22.00		20:00 – 21:00			
OUTDOOR ACTIVITIES	Hiking – by appointment					

- The Traditional Courses and the Yoga classes will be conducted on the gym of the University of Thessaly (Delmouzos Building, 4th floor –above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.)
- The Swimming class will be conducted in EAK Stadium in Volos (1 Stadiou Str., Volos – Nea Dimitriada).
- The Tennis class will be conducted in the Municipality of Volos tennis courts (Chiliadou - Volos, 67 Gianni Dimou Str.).
The Basketball class will be conducted in the Municipality of Volos basketball courts (Chiliadou - Volos, 67 Gianni Dimou Str.).

Requirements of participation:

1. Medical Certificate by a cardiologist

2. An ID photo

3. Medical Certificate by a dermatologist (just for the swimming class).

Information – Registration: Tuesday, Wednesday, Thursday and Friday 10:00 – 13:00 at the Physical Education Office Delmouzos Building, 4th floor –above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.)

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Students and staff wishing to participate in any class are required to show their certificate of vaccination or recovery, or their negative PCR molecular test result or a negative antigen (rapid) test result from a laboratory (up to 48 hours before) Priority will be given – Up to 20 participants