



Physical Education Office – University of Thessaly
Timetable

Sports Activities	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENNIS	<i>Awaiting approval from the Municipality of Volos for the provision of sports premises.</i>					
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			20:15 – 21:15		20:15 – 21:15	
OUTDOOR ACTIVITIES	Cycling, Skiing, 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