

**PHYSICAL EDUCATION OFFICE**  
**University of Thessaly**

**Winter Semester 2023 – 2024 Time schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Sport Activities</b>					
<b>TENNIS</b>	10.00 – 14.00	10.00 – 14.00	10.00 – 14.00	10.00 – 14.00	
<b>SWIMMING</b>	10.00 – 14.00	10.00 – 14.00	10.00 – 14.00	10.00 – 14.00	
<b>MUSCLE STRENGTHENING</b>	10.00 – 14.00	10.00 – 14.00	10.00 – 14.00	10.00 – 14.00	
<b>TEAM SPORTS</b>	10.00 – 12.00	10.00 – 12.00	10.00 – 14.00	10.00 – 12.00	
<b>JUDO / SELF-DEFENSE</b>		19.00 – 20.00			19.00 – 20.00
<b>OUTDOOR ACTIVITIES</b>	<b>Hiking, skiing - upon arrangement</b>				

- The **Swimming** courses will be conducted in the Municipal Swimming Pool of Nea Ionia (35, Doksopoulou Str., Nea Ionia, 38446) – Responsible Person: Prof. Valis Periklis (Tel. +30 6946657595)
- The **Tennis** classes will be held in the Municipal tennis courts in “Asylo” (67, G. Dimou Str, Chiliadou, 38333) – Responsible Person: Prof. Papakrivos Konstantinos (Tel. +30 6945498581)
- The **Basketball** courses will be held in the basketball court of the “Vakis Paraskevopoulos” Municipal Gym (Riga Fereou & Gladstonos Str., Volos, 38333)
- The **Muscle Strengthening** classes will be held in the “Vakis Paraskevopoulos” Municipal Gym (Riga Fereou & Gladstonos Str., Volos, 38333) – Responsible Person: Prof. Zotos Georgios (Tel.+30 6974702628)
- The **Judo / Self-defense** classes will be held on the 2nd floor of the “Vakis Paraskevopoulos” Municipal Gym (Riga Fereou & Gladstonos Str., Volos, 38333)

**Requirements of participation:**

1. Medical Certificate by a cardiologist / a pathologist
2. An ID photo
3. Medical Certificate by a dermatologist (for swimming only)

**Information – Registration:** From Monday till Friday 09:00 – 13:00 at the Physical Education Office

(Delmouzos Building, 4th floor -above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.)

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