

PHYSICAL EDUCATION OFFICE
Spring Semester 2023 – 2024 Time schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sports Activities						
TENNIS	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>		
SWIMMING	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>		
MUSCLE STRENGTHENING / BODYBUILDING	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>	<i>10.00 - 14.00</i>		
TEAM SPORTS	10.00 -12.00	10.00 -12.00	10.00 – 14.00	10.00 -12.00		
JUDO / SELF-DEFENSE		19.00 – 20.00			19.00 – 20.00	
OUTDOOR ACTIVITIES	HIKING (scheduled)					

- 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. Papakrivov 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 for 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.) Tel. (+30) 24210-74714, (+30) 24210-74713, (+30) 24210-74681, e-

mail: phag@uth.gr