

PHYSICAL EDUCATION OFFICE
University of Thessaly
Winter Semester 2024–2025 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>		
MUSCLE STRENGTHENING	<i>10.00 - 14.00</i>		<i>10.00 - 14.00</i>			
TEAM SPORTS	<i>10.00 -12.00</i>		<i>10.00 – 14.00</i>			
JUDO / SELF-DEFENSE						
OUTDOOR ACTIVITIES	Hiking – upon agreement					

- The Swimming classes will be conducted at the National Stadium of Volos (31 Thiseos Str., 38222). Responsible Person Prof. Zotos Yorgos (Tel. +30 6974702628)
- 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) as well as the sports facilities in “Asylo” (67, G. Dimou Str, Chiliadou, 38333). Responsible Person Prof. Zotos Yorgos (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) during spring semester.
- As far as the Traditional Dances lessons are concerned, there will be further announcements.

Requirements of participation:

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

Information – Registration: Monday, Tuesday, Wednesday, Thursday, **10:00 – 13:00** at the Physical Education Office (Delmouzos Building, 4th floor –above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.) **Tel. (+30) 24210-74714, 24210-74848, Tel. & fax: (+30) 24210-74681, e-mail:phag@uth.gr**