

PHYSICAL EDUCATION OFFICE
University of Thessaly
Winter Semester 2025–2026 Time schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sports Activities						
ARCHERY (Katouni Katerina, Tel. +3069872263162)		<i>19.00 - 20.00</i>			<i>19.00 - 20.00</i>	
SWIMMING (Mpampaletsos Georgios, Tel. +306972263162)		<i>10.00 - 14.00</i>		<i>10.00 - 14.00</i>		
MUSCLE STRENGTHENING (Mpampaletsos Georgios, Tel. +306972263162)	<i>10.00 - 12.00</i>		<i>10.00 - 12.00</i>		<i>10.00 - 12.00</i>	
TEAM SPORTS Basketball (Mpampaletsos Georgios, Tel. +306972263162)	<i>12.00 -14.00</i>		<i>12.00 – 14.00</i>		<i>12.00 – 14.00</i>	
JUDO / SELF-DEFENSE (Kafentarakis Ioannis, Tel. +306972221657)		<i>18.00-19.00</i> (women's class)			<i>18.00-19.00</i> (women's class)	
OUTDOOR ACTIVITIES	Hiking, Skiing, Volleyball – upon agreement					

- The Swimming classes will be conducted at the "Iason Zirganos" Municipal Swimming Pool of Volos (15 Stadiou Str., 38222).
- The Archery classes will take place at the premises of the Volos Shooting Club. (23, Stadiou Str, 38222)
- The Basketball/Volleyball 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 on the 1st floor of the “Vakis Paraskevopoulos” Municipal Gym (Riga Fereou & Gladstonos Str., Volos, 38333)
- 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/pathologist (physician)
2. An ID photo
3. Medical Certificate by a dermatologist (required only for swimming classes).

Information – Registration: Monday to Friday, **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, 24210-74713, 24210-74681, e-mail: phag@uth.gr**