

CONFERENCE/MEETING ROOM

- Exams / Meetings / Classes / Seminars
- 2 rooms - each seating 30 persons with tables
- Divide is removable to create a larger room

Includes:

- Tables
- Chairs
- White boards

FACILITY RENTALS/USAGE

To book/rent one of the SPEC facilities, an application form must be completed and submitted to the Facility Supervisor. These forms are available at the SPEC Administrative Office.

EQUIPMENT LOANS

Equipment for sporting activities on the campus are available at SPEC from any Facility Attendant on duty. Students and Staff are required to leave their UWI ID with the Facility Attendant until the equipment is returned.

ADDITIONAL FACILITIES AND SERVICES

- Concessionaire
- Male and female locker rooms
- Massage Therapy Services
- First Aid Services
- Lectern
- Officials' room
- Stage
- Massage rooms
- Ticket booths
- Chairs

SPORT SCHEDULE VENUE KEY

- **IC** Indoor Court
- **CF** SPEC Cricket Field
- **TBA** To be announced
- **AFE** Admin Football Field East
- **SP** Swimming Pool
- **R** Rugby Field
- **SF** SPEC South Field
- **G** Gym
- **TC** Tennis Court

SPORT SCHEDULE

COMPETITIVE TEAMS

Basketball (M) (10th Sep. Start)	T · TH S	7.30pm - 9.30pm 6.00pm - 8.00pm	IC
Basketball (W)	T · TH S	5.45pm - 7.30pm 4.00pm - 6.00pm	IC
Cheerleading	M F	6.00pm - 7.30pm 6.00pm - 8.00pm	IC
Cricket (M) & (W)	TBA		
Football (W) (9th Sep. Start)	M · W	5.00pm - 7.00pm	AFE
Football (M) (10th Sep. Start)	T · TH	5.00pm - 7.00pm	AFE
Hockey	M · W	5.00pm - 7.00pm	SF
Netball (17th Sep. Start)	T · TH S	5.45pm - 7.30pm 2.00pm - 4.00pm	IC
Swimming	M · W TH	8.00pm - 10.00pm 7.30pm - 9.30pm	SP
Table Tennis	M · W F S	6.00pm - 7.30pm 5.00pm - 8.00pm 11.00am - 2.00pm	IC
Tennis	T · W · TH S	6.00am - 9.00am 6.00am - 10.00am	TC
Track -Sprints -Distance	T · TH M · T · TH · F	4.30pm - 6.30pm 4.00pm - 6.00pm	SF
Field Events	M · W · F	4.00pm - 6.30pm	R
Volleyball	M · W S	7.30pm - 9.30pm 8.00am - 11.00am	IC
Rugby	T · TH SA	5.30pm - 8.00pm 5.00pm - 7.00pm	R

RECREATION & FITNESS ACTIVITIES

Aerobics	T · TH	4.45pm - 5.45pm	IC
Aqua Aerobics (Two Sessions)	T · TH	5.00pm - 6.00pm or 6.00pm - 7.00pm	SP
Stretch and Relaxation	M · W	5.00pm - 6.00pm	IC
Aqua Training (Two Sessions)	M · W	6.00pm - 7.00pm or 7.00pm - 8.00pm	SP
Aqua Power Training	F	6.00pm - 7.00pm	SP
Badminton	W	6.00pm - 7.30pm	IC
Core Training (Abs)	M · W	4.30pm - 5.00pm	IC
Karate	F	5.00pm - 7.00pm	IC
Massages (FREE Student Massage)	T · TH	3.00pm - 6.00pm	Contact Gym
Spinn	T · W SA	5.15pm - 6.15pm 10.00am - 11.00am	G
Swimming (Open Recreation)	M · T · W · TH · F SA SU	9.00am - 5.00pm 9.00am - 2.00pm 9.00am - 4.00pm	SP
Taekwondo	M	6.00pm - 7.30pm	IC
Tennis (Open Recreation)	T · W · TH · SA F SU	6.00am - 10.00pm 2.00pm - 10.00pm 6.00am - 2.00pm	TC
Tennis (FREE Student Class)	T · W · TH	7.00am - 9.00am 4.00pm - 6.00pm	TC



UWI
ST. AUGUSTINE
CAMPUS



UWI SPEC

THE UNIVERSITY OF THE WEST INDIES
SPORT & PHYSICAL EDUCATION CENTRE
ST. AUGUSTINE CAMPUS, TRINIDAD & TOBAGO

www.sta.uwi.edu/spec

Tel: 662-2002 ext 83571, 84384, 83810, 84381

Fax: 645-9239



www.facebook.com/UWISPEC

FACILITIES/SERVICES



Welcome to the University of the West Indies Sport and Physical Education Centre (SPEC). The premier academic sporting facility in Trinidad and Tobago and the Caribbean.

SPEC seeks to provide the optimum opportunity for students and staff to develop healthy lifestyles.

Students will have access to professional coaches and instructors in all sporting disciplines.

SPEC management and staff will assist and support all student centered events.

Direct Contacts:

UWI Main Line : (868) 662-2002	Extensions
Director of Sport and Physical Education	82307
Administrative Office	83571/84380
Sport Coordinator Office (Sport Schedule)	83810/84381
Facility Booking/Rentals	83556
Academic Programmes/Advising	83555
Equipment Loans	84382
Gym	84384/84383
Swimming Pool	84005
Tennis Courts	84338
Coaches/Instructors	83810/84381

RECREATION AND FITNESS ACTIVITIES

The SPEC offers additional recreation and fitness activities for all Staff and Students. There is no registration process for participation. All skill levels are welcome to participate. All activities are FREE for students, however, Spinn requires a gym membership for participation. See the Sport Schedule for the list of activities.

COMPETITIVE SPORTS

Twelve (12) Competitive Sports are offered to Students. Past experience and knowledge of the sport is usually required. All Students must participate in tryout sessions for selection. These teams represent the UWI St. Augustine campus in local, regional and international tournaments. See the Sport Schedule for the list of Competitive Sports and practice times. For additional information contact the Sport Coordinator.

GYM

Our Gym gives Staff and Students the opportunity to improve their personal fitness level, using wide range of exercise apparatus, with guidance from our qualified strength and conditioning personnel. Members are allowed one (1) hour each session (Spinn counts as one session).

To cater to the large UWI population, members are only allowed three (3) sessions Monday through Friday and one (1) session on the weekend. A hand towel and UWI ID Card are required for entry.

Hours of Operation:

Monday to Friday	5.30am - 9.30pm
Saturday	7.00am - 2.00pm
Sunday	7.00am - 12.00pm

The following fees apply:

	<u>Fees</u>
ATSS	\$600 annually
Academic Staff	\$1200 annually
Students	\$100 semesterly
Open Campus Students/Staff	\$600 annually

All Student payments are made to the cashier at the Student Admin. building. All other payments are made through the bursary at the Main Admin. building or by salary deduction (Aug. 1– Jul 31).

GRASS PLAYING FIELDS

Sir Frank Worrell Field

- Cricket
- Rugby
- Football
- Hockey
- Track & Field

Admin Fields

- East Field
- West Field

INDOOR COURT

Multidisciplinary Courts with markings for:

- Basketball
- Badminton
- Futsal
- Netball
- Volleyball
- Table Tennis

SWIMMING POOL

See the Sport Schedule for the hours of operation and activities. You must bring your UWI ID card at each visit. Students do not pay a fee for pool use.

The following fees apply for Staff only:

	<u>Annual Fees</u>
Single	\$125
Family (2 persons)	\$150
Family (3 or more, of whom <u>only</u> <u>2 may be over 18 years old</u>)	\$200

TENNIS COURTS

See the Sport Schedule for the hours of operation and activities. Students do not pay a fee for tennis court use.

The following fees apply for Staff only:

	<u>Annual Fees</u>
Academic Staff	\$1,000.00
Senior Administrative Staff	\$1,000.00
ATSS	\$500.00
Alumni Association	\$1,000.00
Non-Staff	\$2,500.00

All Staff payments are made through the bursary or by salary deduction (Aug. 1– Jul 31).