

# SPORT SCHEDULE

## UWI COMPETITIVE TEAMS

### 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
- Lectern



### Additional facilities & services include:

- Concessionaire's area
- Two Ticket booths
- Two massage rooms
- Male and female locker rooms on either side
- Officials' room
- Television
- Stage
- Massage Therapy Services
- First Aid Services

### Facility Rentals\Usage

Application forms for use are available at UWI SPEC.

### Equipment

Equipment for sporting activities are available at UWI SPEC from any Facility Attendant on duty. You are required to leave your student ID with the Facility Attendant until the equipment is returned.

<b>Basketball (M)</b>	T · W	5.30pm - 7.30pm	OC
	TH	7.30pm - 9.45pm	IC
<b>Basketball (W)</b>	T · TH	5.30pm - 7.30pm	OC
<b>Cheerleading</b>	W · TH	6.00pm - 7.30pm	IC
<b>Cricket</b>	M · W	4.00pm - 7.00pm	CN
	TH	1.00pm - 6.00pm	
<b>Football (W)</b>	M · W	5.00pm - 7.00pm	AFE
	SA	4.30pm - 6.30pm	
<b>Football (M)</b> Physical Conditioning	M · T · W · TH · F	6.00am - 3.00pm	G
		7.00pm - 9.45pm	
<b>Hockey</b>	M · W · TH	6.30pm - 8.30pm	OC
<b>Netball</b>	M · TH	5.00pm - 7.00pm	OC
	T	6.00pm - 7.30pm	IC
<b>Swimming</b>	M · W · F	7.30pm - 9.30pm	LJ
<b>Table Tennis</b>	M · W	7.30pm - 9.45pm	IC
<b>Tennis</b>	M · F	6.00pm - 8.00pm	TC
	SA · SU	2.00pm - 4.00pm	
<b>Track Field</b>	M · W · TH	4.00pm - 7.00pm	SFW
	T · TH · F	4.00pm - 7.00pm	
<b>Volleyball</b>	M · W	7.30pm - 9.45pm	OC
	T	7.45pm - 9.45pm	IC
<b>Rugby</b>	T · TH	5.30pm - 8.00pm	R

## STUDENT AND STAFF ACTIVITIES

<b>Aerobics</b>	T · TH	5.00pm - 6.00pm	IC
<b>Aqua Aerobics</b>	T · TH	4.00pm - 6.00pm	SP
<b>Badminton</b>	M · W	7.30pm - 9.45pm	IC
<b>Core Training</b>	M · W	4.30pm - 5.00pm	IC
<b>Futsal</b>	T · TH	7.30pm - 9.30pm	OC
<b>Group Fitness</b>	M · W	6.30am - 7.30am	IC
<b>Group Walking</b>	T · TH	5.00pm - 6.00pm	UWI campus Start/Finish – SPEC (W) C/park
<b>Karate</b>	M · T	6.00pm - 7.30pm	IC
<b>Massages</b>	M · T · TH	4.00pm - 6.00pm	Contact Gym
<b>Spinn</b>	T · W · F	5.15pm - 6.15pm	G
<b>Stretch &amp; Relaxation</b>	M · W	5.00pm - 6.00pm	IC
<b>Taekwondo</b>	M · W	6.00pm - 7.30pm	IC
<b>Tennis</b>	T · W · TH · SA	6.00am - 10.00pm	TC
	F	2.00pm - 10.00pm	
	SU	6.00am - 2.00pm	

IC Indoor Court · OC Outdoor Court · AFE Admin Field East  
 CN Cricket Nets · TC UWI Tennis Court · LJ La Joya Swim Pool  
 SFW Sir Frank Worrell Field · SP Swimming Pool · G Gym  
 R Rugby Field



**UWI SPEC**

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

[www.sta.uwi.edu/spec](http://www.sta.uwi.edu/spec)

Tel: 662-2002 ext 3571, 4381, 3810, 4384

# 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.

Contacts:

Dr. Iva Gloudon  
Director of Sport & Physical Education

Mr. Edward Weston  
Facility Supervisor

Mr. Anthony Walcott (478-0030)  
Evening Facility Supervisor

Mr. Jesse Blackman  
Sport Manager

Ms. Karen Wickham  
Sport Manager (Female)

## Gym

Opening hours - Monday to Friday 6:00am - 9:45pm  
You are **ONLY** allowed three (3) 1 hour sessions of weight training per week.

Our gym gives you the opportunity to improve your personal fitness level from a wide range of exercise apparatus.

- 24 spinn bikes
- 4 treadmills
- 4 Step 600XT Pro machines
- 3 stationary bikes
- 3 Glidex elliptical machines
- 1 abdominal machine
- 1 abductor machine
- 1 adductor machine
- 1 leg press
- 1 gluteus machine
- 1 back machine
- 1 bench press machine
- 1 incline press machine
- 1 calve machine
- 1 leg extension machine
- 1 Ercolina
- 1 shoulder press
- 1 pull up bar
- 5lbs-100lbs free weights
- 9lbs-90lbs Kettle weights
- Medicine balls
- Exercise balls



You must bring your hand towel and Gym ID Card at each visit.

### The following fees apply:

ATSS - \$600 a year  
Academic Staff - \$1200 a year  
Students - \$100 per Semester

**All payments are made through the bursary who also issue the gym passes.**

For more information, contact: Ext. 4383 or 4384

## Indoor/Outdoor Court

Multidisciplinary Court with markings for:

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



## Grass playing fields

### Sir Frank Worrell Field

- Cricket (nets and changing rooms)
- Rugby
- Football
- Hockey
- Track & Field

### Admin Fields

- East Field
- West Field

## Swimming Pool

Open Swim - Mon., Wed. & Fri. 9:30am - 5.45pm

Sat. & Sun. 9.00am - 4.15pm

Aqua Aerobics - Tues. & Thur. 4.00pm - 6.00pm

You must bring your UWI ID card at each visit.

### The following fees apply for staff only:

	<u>Annually</u> (Aug. 1–Jul.31)
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

**All payments are made through the bursary or by salary deduction.**