

SPORT SCHEDULE

COMPETITIVE TEAMS

Basketball (M)	TH · F · SA	7.30pm - 9.30pm	IC
Basketball (W)	T · TH SA	6.00pm - 7.30pm 4.00pm - 6.00pm	IC
Cheerleading	TBA	TBA	IC
Cricket	M · W TH	4.00pm - 7.00pm 1.00pm - 6.00pm	CF
Football (W)	M · W SA	5.00pm - 7.00pm 7.00am - 9.00am	AFE
Football (M)	T · TH	5.00pm - 7.00pm	AFE
Hockey	M · W SA	6.00pm - 8.00pm 6.00am - 8.00am	R
Netball	TH SA	6.00pm - 7.30pm 2.00pm - 4.00pm	IC
Swimming	M · W · TH T · TH	7.30pm - 9.30pm 12.30pm - 2.30pm	SP
Table Tennis	M · F SA W	6.00pm - 7.30pm 11.00am - 2.00pm 8.00pm - 9.30pm	IC
Tennis	TBA	TBA	TC
Track	M · T · TH · F	4.00pm - 6.00pm	SF
Field Events (Throws)	T · TH · F	4.00pm - 6.00pm	R
Volleyball	M · T SA	7.30pm - 9.30pm 8.00am - 11.00am	IC
Rugby	T · TH SA	5.30pm - 8.00pm 5.00pm - 7.00pm	R

RECREATION ACTIVITIES

Aerobics	T · TH	5.00pm - 6.00pm	IC
Aqua Aerobics (Two Sessions)	T · TH	5.00pm - 6.00pm 6.00pm - 7.00pm	SP
Yoga	M · W T · TH	5.00pm - 6.00pm 6.30am - 7.30am	IC
Aqua Training (Two Sessions)	M · W	6.00pm - 7.00pm 7.00pm - 8.00pm	SP
Aqua Power Training	F	6.00pm - 7.00pm	SP
Badminton	W	8.00pm - 9.30pm	IC
Core Training(Abs)	M · W	4.30pm - 5.00pm	IC
Karate	M	6.00pm - 7.30pm	IC
Massages	T · TH	3.00pm - 6.00pm	Contact Gym
Spinn	T · W · F	5.15pm - 6.15pm	G
Taekwondo	M	6.00pm - 7.30pm	IC
Tennis	T · W · TH · SA F SU	6.00am - 10.00pm 2.00pm - 10.00pm 6.00am - 2.00pm	TC
Self Defense - STUDENTS Self Defense - STAFF	TH T	1.00pm - 2.00pm 12.00pm - 1.00pm	IC
Learn to Swim – STUDENTS Learn to Swim – STAFF	SA SU	2.00pm - 3.30pm 11.00am - 12.30pm	Register at SPEC

IC Indoor Court · SF SPEC South Field · CF SPEC Cricket Field ·
TC UWI Tennis Court · AFE Admin Football Field East · SP UWI
Swimming Pool · R Rugby Field · G Gym

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 AND SERVICES

- 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 LOANS

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.



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 3571, 3810, 4381

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.

Contacts:

Mrs. Lystra Francis
Director of Sport & Physical Education (Ag.)

Mr. Edward Weston
Facility Supervisor

Ms. Karen Wickham
Sport Coordinator (Female)

Mr. Justin Latapy-George
Sport Coordinator (Male)

Mr. Orlando Griffith
Gym Supervisor

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.



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

Open Campus Students/Staff- \$600 a year

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

For more information, contact: Ext. 4383 or 4384

INDOOR COURT

Multidisciplinary Courts 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

Opening Hours - Monday to Friday 9.00am - 5.00pm
Sat. & Sun. 9.00am - 4.15pm

Classes Offered: Aqua Aerobics, Aqua Training, Aqua Power Training, Learn to Swim (See Student and Staff Activities)

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.

TENNIS COURTS

The following fees apply:

	Annual Fees
UWI Academic Staff	\$1,000.00
Senior Administrative Staff	\$1,000.00
UWI ATSS Members	\$500.00
Non-Staff Members	\$2,500.00
UWI Alumni Association Members	\$1,000.00

All payments are made through the bursary.