

UWI SPEC SPORT FITNESS AND ATHLETIC DEVELOPMENT UNIT

COMPETITIVE SCHEDULE 2016 - 2017

Basketball (M)		T · TH	7:30pm – 9:15pm	IC
Basketball (W)		W F	5:45pm - 7:15pm 5:00pm - 6:45pm	IC
Cheer-Dance		M F	6:00pm – 7:30pm 6:00pm – 7:30pm	IC
Cricket (M)		T W · TH	2:00pm – 7:00pm 4:00pm – 7:00pm	CF
Cricket (W)		TH	4:30pm – 6:30pm	AFW
Football (W)		W · F	5:30pm – 7:30pm	AFE
Football (M)		T · TH	7:00pm – 9:00pm	AFE
Hockey		M TH	5:00pm – 6:45pm 12:30pm – 1:30pm	SF IC
Netball		T · TH	5:45pm – 7:15pm	IC
Swimming		M · W · F	7:00pm – 9:00pm	SP
Table Tennis		M F	6:00pm – 7:15pm 7:00pm - 9:15pm	IC
Tennis		T · W · TH SA	6.00am - 9.00am 6.00am - 10.00am	TC
Track and Field	Distance/Sprints	T W · TH	5:00pm – 7:00pm 5:30am – 7:00am	SF
	Field Events-Throws	M · W · F	4:00pm – 6:30pm	R
Volleyball		M · W	7:30pm – 9:15pm	IC
Rugby		T · TH SA	5.30pm - 8.00pm 5.00pm - 7.00pm	R

IC Indoor Court • CF SPEC Cricket Field • TC UWI Tennis Court • AFE
Admin Football Field East • AFW Admin Cricket Field West • SP UWI Swimming
Pool • R Rugby Field • SF SPEC South Field • G Gym • TC Tacarigua Hockey Turf

Please contact 662-2002 ext. 83810/83808/84381 for any additional information.

ATTEND THE SESSIONS TO SECURE YOUR SPOT ON A COMPETITIVE TEAM FOR UWI GAMES IN MAY, 2017. UWI GAMES IS A BIENNIAL, TEN SPORT, COMPETITION BETWEEN THE MONA, CAVE HILL, OPEN CAMPUS AND ST.AUGUSTINE CAMPUSES AND WILL BE HELD AT CAVEHILL IN 2017.

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RECREATION SCHEDULE 2016 - 2017

Aerobics	T	4:45pm – 5:30pm	IC
Zumba	TH	4:45pm – 5:30pm	IC
Stretch and Relaxation	W	5:00pm – 6:00pm	IC
Badminton	M F	6:00pm – 7:15pm 7:00pm – 9:00pm	IC
Core Training(Abs)	M . W	4:30pm – 5:00pm	IC
Yoga	M	4:30pm - 5:30pm	IC
Ballroom Dancing	F	5:00pm- 6:00pm	Classroom
Self Defense	M TH	6:00pm – 7:30pm 1:00pm – 2:00pm	IC
Aqua Aerobics/Aqua Training	T. TH	6:00pm – 7:00pm	SP
Aqua Relax	W	6:00pm - 6:45pm	SP
Aqua Elite	M.F	6:00pm - 7:00pm	SP
Massages	M.T.W.TH. F	9:00am – 6:00pm	Appointment/payment at SPEC office
Swimming (Open Recreation)	M · T · W · TH · F SA SU	9:30am – 6:00pm 10:00am – 1:45pm 10:00am - 1:30pm	SP
Swimming (Open Campus)	F	3:00pm – 4:00pm	SP
Tennis (Open Recreation)	T · W · TH · SA F SU	6:00am – 10:00pm 2:00pm – 10:00pm 6:00am – 2:00pm	TC
Tennis (Beginner Class)	T · W · TH	7:00am – 9:00am 4:00pm – 6:00pm	TC
Gym	M · T · W · TH · F	5:30am – 9:30pm	G

(IC) Indoor Court • (TC) UWI Tennis Court • (SP) UWI Swimming Pool •
(R) Rugby Field.

All activities except the Gym are free for students. Walk with your student ID. Please contact 662-2002 ext. 83810/84381/83808 for any additional information



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