

SPORT DEPARTMENT TIMETABLE FOR SUMMER SEMESTER 2013/14

valid for Faculty of Arts, Faculty of Social Sciences and Faculty of Humanities

Please, be present by the first class and register yourself online in SIS and at the website of the Sport Education Department:

<https://ktv.ff.cuni.cz/is/>

Students of Faculty of Humanities register themselves only at the website of the Sport Education Department.

Should you have any problems with the registration, consult the teacher or the secretary of the department (office hours We and Th 10-12).

náměstí Jana Palacha 2, Praha 1, 110 00 (metro station Staroměstská)

Tel.: 221 619 322

Room 132 (located on the main staircase between ground and first floor)

Sport Department asks you to use clean sport shoes for the indoor sport activities and take part in the classes regularly!

Unless stated otherwise, sport classes are for free. Fees are to be paid during the first class.

Students who will not take part in their sport class for two times in row without excusing themselves by the teacher will be excluded from the class.

STUDENTS CAN REGISTER ONLINE FOR 1 CLASS AT THE BEGINNING OF SEMESTER and ADD OTHER CLASSES IN THE IS SYSTEM (if there are free places) FROM MONDAY 3rd MARCH 2014 ON. Please, consult the teacher if you can participate in the additional classes from the start of semester or not. Thank you.

MONDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
9:00	10:30	Tai-chi	JEDNOTA, Opletalova 38	Kolářová	ASZTV0050
10:30	12:00	Tai-chi	JEDNOTA, Opletalova 38	Kolářová	ASZTV0050
12:30	13:45	Yoga in ENGLISH LANGUAGE, open primary for ERASMUS / OTHER EXCHANGE STUDENTS	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
13:30	15:00	Nordic walking (bring your own sticks or ask the teacher in the first class about borrowing/purchasing them)	HOSTIVAR, meeting in the entrance hall	Chvátal	ASZTV0065
15:00	16:30	Small balls (exercises based on Pilates and Fitness Yoga)	JEDNOTA, Opletalova 38	Slavíková	ASZTV0005
15:30	17:00	Run for Fun in Hostivar forest	HOSTIVAR, meeting in the entrance hall	Chvátal	ASZTV0042
16:30	18:00	Health Exercises	JEDNOTA, Opletalova 38	Slavíková	ASZTV0005
17:30	19:00	Indoor football with light ball	HOSTIVAR Outside tennis hall	Chvátal	ASZTV0046
18:30	20:00	Wellness Yoga for advanced	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
19:00	20:30	Volleyball - beginners	HOSTIVAR Outside tennis hall	Chvátal	ASZTV0006
19:00	20:30	Volleyball - advanced players (women only)	HOSTIVAR central hall	Smrčka	ASZTV0026
20:00	21:30	Yoga Therapy	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061

TUESDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
8:00	9:00	Tennis - beginners and intermediates	HOSTIVAR central hall	Šeflová	ASZTV0009
9:00	10:00	Tennis - intermediates	HOSTIVAR central hall	Šeflová	ASZTV0009
9:00	10:30	Pilates - beginners	JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0003
10:00	11:30	Tennis - advanced players	HOSTIVAR central hall	Šeflová	ASZTV0009
10:00	11:30	Stepaerobic (360 CZK fee for 1 semester)	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
10:00	11:30	Climbing on an artificial wall (300 CZK fee for 1 semester)	SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
10:00	11:30	Curling (fee 1000 CZK for 1 semester, fee due till 17.2.2014 at the Department of Sport - address see above;	Rožtyly Curling Arena	Černá	ASZTV0067

start of the class: 25.2.2014)

10:30	12:00	Pilates - beginners
11:30	13:00	Aerobic (360 CZK fee for 1 semestr)
11:30	13:00	Climbing on an artificial wall - advanced (300 CZK fee for 1 semester)
12:00	12:45	Swimming - style improving
12:00	13:30	Physical Condition Improving Excercises
16:00	17:30	Health Exercises
16:00	17:30	Volleyball - intermediates
16:15	17:45	Basketball - intermediates
17:00	18:30	Pilates
17:30	19:00	Health Exercises
17:45	19:00	Volleyball - intermediates
18:00	18:45	Swimming - style improving
18:30	19:30	Body building
18:45	19:30	Swimming - style improving
19:00	20:00	Country Dances
19:00	20:00	Badminton - beginners
19:30	20:15	Swimming - beginners and weak swimmers
19:30	21:00	Bodyballs - health exercises with balls
19:30	21:00	Volleyball - play class for intermediates
20:00	21:00	Badminton - intermediates
20:30	21:30	FREE SWIMMING (no credit points, participation must be regular!), fee 300 CZK/semester (the fee is to be paid before the first class - be present at 20:15 the latest!)

JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0003
Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
HOSTIVAR, swimming pool	Šeflová	ASZTV0010
JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0001
JEDNOTA, Opletalova 38	Hrazdířová, Zdena	ASZTV0002
HOSTIVAR outside tennis hall	Šeflová	ASZTV0012
HOSTIVAR, outside hall	Hrubý	ASZTV0014
HOSTIVAR, tělocvična nr. 1	Slavíková	ASZTV0056
JEDNOTA, Opletalova 38	Hrazdířová	ASZTV0002
HOSTIVAR, outside hall	Hrubý	ASZTV0015
HOSTIVAR, swimming pool	Šeflová	ASZTV0010
HOSTIVAR, body building room	Slavíková	ASZTV0011
HOSTIVAR, swimming pool	Šeflová	ASZTV0010
JEDNOTA, Opletalova 38	Hrázdířová, Zdena	ASZTV0055
HOSTIVAR, outside hall	Přibyl	ASZTV0066
HOSTIVAR, swimming pool	Šeflová	ASZTV0010
HOSTIVAR, tělocvična nr. 2	Slavíková	ASZTV0005
HOSTIVAR central hall	Hrubý	ASZTV0015
HOSTIVAR, outside hall	Přibyl	ASZTV0066
HOSTIVAR, swimming pool	Šeflová	ASZTV0010

WEDNESDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
7:30	9:00	Indoor football with light ball	JEDNOTA, Opletalova 38	Hrázdířová, Zdena	ASZTV0008
8:30	9:45	Yoga - beginners	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
9:00	9:45	Swimming - style improving	HOSTIVAR, swimming pool	Slavíková	ASZTV0018
9:00	10:15	Floorball 3+1, following by possibility of BODY BUILDING ROOM use	HOSTIVAR central hall	Smrčka	ASZTV0016
9:00	10:30	Indoor football with light ball	JEDNOTA, Opletalova 38	Hrázdířová, Zdena	ASZTV0008
9:45	11:00	Yoga	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
10:00	11:00	Body building	HOSTIVAR, body building room	Slavíková	ASZTV0011
10:15	11:30	Tennis - beginners	HOSTIVAR central hall	Smrčka	ASZTV0030
11:00	12:30	Bodyballs - health exercises with balls	HOSTIVAR, tělocvična nr. 2	Slavíková	ASZTV0005
11:30	12:30	Zumba - intermediates (combination of aerobic and Latine American dance) (600 CZK / semester)	Národní 25 (Palace Metro, 2nd floor)	Kořínková	ASZTV0058
11:30	13:00	Golf (fee for use of the sport areal and equipment 1400 CZK/semester, fee due till 10.2.2014 at the Depart. of Sports - address see above, Mo-Fr 10-12; start of the course 5.3.2014)	HOSTIVAR GOLF PARK	Černá	ASZTV0063
12:45	13:30	Aqua gymnastics	HOSTIVAR, swimming pool	Slavíková	ASZTV0057
12:45	13:30	Condition swimming	HOSTIVAR, swimming pool	Slavíková	ASZTV0018
16:00	17:15	Table tennis - beginners and intermediates (hall shoes necessary)	HOSTIVAR, table tennis hall	Smrčka	ASZTV0054
17:00	18:00	Body building, possibility of SAUNA use 18:00-19:00	HOSTIVAR, body building room	Hrubý	ASZTV0023
17:15	18:30	Table tennis - intermediates and advanced (hall shoes necessary)	HOSTIVAR, table tennis hall	Smrčka	ASZTV0054
18:00	18:45	Swimming - style improving	HOSTIVAR, swimming pool	Hrubý	ASZTV0024
18:00	19:30	Stepaerobic, possibility of SAUNA use 20:00-21:00	HOSTIVAR, tělocvična nr. 1	Fryšová	ASZTV0047
19:00	20:00	Body building, possibility of SAUNA use 20:00-21:00	HOSTIVAR, body building room	Hrubý	ASZTV0023

19:00	20:30	Volleyball - advanced players (women only)	HOSTIVAR central hall	Smrčka	ASZTV0026
19:30	21:00	Body strenghtening exercises on music	HOSTIVAR, tělocvična nr. 1	Fryšová	ASZTV0048
20:30	21:45	Volleyball - intermediate players (mixed class)	HOSTIVAR central hall	Smrčka	ASZTV0007

THURSDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
8:00	9:00	Body building	HOSTIVAR central hall	Smrčka	ASZTV0027
9:00	10:15	Tennis - beginners	HOSTIVAR central hall	Smrčka	ASZTV0030
10:15	11:30	Tennis - intermediates	HOSTIVAR central hall	Smrčka	ASZTV0030
12:00	13:30	Golf (fee for use of the sport areal and equipment 1400 CZK/semester, fee due till 10.2.2014 at the Depart. of Sports - address see above, Mo-Fr 10-12; start of the course 27.2.2014)	HOSTIVAR GOLF PARK	Chvátal	ASZTV0062
12:00	13:30	Bouldering (new climbing style), participation fee 300 CZK/1 semester	Lokablok, nám. 14. října 10, Praha 5 Anděl	Šefl	ASZTV0068
13:00	14:30	Stepaerobic, participation fee 350 CZK/1 semester	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
13:30	15:00	Bouldering (new climbing style), participation fee 300 CZK/1 semester	Lokablok, nám. 14. října 10, Praha 5 Anděl	Šefl	ASZTV0068
14:30	16:00	Condition training for body forming, participation fee 330 CZK/1 semester	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0048
16:00	18:00	Canoeing	TROJA, Faculty of Sports shipyards	Hrubý	ASZTV0031
16:30	18:00	Health Exercises with possibility of SAUNA and SWIMMING afterwards	HOSTIVAR, tělocvična nr. 2	Hrazdířová, Zdena	ASZTV0002
17:00	18:00	Body building with possibility of SAUNA and SWIMMING afterwards	HOSTIVAR, body building room	Šeflová	ASZTV0033
18:00	18:45	Swimming - style improving, possibility of SAUNA afterwards	HOSTIVAR, swimming pool	Hrazdířová, Zdena	ASZTV0032
18:00	19:15	Body building	HOSTIVAR, body building room	Chvátal	ASZTV0013
18:15	19:15	Table tennis - beginners and intermediates (hall shoes necessary)	HOSTIVAR, table tennis hall	Šeflová	ASZTV0052
18:45	19:30	Swimming - style improving, possibility of SAUNA afterwards	HOSTIVAR, swimming pool	Hrazdířová, Zdena	ASZTV0032
19:15	20:30	Table tennis - beginners and intermediates (hall shoes necessary)	HOSTIVAR, table tennis hall	Chvátal	ASZTV0053
19:15	20:30	Body building with possibility of SAUNA and SWIMMING afterwards	HOSTIVAR, body building room	Šeflová	ASZTV0033
19:30	20:15	Swimming - weak swimmers, possibility of SAUNA afterwards	HOSTIVAR, swimming pool	Hrazdířová, Zdena	ASZTV0032
20:30	21:30	FREE SWIMMING (no credit points, participation should be regular!), fee 300 CZK/semester (the fee is to be paid before the first class - be present at 20:15 the latest!)	HOSTIVAR, swimming pool	Hrazdířová, Zdena	ASZTV0032
20:30	21:45	Volleyball - beginners	HOSTIVAR central hall	Chvátal	ASZTV0006
20:30	21:45	Basketball - play class	HOSTIVAR central hall, court (kurt) A	Šeflová	ASZTV0034
20:30	21:45	Basketball - play class	HOSTIVAR central hall, court (kurt) B	Šeflová	ASZTV0034

FRIDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
7:15	8:30	Floorball 3+1 (advanced)	HOSTIVAR central hall	Smrčka	ASZTV0016
8:30	10:00	Floorball 3+1 (beginners and intermediates)	HOSTIVAR central hall	Smrčka	ASZTV0016
8:30	10:00	Yoga beginners	Blanická 17, Praha 2 (Namesti Jiriho z Podebrad)	Indrová	ASZTV0038
8:30	10:00	Yoga beginners	Velehradská 21, Praha 3	Potoček	ASZTV0038
9:00	10:30	Tennis beginners	HOSTIVAR outside tennis hall	Chvátal	ASZTV0043
9:00	10:30	Pilates - beginners	JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0003
10:00	11:00	Futsal. Indoor football with light ball	HOSTIVAR central hall	Smrčka	ASZTV0037
10:30	12:00	Yoga beginners	Blanická 17, Praha 2 (Namesti Jiriho z Podebrad)	Braunová	ASZTV0038
10:30	12:00	Yoga intermediates	Velehradská 21, Praha 3	Klimeš	ASZTV0038
10:30	12:00	Pilates - intermediates	JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0003
11:00	12:15	Body building with possibility of afterwards SAUNA	HOSTIVAR, body building room	Chvátal	ASZTV0013