

## **SPORT DEPARTMENT TIMETABLE FOR SUMMER SEMESTER 2014/15**

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

(members of other faculties can join the courses only when there are free places and may register from 2nd March on - please, always consult the teacher!)

Sport Classes, unless stated otherwise, have started in the week from Monday 16th February 2015.

### **To register: please, be present at the first or second class and register yourself online in SIS and at the website of the Sport Education Department:**

The registration at the website of the Department of Sport is open from 2nd February until 15th March for all students.

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

As to the SIS (you need a second registration entry there, unless you study in the **Faculty of Humanities** - see below):

The registration in SIS is open from 12th February till 15th March 2015 for students of the **Faculty of Arts** and from 2nd March till 15th March for students of all other faculties (including the **Faculty of Social Sciences**).

Please, visit the courses from the first or second week; by overbooking of the course consult the teacher in the first attended class / in the consultation hours.

Students of the **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, green line A)

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 attended 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 SIS SYSTEM** (if there are free places) **with the agreement of the teacher(s)**. Please, consult the teacher(s) 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	14:00	Softball	HOSTIVAR, outside grounds	Hrazdírová	ASZTV0070
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
14:00	15:30	Health Exercises	JEDNOTA, Opletalova 38	Kurková	ASZTV0005
15:30	17:00	Run for Fun in Hostivar forest	HOSTIVAR, meeting in the entrance hall	Chvátal	ASZTV0042
15:30	17:00	Health Exercises	JEDNOTA, Opletalova 38	Kurková	ASZTV0005
17:30	19:00	Indoor football with light ball	HOSTIVAR Outside tennis hall	Chvátal	ASZTV0046
18:00	18:45	Swimming - style improving	HOSTIVAR, swimming pool	Smrčka	ASZTV0004
18:30	20:00	Wellness Yoga for advanced - from 2.3.	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 - from 2.3.	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 - from 24.2.	HOSTIVAR central hall	Šeflová	ASZTV0009
8:30	10:00	Pilates - beginners	JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0003
9:00	10:00	Tennis - intermediates - from 24.2.	HOSTIVAR central hall	Šeflová	ASZTV0009
10:00	11:30	Tennis - advanced players - from 24.2.	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, will be paid at the first meeting)	SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
10:00	12:00	Curling (fee 1000 CZK for 1 semester, fee to be paid in the Department of Sport - address see above; start of the class: 24.2.2015)	Roztyly Curling Arena	Černá	ASZTV0067
11:30	12:30	<b>Yoga in ENGLISH LANGUAGE, primary for ERASMUS / OTHER EXCHANGE STUDENTS, from 2.3.</b>	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
11:30	13:00	Aerobic (360 CZK fee for 1 semester)	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
11:30	13:00	Climbing on an artificial wall - advanced (300 CZK fee for 1 semester, will be paid at the first meeting)	SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
11:30	13:00	Physical Condition Improving Exercises	JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0001
12:00	12:45	Swimming - style improving - from 24.2.	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
13:00	14:30	Indoor football with a light ball	JEDNOTA, Opletalova 38	Hrázdířová, Věra	ASZTV0069
15:30	17:00	Health Exercises	JEDNOTA, Opletalova 38	Hrazdířová, Zdena	ASZTV0002
16:00	17:30	Volleyball - intermediates - from 24.2.	HOSTIVAR outside tennis hall	Šeflová	ASZTV0012
16:15	17:45	Basketball - intermediates	HOSTIVAR, outside hall	Hrubý	ASZTV0014
17:00	18:30	Health Exercises	JEDNOTA, Opletalova 38	Hrazdířová	ASZTV0002
17:45	19:00	Volleyball - intermediates	HOSTIVAR, outside hall	Hrubý	ASZTV0015
18:00	18:45	Swimming - style improving - from 24.2.	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
18:30	20:00	Country Dances	JEDNOTA, Opletalova 38	Hrázdířová, Zdena	ASZTV0055
18:45	19:30	Swimming - style improving - from 24.2.	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
19:00	20:00	Badminton - beginners	HOSTIVAR, outside hall	Přibyl	ASZTV0066
19:30	20:15	Swimming - beginners and weak swimmers - from 24.2.	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
19:30	21:00	Volleyball - play class for intermediates	HOSTIVAR central hall	Hrubý	ASZTV0015
20:00	21:00	Badminton - intermediates	HOSTIVAR, outside hall	Přibyl	ASZTV0066
20:30	21:30	<b>FREE SWIMMING</b> (no credit points, participation must be regular!), fee 300 CZK/1 semester (the fee is to be paid before the first class you attend - be present at 20:15 the latest!)	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 a light ball	JEDNOTA, Opletalova 38	Hrázdířová, Zdena	ASZTV0008
8:30	10:00	Yoga - beginners - from 2.3.	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
9:00	10:15	Floorball 3+1	HOSTIVAR central hall	Smrčka	ASZTV0016
10:00	11:30	Yoga - from 2.3.	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
10:15	11:30	Tennis - beginners	HOSTIVAR central hall	Smrčka	ASZTV0030
11:30	12:30	Body building - from 2.3.	HOSTIVAR, body building room	Černá	ASZTV0059
12:30	13:30	Zumba - intermediates (combination of aerobic and Latine American dance) (600 CZK / semester)	Národní 25 (Palace Metro, 2nd floor)	Kořínková	ASZTV0058
12:45	13:30	Aqua gymnastics	HOSTIVAR, swimming pool	Černá	ASZTV0057
12:45	13:30	Condition swimming	HOSTIVAR, swimming pool	Černá	ASZTV0018
16:00	17:15	Table tennis - beginners (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 Styling, 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 23.2.2015 in the Depart. of Sports - address see above, Mo-Fr 10-12; start of the course 5.3.2015)	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 360 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 320 CZK/1 semester	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0048
17:00	18:00	Body building with possibility of SAUNA and SWIMMING afterwards (18:00-19:00) - from 26.2.	HOSTIVAR, body building room	Šeflová	ASZTV0033
18:00	18:45	Swimming - style improving, possibility of SAUNA 18:00-19:00	HOSTIVAR, swimming pool	Hrazdířová, Zdena	ASZTV0032
18:00	19:15	Body building	HOSTIVAR, body building room	Chvátal	ASZTV0013
18:00	19:15	Table tennis - beginners and intermediates (hall shoes necessary) - from 26.2.	HOSTIVAR, table tennis hall	Šeflová	ASZTV0052
18:45	19:30	Swimming - style improving, possibility of SAUNA afterwards (from 19:30 on)	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 use afterwards (20:15-21:30) - from 26.2.	HOSTIVAR, body building room	Šeflová	ASZTV0033
19:30	20:15	Swimming - weak swimmers, possibility of SAUNA afterwards (20:15-21:30)	HOSTIVAR, swimming pool	Hrazdířová, Zdena	ASZTV0032
20:15	21:30	<b>FREE SWIMMING</b> (no credit points, participation should be regular!), fee 300 CZK/semester (the fee is to be paid before the first class you attend - 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 - from 26.2.	HOSTIVAR central hall, court (kurt) A	Šeflová	ASZTV0034
20:30	21:45	Basketball - play class - from 26.2.	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 4+1 (intermediate and advanced)	HOSTIVAR central hall	Smrčka	ASZTV0016
8:30	10:00	Floorball 3+1 (intermediate and advance)	HOSTIVAR central hall	Smrčka	ASZTV0016
8:30	10:00	Yoga beginners	Blanická 17, Praha 2 (Namesti Jiriho z Podebrad)	Vlčková	ASZTV0038
8:30	10:00	Yoga, slightly advanced	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 a 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 beginners	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 (12:00-13:30)	HOSTIVAR, body building room	Chvátal	ASZTV0013