





Sportschedule courses

Periode 3B: 16 Maart - 19 April 2015

Course hours (modifications reserved)

 Stamina |
  Coordination |
  Power |
  Relaxation

* 10 week courses

Day	Time	Course	Stamina	Coordination	Power	Relaxation	Location	Instructor
MONDAY M	13:00 - 14:00	Tennis - beginner	♥	⊗			Sports Centre tennis courts	Joeke Buikema
	15:00 - 16:00	TRX suspension training	♥	⊗	⚡		Sports Centre fitness	Jennifer Kars
	15:30 - 16:30	Mixed Martial Arts	♥	⊗	⚡		Sports Centre hall 2	Nabil Abdi
	16:00 - 18:00	Shooting: air-rifle		⊗			Chopinlaan 120	SV Martini
	17:00 - 18:00	Squash	♥	⊗			Sports Centre squash courts	Rink Hooijsma
	18:00 - 19:00	Squash	♥	⊗			Sports Centre squash courts	Koos Kuiper
	18:00 - 19:00	new! Badminton	♥	⊗			Sports Centre Struikhal	AMOR
	19:00 - 20:00	Floorball	♥	⊗	⚡		Sports Centre Struikhal	U.C. Face Off
	19:00 - 21:00	new! American Football	♥	⊗	⚡		Sportpark Corpus den Hoorn	Groningen Giants
	20:00 - 20:45	Snorkling/Diving	♥	⊗	⚡		WAS swimming pool	Edo de Jong
TUESDAY T	11:00 - 12:00	Tennis - beginner	♥	⊗			Sports Centre tennis courts	Evert-Jan Nienhuis
	12:00 - 13:00	Tennis - beginner	♥	⊗			Sports Centre tennis courts	Evert-Jan Nienhuis
	16:00 - 17:30	Fitness/Cardio - beginner	♥	⊗	⚡		Sports Centre fitness	Christel Vredeveld
	16:00 - 17:00	Squash	♥	⊗			Sports Centre squash courts	Kaj Reker
	17:00 - 18:00	Soccer for women	♥	⊗			Sports Centre field 2	Johan Poppinga
	17:00 - 18:00	Squash	♥	⊗			Sports Centre squash courts	Kaj Reker
	18:00 - 19:00	TRX suspension training	♥	⊗	⚡		Sports Centre fitness	Christel Vredeveld
	18:30 - 19:30	Systema	♥	⊗	⚡		Sports Centre hall 2	Roeland v Mullem
	19:00 - 20:30	Survivalrun	♥	⊗	⚡		Outdoor track	Jesper Hommes
	19:30 - 20:30	*Salsa	♥	⊗			Was dance hall	John de Vries
19:30 - 20:30	Bootcamp Outdoor	♥	⊗	⚡		Noorderplantsoen	Explore	
20:00 - 21:00	Boxing	♥	⊗	⚡		Sports Centre hall 1	Harrie Zonneveld	
WEDNESDAY W	10:00 - 11:00	Tennis - beginner	♥	⊗			Sports Centre tennis courts	Evert-Jan Nienhuis
	15:00 - 16:00	TRX suspension training	♥	⊗	⚡		Sports Centre fitness	Jennifer Kars
	17:00 - 18:00	Squash	♥	⊗			Sports Centre squash courts	Sebastiaan Wiering
	19:00 - 20:00	Capoeira	♥	⊗			Sports Centre hall 4	Bernardo Lendore
	19:00 - 20:30	Fitness/Cardio - beginner	♥	⊗	⚡		Sports Centre fitness	Michiel Korff
	20:00 - 22:00	Lacrosse Men	♥	⊗			Sports Centre hockeyfield 1-2	Groningen Gladiators
	20:00 - 22:00	Lacrosse Women	♥	⊗			Sports Centre hockeyfield 1-2	Groningen Gladiators
	19:00 - 22:00	new! **Skydive 17&18 April, mandatory theory 8&14 April					Sports Centre Lunchroom	Paracentrum E/H
THURDAY T	15:00 - 16:00	Squash	♥	⊗			Sports Centre squash courts	Rink Hooijsma
	15:30 - 16:30	Kickboxing	♥	⊗	⚡		Sports Centre hall 2	Nabil Abdi
	16:00 - 17:00	TRX suspension training	♥	⊗	⚡		Sports Centre fitness	Christel Vredeld
	17:30 - 18:30	Labooca	♥	⊗			WAS dance hall	Marlon Connor
	18:00 - 19:00	Karate-do	♥	⊗	⚡		Sports Centre hall 2	Joris Buijs
	18:00 - 19:30	Fitness/Cardio - beginner	♥	⊗	⚡		Sports Centre fitness	Chiel Mulder
	19:00 - 20:00	Boxing	♥	⊗	⚡		Sports Centre hall 1	Harrie Zonveld
FRIDAY F	19:00 - 20:00	Jiu Jitsu-Self defence	♥	⊗			Sports Centre hall 2	Renger Boersma
	19:00 - 20:00	Boxing	♥	⊗	⚡		Sports Centre hall 1	Harrie Zonveld
	12:00 - 13:00	Squash	♥	⊗			Sports Centre squash courts	Koos Kuiper
	15:00 - 16:00	Krav Maga	♥	⊗	⚡		Sports Centre hall 2	Nabil Abdi
	16:00 - 17:00	Kickboxing	♥	⊗	⚡		Sports Centre hall 2	Nabil Abdi
	18:45 - 19:45	Squash	♥	⊗			Sports Centre squash courts	Koos Kuiper

Which location is where?

Sports Centre: Blauwborgje 16

WAS: Zernikeplein 17

Outdoorbaan: De Bunders

Snowlimits: Bieskemaar 2

Kardinge: Kardingerplein 1

** Skydive course

PAY ATTENTION! This course costs €120,- extra. Before enrolling please look up Skydive under 'Sports' on www.acloSPORT.nl for the conditions!

How to become an ACLO-member?

You can AC(LO)tivate your student card 2014-2015 at the counter of the Sports Centre for €52,- between 8:00 AM – 6:00 PM. If you have a Dutch bank account, it is also possible to pay by iDEAL on the website. After AC(LO)tivation, your student card will give access to all ACLO-activities. **PAY ATTENTION: You have to carry your student card with you at all times!** If you are not a student at the RUG or HG, check www.acloSPORT.nl whether or not you have the right to become an ACLO-member.

Course enrollment

If there are more enrollments than places in a course a lottery is conducted. You will receive an email whether you are enrolled or not. If you are enrolled you will have to pay a deposit of €10,- at the information desk or online. You have to pay your deposit before the next Wednesday, if you don't your place will become free for the post-enrollment. We will refund your deposit when you have followed a minimum of 4 out of 5 lessons or 8 out of 10. When you post enroll you also have to pay the deposit.

Data course enrollment 3A and 3B 2015

PERIOD A

Enroll: 19 January - 30 January 2015

Lottery: 31 January 2015

Pay deposit: **2 February - 4 February 18:00 2015**

Post enrollment: 5 February - 13 February 2015

PERIOD B

Free tennis/squash court and reservations

ACLO-members are able to reserve a tennis- or squash court or a hall for one of the mentioned sports above. This can be done on the website (see button 'Online reservations') between 8:00 AM - 6:00 PM at the counter of the Sports Centre, or through 050-3638063. Current information about the availability of courts and rooms can be found on the website. Reservations for squash and tennis can be made 8 days in advance, 1 hour each day. Monday till Friday 08:00 AM – 11:00 PM and Saturday and Sunday: 10:00 AM – 08:00 PM.

Fitness and cardio

You need a special note for fitness (cardio and strength). The fitness-card costs € 65,-. With the fitness-card, it is possible to train for free each day between 8:00 AM - 11:00 PM and during the weekend between 10:00 AM - 09:00 PM. To receive a fitness-note, people without any fitness experience have to sign up for a course of 5 weeks (take a look at the course hours schedule). People with fitness experience have to sign up at our website for one of the fitness-intake hours, using MyACLO.

Fysiotherapy

There is an open consulting hour for ACLO-members. You can walk in on Monday, Tuesday and Thursday between 04:00 PM - 05:00 PM. The enrollment forms are available at the office (when you walk into the Sports Centre, at your right side). To make an appointment or to ask for more information you can call 050-3635569 or send an e-mail to info@fysiokroon.nl.

Spinning without enrolment

Spinning without enrollment? That's possible! Take a look at the schedule for the times and location of the spinning hours. Max. 25 places! Besides these guided open hours there is a possibility to use the **spinning DVD** on: Monday and Wednesday from 14.30-15.30, Tuesday from 16.30-17.30, Thursday from 15.30-16.30 and in the weekends from 13.30-16.30 PM.