

Sportschedule course hours

Period 4B: 1 June - 3 July

Course hours (modifications reserved)

♥ Stamina | 🌀 Coordination | ⚡ Power | 🧘 Relaxation

* one-day courses

Day	Time	Course	Icons	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	S.V. Martini
	16.00 - 18.00	new! *Wakeboard/Waterski 18 or 22 June	♥ 🌀	Harkstede Grunopark	G.S.W.C. the Bares
	17.00 - 18.00	Squash	♥ 🌀	Sports Centre squash courts	Rink Hooijsma
	18.00 - 19.00	Squash	♥ 🌀	Sports Centre squash courts	Koos Kuipers
	19.00 - 20.00	Floorball	♥ 🌀 🌀	Sports Centre Struikhall	U.C. Face Off
	20.00 - 20.45	Snorkling/Diving	♥ 🌀 🌀	WAS swimmingpool	Edo de Jong
	TUESDAY D	11.00 - 12.00	Tennis - beginner	♥ 🌀 🌀	Sports Centre tennis courts
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		new! Rapidball	♥ 🌀	Sports Centre squash courts	Kaj Reker
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 van Mullem
19.00 - 20.30		new! Adventurerace	♥ 🌀 ⚡	Outdoorbaan	Jesper Hommes
19.30 - 20.30		Bootcamp Outdoor	♥ 🌀 ⚡	Noorderplantsoen (Kruisingel 1)	Outdoor NL
20.00 - 21.00		Boxing	♥ 🌀 ⚡	Sports Centre hall 1	Harrie Zonneveld
21.00 - 23.00	new! Strength training / Krachtsport	🌀 ⚡ ⚡	Sports Centre fitness	G.S.K.V. Northside Barbell	
WEDNESDAY W	10.00 - 11.00	new! Golf	♥ 🌀 🌀	Sports Centre golf courts	Johan Poppinga
	10.00 - 11.00	Tennis - beginner	♥ 🌀 🌀	Sports Centre tennis courts	Evert-Jan Nienhuis
	11.00 - 12.00	new! Golf	♥ 🌀 🌀	Sports Centre golf courts	Johan Poppinga
	14.00 - 18.00	new! *Sailing/Zeilen 3-10-17-24 June	🌀 🧘	Meerweg 227 Haren	G.S.Z.V. Mayday
	15.00 - 16.00	TRX suspension training	♥ 🌀 ⚡ ⚡	Sports Centre fitness	Jennifer Kars
	15.00 - 16.00	new! Beachvolleybal	♥ 🌀	Sports Centre beachvolleybalcourts	Jaap Romeijn
	16.00 - 17.00	new! Beachvolleybal	♥ 🌀	Sports Centre beachvolleybalcourts	Jaap Romeijn
	17.00 - 18.00	Squash	♥ 🌀	Sports Centre squash courts	Sebastian Wiering
	17.30 - 18.30	Athletics	♥ 🌀 ⚡	Stadspark (Mulock Houwerlaan 25)	Dirk Dijkstra
	19.00 - 20.00	Capoeira	♥ 🌀	Sports Centre hall 4	Bernardo Lendore
19.00 - 20.30	Fitness/cardio beginner	♥ 🌀 ⚡	Sports Centre fitness	Michiel Korff	
19.00 - 23.00	new! **Skydive 26&27 June, mandatory theory 17&24 June		Sports Centre Lunchroom	Paracentrum Eelde	
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	
THURSDAY T	12.00 - 13.00	new! Golf	♥ 🌀 🌀	Sports Centre golf courts	Johan Poppinga
	13.00 - 14.00	new! Golf	♥ 🌀 🌀	Sports Centre golf courts	Johan Poppinga
	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 Vredeveld
	16.00 - 17.30	new! ***SUP 4-11-18-25 June, 2 July	🌀 ⚡	Voor 't Voormalig Klein Poortje 10-11	Sup Experience
	17.00 - 18.00	new! Speedminton	🌀 🌀	Sports Centre artificail grass field 2	Guido vd Boogaard
	17.30 - 18.30	Labooca	♥ 🌀 ⚡	WAS dance hall	Marlon Connor
	18.00 - 19.30	Fitness/cardio beginner	♥ 🌀 ⚡	Sports Centre fitness	Chiel Mulder
	18.00 - 19.00	Karate-do	♥ 🌀 ⚡	Sports Centre hall 2	Joris Buijs
19.00 - 20.00	Boxing	♥ 🌀	Sports Centre hall 1	Harrie Zonveld	
19.00 - 20.00	Ju Jitsu	♥ 🌀	Sports Centre hall 2	Renger Boersma	
21.00 - 23.00	new! Strength training / Krachtsport	🌀 ⚡ ⚡	Sports Centre Fitness	G.S.K.V. Northside Barbell	
FRIDAY F	12:00 - 13:00	new! Rapidball	♥ 🌀 ⚡	Sports Centre squash courts	Koos Kuiper
	13.00 - 17.00	new! Gliding/zweefvliegen, 5, 12 and 19 June	🌀 🧘	Borgercompagnie 266	N.N.Z.C.
	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
Golfcourts: Blauwborgje 26 (behind GCHC)
WAS: Zernikeplein 17
Outdoorbaan: De Bunders
Noorderplantsoen: In front of Café Flinders
Groninger Kanovereniging: Hoornsedijk 4, 9752 Haren
Harkstede Grunopark: Hoofdweg 163, Harkstede
Voor 't Voormalig Klein Poortje 10-11, opposite of Café Peter Pan

** Skydive course

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

*** Stand Up Paddling

This clinic is given in the canals of Groningen. You will learn to control the SUP board and make a tour. For more information have a look on www.aclosport.nl

**** Gliding/Zweefvliegen

This course is organised by the NNZC (Noord Nederlandse Zweefvlieg Club) and will be given in Borgercompagnie. You will be picked up at the Veendam trainstation and there is a possibility to stay at the Club to enjoy a BBQ. The course costs 30,-.

***** Sailing/Zeilan

This course is organised by Mayday and will be given on the Paterswoldsemeer. Keep in mind that by bike it is about 30 minutes.

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.

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.**

Data course enrollment 4A and 4B 2015

PERIOD A

Enroll: 30 March - 10 April 2015
Lottery: 11 April 2015
Deposit payment: **13 April - 15 April 18:00 2015**
Post-enrollment 16 April - 20 April 2015

PERIOD B

Enroll: 11 May - 22 May 2015
Lottery: 23 May 2015
Deposit payment: **25 May - 27 May 18:00 2015**
Post-enrollment: 28 May - 1 June 2015

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.