**Summer Schedule**

**Summer period: 10th of July - 4rd of September**

*alterations may occur*

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.30</td>
<td>Spinning DVD</td>
<td>Spinning DVD</td>
<td>Spinning DVD</td>
<td>Spinning DVD</td>
</tr>
<tr>
<td>13.30</td>
<td>Spinning DVD</td>
<td>Spinning DVD</td>
<td>Spinning DVD</td>
<td>Spinning DVD</td>
</tr>
<tr>
<td>17.00</td>
<td>Circuit</td>
<td>Bodyfit</td>
<td>Circuit</td>
<td>Bodyfit</td>
</tr>
<tr>
<td>18.00</td>
<td>Circuit</td>
<td>Yoga</td>
<td>Circuit</td>
<td>Bodypump</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Opening times**

- **8th of July** - **14th of August**: 13:00-20:00
- **15th of August** - **4th of September**: 08:00-23:00
  - closed during weekends
  - open during the weekends of 27th-28th of August and (limited) 3rd-4th of September

**Summer Card**

The Summer Card costs €24,95 and gives you the possibility to play unlimited sports from the 1st of May till the 31st of August 2015. This is only a little bit more than €6 a month! You can buy the Summer Card online or at the Service Desk of the ACLO Sports Centre.

With the Summer Card, you can use all the facilities the ACLO has to offer:

- Participate in open hours (e.g. body fit, spinning, yoga and circuit training).
- Explore new sports during one of the many courses in June (e.g. canoeing, bootcamp outdoor and windsurfing).
- Reserve a field or court with friends and play tennis, beach volleyball, squash, soccer or more!
- If you want to use the gym, you have to pay a fitness fee, which is €19,95 (on top of the €24,95).
- When you want to join one of our 49 sports associations you have to buy the full membership of the ACLO (€ 59,95).

**How to become an ACLO-member in 2016-2017?**

You can AC(LO)ivate your student card 2016-2017 at the counter of the Sports Centre for €59,95 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)ivation, 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.

**Free tennis/squash court and reservations**

ACLO-members are able to reserve a hall or a tennis- or squash court 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.

**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 (which is not given during the Summer Period). People with fitness experience have to sign up at our website for one of the fitness-intake hours, using MyACLO.