

UWI Sports Training Schedule – Semester One 2009-2010

Sport	Days	Venue	Time
Aerobics	Mon, Wed, Fri	Indoor Cricket School	7:30-9:30pm
Basketball (M)	Tuesday, Thursday, Fri	Court 1	6:00-8:00pm
Basketball (W)	Monday, Wednesday		5:30-6:30pm
Chess	Wednesday, Friday	Guild	4:30-7:00pm
Cricket - Men	Tuesday, Wednesday, Thursday	3Ws Oval	4:30-6:30pm
Cricket - Women	Monday, Wednesday		4:30-6:00pm
Dance	Monday (Inter./Beg.)	Indoor Cricket School	11am-1:00pm
	Monday (Beg.)		1:00-2:00pm
	Tuesday (Beg.)		12:00-1:00pm
	Friday (Inter.)		1:00-3:00pm
Football (M)	Mon, Wed, Fri	Football Field	6:30-8:30pm
Football (W)	Monday, Thurs, Sat		6:00-8:00pm 7:00 - 9:00am
Lawn Tennis	Monday, Wednesday, Friday	Court 2	6:00 -7:30pm
			6:00-7:30pm
			4:00-8:00pm
Netball	Tuesday, Thursday	Court 2	6:00-7:30pm
Hockey	Tuesday	Gym\Field Fitness	7:00-9:00pm
	Wednesday	UWI Football Field	
	Friday	Hockey Turf	7:00-9:00pm
Volleyball - Mixed	Tuesday, Friday	Court 2	7:30-9:30pm
Volleyball - Women	Tuesday, Thursday	Court 2	7:30-9:30pm
*Swimming	Monday, Tuesday	Ursuline Convent	4:30- 5:30pm
	Thursday		
	Sat(Intermediate)	Aquatic Centre	2:30-3:30pm
Sat (Beginners)	3:30-4:30pm		
Table Tennis	Tues, Thur	Indoor Cricket School	6:30-8:30pm
Tae Kwon Do	Monday	Verandah	6:00-7:30pm
	Saturday	Indoor Cricket School	12:00-5:00pm
Track & Field	Monday, Tuesday, Wednesday, Thursday, Saturday	3Ws Oval	4:00-6:00pm

*NB- pick up point will be in the car park in front of Sherlock Hall