Erasmus Teaching Programme winter semester 2022/2023

	8	9	10	11	12	13	14	15	16	17	18	19	20	21
MONDAY		Outdoor classes - Winter trekking - 16.01.2023								Winter trekking - term will be appointed by the teacher- room D		Outdoor classes - Winter trekking - 16.01.2023		
TUESDAY		Outdoor classes - Winter trekking - 17.01.2023		Meeting with Erasmus Coordinators and Vice-Rector- 04.10.2022-10 a.m. till 11.30 a.m. Senate room	Outdoor classes - Winter trekking - 17.01.2023									
WEDNESDAY				Popular recereation Games (15H) 1/3H- TENIS court from 19.10.2022 from 10 a.m. till 11.30 a.m.			Indoor climbing (15h) from 19.10.2022 from 1.15 p.m. till 2.45 p.m. / ścianka climbing wall (SG2)		Calisthenics (15h) from 5.10.2022 SG1-New Sport Hall from 3 p.m till 4.45 p.m.		BodyART and stretching (15h) from 5.10.2022 room 101LA -athletic stadium from 5.15 p.m.till 6.45 p.m.			
THURSDAY			Special Techniques in Sports Medicine (20h) from 6.10.2022 room 32 sala klubowa from 9.15a.m. till 10.45 a.m.			*Spa and water Recreation (20h)			Badminton (15h) from 6.10.2022 sport hall LA1-Sniadeckich12b from 3.15 p.m. till 4.45 p.m.					
FRIDAY			Table tenis (15h) from 7.10.2022 Tunel LA athletic tunnel from 10 a.m.till 11.30 a.m.		Polish Language and Culture - room 317 pavilion I 07.10.2022 from noon till 1.30 p.m.		Gymnastics from 07.10.2022 (15h) exept 14/10/202 from 2.30 p.m. till 4 p.m. SG1-New Sport Hall							
	8	9	10	11	12	13	14	15	16	17	18	19	20	21

* Spa and water recreation Erasmus+ students

Teacher: Sylwia Mętel PhD, PT

6.10 13:30-14:15 room 107 building with swimming pool

13.10 12:45-13:30 room 107 building with swimming pool 13:30-14:15 recreation swimming pool

20.10 12:45-13:30 room 107 building with swimming pool 13:30-14:15 recreation swimming pool

10.11 12:00-14:15 room 237 building with swimming pool

17.11 12:00-14:15 room 237 building with swimming pool

24.11 12:00-14:15 room 138 building with swimming pool

1.12 12:00-14:15 room 138 building with swimming pool

8.12 12:45-14:15 room 107 building with swimming pool

Polish language and culture -outdoor classes:
14.10.2022 (Friday)- 12,30 p.m. - 3,30 p.m.
18.10.2022 (Tuesday) - 1,30 p.m. - 4,30 p.m.