

Previous Schedule SPORT COURSES – SEMESTER 1 / 2022-2023 (MAJ le 29/03/2022)

REGISTRATION OFFICE 257 ET 271 IN SKEMA 1

| SPORTS | SCHEDULE AND COURSES | Notes | Installations |
|---|---|--|--|
| BADMINTON | Course 1: Tuesday 20H-22H (15 places) | | Gym.Collège Darbousson |
| BASKET-BALL COUPE DE FRANCE DES ESC | Course girls: Monday 19h00-20h30 Course boys: Wed 20H30-22H | Filles Garçons | Gym.Eganaude Biot Gym.Eganaude Biot |
| BOXE | Course 1: Monday 13H00-14H30 Course 2: Friday 11h30 - 13H Course 3: Friday 13H-14H30 | | Gym. Skema |
| CROSSFIT TRAIL | Course 1: Thursday 14h30-16h00 | | Valbonne CV/Les bouillides |
| DANSE Dance | HIPHOP: Wednesday 19H30-21H00 Jazz: Thursday 16h30-18h00 Danse du monde : Thursday 18H00-19h30 | | Gym.Skema |
| ESCALADE/ Climbing | 5 climbs of 3 hours each (from 2 to 5pm) On Thursday | | Skemawall And natural site |
| E SPORT | Tuesday 20-21H30 | | Online.Discord |
| FITNESS | FITNESS STEP: Wednesday 18h00-19H30 FITNESS WORKOUT: Thursday 15H – 16H30 FITNESS 3 ONLINE | 1H30 à subdiviser si plus de 25 | Gym.Skema Gym.Skema Online |
| FOOTBALL COUPE DE FRANCE DES ESC | TEAM1 : Monday 20h30-22h00 (1 COACH) TEAM2 : Thursday 13H30-15H | TEAM1 TEAM2 | L.Chabert/Valbonne L. Chabert / Valbonne |
| FUTSAL TRAVAUX GYMNASE + CHARLES ? | Wednesday 20h00-21h30 | | Bouillides(CV) |
| GOLF License and equipment: 25€ | Course 1 : Thursday 13-14H Course 2: Thursday 14-15H Course 3: Thursday 15-16H | Debutant Perfectionnement Compétition | Academy Autiero Biot |
| HANDBALL COUPE DE FRANCE DES ESC | Thursday 20H- 21H30 | Women and men | Gym.Darbousson |
| MUSCULATION | MUSCU Weight Loss: Monday: 11H30-13H (F) MUSCU SPORT: Thursday: 13H45-15H15 (F) | | Gym.Skema |
| HIKE & DISCOVER | 5 Hikes (Saturday/duration 3:00 or full day) | | Outdoor |
| PADEL TENNIS | Thursday 15H30– 17h | | Mouratoglou |
| RUGBY COUPE DE FRANCE DES ESC | Rugby girls: Monday 19h00-20H30 Rugby boys 1: Monday 20H30- 22H Rugby boys 2: Thursday 20H30-22H | Compétition Compétition Compétition | Stade des Bouillides |
| STRETCHING & RELAXATION | Course : Wednesday 16H45 -18h15 | | Gym. Skema Gym. Skema |
| SWIMMING | Course 1: Wednesday 19H45-21h15 (20/09) Course 2: Thursday 14h00-15h30 | Attention: pool access 15 minutes before/Prepare your student car | Nautipolis Valbonne Piscine Antibes |
| TENNIS COUPE DE FRANCE DES ESC Personal racket to provide | Course 1: Monday 19h-20h Course 2: Monday 20h-21h Course 3: Tuesday 19h-20h Course 4: Tuesday 20h-21h Course 5: Thursday 14H30-15H30 Course 6: Thursday 15h30-16h30 Course 7: Thursday 19-20h | | Mouratoglou Académie Mouratoglou Académie Mouratoglou Académie Mouratoglou Académie |
| VOLLEY BALL COUPE DE FRANCE DES ESC | Course 1: Monday 20h45-22h 15 | Garçons Filles | Lycée Régional |
| YOGA | MEDITATION: Tuesday 18H30 20H YOGA: Thursday 13H15– 14H45 | English course French course | Gym.skema |

Students who want to participate in competitions have to register in <https://www.skemasports.com>. The medical certificate with the mention of competition is mandatory. The license for the year costs 40€ and for only the first semester costs 25€.

All informations on: <http://www.skemasports.com/> and <https://sport-u-sudpaca.com/>