



## Sports Activities Schedule SODIC SPORTS CLUB

| Activities / Days           |  | Saturday  | Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Notes                     |
|-----------------------------|--|---|--|---|--|--|---|--|---------------------------|
| Football Academy            |  | (2020-2017) 5:30 - 6:30 PM<br>(2016-2015) 5:30 - 7:00 PM<br>(2014-2009) 7:00 - 8:30 PM<br>Teams 9:00 - 11:30 AM   | Teams 5:30 - 8:30 PM   | (2020-2017) 5:30 - 6:30 PM<br>(2016-2015) 5:30 - 7:00 PM<br>(2014-2009) 7:00 - 8:30 PM                                | Teams 5:30 - 8:30 PM   | (2020-2017) 5:30 - 6:30 PM<br>(2016-2015) 5:30 - 7:00 PM<br>(2014-2009) 7:00 - 8:30 PM<br>Teams 7:00 - 8:30 PM         | Teams 5:30 - 8:30 PM  | OFF  | 4 - 13 years old          |
| Basketball Academy          |  | Academy 5:00 - 8:00 PM<br>Teams 5:30 - 8:30 PM  | OFF  | Academy 5:00 - 8:00 PM<br>Teams 5:30 - 8:30 PM  | OFF  | Academy 5:00 - 8:00 PM<br>Teams 5:30 - 8:30 PM   | OFF   | OFF  | 5 - 15 years old          |
| Tennis Academy              |  | 3:00 - 11:00 PM   | 3:00 - 11:00 PM  | 3:00 - 11:00 PM   | 3:00 - 11:00 PM  | 3:00 - 11:00 PM  | OFF   | 4:00 - 9:00 PM   | Starting from 4 years old |
| Skating Academy             |  | OFF   | OFF  | OFF   | OFF  | OFF  | OFF   | 6:00 - 7:00 PM   | Starting from 4 years old |
| Artistic Gymnastics Academy |  | 12:00 - 6:00 PM   | 4:00 - 8:00 PM   | 4:00 - 10:00 PM   | 4:30 - 10:30 PM  | 3:00 - 10:30 PM  | 4:00 - 10:30 PM   | 9:30 AM - 4:00 PM<br>7:30 - 10:30 PM   | Starting from 3 years old |
| Aerobic Gymnastics Academy  |  | 12:00 - 2:30 PM   | 4:30 - 7:30 PM   | 4:30 - 7:00 PM  | 4:30 - 7:00 PM   | 4:30 - 7:00 PM   | OFF   | OFF  | Starting from 6 years old |
| Rhythmic Gymnastics Academy |  | 12:00 - 8:30 PM   | 4:00 - 9:30 PM   | 4:30 - 9:30 PM  | 4:00 - 9:30 PM   | 4:00 - 9:30 PM   | 4:00 - 8:30 PM  | OFF  | 3 - 12 years old          |
| Fencing Academy             |  | 4:00 - 9:00 PM  | 4:00 - 9:00 PM   | OFF   | 4:00 - 9:00 PM   | 4:00 - 9:00 PM   | OFF   | OFF  | Starting from 6 years old |
| Squash Academy              |  | OFF   | OFF  | OFF   | 4:00 - 9:30 PM   | OFF  | OFF   | OFF  | Starting from 6 years old |
| Martial Arts Academy        |  | Judo<br>Adults 9:30 - 10:30 AM<br>Dynamic 11:00 - 12:30 PM<br>Under (7) 1:00 - 2:30 PM<br>Above (7) 2:30 - 4:00 PM<br>Shark 4:00 - 5:30 PM                      | Rocket 4:30 - 6:00 PM<br>Shark 6:00 - 7:30 PM<br>Adults 7:30 - 8:30 PM   | OFF   | Under (7) 4:30 - 6:00 PM<br>Above (7) 6:00 - 7:30 PM<br>Dynamic 7:30 - 9:00 PM   | Shark 4:30 - 6:00 PM<br>Rocket 6:00 - 7:00 PM<br>(Fitnees)<br>Dyamic 7:00 - 8:30 PM                                    | OFF   | Adults 9:30 - 10:30 AM<br>Dynamic 11:00 - 12:30 PM<br>Under (7) 1:00 - 2:30 PM<br>Above (7) 2:30 - 4:00 PM<br>Shark 4:00 - 5:30 PM | Starting from 4 years old |
| Swimming Academy            |  | Academy 9:00 AM - 4:00 PM<br>Team (2015-2016) 4:30 PM<br>Team (2013-2014) 8:00 AM<br>Team (2013-2014) 6:00 PM<br>National Team 8:00 AM<br>National Team 6:00 PM | Academy 3:00 - 9:00 PM<br>Team(2015-2016) 4:30 PM <i>Allegria</i><br>Team (2013-2014) 6:00 PM<br>National Team 6:00 PM | Academy 3:00 - 9:00 PM<br>Team(2015-2016) 4:30 PM<br>Team(2013-2014) 4:30 PM<br>National Team 4:30 PM <i>Allegria</i> | Academy 3:00 - 9:00 PM<br>Team (2013-2014) 4:30 PM<br>National Team 5:00 AM <i>Allegria</i><br>National Team 5:00 PM <i>Allegria</i> | Academy 3:00 - 9:00 PM<br>Team(2015-2016) 4:30 PM<br>Team (2013-2014) 4:30 PM<br>National Team 4:30 PM <i>Allegria</i> | Team (2015-2016) 5:30 PM<br>Team (2013-2014) 6:00 PM<br>National Team 5:00 AM <i>Allegria</i> | Academy 9:00 AM - 4:00 PM  | Starting from 3 months    |
| Waterpolo Academy           |  | 10:00 AM - 3:30 PM  | 7:30 - 10:00 PM  | 5:00 - 10:15 PM   | 5:00 - 10:15 PM  | 5:00 - 10:15 PM  | OFF   | 9:30 AM - 4:00 PM  | 7-13 years old            |