### NATACIÓN ADULTOS

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<thead>
<tr>
<th>HORARIO</th>
<th>TURNOS</th>
<th>BASE</th>
<th>A</th>
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<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>09:00-10:00</td>
<td>L-X-V</td>
<td>35,50 €</td>
<td>20,59 €</td>
<td>21,30 €</td>
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<tr>
<td></td>
<td>10:00-11:00</td>
<td>M-J</td>
<td>26,00 €</td>
<td>15,08 €</td>
<td>15,60 €</td>
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<tr>
<td></td>
<td>14:30-15:30</td>
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<td>26,00 €</td>
<td>15,08 €</td>
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<td>26,00 €</td>
<td>15,08 €</td>
<td>15,60 €</td>
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<tr>
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<td>19:00-20:00</td>
<td>L-X-V</td>
<td>35,50 €</td>
<td>20,59 €</td>
<td>21,30 €</td>
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<tr>
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<td>20:00-21:00</td>
<td>M-J</td>
<td>26,00 €</td>
<td>15,08 €</td>
<td>15,60 €</td>
</tr>
<tr>
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<td>10:00-11:00</td>
<td>M-J</td>
<td>26,00 €</td>
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<td>15,60 €</td>
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### NATACIÓN TERAPEUTICA

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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>10:00-11:00</td>
<td>L-X-V</td>
<td>26,00 €</td>
<td>15,08 €</td>
<td>15,60 €</td>
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### ACTIVIDAD FÍSICA PARA EMBARAZADAS

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<th>BASE</th>
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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>10:00-11:00</td>
<td>L-X-V</td>
<td>26,00 €</td>
<td>15,08 €</td>
<td>15,60 €</td>
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### NATACIÓN MAYORES

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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>10:00-11:00</td>
<td>M-J</td>
<td>18,10 €</td>
<td>10,50 €</td>
<td>13,57 €</td>
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### *ESCUELA DE ESPALDA*

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<th>HORARIO</th>
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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>09:00-10:00</td>
<td>L-X-V</td>
<td>50,43 €</td>
<td>29,25 €</td>
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<td>M-J</td>
<td>40,73 €</td>
<td>23,62 €</td>
<td>30,55 €</td>
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<td>16:30-17:30</td>
<td>M-J</td>
<td>40,73 €</td>
<td>23,62 €</td>
<td>30,55 €</td>
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### ESCUELA DE ESPALDA EN SECO

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<tr>
<td>Del 1 al 19 de Julio</td>
<td>11:15 - 12:00</td>
<td>M-J</td>
<td>25,86 €</td>
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### NATACION TERAPEUTICA

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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>10:00-11:00</td>
<td>M-J</td>
<td>25,86 €</td>
<td>15,00 €</td>
<td>19,40 €</td>
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### APRENDIZAJE INFANTIL INTENSIVO (A PARTIR DE 4 AÑOS)

<table>
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<tr>
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<tbody>
<tr>
<td>PRIMER CURSO: Del 1 al 5 de Julio</td>
<td>11:00-11:45</td>
<td>LUNES A VIERNES</td>
<td>25,00 €</td>
<td>18,75 €</td>
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<td>11:50-12:35</td>
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<tr>
<td>SEGUNDO CURSO: Del 8 al 12 de Julio</td>
<td>12:40-13:25</td>
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<td>17:20-18:05</td>
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<tr>
<td>TERCER CURSO: Del 15 al 19 de Julio</td>
<td>18:10-18:55</td>
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<tr>
<td><strong>PERFECCIONAMIENTO INFANTIL INTENSIVO (A PARTIR DE 4 AÑOS)</strong></td>
<td>HORARIO</td>
<td>TURNOS</td>
<td>BASE</td>
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<tr>
<td>PRIMER CURSO: Del 1 al 5 de Julio</td>
<td>11:30-12:30</td>
<td>LUNES A VIERNES</td>
<td>25,00 €</td>
<td>15,00 €</td>
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<td>SEGUNDO CURSO: Del 8 al 12 de Julio</td>
<td>12:30-13:30</td>
<td>17:00-18:00</td>
<td>18:00-19:00</td>
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<td>TERCER CURSO: Del 15 al 19 de Julio</td>
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*Necesaria prueba de aptitud en la piscina, previa a la inscripción.

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<thead>
<tr>
<th><em>ENTRENAMIENTO PERSONALIZADO SALA CARDIOVASCULAR</em></th>
<th>HORARIO</th>
<th>TURNOS</th>
<th>BASE</th>
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<th>B</th>
<th>C</th>
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</thead>
<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>09:00-21:00</td>
<td>3 días</td>
<td>33,62 €</td>
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<td>20,17 €</td>
<td>25,21 €</td>
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<tr>
<td></td>
<td></td>
<td>2 días</td>
<td>21,98 €</td>
<td>12,74 €</td>
<td>13,18 €</td>
<td>16,48 €</td>
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*Cuestionario médico obligatorio/ Valoración médica voluntaria.

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<thead>
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<th>ASESORAMIENTO DEPORTIVO</th>
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<th>TURNOS</th>
<th>BASE</th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>09:00-11:00</td>
<td>M-J</td>
<td>19,39 €</td>
<td>11,24 €</td>
<td>11,63 €</td>
<td>14,54 €</td>
</tr>
<tr>
<td></td>
<td>19:00-21:00</td>
<td>L-X-V</td>
<td>25,84 €</td>
<td>14,98 €</td>
<td>15,50 €</td>
<td>19,38 €</td>
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<tr>
<td></td>
<td></td>
<td>L a V</td>
<td>34,91 €</td>
<td>20,24 €</td>
<td>20,94 €</td>
<td>26,18 €</td>
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<th>PILATES</th>
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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>09:00-10:00</td>
<td>M – J</td>
<td>25,84 €</td>
<td>14,98 €</td>
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<td>19,38 €</td>
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<td>18:30-19:30</td>
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<table>
<thead>
<tr>
<th><em>POWER FIT</em></th>
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<th>B</th>
<th>C</th>
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<tbody>
<tr>
<td>Del 1 al 19 de Julio</td>
<td>09:00-10:00</td>
<td>L a V</td>
<td>25,84 €</td>
<td>14,98 €</td>
<td>15,50 €</td>
<td>19,38 €</td>
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<td>20:00-21:00</td>
<td></td>
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*Entrenamiento funcional, ciclismo indoor y power bike.

<table>
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<tr>
<th>ACTIVIDADES RÍTMICAS DEL 1 AL 19 DE JULIO</th>
<th>HORARIO</th>
<th>TURNOS</th>
<th>BASE</th>
<th>A</th>
<th>B</th>
<th>C</th>
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</thead>
<tbody>
<tr>
<td>AEROBOX</td>
<td>14:30-15:30</td>
<td>M-J</td>
<td>19,39 €</td>
<td>11,24 €</td>
<td>11,63 €</td>
<td>14,54 €</td>
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<tr>
<td>GAP</td>
<td>18:00-19:00</td>
<td>M-J</td>
<td>19,39 €</td>
<td>11,24 €</td>
<td>11,63 €</td>
<td>14,54 €</td>
</tr>
<tr>
<td>SUMMERDANCE</td>
<td>19:00-20:00</td>
<td>M-J</td>
<td>19,39 €</td>
<td>11,24 €</td>
<td>11,63 €</td>
<td>14,54 €</td>
</tr>
<tr>
<td>GAP</td>
<td>20:00-21:00</td>
<td>M-J</td>
<td>19,39 €</td>
<td>11,24 €</td>
<td>11,63 €</td>
<td>14,54 €</td>
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<table>
<thead>
<tr>
<th>BONO DE USO LIBRE DEL 1 AL 19 DE JULIO</th>
<th>HORARIO</th>
<th>TURNOS</th>
<th>BASE</th>
<th>A</th>
<th>B</th>
<th>C</th>
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<tbody>
<tr>
<td>NATACION LIBRE</td>
<td>09:00-21:00</td>
<td>L-M-X-J-V</td>
<td>40,00 €</td>
<td>30,00 €</td>
<td>31,00 €</td>
<td>35,00 €</td>
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<td>SALA CARDIOVASCULAR</td>
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<td>L-M-X-J-V</td>
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</tr>
<tr>
<td>ACTIVIDADES RÍTMICAS</td>
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<td>TODOS</td>
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<td>PILATES</td>
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**PLAZO DE INSCRIPCIÓN**

- A partir del 27 de mayo para usuarios con tarjeta deportiva y comunidad universitaria.
- A partir del 3 de junio para usuarios sin tarjeta deportiva.

Toda la información de la Dirección de Deporte Universitario está disponible en la siguiente dirección: [http://www.deportes.uma.es](http://www.deportes.uma.es)