

PROGRAMA DE ACTIVIDADES 2018 | 2019



UNIVERSIDAD
DE MÁLAGA

Vicerrectorado de Cultura y Deporte
Dirección de Deporte Universitario

ACUÁTICAS | 2018-2019

NATAción ANTIESTRÉS

| M-J | | 21:30-22:30 | |
|--------|--------|-------------|---------|
| A | B | C | P. BASE |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ |

APRENDIZAJE NATAción ADULTOS (NIVEL 0)

| L-X | | 9:30-10:30 | | |
|--------|--------|-------------|---------|--------|
| L-X-V | | 9:30-10:30 | | |
| | | 15:30-16:30 | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |
| 3 DÍAS | 27,50€ | 28,45€ | 35,56€ | 47,41€ |

CURSO SUPERIOR NATAción ADULTOS

| L-X-V | | 14:30-16:00 | | |
|--------|--------|-------------|---------|--------|
| | | 19:30-21:00 | | |
| M-J | | 14:30-16:00 | | |
| | | 19:30-21:00 | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |
| 3 DÍAS | 27,50€ | 28,45€ | 35,56€ | 47,41€ |

CURSO NATAción ADULTOS (NIVELES 1 A 3)

| L-X-V | | 8:30-9:30 | | |
|--------|--------|-------------|---------|--------|
| | | 9:30-10:30 | | |
| | | 10:30-11:30 | | |
| | | 14:30-15:30 | | |
| M-J | | 15:30-16:30 | | |
| | | 16:30-17:30 | | |
| | | 19:30-20:30 | | |
| | | 20:30-21:30 | | |
| L-X | | 8:30-9:30 | | |
| | | 9:30-10:30 | | |
| | | 10:30-11:30 | | |
| | | 15:30-16:30 | | |
| | | 16:30-17:30 | | |
| | | 19:30-20:30 | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |
| 3 DÍAS | 27,50€ | 28,45€ | 35,56€ | 47,41€ |

AQUAGYM

| L-X-V | | 11:30-12:30 | | |
|--------|--------|-------------|---------|--------|
| M-J | | 11:30-12:30 | | |
| L-X | | 17:30-18:30 | | |
| M-J | | 18:30-19:30 | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |
| 3 DÍAS | 23,00€ | 23,79€ | 29,74€ | 39,66€ |

ENTRENAMIENTO PERSONALIZADO DE NATAción

| L-X-V | | 12:30-13:30 | | |
|--------|--------|-------------|---------|--------|
| L-X | | 21:30-22:30 | | |
| M-J | | 8:00-9:00 | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |
| 3 DÍAS | 23,00€ | 23,79€ | 29,74€ | 39,66€ |

COMBINADA (ACONDICIONAMIENTO FÍSICO EN SECO Y PISCINA)

| L-X-V | | 20:30-21:30 | | |
|--------|--------|-------------|---------|--------|
| L-X | | | | |
| L-V | | | | |
| M-J | | | | |
| X-V | | | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 18,00€ | 18,62€ | 23,28€ | 31,03€ |
| 3 DÍAS | 25,00€ | 25,86€ | 32,33€ | 37,93€ |

INFANTILES Y JUVENILES 2018-2019

APRENDIZAJE INFANTIL DE NATAción

| L-X | | 16:45-17:30 | |
|--------|--------|-------------|--------|
| X-V | | | |
| L-V | | | |
| SÁBADO | | 9:15-10:00 | |
| | | 10:00-10:45 | |
| | | 10:45-11:30 | |
| | | 12:00-12:45 | |
| | | 12:45-13:30 | |
| B | C | P. BASE | |
| 1 DÍA | 18,00€ | 22,50€ | 30,00€ |
| 2 DÍAS | 26,00€ | 32,50€ | 43,33€ |

ESCUELA WATERPOLO

| L-X-V | | 17:30-19:30 | |
|--------|--------|-------------|--|
| M-J-V | | | |
| B | C | P. BASE | |
| 34,14€ | 42,68€ | 56,90€ | |

AIKIDO INFANTIL Y JUVENIL (DE 7 A 15 AÑOS)

| L-X | | 18:00-19:00 | |
|--------|--------|-------------|--|
| B | C | P. BASE | |
| 15,00€ | 18,75€ | 25,00€ | |

RED BLUE

| L-X | | 16:45-17:45 | |
|--------|--------|-------------|--|
| M-J | | 16:15-17:15 | |
| | | 17:15-18:15 | |
| B | C | P. BASE | |
| 20,00€ | 20,00€ | 25,00€ | |

ESCUELA DE NATAción INFANTIL

| L-X | | 17:30-18:30 | |
|--------|--------|-------------|--------|
| X-V | | 18:30-19:30 | |
| L-V | | | |
| M-J | | | |
| L-X-V | | 17:30-18:30 | |
| | | 18:30-19:30 | |
| B | C | P. BASE | |
| 2 DÍAS | 20,00€ | 25,00€ | 33,33€ |
| 3 DÍAS | 27,00€ | 33,75€ | 45,00€ |

JUDO INFANTIL Y JUVENIL

| M-J | | 18:00-19:00 (4-8 AÑOS) | |
|--------|--------|--------------------------------|--|
| | | 19:00-20:00 (MÁS DE 8 AÑOS) | |
| B | C | P. BASE | |
| 15,00€ | 18,75€ | 25,00€ | |

ESCUELA DE ESPALDA INFANTIL EN SECO

| L-X-V | | 17:30-18:15 | |
|--------|--------|-------------|--|
| B | C | P. BASE | |
| 20,00€ | 25,00€ | 33,33€ | |

NATAción PARA BEBÉS (1 A 3 AÑOS)

| SÁBADO | | 10:00-10:35 | |
|--------|--------|-------------|--|
| | | 10:40-11:15 | |
| | | 11:20-11:55 | |
| | | 12:00-12:35 | |
| | | 12:40-13:15 | |
| B | C | P. BASE | |
| 18,00€ | 22,50€ | 30,00€ | |

ESCUELA DE ATLETISMO (A PARTIR DE 6 AÑOS)

| M-J | | 17:00-18:00 (a partir de 6 años) | |
|--------|--------|--------------------------------------|--|
| | | 18:00-19:00 (a partir de 11 años) | |
| B | C | P. BASE | |
| 15,00€ | 15,00€ | 20,00€ | |

ESCUELA DE PÁDEL

| V | | 17:00-18:00 | |
|--------|--------|-------------|--|
| | | 18:00-19:00 | |
| | | 19:00-20:00 | |
| B | C | P. BASE | |
| 17,00€ | 21,25€ | 28,33€ | |

SALUD | 2018-2019

ESCUELA TERAPÉUTICA DE ESPALDA (REQUISITO SABER NADAR)

| L-X-V | | 8:30-9:30 | | |
|--------|--------|-------------|---------|--------|
| | | 9:30-10:30 | | |
| | | 13:30-14:30 | | |
| | | 16:30-17:30 | | |
| M-J | | 20:00-21:00 | | |
| M-J | | 12:00-13:00 | | |
| L-X | | 21:00-22:00 | | |
| M-J | | | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 31,50€ | 32,59€ | 40,73€ | 54,31€ |
| 3 DÍAS | 39,00€ | 40,34€ | 50,43€ | 67,24€ |

ESCUELA DE ESPALDA EN SECO

| M-J | | 11:15-12:00 | |
|--------|--------|-------------|---------|
| | | 18:30-19:15 | |
| A | B | C | P. BASE |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ |

NATAción PARA MAYORES (REQUISITO SABER NADAR) (+55)

| L-X-V | | 11:30-12:30 | | |
|--------|--------|-------------|---------|--------|
| M-J | | | | |
| A | B | C | P. BASE | |
| 2 DÍAS | 14,00€ | 14,48€ | 18,10€ | 24,14€ |
| 3 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |

PROGRAMA DE ACTIVIDADES 2018 | 2019



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| ACTIVIDAD FÍSICA PARA MAYORES (+55) | | | | |
|-------------------------------------|--------|-------------|---------|--|
| M-J | | 11:30-12:30 | | |
| A | B | C | P. BASE | |
| 12,00€ | 12,41€ | 15,52€ | 20,69€ | |

| NATACIÓN TERAPÉUTICA POR INDICACIÓN MÉDICA O FISIOTERAPÉUTICA | | | | |
|--|--------|----------------------------|--------|---------|
| L-X-V M-J | | 10:30-11:30 13:30-14:30 | | |
| | A | B | C | P. BASE |
| 2 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,48€ |
| 3 DÍAS | 27,50€ | 28,45€ | 35,56€ | 47,41€ |

| EJERCICIO TERAPÉUTICO CON FISIO | | | | |
|---------------------------------|--------|----------------------------|---------|--|
| L-X | | 11:15-12:00 18:15-19:00 | | |
| A | B | C | P. BASE | |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ | |

| ACTIVIDAD FÍSICA EMBARAZADAS | | | | |
|------------------------------|--------|-------------|---------|--|
| L-X | | 12:00-13:00 | | |
| A | B | C | P. BASE | |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ | |

| *VALORACIÓN MÉDICA | | | | |
|--------------------|---|--|---------|--|
| *Valoración médica | | Imprescindible junto con la inscripción en las actividades indicadas | | |
| A | B | C | P. BASE | |
| 15€ | | | | |

RÍTMICAS | 2018-2019

| BODYFITNESS | | | | |
|-------------|--------|----------------------------|---------|--|
| L-X | | 14:30-15:30 21:00-22:00 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| AEROBOX | | | | |
|---------|--------|-------------|---------|--|
| L-X | | 20:00-21:00 | | |
| M-J | | 14:30-15:30 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| GAP | | | | |
|--------|--------|----------------------------|---------|--|
| L-X | | 15:30-16:15 20:15-21:00 | | |
| M-J | | 15:30-16:15 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| PILATES | | | | |
|---------|--------|---|---------|--|
| L-X | | 9:30-10:30 16:30-17:30 17:30-18:30 18:30-19:30 | | |
| M-J | | 15:00-16:00 17:30-18:30 | | |
| A | B | C | P. BASE | |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ | |

| BAILES LATINOS | | | | |
|----------------|--------|--|---------|--|
| M-J | | 20:00-21:00 (AVANZADO) 21:00-22:00 (INICIACIÓN) | | |
| A | B | C | P. BASE | |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ | |

| STEP | | | | |
|--------|--------|-------------|---------|--|
| M-J | | 21:00-22:00 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| AERODANCE | | | | |
|-----------|--------|-------------|---------|--|
| M-J | | 20:00-21:00 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| STREET DANCE (FUNKY, HIP-HOP, DANCE) | | | | |
|---|--------|-------------|---------|--|
| L-X | | 19:00-20:00 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| CICLISMO INDOOR | | | | |
|-----------------|--------|---|---------|--|
| L-X | | 14:30-15:30 20:00-21:00 21:00-22:00 | | |
| M-J | | 18:30-19:30 | | |
| A | B | C | P. BASE | |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ | |

| ZUMBA BAJA INTENSIDAD | | | | |
|-----------------------|-------|-------------|---------|--|
| V | | 10:30-11:30 | | |
| A | B | C | P. BASE | |
| 8,70€ | 9,00€ | 11,25€ | 15,00€ | |

| ZUMBA | | | | |
|--------|--------|----------------------------|---------|--|
| L-X | | 10:30-11:30 18:00-19:00 | | |
| M-J | | 18:30-19:30 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| POWER BIKE | | | | |
|------------|--------|----------------------------|---------|--|
| L-X | | 16:00-17:00 19:00-20:00 | | |
| M-J | | 19:30-20:30 | | |
| A | B | C | P. BASE | |
| 20,00€ | 20,69€ | 25,86€ | 34,48€ | |

CURSOS DEPORTIVOS 2018-2019

| AIKIDO | | | | |
|--------|--------|-------------|---------|--|
| L-X | | 19:30-21:30 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| JUDO | | | | |
|--------|--------|-------------|---------|--|
| M-J | | 20:00-21:00 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| CLUB RUNNING UMA | | | | |
|------------------|--------|-------------|---------|--|
| M-J | | 19.00-20.30 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| VOLEIBOL | | | | |
|----------|--------|-------------|---------|--|
| M-J | | 20.00-21.00 | | |
| A | B | C | P. BASE | |
| 15,00€ | 15,52€ | 19,40€ | 25,86€ | |

| ENTRENAMIENTO PERSONALIZADO EN SALA CARDIOVASCULAR (CUESTIONARIO MÉDICO OBLIGATORIO) | | | | |
|---|--------|------------|--------|---------|
| 2 DÍAS LIBRE 3 DÍAS LIBRE | | 8:00-15:30 | | |
| | A | B | C | P. BASE |
| 2 DÍAS LIBRES | 15,50€ | 16,03€ | 20,04€ | 26,72€ |
| 3 DÍAS LIBRES | 22,50€ | 23,28€ | 29,09€ | 38,79€ |

| 2 DÍAS LIBRE 3 DÍAS LIBRE 5 DÍAS LIBRE | | 15:30-22:30 | | |
|--|--------|-------------|--------|---------|
| | A | B | C | P. BASE |
| 2 DÍAS LIBRES | 17,50€ | 18,10€ | 22,63€ | 30,17€ |
| 3 DÍAS LIBRES | 26,50€ | 27,41€ | 34,27€ | 45,69€ |
| 5 DÍAS LIBRES | 32,50€ | 33,62€ | 42,03€ | 56,03€ |

| ESCUELA DE PÁDEL | | | | |
|------------------|--------|---|--------|---------|
| L-X | | 16:00-17:00 | | |
| L-X | | 17:00-18:00 18:00-19:00 19:00-20:00 20:00-21:00 21:00-22:00 | | |
| M-J | | 17:00-18:00 18:00-19:00 19:00-20:00 | | |
| | A | B | C | P. BASE |
| 1 DÍA | 22,76€ | 28,45€ | 28,45€ | 29,31€ |
| 2 DÍAS | 28,00€ | 28,96€ | 36,20€ | 41,00€ |

| ASESORAMIENTO DEPORTIVO OPOSITORES | | | | |
|------------------------------------|--------|---------------------------|--------|---------|
| M-J | | 8:30-11:30 18:30-21:00 | | |
| L-X-V | | | | |
| L a V | | | | |
| | A | B | C | P. BASE |
| 2 DÍAS | 15,00€ | 15,52€ | 19,40€ | 25,86€ |
| 3 DÍAS | 20,00€ | 20,69€ | 25,86€ | 34,46€ |
| 5 DÍAS | 27,00€ | 27,93€ | 34,91€ | 46,55€ |

| FUNCTIONAL TRAINING | | | | |
|---------------------|--------|---|--------|---------|
| M-J | | 11:30-12:30 17:30-18:30 21:00-22:00 | | |
| L-X-V | | 17:30-18:30 19:30-20:30 | | |
| | A | B | C | P. BASE |
| 2 DÍAS | 18,00€ | 18,62€ | 23,28€ | 31,03€ |
| 3 DÍAS | 25,00€ | 25,86€ | 32,33€ | 37,93€ |

| SÚPER BONO MATINAL SALA CARDIOVASCULAR + PISTA DE ATLETISMO-CIRCUITO CARRERA + ACTIVIDADES (08:00 a 15:30 horas) | | | | |
|--|--------|------------|---------|--|
| L-V | | 8:00-15:30 | | |
| A | B | C | P. BASE | |
| 28,00€ | 28,97€ | 36,21€ | 48,28€ | |