

# ACTIVIDADES ACUÁTICAS 20-21

|   |  |            | COMUNIDAD UMA | TARIFA C | P. BASE |
|---|--|------------|---------------|----------|---------|
| CURSO NATACIÓN ADULTOS (niveles 1 a 3)  | 8:30-9:30<br>9:30-10:30<br>10:30-11:30<br>14:30-15:30<br>15:30-16:30<br>19:30-20:30<br>20:30-21:30 | L-X-V      | 28,45 €       | 35,56 €  | 47,41 € |
|   |  | M-J        | 20,69 €       | 25,86 €  | 34,48 € |
|   | 8:30-9:30<br>9:30-10:30<br>10:30-11:30<br>15:30-16:30<br>19:30-20:30                               | L-X        |               |          |         |
| APRENDIZAJE ADULTOS                     | 10:30-11:30<br>15:30-16:30   | L-X-V      | 28,45 €       | 35,56 €  | 47,41 € |
|   | 10:30-11:30  | L-X        | 20,69 €       | 25,86 €  | 34,48 € |
| COMBINADA                               | 20:30-21:30  | L-X-V      | 25,86 €       | 32,33 €  | 37,93 € |
|   |  | L-X        | 18,62 €       | 23,28 €  | 31,03 € |
|   |  | L-V        |               |          |         |
|   |  | M-J        |               |          |         |
|   |  | X-V        |               |          |         |
| AQUAGYM                                 | 11:30 -12:30   | L-X-V      | 23,79 €       | 29,74 €  | 39,66 € |
|   | 17:30-18:30<br>18:30-19:30   | M-J        | 20,69 €       | 25,86 €  | 34,48 € |
|   |  | L-X<br>M-J |               |          |         |
| ENTRENAMIENTO PERSONALIZADO DE NATACIÓN | 12:30 -13:30   | L-X-V      | 23,79 €       | 29,74 €  | 39,66 € |

# ACTIVIDADES DE SALUD 20-21

|                                     |  | COMUNIDAD UMA | TARIFA C | P. BASE |         |
|-------------------------------------|--|---------------|----------|---------|---------|
| ESCUELA TERAPÉUTICA DE ESPALDA      | 8:30-9:30<br>09:30-10:30<br>13:30-14:30<br>16:30-17:30<br>19:00-20:00<br>20:00-21:00 | L-X-V         | 40,34 €  | 50,43 € | 67,24 € |
|                                     | 8:30-9:30<br>09:30-10:30<br>12:00-13:00<br>13:30-14:30<br>16:30-17:30<br>20:00-21:00 | M-J           | 32,59 €  | 40,73 € | 54,31 € |
| NATACION DE BAJA INTENSIDAD         | 11:30-12:30  | L-X-V         | 20,69 €  | 25,86 € | 34,48 € |
|                                     |  | M-J           | 14,48 €  | 18,10 € | 24,14 € |
| ESCUELA DE ESPALDA EN SECO          | 11:15-12:00<br>18:30-19:15   | M-J           | 20,69 €  | 25,86 € | 34,48 € |
| EJERCICIO TERAPEÚTICO CON FISIO     | 11:15-12:00<br>18:15-19:00   | L-X           | 20,69 €  | 25,86 € | 34,48 € |
| ACTIVIDAD FÍSICA DE BAJA INTENSIDAD | 11:45-12:45  | M-J           | 12,41 €  | 15,52 € | 20,69 € |
| NATACION TERAPÉUTICA                | 12:30-13:30  | L-X-V         | 28,45 €  | 35,56 € | 47,41 € |
|                                     |  | M-J           | 20,69 €  | 25,86 € | 34,48 € |

# ACTIVIDADES INFANTILES Y JUVENILES 20-21

|                                     |   |                   | COMUNIDAD UMA | TARIFA C | P. BASE |
|-------------------------------------|---|-------------------|---------------|----------|---------|
| RED BLUE                            | 16:15-17:15   | M-J               | 20,00€        | 20,00€   | 25,00 € |
|                                     | 17:15-18:15   | L-X               |               |          |         |
|                                     | 16:45-17:45   | L-X               |               |          |         |
| ESCUELA DE ESPALDA INFANTIL EN SECO | 17:30-18:15   | L-X-V             | 20,00 €       | 25,00 €  | 33,33 € |
| ESCUELA DE ATLETISMO                | 17:00-18:00   | M-J               | 15,00 €       | 15,00 €  | 20,00 € |
|                                     | 18:00-19:00   | L-X               |               |          |         |
| ESCUELA NATACIÓN INFANTIL           | 17:30-18:30   | L-X               | 20,00 €       | 25,00 €  | 33,33 € |
|                                     | 18.30-19.30   | L-V<br>M-J<br>X-V |               |          |         |
| ESCUELA DE PÁDEL                    | 17.00-18.00(I)<br>18:00-19:00(I)<br>19:00-20.00 (M) | V                 | 17,00 €       | 21,25 €  | 28,33 € |

# ACTIVIDADES DE MANTENIMIENTO 20-21

|                       |             |     | COMUNIDAD UMA | TARIFA C | P. BASE |
|-----------------------|-------------|-----|---------------|----------|---------|
| BODYFITNESS           | 14:30-15:30 | L-X | 15,52€        | 19,40€   | 25,86€  |
|                       | 19:00-20:00 | M-J |               |          |         |
| AEROBOX               | 14:30-15:30 | M-J | 15,52€        | 19,40€   | 25,86€  |
|                       | 20:00-21:00 | L-X |               |          |         |
| GAP                   | 15:30-16:15 | L-X | 15,52€        | 19,40€   | 25,86€  |
|                       | 20:15-21:00 |     |               |          |         |
|                       | 15:30-16:15 | M-J |               |          |         |
| PILATES               | 15:00-16:00 | M-J | 20,69 €       | 25,86 €  | 34,48 € |
|                       | 17:30-18:30 |     |               |          |         |
|                       | 09:30-10:30 | L-X |               |          |         |
|                       | 16:30-17:30 |     |               |          |         |
|                       | 17:30-18:30 |     |               |          |         |
| 18:30-19:30           |             |     |               |          |         |
| CICLISMO INDOOR       | 18:30-19:30 | M-J | 20,69 €       | 25,86 €  | 34,48 € |
|                       | 14:30-15:30 | L-X |               |          |         |
|                       | 20:00-21:00 |     |               |          |         |
| POWER BIKE            | 16:00-17:00 | L-X | 20,69 €       | 25,86 €  | 34,48 € |
|                       | 19:00-20:00 |     |               |          |         |
|                       | 19:30-20:30 | M-J |               |          |         |
| BAILES LATINOS        | 20:00-21:00 | M-J | 20,69 €       | 25,86 €  | 34,48 € |
| AERODANCE             | 20:00-21:00 | M-J | 15,52€        | 19,40€   | 25,86€  |
| STREET DANCE          | 19:00-20:00 | L-X | 15,52€        | 19,40€   | 25,86€  |
| ZUMBA BAJA INTENSIDAD | 10:30-11:30 | V   | 9,00 €        | 11,25 €  | 15,00 € |
| ZUMBA                 | 10:30-11:30 | L-X | 15,52€        | 19,40€   | 25,86€  |
|                       | 18:00-19:00 |     |               |          |         |
|                       | 18:30-19:30 | M-J |               |          |         |

# CURSOS DEPORTIVOS 20-21

|  |   |        | COMUNIDAD UMA | TARIFA C | P. BASE |
|--|---|--------|---------------|----------|---------|
| CLUB RUNNING UMA   | 19.00-20.30   | M-J    | 15,52 €       | 19,40 €  | 25,86 € |
| VOLEIBOL   | 20.00-21:30   | M-J    | 15,52 €       | 19,40 €  | 25,86 € |
| ENTRENAMIENTO PERSONALIZADO EN SALA CARDIOVASCULAR                               | 08:30-10.00<br>10:30-12.00<br>12:30-14.00<br>14:00-15:30                | L-X -V | 23,28 €       | 29,09 €  | 38,79 € |
|  |   | M-J    | 16,03 €       | 20,04 €  | 26,72 € |
|  | 16:00-17:30<br>18:00-19:30<br>20:00-21.30                               | L-X -V | 27,41 €       | 34,27 €  | 45,69 € |
|  |   | M-J    | 18,10 €       | 22,63 €  | 30,17 € |
| ESCUELA DE PADEL<br><small>NIVELES INICIACION, MEDIO y PERFECCIONAMIENTO</small> | 16:00-17:00<br>17:00-18:00<br>18:00-19:00<br>19:00-20:00<br>20:00-21.00 | L-X    | 28,96€        | 36,20€   | 41,00€  |
|  | 17:00-18.00<br>18:00-19.00  | V      | 22,75 €       | 28,45 €  | 29,31 € |
|  | 17:00-18:00<br>18:00-19:00<br>19:00-20:00<br>20:00-21:00                | M-J    | 28,96€        | 36,20€   | 41,00€  |
|  | 18:00-19:00<br>19:00-20:00<br>20:00-21.00                               | L-X    | 28,96€        | 36,20€   | 41,00€  |
| ASESORAMIENTO DEPORTIVO OPOSITORES   | 09:00-12:00   | M-J    | 15,52€        | 19,40€   | 25,86€  |
|  | 18:45-21:15   | L-X-V  | 20,69€        | 25,86€   | 34,46€  |
| FUNCTIONAL TRAINING  | 11:30-12:30<br>17:30-18:30<br>20:00-21.00                               | M-J    | 18,62€        | 23,28€   | 31,03€  |
|  | 17:30-18:30<br>20:00-21:00  | L-X-V  | 25,86€        | 32,33€   | 37,93€  |