

Erasmus Teaching Programme Summer semester 2022/2023

	9	10	11	12	13	14	15	16	17	18	19	20
MONDAY				Theory and teaching methodology of volleyball-Tennis court (15H) from 6.02.2023		Vibration therapy and training: room 241 small swimming pool -Swimming pool building twice - from 13.02.2023 and 20.02.2023, later classes at club room 32 (klubowa) 20H						
TUESDAY				Nordic walking -outdoor activities (10h) 14/03/2023		Relaxation Methods 101LA -light athletic stadium room 101 from 7.02.2023 (20h)						
WEDNESDAY		Theory and teaching methodology of football 20h from 7.02.2023 Football pitch		Polish Language and Culture 22.02.2023 room L / Basic of survival and Bushcraft from 01.03.2023 room L- Jordanówka Sport Hall		Some Forms and Methods of Strenght Training* siłownia-body buiding (15H) (from 08.02.2023 till 29/03/2023)						
THURSDAY		Excursions: Polish Language and Culture - 02.03.2023 and 16.03.2023 Basic of survival and Bushcraft - term to be established with teacher from 9.03.2023										
FRIDAY				Excursions: Speleotherapy and recreation in the Underground Health Resort of Wieliczka Salt Mine - 24.02.2023, 03.03.2023r, 11 a.m. -8 p.m. Nordic walking: Excursion to Wolski Forest (5h) - term to be established with teacher from 3 p.m. till 6,45 p.m								

Siłownia - zajęcia realizowane na terenie obiektu sportowego: „Manufaktura Zdrowia Fitness & Gym” Al. Jana Pawła II 43A, 31-864 Kraków,
***Classes "Some Forms and Methods of Strenght Training" at Manufaktura Zdrowia Fitness & Gym” Al. Jana Pawła II 43A, 31-864 Kraków**