

Requirements for the Swimming section KU AZS UMCS

1. No health contraindications for physical exercises and swimming
2. Physical fitness and motor skills at high level
3. Swimming with all styles at a good level

Classes take place on Monday, Wednesday and Friday from 18.30-20.00.

Coach: Bartosz Kedracki

e-mail: bartosz.kedracki@umcs.pl

Requirements for the women's and men's Basketball section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Knowledge of the basic rules of the game

Classes for **women's** section take place on:

Monday 17.00-18.30 sports hall no. 1; Wednesday 17.00-18.30 sports hall no. 1

Classes for **men's** section take place on:

Monday 17.00-18.30 sports hall no. 3; Wednesday 17.00-18.30 sports hall no. 1

Coach for women section: Andrzej Dubielis e-mail: andrzej.dubielis@umcs.pl

Coach for men's section: Zdzisław Szabala e-mail: zdzislaw.szabala@umcs.pl

Requirements for the women's Volleyball section KU AZS UMCS

1. No health contraindications for physical exercises
2. Very good technical and tactical advancement
3. Club experience
4. Good psycho-physical conditions, height and mobility

Classes take place on: Tuesday 17.00 - 18.30 sports hall no. 3, Thursday 17.00 - 18.30 sports hall no. 3

Coach: Jacek Rutkowski e-mail: j.rutkowski@azs.umcs.pl

Requirements for the women's Futsal section KU AZS UMCS

1. No health contraindications for physical exercises
2. Knowledge of the basic rules of the game
3. Physical fitness and motor skills at high level

Classes take place on Monday 20.00-21.30 sports hall no.3, Wednesday 18.30-20.00 sports hall no.3

Coach: Wojciech Dankiewicz e-mail: wojciech.dankiewicz@umcs.pl

Requirements for the Judo section KU AZS UMCS

1. No health contraindications for physical exercises
2. In the first place, the right to sign up to the JUDO section have people practicing this sport for at least 1 year, then practicing combat sports derivatives like: ju-jitsu, karate, aikido, wrestling and more.

Classes take place on: Monday 20.00-21.30 sports hall no.3, Wednesday 20.00-21.30 sports hall no.3,

Coach: Józef Tkaczyk e-mail: jozef.tkaczyk@umcs.pl

Requirements for the mens's and women's Table Tennis section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Club or school tournaments experience

Classes take place on: Tuesday 17.00-18.30 sports hall no.1; Thursday 17.00-18.30 sports hall no. 1

Coach: Zbigniew Szala e- mail: zbigniew.szala@umcs.pl

Requirements for the mens's Football and Futsal section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Club or school tournaments experience

Classes take place on: Monday 18.30-20.00 sports hall no.1

Tuesday and Thursday 18.30-20.00 (football pitch, Czwartaków 11 street);

Coach: Tomasz Bielecki e- mail: tomasz.bielecki@umcs.pl

Requirements for the mens's and women's Karate Shotokan section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level

Classes take place on: Monday and Wednesday 20.00-21.30 sports hall no.3

Coach: Jacek Pietrusiewicz e-mail: j.pietrusiewicz@azs.umcs.pl

Requirements for the mens's and women's Athletic section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Club or school tournaments experience

Classes take place on: Monday, Wednesday and Friday 18.30-20.00

Coach: Maciej Tarnowski e-mail: maciek.tarnowski@poczta.umcs.lublin.pl

Requirements for the mens's and women's Snowboard section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. The ability to ride on a snowboard
4. Owning your own equipment

Classes take place on: Wednesday 20.00-21.30 gym no.2

Coach: Jarosław Cierniak e-mail: j.cierniak@azs.umcs.pl

Requirements for the mens's and women's Sailing section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Basic sailing skills

Classes take place on: Monday 20.00-21.30 swimming pool

Coach: Jerzy Czerwiński e-mail: jerzy.czerwinski@umcs.pl

Requirements for the mens's and women's Sport Climbing section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level

Classes take place on: Monday 20.00-21.30 swimming pool

Coach: Paweł Wnuk e-mail: : pawel.wnuk@azs.umcs.pl

Requirements for the mens's Handball section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Knowledge of the basic rules of the game
4. Club or school tournaments experience

Classes take place on Tuesday 20.30-22.00 (Globus hall)

Coach: Patryk Maliszewski e-mail: : patryk.maliszewski@azs.umcs.pl

Requirements for the men's and women's Badminton section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level

Classes take place on: Tuesday and Thursday 17.00-18.30 sports hall no.1

Coach: Maciej Tarnowski e-mail: maciek.tarnowski@umcs.pl

Requirements for the men's Volleyball section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Knowledge of the basic rules of the game
4. Club or school tournaments experience

Classes take place on: Tuesday and Thursday 20.00-21.30 sports hall no.1

Coach: Piotr Fijołek, p.fiolek@azs.umcs.pl

Requirements for the Chess section KU AZS UMCS

1. Knowledge of the basic rules of the game

Classes take place on Wednesday 17.00-20.00 (Academic Career Centre)

Coach: Zbigniew Pyda, z.pyda@azs.umcs.pl

Requirements for the Alpine Skiing section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Owning your own equipment

Classes take place on: Wednesday 20.00-21.30 gym no.2

Coach: Jarosław Cierniak, j.cierniak@azs.umcs.pl

Requirements for the Sports Bridge section KU AZS UMCS

1. Knowledge of the basic rules of the game

Classes take place on: Wednesday 16.00-19.00 (Faculty of Mathematics, Physics and Computer Science)

Coach: Piotr Pikuta, ppikuta@hektor.umcs.lublin.pl

Requirements for the Rowing Ergometer section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level

Classes take place on: Monday, Wednesday and Friday 15.30-18.30 sports hall no.1

Coach: Wiktor Wieruszewski, e-mail: wiktor.wieruszewski@azs.umcs.pl

Requirements for the Powerlifting section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level

Classes take place on: Tuesday and Thursday 20.00-21.30 gym no.2

Coach: Damian Pendel, d.pendel@azs.umcs.pl

Requirements for the Tennis section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Knowledge of the basic rules of the game

Classes take place on: Tuesday 18.30-21.30 sports hall no.2

Coach: Maciej Tarnowski e-mail: maciek.tarnowski@umcs.pl

Requirements for the Beach Volleyball section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level
3. Knowledge of the basic rules of the game

Classes take place on: Tuesday and Thursday 20.00-21.30 sports hall no.1

Coach: Piotr Fijołek, p.fijolek@azs.umcs.pl

Requirements for the Mountain Biking section KU AZS UMCS

1. No health contraindications for physical exercises
2. Physical fitness and motor skills at high level

Classes take place on: Monday from 20.00 (swimming pool)

Coach: Vitalij Smygur, vitalij.smygur@azs.umcs.pl