

## Deree College Athletic Club

### 2022-23 DEREЕ SPORTS ACADEMY SCHEDULE

Schedules are subject to change - please check the notice board regularly

#### 2022-23 DEREЕ BASKETBALL ACADEMY

BORN	GROUP	DAYS	MIN.	HOURS / WEEK	MONTHS	€/MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COACH
2015-16	BEGINNERS A'	3	60	3.00	9.5	50 €		17:00-18:00				09:30-10:30	11:00-12:00	6
2013-14	BEGINNERS B'	3	60	3.00	9.5	50 €				17:00-18:00		10:30-11:30	12:00-13:00	6
2011-12	BEGINNERS C'	3	60	3.00	9.5	50 €			17:00-18:00			17:45-18:45	17:15-18:15	3
2012	JUNIORS	3	75	3.75	9.5	50 €				18:00-19:15		11:30-12:45	<b>09:45-11:00</b>	6
2011	PROMINI	4	75	5.00	9.5	50 €	17:00-18:15		19:15-20:30			<b>15:45-17:00</b>	17:30-18:45	4
2010	MINI A'	5	90	7.50	10.5	60 €		19:15-20:45	20:30-22:00		[18:00-19:30]	17:00-18:30	<b>16:00-17:30</b>	4
2009-10	MINI B'	3	75	3.75	9.5	50 €			18:00-19:15			15:00-16:15	16:00-17:15	3
2006-08	YOUTH	3	75	3.75	9.5	50 €		18:00-19:15				12:45-14:00	11:30-12:45	5
2009	U-14	5	90	7.50	10.5	60 €			[19:15-20:45]	19:15-20:45	20:30-22:00	16:15-17:45	<b>14:30-16:00</b>	3
2008	U-15	5	90	7.50	10.5	60 €	18:15-19:45			[18:00-19:30]	17:00-18:30	<b>14:00-15:30</b>	13:00-14:30	2
2007-08	U-15 B'	4	75	5.00	9.5	55 €		20:45-22:00			19:30-20:45	18:30-19:45	18:45-20:00	4
2007	U-16	6	90	9.00	10.5	60 €	19:45-21:15	<b>20:00-21:30</b>		19:30-22:00	18:30-20:00	12:00-13:30	10:30-13:00	2
2005-06	U-18	5	90	7.50	10.5	60 €	21:00-22:30	<b>22:00-23:30</b>		16:00-19:00		10:00-13:00	12:00-14:00	1

13

WHITE=PIERCE 2

RED=PIERCE 1

BLUE=DEREE

[GYM]

BOLD=GAME

#### 2022-23 DEREЕ VOLLEYBALL ACADEMY

BORN	GROUP	DAYS	MIN.	HOURS / WEEK	MONTHS	€/MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COACH
2013-15	MINI VOLLEY	3	60	3.00	9.5	35 €	17:00-18:00		17:00-18:00				13:00-14:00	2
2012-13	ACADEMY 1	3	60	3.00	9.5	35 €	18:00-19:00		18:00-19:00				14:00-15:00	2
2010-11	ACADEMY 2	3	60	3.00	9.5	35 €	19:00-20:00		19:00-20:00				15:00-16:00	2
2006-09	ACADEMY 3	3	60	3.00	9.5	35 €	20:00-21:00		20:00-21:00		20:00-21:00			2
2009-10	PAGKORASIDES 2	4	90	6.00	9.5	45 €		20:00-21:30		20:00-21:30	21:00-22:30	<b>10:00-11:30</b>		1
2007-08	PAGKORASIDES 1	4	90	6.00	9.5	45 €		17:00-18:30		17:00-18.30	17:00-18.30	<b>11:30-13:00</b>		1
2006-07	KORASIDES 1	4	90	6.00	9.5	45 €		18:30-20:00		18.30-20.00	18.30-20.00	<b>13:00-14:30</b>		1

7 24

510

30

at PIERCE GYM-1 / BOLD=GAME

#### 2022-23 DEREЕ TRACK & FIELD ACADEMY

BORN	GROUP	DAYS	MIN.	HOURS / WEEK	MONTHS	€/MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COACH
2015-17	ACADEMY-1	3	60	3.00	9.5	35 €	17:00-18:00		17:00-18:00		17:00-18:00			2,4
2015-17	ACADEMY-2	3	60	3.00	9.5	35 €		17:00-18:00		17:00-18:00		10:00-11:00		2,4
2013-14	MINI 2A'	4	90	6.00	9.5	40 €		17:00-18:30	17:00-18:30		17:00-18:30	10:00-11:30		3
2013-14	MINI 2B'	4	90	6.00	9.5	40 €		18:30-20:00	18:30-20:00		18:30-20:00	11:30-13:00		3
2012-13	MINI 1A'	4	90	6.00	9.5	40 €	17:00-18:30	17:00-18:30		17:00-18:30		10:00-11:30		3
2012-13	MINI 1B'	4	90	6.00	9.5	40 €	18:30-20:00	18:30-20:00		18:30-20:00		11:30-13:00		3
2012-14	MINI 3	4	90	6.00	9.5	40 €	19:00-20:30	19:00-20:30		19:00-20:30		11:00-12:30		4
2011	PPB'-PKB' 2	4	90	6.00	9.5	40 €		18:00-19:30	18:00-19:30		18:00-19:30	12:00-13:30		2,4
2010	PPB'-PKB' 1	4	90	6.00	9.5	40 €	18:00-19:30	18:00-19:30		18:00-19:30		12:00-13:30		2,4
2009<	COMP. JUMPS/THROWS	6	90	9.00	10	45 €	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	12:00-13:30		1
2009<	COMP. SPRINT/HURDLES	6	90	9.00	10	45 €	18:30-20:00	18:30-20:00	18:30-20:00	18:30-20:00	18:30-20:00	11:00-12:30		1
2009<	COMP. M-L DISTANCE/CONDITIONING	6	90	9.00	10	45 €	20:00-21:30	20:00-21:30	20:00-21:30	20:00-21:30	20:00-21:30	11:00-12:30		1,2,3

12

### 2022-23 DEREÉ SOCCER ACADEMY

BORN	GROUP	DAYS	MIN.	HOURS / WEEK	MONTHS	€/MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COACH
2017-18	U6	2	75	2.50	9.5	45 €	17:00-18:15		17:00-18:15					4
2015-16	U8	3	75	3.75	9.5	45 €	17:00-18:15		17:00-18:15				<b>GAME (60')</b>	4
2013-14	U10-1	3	75	3.75	9.5	50 €	17:00-18:15		17:00-18:15			<b>GAME (75')</b>		1
2013-14	U10-2	3	75	3.75	9.5	50 €	17:00-18:15		17:00-18:15			<b>GAME (75')</b>		3
2011-12	U12-1	4	75	5.00	10	55 €	18:15-19:30		18:15-19:30		18:15-19:30	<b>GAME (75')</b>		1
2011-12	U12-2	4	75	5.00	9.5	55 €	18:15-19:30		18:15-19:30		18:15-19:30	<b>GAME (75')</b>		3
2009-10	U14-1	4	90	6.00	10	55 €	19:30-21:00		19:30-21:00		17:00-18:30	<b>GAME (90')</b>		2
2009-10	U14-2	4	90	6.00	10	55 €	19:30-21:00		19:30-21:00		17:00-18:30	<b>GAME (90')</b>		3
2007-08	U16	5	90	7.50	10	55 €	[18:30-19:30]	19:00-20:30		19:00-20:30	19:30-21:00	<b>GAME (90')</b>		1
2004-06	U18	5	90	7.50	10	55 €	[18:30-19:30]	19:00-20:30		19:00-20:30	19:30-21:00	<b>GAME (90')</b>		2

**10**

[GYM]

### 2022-23 DEREÉ TENNIS ACADEMY

AGE	GROUP	DAYS	MIN.	HOURS / WEEK	MONTHS	€	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COACH
5-7	MINI TENNIS 1	2	60	2.00	9.5	50 €		17:00-18:00		17:00-18:00				4
6-8	MINI TENNIS 2	3	60	3.00	9.5	65 €	17:00-18:00		17:00-18:00		17:00-18:00			5
6-8	MINI TENNIS 3	3	60	3.00	9.5	70 €	17:00-18:00		17:00-18:00		17:00-18:00			4
8-10	BEGINNERS 1	2	90	3.00	9.5	80 €		18:00-19:30		18:00-19:30				4
8-10	BEGINNERS 2	3	60	3.00	9.5	80 €	18:00-19:00		18:00-19:00		18:00-19:00			4
12+	TEEN TENNIS 1	2	120	4.00	9.5	90 €		18:00-20:00		18:00-20:00				5
12+	TEEN TENNIS 2	2	90	3.00	9.5	80 €		19:30-21:00		19:30-21:00				4
12+	TEEN TENNIS 3	3	60	3.00	9.5	80 €	18:00-19:00		18:00-19:00		18:00-19:00			5
8-12	PRE-COMPETITION 1	3	150	7.50	9.5	160 €	18:30-21:00		18:30-21:00		18:30-21:00			1
12+	PRE-COMPETITION 2	3	150	7.50	9.5	160 €	18:30-21:00		18:30-21:00		18:30-21:00			4
12+	COMPETITION 1	5	120	10.00	10.5	250 €	16:00-18:00	20:00-22:00	16:00-18:00	18:00-20:00	16:00-18:00			1
12+	COMPETITION 2	5	120	10.00	10.5	250 €	16:00-18:00	18:00-20:00	16:00-18:00	18:00-20:00	16:00-18:00			1
12+	COMPETITION 3	5	120	10.00	10.5	250 €	16:00-18:00	16:00-18:00	16:00-18:00	20:00-22:00	16:00-18:00			2
12+	COMPETITION 4	5	120	10.00	10.5	250 €	20:00-22:00	18:00-20:00	20:00-22:00	16:00-18:00	20:00-22:00			2
12+	COMPETITION 5	5	120	10.00	10.5	250 €	18:00-20:00	16:00-18:00	20:00-22:00	18:00-20:00	20:00-22:00			2
12+	COMPETITION 6	5	120	10.00	10.5	250 €	18:00-20:00	20:00-22:00	18:00-20:00	16:00-18:00	18:00-20:00			3
12+	COMPETITION 7	5	120	10.00	10.5	250 €	16:00-18:00	18:00-20:00	16:00-18:00	20:00-22:00	20:00-22:00			3
12+	COMPETITION 8	5	120	10.00	10.5	250 €	18:00-20:00	16:00-18:00	20:00-22:00	20:00-22:00	18:00-20:00			2
12+	COMPETITION 9	5	120	10.00	10.5	250 €	20:00-22:00	20:00-22:00	18:00-20:00	16:00-18:00	18:00-20:00			1
12+	COMPETITION 10	5	120	10.00	10.5	250 €	20:00-22:00	16:00-18:00	18:00-20:00	16:00-18:00	18:00-20:00			3

**20**

DEREE tennis courts    PIERCE tennis courts

STRENGTH & CONDITIONING (COMPETITION = 3 HOURS/WEEK)							17:00-20:00	17:00-20:00	17:00-20:00	17:00-20:00			
--	--	--	--	--	--	--	-------------	-------------	-------------	-------------	--	--	--

## 2022-23 DERE SWIM ACADEMY

2022-23 DERE SWIM ACADEMY														
AGE	GROUP	DAYS	MIN.	HOURS / WEEK	MONTHS	€/MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	COACH
4-5	BEGINNERS A'1	3	45	2.25	10.0	60 €	17:00-17:45		17:00-17:45		17:00-17:45			7
4-5	BEGINNERS A'2	3	45	2.25	10.0	60 €	17:45-18:30		17:45-18:30		17:45-18:30			7
4-5	BEGINNERS A'3	3	45	2.25	10.0	60 €	18:30-19:15		18:30-19:15		18:30-19:15			7
4-5	BEGINNERS A'4	3	45	2.25	10.0	60 €	19:15-20:00		19:15-20:00		19:15-20:00			7
4-5	BEGINNERS A'5	3	45	2.25	10.0	60 €		17:00-17:45		17:00-17:45		10:00-10:45		7
4-5	BEGINNERS A'6	3	45	2.25	10.0	60 €		17:45-18:30		17:45-18:30		10:45-11:30		7
4-5	BEGINNERS A'7	3	45	2.25	10.0	60 €		18:30-19:15		18:30-19:15		11:30-12:15		7
4-5	BEGINNERS A'8	3	45	2.25	10.0	60 €		19:15-20:00		19:15-20:00		12:15-13:00		7
5-6	BEGINNERS B'1	3	45	2.25	10.0	60 €	17:15-18:00		17:15-18:00		17:15-18:00			5
5-6	BEGINNERS B'2	3	45	2.25	10.0	60 €	18:45-19:30		18:45-19:30		18:45-19:30			5
5-6	BEGINNERS B'3	3	45	2.25	10.0	60 €		17:15-18:00		17:15-18:00		10:15-11:00		5
5-6	BEGINNERS B'4	3	45	2.25	10.0	60 €		18:45-19:30		18:45-19:30		11:45-12:30		5
5-6	BEGINNERS C'1	3	45	2.25	10.0	60 €	18:00-18:45		18:00-18:45		18:00-18:45			5
5-6	BEGINNERS C'2	3	45	2.25	10.0	60 €	19:30-20:15		19:30-20:15		19:30-20:15			5
5-6	BEGINNERS C'3	3	45	2.25	10.0	60 €		18:00-18:45		18:00-18:45		11:00-11:45		5
5-6	BEGINNERS C'4	3	45	2.25	10.0	60 €		19:30-20:15		19:30-20:15		12:30-13:15		5
8-11	ADVANCED A'1	3	60	3.00	10.0	60 €	17:00-18:00		17:00-18:00		17:00-18:00			6
8-11	ADVANCED A'2	3	60	3.00	10.0	60 €		17:00-18:00		17:00-18:00		10:00-11:00		6
8-11	ADVANCED B'1	3	60	3.00	10.0	60 €	18:00-19:00		18:00-19:00		18:00-19:00			6
8-11	ADVANCED B'2	3	60	3.00	10.0	60 €		18:00-19:00		18:00-19:00		11:00-12:00		6
8-12	PRE-TEEN 1	3	60	3.00	10.0	60 €	19:00-20:00		19:00-20:00		19:00-20:00			6
8-12	PRE-TEEN 2	3	60	3.00	10.0	60 €		20:15-21:15		20:15-21:15		13:15-14:15		5
11+	TEEN 1	3	60	3.00	10.0	60 €	20:15-21:15		20:15-21:15		20:15-21:15			5
11+	TEEN 2	3	60	3.00	10.0	60 €		20:15-21:15		20:15-21:15		13:15-14:15		7
11+	TEEN 3	3	60	3.00	10.0	60 €	20:00-21:00		20:00-21:00		20:00-21:00			6
11+	TEEN 4	3	60	3.00	10.0	60 €		20:00-21:00		20:00-21:00		13:00-14:00		6
11+	TEEN 5	3	60	3.00	10.0	60 €		19:00-20:00		19:00-20:00		12:00-13:00		6
8-9	ELITE	6	90	9.00	11.0	75 €	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	18:00-19:30	12:00-13:30		4
10-12	PRE COMPETITION	6	90	9.00	11.0	75 €	20:00-21:30	20:00-21:30	20:00-21:30	20:00-21:30	20:00-21:30	10:00-12:00		3-4
13+	COMPETITION 1	6	135	13.50	11.0	90 €	15:45-18:00	15:45-18:00	15:45-18:00	15:45-18:00	15:45-18:00	08:00-10:00		1-2-3
13+	COMPETITION 2	6	120	12.00	11.0	90 €	18:00-20:00	18:00-20:00	18:00-20:00	18:00-20:00	18:00-20:00	08:00-10:00		1-2-3