



College of Human Kinetics
University of the Philippines Diliman

Community Recreation Program

FIRST SEMESTER 2012-13

WEEKDAYS (10 SESSIONS)

JULY 23— AUGUST 24, 2012

SATURDAYS (10 SESSIONS)

JULY 21— SEPTEMBER 29, 2012

REGISTRATION IS ON GOING!

**20% DISCOUNT TO ALL
UP FACULTY AND STAFF!!!**

ACTIVITIES...

1st Sem 2012-2013

BADMINTON (10 sessions) Saturday Court 2 & 3	1:00—2:30 pm	2,500
BALLET (10 sessions) Saturday Dance Studio	10:00—11:00 am	2,500
BASKETBALL (10 sessions) Saturday Court 1	10:30—12:00 pm	2,500
FENCING (10 sessions) Saturday Mat Area	1:00—2:30 am	3,000
FLOORBALL (10 sessions) Saturday Court 2 & 3	8:30—10:00 am	2,500
FOOTBALL (SOCCER) (10 sessions) Saturday Track Oval	7:30—9:00 am	2,500
JUDO (10 sessions) Saturday Judo Room	9:00—11:00 am	2,500
KARATE (12 sessions) Mon / Wed / Sat Judo Room (M&W) Dance Studio (Sat)	5:30—7:00 pm (MW) 8:30—10:00 am (Sat)	2,500
Saturday Mat Area	10:00—11:30 am	2,500
MODERN JAZZ (10 sessions) Saturday Dance Studio	11:00—12:00 nm	2,500
MUAY THAI (10 sessions) Mon & Wed Mat Area	5:30—7:00 pm	2,500
Saturday Mat Area	1:00—2:30 pm	2,500

PILATES (10 sessions)

Wed & Fri 5:30—6:30 pm **2,500**

Archery Room
(Near NCPAG)

RHYTHMIC GYMNASTICS (10 sessions)

Saturday 8:30—10:00 am **2,500**

Mat Area

STREETDANCE (10 sessions)

Saturday / Dance Area

Kids 1:00—2:0 pm **2,500**

Teens 2:00—3:30 pm **2,500**

TABLE TENNIS (10 sessions)

Saturday 10:00—11:30 am **2,500**

Table Tennis Area

TAEKWONDO (10 sessions)

Saturday 3:00—4:30 pm **2,500**

Dance Area

YOGA (10 sessions)

Tues & Thurs 5:30—6:30 pm **2,500**

Archery Room
(Near NCPAG)

ULTIMATE FRISBEE (10 sessions)

Saturday 9:00—10:30 am **2,500**

Track Oval

ZUMBA (10 sessions)

Monday 5:30—6:30 am **2,500**

Saturday 1:00—2:00 pm **2,500**

Dance Studio



SATURDAYS:

8:00—9:30 am

LEVELS & FEES:

- Water Appreciation & Water Play (For toddlers, newbies and kids with water phobia) AGES 3—5 YEARS OLD P 3,000
 - Basic (Floats, Freestyle and Backstroke) P 3,000
 - Intermediate (polishing of Freestyle and Backstroke. Introduction to breaststroke) P 3,000
 - Advance (Endurance for freestyle & backstroke, polishing of breaststroke and introduction to Butterfly and Dives) P 3,000
 - Competitive P 2,500
- (NOTE: MUST KNOW HOW TO SWIM FREESTYLE, BACKSTROKE, BREASTSTROKE & BUTTERFLY. Activity: training program for all 4 strokes. Polishing of dives and turns)

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Apply at



College of Human Kinetics
2nd floor Administrative Office
Ylanan Gymnasium, UP Diliman,
Quezon City

Tel . 929.6033, 981.8500 loc 4128,4130

UP FACULTY AND STAFF PRIVILEGE
UP FACULTY/STAFF IS ENTITLED TO A 20% DISCOUNT
IN ONE (1) ACTIVITY ONLY.

1st Sem 2012-2013
APPLICATION FORM
Student's Copy

PLEASE WRITE IN BLOCK LETTERS

LASTNAME, GIVEN NAME, MI	
AGE	SEX Male ☐ Female ☐
CONTACT NOS. Landline _____ Mobile _____	
EMAIL ADDRESS	

PRIVILEGE : ☐ UP EMPLOYEE ☐ UP DEPENDENT
NAME OF UP EMPLOYEE
COLLEGE/UNIT

DANCE o MIND & BODY o SPORTS o MARTIAL ARTS			
ACTIVITIES	DAY	TIME	FEES
1.			
2.			

SWIMMING			
BATCH	TIME	LEVEL	FEES

PAYMENT	RECEIVED BY	Date
TOTAL FEES: _____		
O.R. NO. : _____		

Please accomplish in duplicate. Present this form to your coach on the first day of class together with the Official Receipt.

1st Sem 2012-2013
APPLICATION FORM
CHK Copy

PLEASE WRITE IN BLOCK LETTERS

LASTNAME, GIVEN NAME, MI	
AGE	SEX Male ☐ Female ☐
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CHK Copy