

The Sports and Leisure

Department

The Sports and Leisure Department invites you to participate in the sports and physical activities organized by the Department. You may choose to participate for fun, to keep fit, to make new friends or to compete. Regular participation entitles you to a certificate of participation.

You can chose any one of these options to be part of our team:

1. Take part in one of our weekly activities for a minimum of 1hr per week
2. Participate in an international exchange project
3. Peer training sessions: help other students improve in your favorite sport
4. Form part of a committee which assists in the organization of our events
5. Take part in the football, table tennis, or volleyball league. Other leagues will be considered

OPTION 3: PEER TRAINING SESSIONS

Have you been practicing a sport for years and would like to share your knowledge with others? If yes, we can collaborate and together organize fun training sessions for all students to enjoy.

Indicate sport discipline: _____

OPTION 5: SPORTS LEAGUES

Take part in the football, table tennis, or volleyball league, by filling in an application form provided by the Sports and Leisure Department. Let us know if you would like us to organize a league in another sport discipline.

Indicate sport discipline: _____

OPTION 4: SPORTS COMMITTEE

Join and help in organizing and carrying out sport and physical activity events, in collaboration with our department



Fill in your details section above and choose one or more of options which interest you, by ticking the box next to the

OPTION



<https://www.facebook.com/JuniorCollegeSports>

Participate In a Sport You Like Or Just Enjoy Being Physically Active!!!

OPTION 1: WEEKLY ACTIVITIES

OPTION 2: INTERNATIONAL EXCHANGE

Fill in the below information:

Name: _____

Surname: _____

I.D. Nr.: _____

E-Mail Address:

Mobile Nr.: _____

Home Nr. _____

Choose an activity you would like to participate in. Rank your choices from 1 (favourite) to 10 (least favourite), or tell us what other sport you would like to participate in, and whether you would like a qualified coach to do the sessions (registration fee might apply)

Rank Activities	
	Badminton
	Tennis
	Yoga (Beginners)
	Kick-Boxing
	Martial Arts: Aikido
	*Dance
	Leg toning (females only)
	Abdominal fitness sessions
	Jogging
	Walking
	Flexibility
	Rope challenge sessions
Other sport:	
*Specify dancing style:	

The Sports and Leisure Department is applying to take part in a youth exchange project. Visiting foreign students will spend the week with Junior College students who apply to take part in this exciting project, and take part in lots of fun physical activities and other educational activities targeting healthy lifestyles, intercultural and gender education. Participating students will have the opportunity to travel abroad and take part in a similar project in one of the participating countries.

Do not miss out on this opportunity. Ask Roseann Dimech for more information during the Fresher's Week, or send an e-mail on this e-mail address roseann.dimech@um.edu.mt

Tick the free time slots in your time table so we try to schedule the activity when you are free:

	Mon	Tue	Wed	Thur	Fri
10:00 - 11:00					
11:00 - 12:00					
12:00 - 13:00					
13:00 - 14:00					
14:00 - 15:00					
15:00 - 16:00					

Tick if you would like a professional coach to do the sessions for the sports you ranked number one

Fill in your details section above and choose one of more options which interest you, by ticking the box next to the OPTION



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