

# CALENDARIO

## ACTIVIDADES DEPORTIVAS CLUB DEPORTIVO NACO

DISCIPLINA	ENCARGADO/INSTRUCTOR	CATEGORIA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
AJEDREZ	Angel Rosado 829-993-5059	niños de 5 años hasta adultos	4:00 a 6:00 3:00 a 5:00				4:00 a 6:00 3:00 a 5:00	insc. gratis 300 mens
	Joel Estévez Cel. 809-903-4826	13 años y más	4:00 a 6:00pm		4:00 a 6:00pm		4:00 a 6:00pm	700 insc 500 mens
BALONCESTO	Benjamin / Mini Basket Santiago	6 a 12años	4:00pm 5:00pm		4:00pm 5:00pm			
GIMNASIA OLIMPICA	Ingrid secretaria 829-669-5339	5 años a 8 años 9 años y más	4:00pm 5:00pm	4:00pm 5:00pm	4:00p.m 5:00pm	4:00pm 5:00pm	4:00pm 5:00pm	1000 insc 700 mens
EQUIPO DE BEISBOL Eduardo Jhonson 849-847-7151 Hairo Soriano 809-860-4072		periquitos 5/8 Infantil 10/12años pequeñas ligas 13/15años		3:00 PM 6:00 pm		3:00 a 6:00 pm	insc mens	08:00 a. m. a 12:30 m. gratis 600
JUDO	Ing. Juan Chalas JUAN CARLOS JACINTO Jacinto Jiménez Cel:829-864-0837	5 a 8 años	4:00pm 5:00pm	7:00 A 8:30 PM	4:00 a 5:00pm		4:00pm5:00pm	500 insc. 500 mens
		9 a 12 años	5:00pm6:00pm		5:00pm6:00pm			
		13 a 17 años	6:00pm8:00pm		6:00pm8:00pm			
		ADULTOS						
KARATE	Natalie Vidal 809-481-9249 Ana Montilla 809-914-7466 Natalie Vidal 809-481-9249	principiantes	4:00 a 5:00 pm	4:00 a 5:00 pm	4:00 a 5:00 pm	4:00 a 5:00 pm	4:00 a 5:00 pm	1000 insc.
		Avanzados	5:00 a 6:00 pm	5:00 a 6:00 pm	5:00 a 6:00 pm	5:00 a 6:00 pm	5:00 a 6:00 pm	700 mens
		EQUIPO	6:00 a 7:00 pm	6:00 a 7:00 pm	6:00 a 7:00 pm			
		ADULTOS		7:00 A 8:00 PM		7:00 A 8:00 PM	600 in/500 mes	
EQUIPO DE NATACION INFANTIL	Radhames	EQUIPO	3:00pm4:00pm	3:00pm4:00pm	3:00pm4:00pm	3:00pm4:00pm	3:00pm4:00pm	1,000 insc.
			4:00pm5:00pm	4:00pm5:00pm	4:00pm5:00pm	4:00pm5:00pm	4:00pm5:00pm	1,000 mens
ESCUELA	Tania Sanchez-ASISTENTE	Niños (as)	3:00pm4:00pm	3:00pm4:00pm	3:00pm4:00pm	3:00pm4:00pm	3:00pm4:00pm	1500 Insc.
DE NATACION	Cel.809-565-6602 Ext. 1254	de 4 en adelante	4:00pm5:00pm 5:00pm6:00pm	4:00pm5:00pm 5:00pm6:00pm	4:00pm5:00pm 5:00pm6:00pm	4:00pm5:00pm 5:00pm6:00pm	4:00pm5:00pm 5:00pm6:00pm	1500 Mens.
NATACION ADULTOS	Equipo Master Carlos Varga 809-869-6643	ADULTOS	7:30pm a 10:00 p.m.	7:30pm a 10:00 p.m.	7:30pm a 10:00 p.m.	7:30pm	7:30pm a 10:00 p.m.	1300 mens
TENIS DE MESA	Jorge Figueroa	ACADEMIA	3:00pm a 5:30PM	3:00pm a 5:30PM	3:00pm a 5:30PM	3:00pm a 5:30PM	3:00pm a 5:30PM	500 insc.
	(829) 984-8221	AVANZADO	5:30PM a7:30PM	5:30PM a7:30PM	5:30PM a7:30PM	5:30PM a7:30 P.M.	5:30PM a7:30PM	500 mens
GIMNASIO DE PESAS	Edgar Martinez Abel Meléndez Daniel González	Entrenador	6:00 a.m a 10:00 p.m.	6:00 a.m a 10:00 p.m.	6:00 a.m a 10:00 p.m.	6:00 a.m a 10:00 p.m.	6:00 a.m a 10:00 p.m.	08:00 a. m. 5:00 p.m.
<b>DOMINGOS Y DIAS FESTIVOS DE 8:00 A.M. A 2:00 P.M.</b>								
FUTBOL SALA	Renato peralfaro	5 a 8 años		4:00 a 5:00 P.M.		4:00 a 5:00 P.M.	4:00 a 5:00 P.M.	1000 insc
	809-632-9037	9 años en adelante		5:00 a 6:00 p.m.		5:00 a 6:00 p.m.	5:00 a 6:00 P.M.	500 mens
	<b>FUTBOL ADULTOS</b>			9:00 a 10:00 P.M.		9:00 a 10:00 P.M.		2 a 5:00 P.M.

DISCIPLINA	ENCARGADO/INSTRUCTOR	CATEGORÍA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
TENIS DE CAMPO	Rafael Moreno 829-307-5350	4 a 10 años	3:30 a 4:30	3:30 a 4:30	3:30 a 4:30	3:30 a 4:30	3:30 a 4:30	1,000 insc.
		11 A 14 AÑOS	4:30 a 5:30	4:30 a 5:30	4:30 a 5:30	4:30 a 5:30	4:30 a 5:30	800 mens
		14 A 15 AÑOS	5:30 A 6:30 P.M.	5:30 A 6:30 P.M.	5:30 A 6:30 P.M.	5:30 A 6:30 P.M.	5:30 A 6:30 P.M.	
VOLEIBOL JUVENIL	Cecilia Peña 809-958-2717 Yonastan Fabian 849-207-1297	Mini-voli 6 a 12	5:30 pm a		4:00 pm a		4:00P.M. a	500 insc.
		Intermedi 13 a 14	7.30pm		7:00pm		7:00PM	500 mens
		Infantil de 15 a 16						
<b>LUGAR</b>								
VOL. ARMONIA	Sandra Hache	Cancha No. 3		7:00 p.m		7:00 p.m.		500 insc.
VOLEIBOL AÑEJO	Armando Romero	Cancha No. 3	7:00 p.m.		7:00 p.m.			200 mens
VOLEIBOL AMATEUR	Audrey Lehoux	Cancha No. 2	6:00 P.M.		6:00 P.M.		6:00 P.M.	500 insc.
<b>LUGAR</b>								
NACO XTREME	Edgar Martínez	Cancha No. 1	08:00 a. m.		08:00 a. m.		08:00 a. m.	250 semanal
	82-808-0814							

HORARIO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO Y DIAS FERIADOS
<b>GIMANSIO NACO</b>	6:00 a.m. /10:00 p.m.	6:00 a.m. /10:00 p.m.	6:00 a.m. /10:00 p.m.	6:00 a.m. /10:00 p.m.	6:00 a.m. /10:00 p.m.	7:00 a.m. / 5:00 p.m.	7:00 a.m. / 2:00 p.m.

			LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	
<b>ZUMBA</b>	Belkis Sosa	GIMNASIO	4:00 p.m.	8:30 am y 6:30 pm		6:30 p.m.	8:30 a.m.	Gratis
<b>PILATES</b>	Belkis Sosa	GIMNASIO	5:00 p.m.	9:30 am y 5:15 pm	9:30 a.m.	5:15 p.m.	9:30 a.m.	Gratis
<b>CIRCUITO</b>	Belkis Sosa	GIMNASIO		4:30 P.M.	8:30 A.M.	4:30 P.M.		Gratis
<b>YOGA</b>	Angela Serra	Salón AEROBICOS			4:00 p.m.		4:00 p.m.	Gratis
<b>BELLY DANCE</b>	Cristina Rodriguez	GIMNASIO	07:30 p. m.			08:00 a. m.		Gratis
<b>AEROBICOS</b>	Jesus Cortorreal	GIMANSIO	8:00 a 9:00 a.m.				7:00 a 8:00 a.m.	
<b>SEVILLANA</b>	Patricia García	GIMANASIO				9:00 a 10:00 a.m		
<b>KARATE FIT</b>	Natalie Vidal	GIMNASIO	8:30 P.M.		8:00 p.m.			

**TERAPIA ACUATICA Y NATACION MASTER MATUTINA**

Roberto Gomez Cel.:809-330-8806

Martes , Jueves y Viernes de 7:00 A.M. A 9:00 A.M.

**MANTENIMIENTO PISCINA SEMIOLIMPICA**

MARTES Y JUEVES DE 10:00 A.M. A 12 M.