



## ESCUELAS DE FORMACION DEPORTIVA - IMDERA 2014

EFD	Escenario Deportivo	DIA	HORA	BENEFICIARIOS	ENTRENADOR		
Atletismo	Estadio de Atletismo	Lunes	7:30am - 9:30am 4:00pm - 6:00pm	Teresita Montes, Ciudadela del Sur, Los Quindos, Rufino sur, Zuldemayda, Bosques de Pinares, ITI	Luis Fernando Perea		
		Miercoles	7:30am - 9:30am 4:00pm - 6:00pm				
		Viernes	7:30am - 9:30am 4:00pm - 6:00pm				
		Sabado	8:00am - 12:00pm				
	I.E. Rufino Centro	Lunes	9:30am a 11:30am	Rufino centro, Normal Superior, Camara Junior, Casd, Cristobal Colon.			
		Miercoles	9:30am a 11:30am				
		Jueves	9:30am a 11:30am				
		Martes	2:00pm a 3:30pm				
		Miercoles	2:00pm a 3:30pm				
	Colegio INEM		INEM				
I.E. El Caimo	Lunes, miercoles	2:00pm - 3:30pm	El caimo sede Esperanza				
Baloncesto	Estadio San Jose	Lunes Y Jueves	8:00am - 10:00am	Rufino centro, Normal Superior, Camara Junior, Casd, Cristobal Colon.	Luis Fernando Castaño		
		Martes y Jueves	2:00pm - 4:00pm				
		I.E. Bosques de Pinares	Martes			10:00am - 12:00pm	Bosques de Pinares
	I.E. Luis Carlos Galan	Lunes	2:00pm - 4:00pm	Teresita Montes, Ciudadela del Sur, Los Quindos, Rufino sur, Zuldemayda, Bosques de Pinares, ITI			
		Miercoles	8:00am - 10:00am				
		Viernes	8:00am - 10:00am 2:00pm - 4:00pm				
Baloncesto	I.E. Rufino Sur	Lunes	10:00am - 11:30am	Rufino sur	Luis Alberto Garcia		
		Martes	2:00pm - 3:30pm				
	Colegio CASD	Miercoles	8:30am - 10:00am	Casd			
		Jueves	6:00am - 7:30am				
Futbol	Estadio san jose	Lunes	8:00 a.m.- 11:00 a.m. 3:00 p.m.- 6:30 p.m.	Rufino centro, Normal Superior, Camara Junior, Casd, Cristobal Colon.	Antonio Toro		
		Jueves	8:00 a.m.- 11:00 a.m. 3:00 p.m.- 6:30 p.m.				
		Sabado	8:00am - 12:30pm				
	B/ Las margaritas	Martes	6:30pm - 10:00pm	G. Matamoros			
	Colegio INEM	Miercoles	8:00am - 11:00am 3:00pm - 6:00pm	Inem			
Futbol	Cancha Santa Rita	Lunes	8am a 9am cat infantil 9am a 10am cat prejuvenil	Ciudadela del Sur Santa Rita	Ruben Dario H.		
		Miercoles	2pm a 3pm cat infantil 3pm a 4pm cat prejuvenil				
	I.T.I	Lunes	10am a 11am cat. Infantil 11am a 12pm cat prejuvenil	ITI			
		Miercoles	4pm a 5pm cat infantil 5pm a 6pm cat prejuvenil				
	Cancha Ciudad Dorada	Martes	2pm a 3pm cat infantil 3pm a 4pm cat prejuvenil	Ciudad dorada, la Adiela, Grecia y las Colinas			
		Jueves	2pm a 3pm cat infantil 3pm a 4pm cat prejuvenil				
	I.E. Rufino Sur	Martes	12pm a 1pm cat infantil 1pm a 2pm cat prejuvenil	Rufino Sur			
		Miercoles	12pm a 1pm cat infantil 1pm a 2pm cat prejuvenil				
		Jueves	12pm a 1pm cat infantil 1pm a 2pm cat prejuvenil				
	Levan. de pesas	Polideportivo el cafetero	Lunes, Miercoles, Jueves, Viernes	7:30am a 8: 30am princ		Olaya Herrera, Santa Teresa de Jesus, Camilo Torres	Jhoana cortes
				8: 30am a 9: 20am avanz			
				2:00pm a 3:00pm princ			
3:00pm a 4:00pm avanz							
Jueves			5:00pm a 6:00pm avanz				
Sábado			9:00am a 10:00am princ y avar 10:00am a 11:00am recreativo				



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EFD	Escenario Deportivo	DIA	HORA	BENEFICIARIOS	ENTRENADOR
Patinaje	Estadio Centenario	Lunes	8:30am - 10:00am	Teresita Montes, Ciudadela del Sur, Los Quindos, Rufino sur, Zuldemayda, Bosques de Pinares, ITI	Jhoana ciceri
		Miercoles	3:00pm - 5:00pm		
		Jueves	8:30am - 10:00am		
		Viernes	3:00pm - 5:00pm		
		Sabado	8:30am - 10:00am		
	Estadio san jose	Lunes	6:00pm a 8:00pm	Rufino centro, Normal Superior, Camara Junior, Casd, Cristobal Colon.	
		Miercoles	6:00pm a 8:00pm		
	Coliseo del Café	Martes	3:00pm - 5:00pm	Inem, Eudoro Granada, Casd	
		Jueves	3:00pm - 5:00pm		
Porrismo	I.E. Ciudadela del sur	Miercoles	7:00pm a 9:00pm	Ciudadela del Sur	Julio Bonilla
		Sabado	8:30am a 10:15am		
	I.E. Colinas	Lunes	6:45pm a 8:45pm	Las Colinas	
		Miercoles	6:45pm a 8:45pm		
	I.E. Camilo Torres (Republica de	Viernes	6:45pm a 8:45pm	Camilo Torres	
		Sabado	3:00pm a 6:00pm		
	I.E. G. Matamoros	Lunes	7:00pm a 9:00pm	Gustavo Matamoros	
		Miercoles	7:00pm a 9:00pm		
	Estadio san jose	Martes	6:30pm - 8:30pm	Rufino centro, Normal Superior, Camara Junior, Casd, Cristobal Colon.	
		Jueves	6:30pm a 8:30pm		
Porrismo	CASD	Lunes	4:00pm a 6:00pm 6:00pm a 8:00pm	Casd	Nelson Torres
		Martes	10:00am a 12:00pm		
	Santa teresita de jesus central	Martes	2:00pm a 4:00pm	Santa Teresita de Jesus	
	Coliseo del Café	Martes	4:30pm a 6:30pm	Inem, Eudoro Granada, Casd	
	I.E. Republica de Francia	Miercoles	10:00am a 12:00pm	Republica de Francia	
	Colegio INEM	Jueves	2:00pm a 4:00pm	Inem	
Voleibol	Coliseo del Sur	Lunes	7:30am - 9:00am	Teresita Montes, Ciudadela del Sur, Los Quindos, Rufino sur, Zuldemayda, Bosques de Pinares, ITI	Jhon Jeiner Rojas
		Miercoles	7:30am - 9:00am		
		Jueves	8:00am - 10:00am		
		Martes	2:30pm - 5:30pm		
		Jueves	2:30pm - 5:30pm		
	Rufino Sur	Lunes	9:30am a 11:00am	Rufino Sur	
		Miercoles	9:30am a 11:00am		
	Canchas aux. Voleiplaya (Estadio Centenario)	Jueves	6:00pm - 8:00 p.m.	Teresita Montes, Ciudadela del Sur, Los Quindos, Rufino sur, Zuldemayda, Bosques de Pinares, ITI	
		Domingo	9:00am - 12:00pm		