

**News Item –
Sports activities at FOT**

University of Sri Jayewardenepura – Physical Education Unit have updated the website with sports practice dates, time and team captains contact numbers - <http://sports.sjp.ac.lk/category/sports/>

The FOT premises has table tennis board and few other sports items, which are issued to students.

Also as per several requests, the Physical Education Unit and the Faculty of Technology will be arranging transport facilities to University on three week days. If you are interested to get join to a team or participate in Recreation Sports (General Fitness, Zumba, Yoga) please contact below.

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SPORTS TIME TABLE

Sports	Location	Practice Date	Practice Time
Badminton	Excel Badminton Court – Delkanda	Saturday, Sunday	06.00pm-09.00pm
Baseball	Upper Ground	Sunday	08.00am-06.00pm
Basketball	Basketball Court	Monday, Wednesday, Friday	05.30pm-08.30pm
Boxing	Gymnasium	Monday, Tuesday ,Thursday	05.00pm-07.00pm

Carrom	Carom Room	Tuesday, Saturday	05.00pm-09.00pm
Chess	Chess Room	Tuesday, Thursday	05.00pm-08.00pm
Cricket	Upper Ground	Tuesday, Thursday	02.00pm-05.00pm
Elle	Lower Ground	Tuesday, Thursday	04.00pm-06.30pm
Football	Upper Ground	Monday, Wednesday	05.00pm-08.00pm
Hockey	Upper Ground	Monday, Thursday	05.00pm-08.00pm
Kabaddi	Gymnasium	Tuesday, Thursday	05.00pm-08.00pm

Karate	Gymnasium	Monday, Wednesday & Friday	05.30pm-08.30pm
Netball	Upper Ground	Monday, Wednesday	05.00pm-08.30pm
Road Race	Upper Ground	Weekdays	05.00pm- 07.00pm
Rugby	Upper Ground	Weekdays	04.30pm-08.00pm
Swimming	Swimming Complex	Tuesday, Thursday	06.00pm-08.00pm
Table Tennis	Gymnasium	Monday, Wednesday	05.00pm-08.00pm
Taekwondo	Gymnasium	Tuesday, Thursday	05.30pm-08.30pm
Tennis	Tennis Court	Monday, Thursday	04.30pm-06.30pm

Track & Field	Upper Ground	Weekdays	05.00pm- 07.00pm
Volleyball	Volleyball Court	Monday, Wednesday, Friday	05.00pm-07.30pm
Weightlifting	Weightlifting Room	Monday, Tuesday, Thursday	05.00pm-08.00pm
Wrestling	Wrestling Room	Monday, Wednesday, Friday	05.30pm-08.30pm

Recreation Sports

Sports	Location	Practice Date	Practice Time
General Fitness	Upper Ground	Tuesday, Thursday	6.30am-7.30am
Zumba	Gymnasium	Monday, Wednesday, Thursday	3.30pm-5.30pm
Yoga	Gymnasium	Tuesday, Friday	3.00pm-5.00pm

