



## HORARIO TIPO BASE CICLO ESCOLAR \_\_\_\_\_

### CATEGORIA/PERFIL: TIEMPO COMPLETO, ART. FUERZAS BÁSICAS PREPARATORIA

Lugar: Universidad del Fútbol y Ciencias del Deporte

PERFEL: \_\_\_\_\_

Rol de Uniformes: Lunes a Viernes: \_\_\_\_\_

#### PERFIL: TIEMPO COMPLETO

| LUNES   |             |                   |
|---------|-------------|-------------------|
| Horario | Tiempo      | Actividad         |
| 07:50   | 07:55 00:05 | ENTRADA           |
| 07:55   | 08:00 00:05 | TRASLADO/DEPORTE  |
| 08:00   | 10:00 02:00 | TALLER DEPORTIVO  |
| 10:00   | 10:10 00:10 | ASEO PERSONAL     |
| 10:10   | 10:20 00:10 | TRASLADO/COMEDOR  |
| 10:20   | 10:50 00:30 | COLACIÓN MATUTINA |
| 10:50   | 11:00 00:10 | TRASLADO/ACADEMIA |
| 11:00   | 11:50 00:50 | ACADEMIA          |
| 11:50   | 12:40 00:50 | ACADEMIA          |
| 12:40   | 13:30 00:50 | ACADEMIA          |
| 13:30   | 13:40 00:10 | TRASLADO/COMEDOR  |
| 13:40   | 14:20 00:40 | COMIDA            |
| 14:20   | 14:30 00:10 | TRASLADO/ACADEMIA |
| 14:30   | 15:20 00:50 | ACADEMIA          |
| 15:20   | 16:10 00:50 | ACADEMIA          |
| 16:10   | 17:00 00:50 | ACADEMIA          |
| 17:00   | 17:50 00:50 | Traslado          |
| 17:50   | 18:00 00:10 | SALIDA            |

#### PERFIL: TIEMPO COMPLETO

| MARTES  |             |                                                   |
|---------|-------------|---------------------------------------------------|
| Horario | Tiempo      | Actividad                                         |
| 07:50   | 08:00 00:10 | ENTRADA                                           |
| 08:00   | 08:50 00:50 | ACADEMIA                                          |
| 08:50   | 09:40 00:50 | ACADEMIA                                          |
| 09:40   | 09:45 00:05 | TRASLADO/COMEDOR                                  |
| 09:45   | 10:05 00:20 | COLACIÓN MATUTINA                                 |
| 10:05   | 10:10 00:05 | TRASLADO/ACADEMIA                                 |
| 10:10   | 11:00 00:50 | ACADEMIA                                          |
| 11:00   | 11:50 00:50 | ACADEMIA                                          |
| 11:50   | 12:40 00:50 | ACADEMIA                                          |
| 12:40   | 13:30 00:50 | ACADEMIA                                          |
| 13:30   | 13:40 00:10 | TRASLADO/COMEDOR                                  |
| 13:40   | 14:20 00:40 | COMIDA                                            |
| 14:20   | 14:30 00:10 | TRASLADO/ACADEMIA                                 |
| 14:30   | 15:40 01:10 | ACADEMIA                                          |
| 15:40   | 15:50 00:10 | PREPARACIÓN DE ARTÍCULOS PARA ACTIVIDAD DEPORTIVA |
| 15:50   | 16:00 00:10 | TRASLADO A CANCHAS                                |
| 16:00   | 17:50 01:50 | TALLER DEPORTIVO                                  |
| 17:50   | 18:00 00:10 | Traslado                                          |
| 18:00   | 18:15 00:15 | SALIDA                                            |

#### PERFIL: TIEMPO COMPLETO

| MIÉRCOLES |             |                   |
|-----------|-------------|-------------------|
| Horario   | Tiempo      | Actividad         |
| 07:50     | 07:55 00:05 | ENTRADA           |
| 07:55     | 08:00 00:05 | TRASLADO/DEPORTE  |
| 08:00     | 10:00 02:00 | TALLER DEPORTIVO  |
| 10:00     | 10:10 00:10 | ASEO PERSONAL     |
| 10:10     | 10:20 00:10 | TRASLADO/COMEDOR  |
| 10:20     | 10:50 00:30 | COLACIÓN MATUTINA |
| 10:50     | 11:00 00:10 | TRASLADO/ACADEMIA |
| 11:00     | 11:50 00:50 | ACADEMIA          |
| 11:50     | 12:40 00:50 | ACADEMIA          |
| 12:40     | 13:30 00:50 | ACADEMIA          |
| 13:30     | 13:40 00:10 | TRASLADO/COMEDOR  |
| 13:40     | 14:20 00:40 | COMIDA            |
| 14:20     | 14:30 00:10 | TRASLADO/ACADEMIA |
| 14:30     | 15:20 00:50 | ACADEMIA          |
| 15:20     | 16:10 00:50 | ACADEMIA          |
| 16:10     | 17:00 00:50 | ACADEMIA          |
| 17:00     | 17:50 00:50 | Traslado          |
| 17:50     | 18:00 00:10 | SALIDA            |

#### PERFIL: TIEMPO COMPLETO

| JUEVES  |             |                                                   |
|---------|-------------|---------------------------------------------------|
| Horario | Tiempo      | Actividad                                         |
| 07:50   | 08:00 00:10 | ENTRADA                                           |
| 08:00   | 08:50 00:50 | ACADEMIA                                          |
| 08:50   | 09:40 00:50 | ACADEMIA                                          |
| 09:40   | 09:45 00:05 | TRASLADO/COMEDOR                                  |
| 09:45   | 10:05 00:20 | COLACIÓN MATUTINA                                 |
| 10:05   | 10:10 00:05 | TRASLADO/ACADEMIA                                 |
| 10:10   | 11:00 00:50 | ACADEMIA                                          |
| 11:00   | 11:50 00:50 | ACADEMIA                                          |
| 11:50   | 12:40 00:50 | ACADEMIA                                          |
| 12:40   | 13:30 00:50 | ACADEMIA                                          |
| 13:30   | 13:40 00:10 | TRASLADO/COMEDOR                                  |
| 13:40   | 14:20 00:40 | COMIDA                                            |
| 14:20   | 14:30 00:10 | TRASLADO/ACADEMIA                                 |
| 14:30   | 15:40 01:10 | ACADEMIA                                          |
| 15:40   | 15:50 00:10 | PREPARACIÓN DE ARTÍCULOS PARA ACTIVIDAD DEPORTIVA |
| 15:50   | 16:00 00:10 | TRASLADO A CANCHAS                                |
| 16:00   | 17:50 01:50 | TALLER DEPORTIVO                                  |
| 17:50   | 18:00 00:10 | Traslado                                          |
| 18:00   | 18:15 00:15 | SALIDA                                            |

#### PERFIL: TIEMPO COMPLETO

| VIERNES |             |                                                   |
|---------|-------------|---------------------------------------------------|
| Horario | Tiempo      | Actividad                                         |
| 07:50   | 08:00 00:10 | ENTRADA                                           |
| 08:00   | 08:50 00:50 | ACADEMIA                                          |
| 08:50   | 09:40 00:50 | ACADEMIA                                          |
| 09:40   | 09:45 00:05 | TRASLADO/COMEDOR                                  |
| 09:45   | 10:05 00:20 | COLACIÓN MATUTINA                                 |
| 10:05   | 10:10 00:05 | TRASLADO/ACADEMIA                                 |
| 10:10   | 11:00 00:50 | ACADEMIA                                          |
| 11:00   | 11:50 00:50 | ACADEMIA                                          |
| 11:50   | 12:40 00:50 | ACADEMIA                                          |
| 12:40   | 13:30 00:50 | ACADEMIA                                          |
| 13:30   | 13:40 00:10 | TRASLADO/COMEDOR                                  |
| 13:40   | 14:20 00:40 | COMIDA                                            |
| 14:20   | 14:30 00:10 | TRASLADO/ACADEMIA                                 |
| 14:30   | 15:40 01:10 | ACADEMIA                                          |
| 15:40   | 15:50 00:10 | PREPARACIÓN DE ARTÍCULOS PARA ACTIVIDAD DEPORTIVA |
| 15:50   | 16:00 00:10 | TRASLADO A CANCHAS                                |
| 16:00   | 17:50 01:50 | TALLER DEPORTIVO                                  |
| 17:50   | 18:00 00:10 | Traslado                                          |
| 18:00   | 18:15 00:15 | SALIDA                                            |