附件2： **2022年度苏州市全民健身“五进”活动健身指导需求表**

单位名称：

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **序号** | **类别** | | **人数** | **计划学**  **习时间**  **（月份）** | **时段** | **初学或提高** | **联系人** | **单位**  **电话** | **手机** | **备注** |
| 1 | 健身技能 | 健身瑜伽 |  |  |  |  |  |  |  | 每单位限报3项 |
| 2 | 健身气功 |  |  |  |  |
| 3 | 太极拳（剑） |  |  |  |  |
| 4 | 广场健身舞 |  |  |  |  |
| 5 | 健身操 |  |  |  |  |
| 6 | 柔力球 |  |  |  |  |
| 7 | 篮球 |  |  |  |  |
| 8 | 广播体操 |  |  |  |  |
| 9 | 乒乓球 |  |  |  |  |
| 10 | 健身健美指导 |  |  |  |  |
| 11 | 橄榄球 |  |  |  |  |
| 12 | 气排球 |  |  |  |  |
| 13 | 网球 |  |  |  |  |
| 14 | 健身讲座 | （希望学习内容） |  |  |  |  |  |  |  |  |

**菜单式选学课程需求表**

单位名称：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **课程名称** | **单位** | **人数** | **学习时间段** | **联系人** | **联系方式** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |