Ready, Set, Sports!

www.hochschulsport-hamburg.de
We can't wait to meet you!

Enjoy the relaxed atmosphere with friendly people, and have a great deal of fun while keeping active.

Check out our incredible diverse sports.

www.hochschulsport-hamburg.de
We are here for you!

Pursue your favorite sports in the world's most beautiful city!

Discover the world of sports—there’s so much to choose from! University Sports offers an amazing course range, three campus gyms, as well as the Rotherbaum sports park and boathouses on the Alster—all in the heart of this beautiful city. There are also two pools for doing your daily laps!

University Sports online—always up to date!

Would you like to know how to book your cards? On what terms you can access the gyms? Whether you can acquire kitesurfing skills? Or simply when you can join a class?

You’re just a mouse-click away!

Find everything you need to know online: news, schedules, prices, venues, course changes, and more information. You can register online—day or night:

www.hochschulsport-hamburg.de

Welcome! We are looking forward to meeting you!
Great fun with your flexible flat-rate card

Choose from over 80 different activities—
including ball sports, martial arts, endurance training, health related sports, group fitness, and dance.
Find the perfect balance between your studies and active fun!

<table>
<thead>
<tr>
<th>SportsCard</th>
<th>Validity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>Oct–Mar / Apr–Sept</td>
<td>52 €</td>
</tr>
<tr>
<td>Staff</td>
<td>Oct–Mar / Apr–Sept</td>
<td>80 €</td>
</tr>
<tr>
<td>Guests</td>
<td>Oct–Mar / Apr–Sept</td>
<td>110 €</td>
</tr>
</tbody>
</table>

for 6 months
Work out whenever you feel like it

The FitnessCard allows you to work out in all of our three gyms offering individual support and a relaxed atmosphere. Workout equipment, weightlifting area, cardio machines, suspension trainer, group workouts, or one-on-one sessions.

No initiation fee, and flexible membership conditions.

From €21 per month

<table>
<thead>
<tr>
<th>Validity / monthly fees</th>
<th>12 months</th>
<th>6 months</th>
<th>3 months</th>
<th>1 month</th>
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</thead>
<tbody>
<tr>
<td>Students</td>
<td>€21</td>
<td>€26</td>
<td>€31</td>
<td>€42</td>
</tr>
<tr>
<td>Staff</td>
<td>€27</td>
<td>€32</td>
<td>€37</td>
<td>€48</td>
</tr>
<tr>
<td>Guests</td>
<td>€39</td>
<td>€44</td>
<td>€50</td>
<td>€60</td>
</tr>
</tbody>
</table>

www.hochschulsport-hamburg.de
Be as sound as a bell in the water

The SchwimmCard grants admission to both the Bartholomäusbad and the swimming pool in Wilhelmsburg. Take a swim class, swimming technique or swim training courses, try out waterball or water aerobics, train for a triathlon, or simply enjoy a refreshing dip.

<table>
<thead>
<tr>
<th>SwimmingCard</th>
<th>Validity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>Oct–Mar / Apr–Sept</td>
<td>€105</td>
</tr>
<tr>
<td>Staff</td>
<td>Oct–Mar / Apr–Sept</td>
<td>€130</td>
</tr>
<tr>
<td>Guests</td>
<td>Oct–Mar / Apr–Sept</td>
<td>€165</td>
</tr>
</tbody>
</table>
All SportsCard courses 1 week for €5*  
* The price of the trial pass will be subtracted from the price of the Cards!

Register for your free trial training at one of our gyms!

Try our swimming offers 1 week for €10*

www.hochschulsport-hamburg.de

Gesundheitspartner des Hochschulsport Hamburg

Fitness-Studio TRYOUT

SportsCard TRIAL WEEK

SchwimmCard TRIAL WEEK
Dive into our sports world without a Card

Book and pay for individual classes under the "NoCard" tab. You can sign up for workshops, health and fitness or family sports offers, as well as for the university leagues.

Come with your friends to AcroYoga, Golfing, Pole Gym, or Jumping Fitness.
The fascination of water sports

Train your balance and the core with stand up paddling, learn to sail or row, lend a canoe or our boats with friends, or experience sightseeing from the Alster in the Dragon Boat.

Enjoy our variety of outdoor water sports.
Competition and Events

Make it to the podium for your university

- German University Championships
- University Leagues
- Delegation to International Students Championships
- Conventions
- University Presidents Sailing Regatta
- University Sailing Cup
- Student Council Tournaments

Great events and Championships at University Sports

www.hochschulsport-hamburg.de
Become a part of our Sports Team

Instructors:
Are you motivated and do you feel like moving sports enthusiasts? You either have a trainer license or other qualifications, or you study sports and have knowledge in training principles? Work as a freelancer for us!

Student employees:
You are a student, a sports enthusiast and looking for an interesting job in a dynamic, sporty team with flexible working hours? We are always looking for student employees for our office, the gyms, and the two boathouses.

We are looking forward to your application at:
Bewerbung@sport.uni-hamburg.de

www.hochschulsport-hamburg.de
Pick your sporty journey that your heart desires!

Sun, beach, carving, or the ultimate wave

Travel with us to the most beautiful ski resorts. Improve your skills on the snowboard slope. And if you are not much of a winter person, we offer hang gliding and surfing in warmer places as well!

www.hochschulsport-hamburg.de
Study and work in motion and healthy

Our aim is to create an integrated health-promoting living environment supporting members of the Universities in Hamburg to live a sustainably healthy and happy life.

Start your active life with us now
Our sports offer at a glance

**SportsCard**

**Group Fitness**
- Abdominal Workout
- Abs and Back Training
- Abs, Legs, Back, Glutes
- Back Fitness
- Balancing Bodywork
- Barbell workout
- Body Warfare ®
- Body Workout
- Cross-training
- Dance Fitness
- deepWORK ®
- Dynamic Yoga
- Fascia Workout
- Fatburner
- Fatburner Step
- Functional Strength Training
- Hatha Yoga
- HIIT – High-intensity Interval Training
- Hot Iron
- Indoor Cycling
- Kundalini Yoga
- Pilates
- Power Workout
- Sivananda Yoga
- Step-workout
- Stretch & Relax Training
- Strong by Zumba ®
- Tabata
- TōsōX
- Urbanathletics
- Yin Yoga
- Yoga for the Back
- Yoga Relax
- Zumba ®

**Individual sports**
- Acrobatics
- Athletics
- Gymnastics
- Marathon Training
- Parkour
- Running
- Skateboard, Snakeboard,

**Ball sports and games**
- Badminton
- Basketball
- Beach Volleyball (summer)
- Crossminton
- Flagfootball
- Floorball
- Football
- Futsal
- Handball
- Headis
- Hockey
- Hurling
- Icehockey
- KIN-BALL®
- Soccer – indoor / outdoor
- Soccer for Woman
- Speedminton
- Streetball
- Table Tennis
- Ultimate Frisbee
- Unihockey
- Volleyball

**Dancing**
- Argentinean Tango
- Bachata
- Ballet
- Ballroom dancing
- Belly Dance
- Breakdance
- Contact Improvisation

**Contemporary Dance**
- Dancehall
- Dancing – Condition and Movement Training
- Dancing – Technique course
- Fusion Belly Dance
- Hip Hop
- Irish Dance
- Jazz Dance / Jazz Funk
- Modern Dance
- Modern Jazz
- Salsa Cuban / L.A. Standard and Latin Ballroom Dancing
- Stretching Class

**Martial arts**
- Boxing
- Capoeira
- Fitness Kickboxing
- Judo
- Ju Jutsu
- Kondi-Kickboxing
- Kung Fu
- Taekwon-Do

**NoCard**
- AcroYoga
- Apnea Diving
- Beach Volleyball
- Climbing and Bouldering
- Diving with Equipment
- Fencing
- Freediving
- Golf
- Ice Dancing
- Jumping Fitness
- Learn how to swim
- Team Activities for Employees
- Tennis
- Triathlon course
- Underwater Rugby

**Watersports outdoor**
- Canoeing
- Canoe Polo
- Dragon boat
- Eskimo roll
- Kayak
- Rowing
- Sailing & Theory
- Stand Up Paddling

**University trips**
- Catamaran sailing

**SwimmingCard**
- Apnea Diving
- Aqua-fitness /-jogging
- Crawl techniques
- Free swim training
- Swimming techniques
- Swim training courses
- Total Immersion
- Triathlon swim training
- Underwater rugby
- Water polo

Hang gliding
- Kayak Tour
- Kitesurfing
- Rock climbing
- Trekking / hiking
- Windsurfing
- Yacht sailing
- Ski and Snowboard
- Surfing

**HealthyCampus**
- Active Sports Break
- Campus Athletics
- Corporate & Students Health Management
- Health Training
- Prevention courses

**Workshops**
- ACEM-meditation
- Afro
- Contemporary Dance
- Fascial training with Blackroll
- Forró
- Functional Training meets Yoga
- Swing
- Yoga beginners

**Family sports**
- Children’s Summer Camp
- Optimist sailing
- Sports for kids

List is not intended to be exhaustive, check the latest offers online
Beratung auf dem Campus

Jeden Dienstag, Mittwoch und Donnerstag von 12 - 15 Uhr

Unter der Mensa des Studierendenwerkes, Von-Melle-Park 2, 20146 Hamburg (Eingang B)

Ich berate Sie gern:
Patricia Fuge
Hochschulberaterin
Tel. 040 - 460 65 10 16 11
patricia.fuge@tk.de
Kontakt

Sportangebot für Studierende und Beschäftigte unserer Mitgliedshochschulen und für Angestellte der Stadt Hamburg.

Geschäftsstelle und Fitness-Studio Uni Hamburg
20148 Hamburg | Turmweg 2 (Sportpark)

Fitness-Studio HAW Hamburg
20099 Hamburg | Berliner Tor 13 (Gebäude E)

Fitness-Studio TUHH
21073 Hamburg | Kasernenstraße 12 (Gebäude F)

Telefon: 040 - 42838 7200
hsp@sport.uni-hamburg.de

Alle Detail-Informationen auf unserer Website.

www.hochschulsport-hamburg.de

BERATUNGSZENTRUM DES STUDIERENDENWERKS HAMBURG
Grindelallee 9 · 20146 Hamburg · Tel. +49 (40) 41 902 - 0 · Fax: - 6126

Eat&Meet | Wohnen | BAföG | Studienfinanzierung

Soziales & Internationales | Kinderbetreuung

www.studierendenwerk-hamburg.de