WELCOME TO UNIVERSITY SPORTS HAMBURG
Ready, Set: SPORT!

**Diverse sports offers:**

- Gyms
- Courses
- Online Program
- Competitions
- Trips

[Website Link] www.hochschulsport-hamburg.de
Fun with a versatile flatrate!

**FlexiCard**
- Unlimited choice from a variety of courses
- Duration: 3 or 6 months
- Partly with weekly place reservation

- Ball Sports
- Combat Sports
- Dancing
- Endurance Training
- Group Fitness
- Health Sports
- Raquet Games
- Yoga

Starting at 9,90€ per month

www.hochschulsport-hamburg.de
One Card – Three Gyms

**FitnessCard:**
- Personal and individual care
- Relaxed atmosphere
- Same Equipment Park
- Flexible contract terms (1/3/6/12 months)
- No period of notice
- Sauna (TUHH)

Starting at 25,00€ per month

www.hochschulsport-hamburg.de
Just dive in!

**SchwimCard**

- Duration: 3 or 6 months
- Entrance included
- Bartholomäusbad Barmbek
- Am Inselpark Wilhelmsburg

- Water Polo
- Swimtraining
- Swimming Practice
- Triathlon Preparation

Starting at 19,00€ per month

www.hochschulsport-hamburg.de
Discover Sporting Diversity at Home

**Online Courses via Zoom:**
- Online ticket for 1 month
- Free choice of courses
- Weekly registration

- Belly-legs-Back-Butt Training
- Dance Fitness & Zumba
- Pilates & Yoga
- Relaxation
- Training for your back
- Workshops

By booking one of the cards, the online courses are included

www.hochschulsport-hamburg.de
What else?

Sporty Travelling:
- Ski- & Snowboardtrips
- Hang Gliding
- Surfing
- Sailing
- Kiting

www.hochschulsport-hamburg.de
Fix courses for learning

- Fixed period
- Safe place of a course
- New activity to learn or to improve
- Different levels
- Separate booking

**Water Sport Activities:**
- Kajak
- Sailing
- Rowing
- Stand Up Paddling

**Other Courses:**
- Golfing
- Pole Gym
- Tennis
- Workshops
- Skateboarding

[www.hochschulsport-hamburg.de](http://www.hochschulsport-hamburg.de)
Become a part of our Team!

**We regularly are looking for:**

- Course Instructors
- Student Employees
- Boathouses
- Office
- Gyms

**Application:**

personal.hssport@uni-hamburg.de

www.hochschulsport-hamburg.de
University Sports as practical field for your studies

**We support you with:**

- Topics for Term Papers
- Topics for your Bachelor- or Masterthesis

**Application:**

hsp@sport.uni-hamburg.de

www.hochschulsport-hamburg.de
Off to Sport!

- Visit our website
- Choose:
  - FlexiCard
  - FitnessCard
  - SwimCard
  - OnlineCard
  - Travel
  - Learning courses
- Book your offer from your card anytime

www.hochschulsport-hamburg.de
FlexiCard special offer

Free FitnessCard for 1 month if you book directly the FlexiCard (3 month)
Looking forward to meeting you!

www.hochschulsport-hamburg.de
Tel. 040 428 38-7200
hsp@sport.uni-hamburg.de
personal.hssport@uni-hamburg.de

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