WELCOME TO UNIVERSITY SPORTS HAMBURG
Ready, Set: SPORT!

Diverse sports offers:
- Gyms
- Courses
- Online Program
- Competitions
- Trips

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

[www.hochschulsport-hamburg.de](http://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)

[Image of gym]

[Website link] 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

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

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What else?

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

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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
- Dancing Classes

www.hochschulsport-hamburg.de
Open day at uni gym, Sportpark Rothenbaum

- When? Monday: **17.04.2023**
  - from 12:00 – 19:00 o`clock
- Free Training
- Smoothie-Bike
- Mobility-Check
- Using our Outdoor-Playground
- Individual advice on our offers
- Actions in cooperation with TK
Zumba Party

Dance with us:

- Enjoy the music together with us, feel the rhythm and power yourself out
- Let yourself be carried away by Latin American Musik and movement
- When?
  Sunday, the 30.04.2023 from 17:00-21:00 o`clock
- Where?
  Sportpark Rothenbaum (Indoor)
- Register on our Website from 03.04.2023

www.hochschulsport-hamburg.de
Urban Gardening

- Free participation in the course
- Raised beds will be purchased by us and assembled and filled by teams in May
- Budget for plants
- Maintenance with garden teams throughout the summer
- Accompanying workshops by expert gardeners
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

- Starts on 3rd of April 2023

www.hochschulsport-hamburg.de
Looking forward to meeting you!

www.hochschulsport-hamburg.de
Tel. 040 428 38-7200
(Tue. – Thr. 09:00 bis 12:00 Uhr und 13:00-18:00 Uhr)
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