

# WELCOME TO UNIVERSITY SPORTS HAMBURG



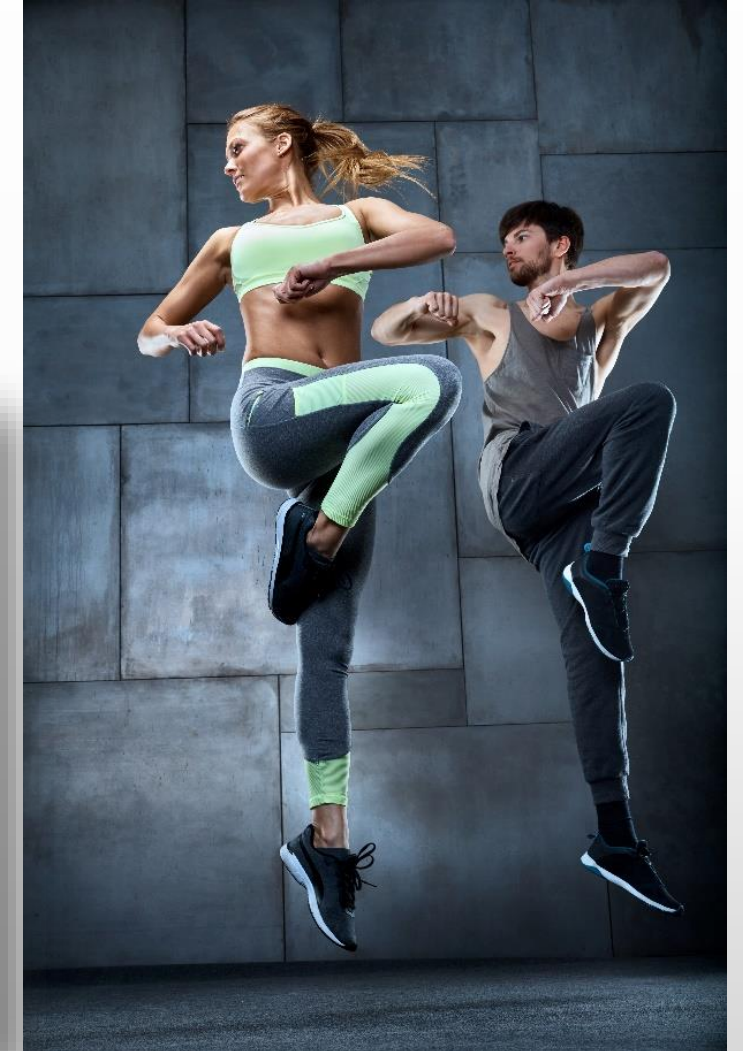
# Ready, Set: SPORT!

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## Diverse sports offers:

- Gyms
- Courses
- Online Program
- Competitions
- Trips



# Fun with a versatile flatrate!

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## 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



# One Card – Three Gyms

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## FitnessCard:

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



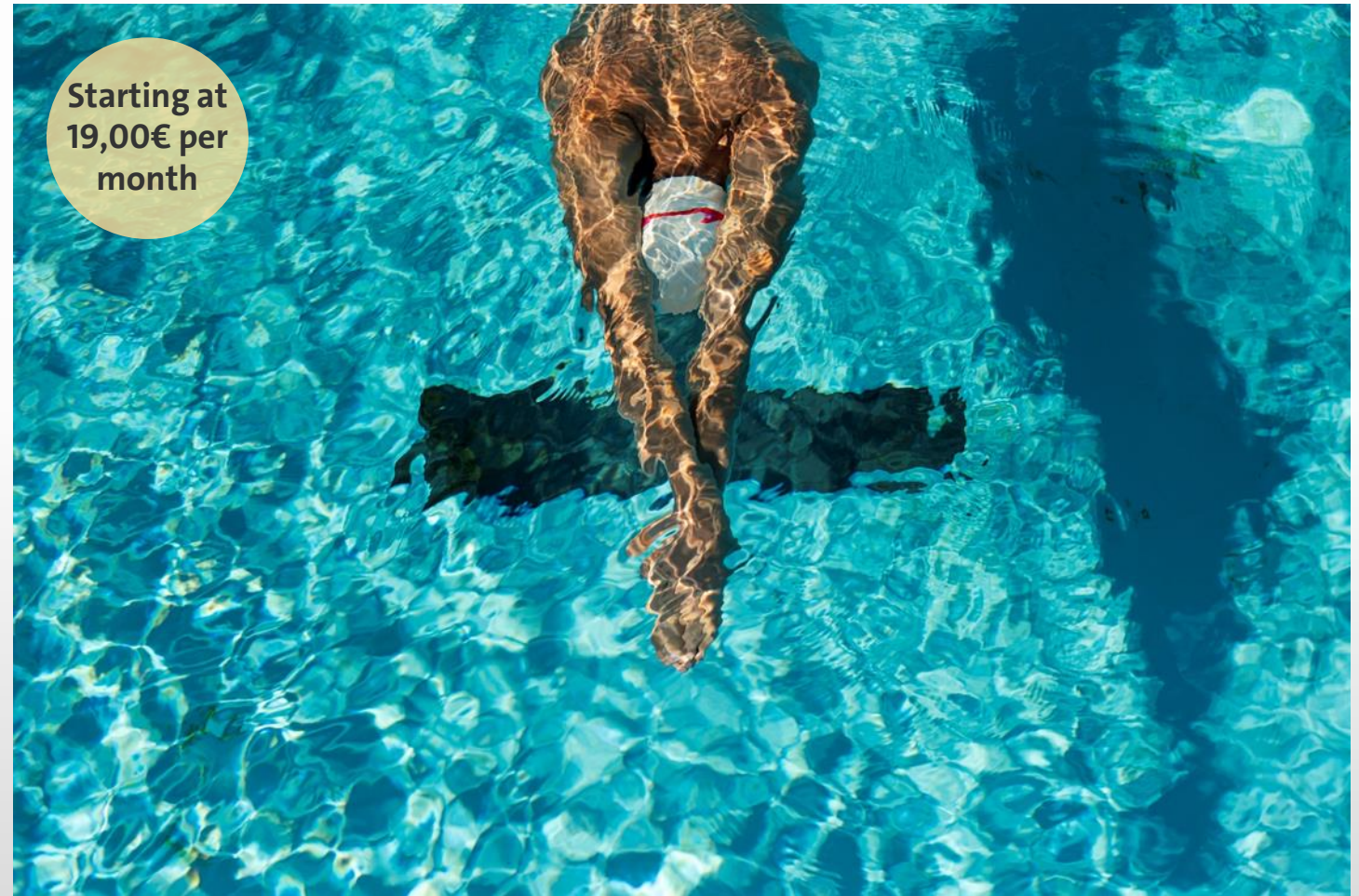
# Just dive in!

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## SchwimCard

- Duration: 3 or 6 months
  - Entrance included
  - Bartholomäusbad Barmbek
  - Am Insempark Wilhelmsburg
- 
- Water Polo
  - Swimtraining
  - Swimming Practice
  - Triathlon Preparation



# Discover Sporting Diversity at Home

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## Online Courses via Zoom:

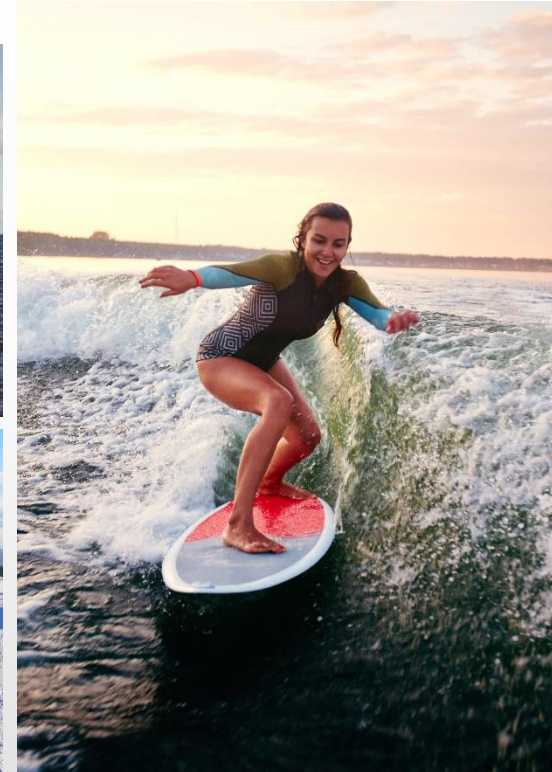
- Online ticket for 1 month
  - Free choice of courses
  - Weekly registration
- 
- Belly-legs-Back-Butt Training
  - Dance Fitness & Zumba
  - Pilates & Yoga
  - Relaxation
  - Training for your back
  - Workshops



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

# What else?

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## Sporty Travelling:

- Ski- & Snowboardtrips
- Hang Gliding
- Surfing
- Sailing
- Kiting



# Fix courses for learning

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

## Water Sport Activities:

- Kajak
- Sailing
- Rowing
- Stand Up Paddling

## Other Courses:

- Golfing
- Pole Gym
- Tennis
- Workshops
- Skateboarden



# Become a part of our Team!

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## We regularly are looking for:

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

## Application:

[personal.hssport@uni-hamburg.de](mailto:personal.hssport@uni-hamburg.de)



# University Sports as practical field for your studies

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## We support you with:

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

## Application:

[hsp@sport.uni-hamburg.de](mailto:hsp@sport.uni-hamburg.de)

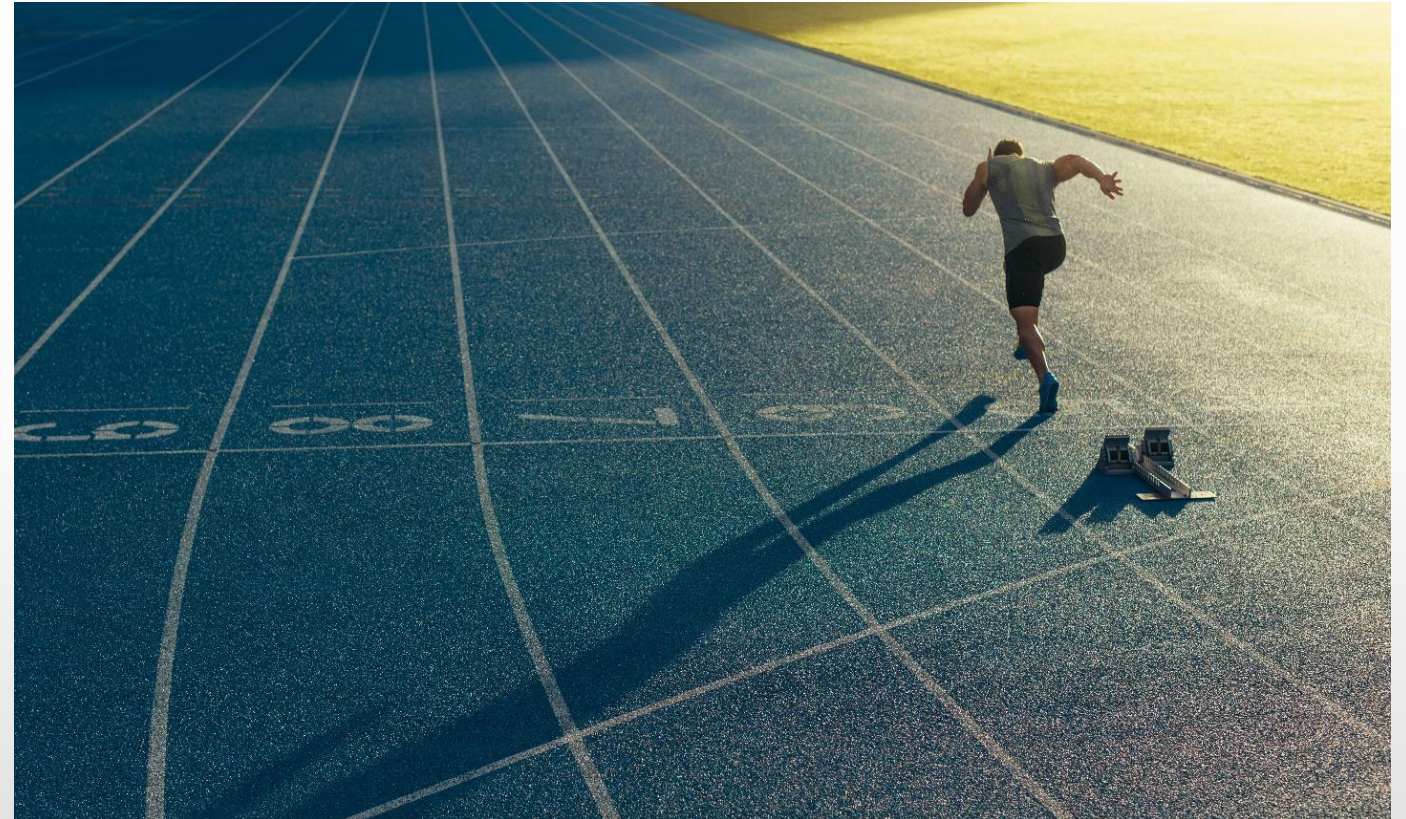


# Off to Sport!

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



# FlexiCard special offer

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**Free FitnessCard for 1 month if you book directly the FlexiCard (3 month)**



# Looking forward to meeting you!

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

Tel. 040 428 38-7200

[hsp@sport.uni-hamburg.de](mailto:hsp@sport.uni-hamburg.de)

[personal.hssport@uni-hamburg.de](mailto:personal.hssport@uni-hamburg.de)

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