University Sports Aachen at RWTH Aachen
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Facts and Figures

- over 90 sports activities
- over 2000 courses per year
- ca. 800 instructors
- lessons for beginners and intermediates
- first, second and continuous course periods
- open training and games
- Top-class sport: competitions for teams or single players
Sports Program
Fitness and Health orientated Sports Program

- Aerobics
- Back Fitness Course
- Thai Chi Chuan
- Circuit Training
- Sauna
- Yoga
- Zumba
- Spinning
- Running

- Pilates
- Thai Bo
- Aquafitness
- Fitness Training
Dances

- Ballroom Dance
- Ballett
- Oriental Dance
- Hip Hop
- Rock ´n´ Roll
- Jazz
Budo- and Martial Arts

- Aikido
- Boxing
- Karate
- Kung Fu
- Savate
- Ju-Jutsu
- Judo
- Self defence for women
- Fencing
- Tae-Kwon-Do
Ball and Team Sports

- Tennis
- Badminton
- Basketball
- Softball
- Volleyball
- Handball
- Football
- Ultimate-Frisbee
- Floorball
- Beach Handball
- Rugby
- Ice Hockey
- Hockey
- Skaterhockey
- Table Tennis
- Golf
Circus Ring

- Acrobatics
- Gymnastics
- Trampoline
- Wheel Gymnastics and Cyr Wheeling
- Juggling
- Unicycling
Sports in Water and Nature

- Windsurfing
- Water Polo
- Canoe Polo
- Diving
- Swimming
- Sailing
- Rowing
- Underwater Rugby
- Ski Courses
- Snowboard Courses

- Mountainbiking
- Inline Skating
Extratouren

- Windsurfing in southern France
- Kitesurfing in Denmark and the Netherlands
- Surfing in Spain and southern France
- Sailing in the Baltic
- Windsurfing at Ijsselmeer
- Sailing trips around Mallorca
- Ski and Snowboard in Austria and Switzerland
- …and more
Sports Facilities

Sportcenter Königshügel

- Sports complex HSZ
- Service Point
- Beachvolleyball
- Soccerbox
- RWTH Gym
- Running facility
- Outdoor fitness complex

Sportcenter Ahornstraße

- Gymnastics room
- Swimming pools
- single-field sports hall
Sports Facilities

RWTH: Gym

- 60 cardio machines
- 125 strength training stations
- Large Dumbbell Area
- Individual support in small groups and free training
Sports Facilities

Wildenhof:

- Rursee in the Eifel Nationalpark open from 1.04. to 31.10.
- Volleyball
- Table tennis
- Canoeing
- Rowing
- Sailing
Merchandise

- Towels
- Water bottles
- T-Shirts
- For sale at RWTH GYM and the Service Point
Events
Facts and Figures

- 12 Events
- 6,100 active participants
- 5,000 spectators
- 650 volunteers
- Central event coordination
General Overview

- University Sports Show
- RWTH Indoor Football Cup
- RWTH Campuslauf
- RWTH FH Sports Day
- Lousberglauf
- Snow Event
- Ski Fair
- “Leichtes Spiel“
- ALMA Snow Event
- RWTH Gala Ball
- Concours Hippique Universitaire
- Ice Hockey Uni-Cup
Event Highlights

University Sports Show

- Since 1970
- Program: artistic presentation of the dance, acrobatics and martial arts program of the University Sports Center
- ca. 700 spectators
- Honoring of athletes and volunteers
- Highpoint of the winter semester

- Target Group: University Sports participants and interested parties as spectators
Event Highlights

RWTH Campuslauf

- 3 Runs: FunRun/FitnessRun und relay at 4,6/9 und 4 x 2,3 km respectively
- Campus Boulevard Melaten
- Colorful program for non-runners
- Supporting for kids and grown ups
- Target Group: Runners of all performance levels

Lousberglauf

- Cult run in Aachen
- 5555m route
- Final stage of NRW Uni-Lauf-Cup with runners from cologen, Dortmund, Duisburg, Münster, Siegen and Aachen
- Target group: runners of all performance levels
Event Highlights

RWTH FH Sports Day

- Presentation of various sports, taster offers and tournaments
- RWTH FH Institute Olympiade
- Chillout-Lounge
- Aftershow-Party at Apollo Club
- Around 3.500 participants every year

- Target Group: members of university institutes, students, employees of Aachen's universities
Event Highlights

RWTH Galaball

- Social highlight of the academic year in Aachen
- Emphasis: Ballroom Dance
- 800 guests in the Europasaal of the Eurogress
- Supporting Program: Performances by professional dancers and university dance formations

- Target Group: Students, members, friends of Aachen’s Universities and VIPs of the Aachen Region
Event Highlights

Eishockey Uni-Cup

- Eishockey tournament by the students bodies of medicine, electrical engineering und mechanical engineering
- Supporting program with Cheerleaders
- ca. 3000 spectators every year
- A portion of the earnings will be donated to projects for people in need
- Aftershow-Party

- Target Group: members of university institutes, students, employees of Aachen‘s universities
Contact

For questions about courses and registrations

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semester

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<td>16.00 to 18.30 PM</td>
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lecture free period

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Further information:
http://hochschulsport.rwth-aachen.de
Thank you very much for your attention!