SPORTS PROGRAM
September 03 – December 21, 2018

www.uni-mannheim.de/sport
www.facebook.com/UniMannheimSport
**Sportsday**

**Sports Day for Freshers on Friday 7, 2018**

Fri 1.00pm – 5.00pm Mensawiese/Friedrichspark

The Institute of Sports welcomes our fresher with a sports day on the Mensawiese, the small sports field at Friedrichspark, the tennis courts and its surroundings on Friday, September 7, 2018. This way the new students will be able to get an insight into university sports and get to know their fellow students in a relaxed and fun atmosphere - the sports day is not about athletic competition. We offer Badminton, Basketball, BubbleBall, Boxing, Cheerleading, e-sports, Floorball, Soccer, Body Fitness, Gettoworkout, Fencing, Lacrosse, Dance, Tennis, Ultimate Frisbee, Volleyball, Yoga and Zumba. The sports day ends with a BBQ offered in cooperation with the student association UniSpirit. Get further information on the event here:

www.uni-mannheim.de/sport/sd

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**Gyms D2 FitGym + 55 CrossGym**

The fitness- and health gym D2 FitGym, located at the heart of the squares, offers plenty of facilities and exercises for everybody, no matter which level you are! You will find facilities for a strong back, a healthy heart – thus a perfect compensation for hectic days at university. In a word: A healthy mind lives in a healthy body!

The new 55Cross Gym is the place to be for those, who appreciate both working out with their own body weight as well as doing weight lifting or High Intensity Training. At the latest after our monthly challenge, you will push yourself beyond your former limits!

Both gyms are open throughout the year except for Christmas holidays, New Year’s Eve, New Year and Good Friday.

**Prices**

You don’t want to commit yourself? No worries – in this case, our offers match you perfectly! Besides of our free trial sessions you do have the possibility to subscribe to a membership for only one month. The different contract times allow maximum flexibility – exactly what you students ask for. Choose a contract time of 1, 2, 6 or 12 months and enjoy several membership advances. Moreover, we do not extent your contract automatically. That’s what we call the perfect beginning for your new fitness program in Mannheim. Additionally, we offer an Early-Bird-Rate (training until 3.30pm) as well as a KombiGym-Option where you can use both, the D2 FitGym and the 55 CrossGym. Beginning is possible at any time and student-friendly installment payment is available. In case you can afford one-off payment you get 3% discount

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<th>55+ D2</th>
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<tr>
<td>Term</td>
<td>KombiGym</td>
<td>CrossGym</td>
<td>AllDay Gym</td>
<td>EarlyBird Gym</td>
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<tr>
<td>1 month</td>
<td>28,00 €/mo.</td>
<td>19,00 €/mo.</td>
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<td>14,00 €/mo.</td>
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<tr>
<td>3 months</td>
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<tr>
<td>6 months</td>
<td>23,00 €/mo.</td>
<td>16,00 €/mo.</td>
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<tr>
<td>12 months</td>
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**Ticket of ten**

- 30,00 €/mo. [D2]
- 20,00 €/mo. [D2]

**Membership pricing**

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<td>AllDay Gym</td>
<td>EarlyBird Gym</td>
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<tr>
<td>6 months</td>
<td>36,00 €/mo.</td>
<td>25,00 €/mo.</td>
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<td>12 months</td>
<td>30,00 €/mo.</td>
<td>22,00 €/mo.</td>
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Opening hours D2 FitGym:
Mon - Fri 7am – 10:30pm (September-May)
Mon – Fri 8:30am – 10:30pm (June-August)
Sat, Sun and holidays 10am – 8pm
D2, 5-8, 2. OG, 68159 Mannheim

Opening hours 55 CrossGym:
Mon - Fri 4pm – 10pm
Sat, Sun and on holidays 10am – 4pm
Ulmenweg 55, 68167 Mannheim

Trial Session 55 CrossGym / D2 FitGym
To test the gyms or to train without an instructor, it is possible to register for one free trial session at each gym during the opening hours. Please register directly at the respective gym and ask our staff for help. Please bring your valid student-ID or SportsCard as well as sports clothes, shoes, a towel and beverages (no glass bottles).

55 CrossGym Daily Workout
The Daily Workout is a challenge for participants of each level. Regardless of whether you are an absolute beginner or you never get enough: each day, your coach creates a bunch of fitness exercises. The choice of the exercises as well as their intensity will vary constantly – thus it never gets boring! Challenge yourself day by day and set new standards!

55 CrossGym Challenge
Once a month we raise the gym. All facilities and equipments of the gym will be used in order to make you sweat. The only thing that counts is your will and motivation. 120 minutes. The whole gym. One big group. All the coaches. No escape. Full speed!

55 CrossGym Body Scale including Body Analysis Functions
At 55 CrossGym we have a professional body scale including body analysis functions in order to measure your weight, bmi, muscle- and fat percentage and your water balance. Each member can be measured once a month, including free counselling afterwards.

D2 FitGym Introduction to Equipment Training
This introductory course offers personal guidance and will be the basis for future training. We recommend this course to all new participants because it teaches the basics of training, offers an intensive introduction to all equipment and the compilation of a personalized training schedule. This knowledge as well as an individually composed workout plan is essential for effective and successful training and ensures a positive training experience over time. The course is also suitable for those with prior experience looking for a refresher of their knowledge. The introductory courses are free of charge; dates will be announced online.

D2 FitGym Personal Training
In addition to the Introduction to Equipment Training, we offer a personal training, explicitly for advanced gym users and athletes. In this course, new and diverse training forms and methods for your individual goals will be explored. Furthermore, the training will focus on free weight training in addition to the equipment training. Together with your trainer, your training goals and individual training schedule will be discussed and developed. For further information please visit our homepage.
Body-Fitness

Please bring clean (indoor sports) shoes and a towel to the courses.

Abs, Legs, Buttocks for Her
- Mon 6.00pm – 7.00pm  E7 Lisa Wayand
- Tue 5.00pm – 6.00pm  E7 Laura Oberle

BodyBalance
- starting 09/25 Tue 6.00pm – 7.00pm  E7 Maximilian Jager

Bodyforming for Her
- starting 09/25 Tue 5.30pm – 7.00pm  E7 Rita Steigmiller
- Wed 6.15pm – 7.15pm  E7 Eva Schuster

Booty Building
- Wed 6.15pm – 7.15pm  E7 Hannah L. Wendler

Boxing for Her (conditional)
- A/F Wed 7.30pm – 8.30pm  E7 Ardita Sulejmani, Dayana Yordanova

Boxing (conditional)
- A/F Mon 8.30pm – 10.00pm  E7 Constantin Wespatat, Felix Holderrieth
- A/F Tue 8.30pm – 10.00pm  E7 Lam-Thao Ha
- A/F Sat 4.00pm – 6.00pm  E7 Tony Klein, Huu Toan Nguyen

Circuit-Workout
- Thu 8.00pm – 9.30pm  E7 Ali El Madani

edelhelfer sport – Personal Training in Small Groups
Being in good physical shape makes you strong, self-confident and moreover does look great! In cooperation with edelhelfer (www.edelhelfer-sport.de) we help you to get there. You can experience a new kind of fitness training in small groups of max. 6 participants in the Felina-Areal in Neckarstadt-Ost (Melchiorstraße 1-7). The edelhelfer coaches instruct individually and motivate so that your training will be fun (again). This specific prevention offer contains a weekly training over the duration of two months and costs € 99.00. After the successful participation health insurances normally cover € 75.00 of the fee. The courses start at the beginning of every month. More information can be found online.

Fit and Fun for Her
- Wed 7.15pm – 8.15pm  E7 Sabrina Decker

Fit and Fun
- Mon 5.00pm – 6.00pm  E7 Steffen Baierle
- Mon starting 09/10 6.15pm – 7.15pm  HMS Jakob Lochner
- Mon starting 09/11 6.45pm – 8.00pm  HMS Maja Hornig
- Mon starting 09/12 6.15pm – 7.15pm  HMS Jakob Lochner
- Wed 6.30pm – 8.00pm  ADS Sarah Zillmann
- Thu 5.15pm – 6.30pm  E7 Sabrina Decker
- Fri 6.15pm – 7.30pm  E7 Lisa Wayand, Laura Oberle

Fitness Boot Camp
- Tue 8.00pm – 9.30pm  ADS Muhyun Yang

FlexiTone
- Fri 5.00pm – 6.00pm  E7 Dr. C. Odine Bobsien

Functional Fitness
- Mon 9.00pm – 10.00pm  E7 Lisa F. Theobald

Gettoworkout
- Mon 5.30pm – 6.30pm  ADS Patricia Fuchs
- Mon 8.00pm – 9.00pm  E7 Anny Heil
- Tue 7.15pm – 8.15pm  E7 Patricia Fuchs
- Wed starting 09/12 8.30pm – 9.30pm  HMS Tobias Schmitt
- Thu 8.30pm – 9.30pm  E7 Anny Heil
- Fri 6.30pm – 7.30pm  ADS Patricia Fuchs
- Fri 7.45pm – 9.00pm  E7 Anny Heil

HIIT
- Tue 7.15pm – 8.15pm  E7 Teresa Sgarbossa

Barbell Training
- Fri 6.45pm – 8.00pm  E7 Tobias Schmitt

Latin Fitness
- Mon 5.00pm – 6.00pm  E7 Judith Veesper

Latin Fitness for Her
- Wed 5.00pm – 6.00pm  E7 Judith Veesper

Pole Fitness for Her – Trial Session (5,00 €)
- 09/3 Mon 2.30pm – 3.30pm  E7 Merryn Jordan
- 09/3 Mon 3.30pm – 4.30pm  E7 Merryn Jordan
- 09/4 Tue 2.30pm – 3.30pm  E7 Merryn Jordan
- 09/4 Tue 3.30pm – 4.30pm  E7 Merryn Jordan
- 09/5 Wed 2.30pm – 3.30pm  E7 Merryn Jordan
- 09/5 Wed 3.30pm – 4.30pm  E7 Merryn Jordan
- 09/6 Thu 2.30pm – 3.30pm  E7 Merryn Jordan
- 09/6 Thu 3.30pm – 4.30pm  E7 Merryn Jordan
PoleFitness for Her (PoleCard 60,00 €)
To participate in PoleFitness courses a PoleCard is required. The PoleCard allows you to book as many courses as you wish and is valid for one semester. Generally, having a PoleCard qualifies for participation – however, the assignment of the course’s spots is made on a weekly basis and after registration, thus categorical participation cannot be guaranteed. Booking is possible online and has to be repeated for every single class. Participation is limited to 16 participants each course. Further information can be found online. Registration opens on September 2, 7pm.

Training
A+FA Wed 8.45pm – 10pm E7 Merryn Jordan
A+FA Thu 6.30pm – 7.45pm E7 Helena Grünwald
A starting 09/21 Fri 1.15pm – 2.30pm E7 Olga Medinskaya

Free Training
Fri 14.30-16.45 E7 FÜ
Mon 14.30-16.45 E7 FÜ
Tue 14.30-16.45 E7 FÜ
Thu 14.30-16.45 E7 FÜ

Pole Fitness for Her – Trial Workshop (10,00 €)
09/22 Sat 10.00-12.00 E7 Merryn Jordan
10/7 Sun 10.00-12.00 E7 Merryn Jordan

Pole Man – Trial Workshop (10,00 €)
09/22 Sat 12.30-14.30 E7 Merryn Jordan
10/7 Sun 12.30-14.30 E7 Merryn Jordan

Power Move
Mon 6.15pm – 7.45pm E7 Ali El Madani
Tue 8.30pm – 10pm E7 Sabrina Decker
starting 09/13 Thu 5.15pm – 6.15pm HMS V. Kapoustina
Thu 6.45pm – 8.15pm E7 Dr. C. Odine Bobysien
Sat 5pm – 6.30pm E7 Ali El Madani
Sun 5pm – 6.30pm E7 Dr. C. Odine Bobysien

Powerpump
A.e. starting 09/4 Mon 7.15pm – 8.15pm E7 Maximilian Jager
A.e. Thu 5.15pm – 6.15pm E7 Dr. Mathias Glass

Sauna – Opening hours (Single visit: 4,00 € / Ticket of Five: 10,00 €)
Mon 3pm – 9.30pm E7
for Her Wed 5pm – 9.30pm E7
Thu 3pm – 9.15pm E7
Fri 3pm – 8pm E7

SomaFit
Wed 6.45 – 7.45pm HUG Sarah Wolf

Stepaerobic for Her
A.e. Wed 5pm – 6pm E7 Laura Oberle

Stretching
Tue 8pm – 9pm HUG Denitsa Georgieva

STRONG by Zumba
starting 09/10 Mon 7.15pm – 8.15pm HMS V. Kapoustina

TősôX (Tae Bo) for Her
starting 09/26 Wed 8.30pm – 10pm E7 Rita Steigmiller

TősôX (Tae Bo)
Sun 6.45pm – 8.15pm E7 Andrea Lamos

Apparatus Gymnastics (Advanced and Competition Level)
(Fee 20,00 €)
A.e. Mon 6.30pm – 8pm TMTG Conrad Zöckel
A.e. Thu 8pm – 10pm UH Conrad Zöckel
A trial session prior to participation is mandatory. For this purpose, interested persons need to contact the course instructor via E-Mail. A password enables final course registration and the purchase of the required TurnCard. The password is given by the instructor after the trial session. Registration opens on September, 2 at 7pm.

Zumba*
starting 09/10 Mon 8.30pm – 9.30pm HMS V. Kapoustina
**Prevention & Health**

**Nutrition**

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<td>A.e.</td>
<td>Wed 3.15pm – 3.45pm</td>
<td>IFS Bianka Velte</td>
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<tr>
<td>A.e.</td>
<td>Wed 4.00pm – 4.30pm</td>
<td>IFS Bianka Velte</td>
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The Institute of Sports offers this free course to students and employees who want to eat healthier without restricting themselves. Unfavorable eating habits and uncritical food choices do not only result in overweight, but might also lead to obesity, diabetes, cardiovascular diseases, dental problems, cancer, as well as osteoporosis. These risks can be mitigated by better eating habits and sports.

This course offers (among other things) help with weight loss, food analysis, options to cut down on calories, and a personalized nutrition plan. Furthermore, free individual sessions with our coaches are offered as well. The individual appointments take around 30 minutes and are bookable on availability. Further information can be found online.

**bodyART**

deepWORK

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<tr>
<td>Tue</td>
<td>9.00pm – 10.00pm</td>
<td>HUG Lisa F. Theobald</td>
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<td>Thu</td>
<td>8.30pm – 9.30pm</td>
<td>HUG Lisa F. Theobald</td>
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**In cooperation with Psychological Counselling Studierendenwerk Mannheim**

Relaxed Studying through Mindfulness (45.00 €)

By means of particular relaxation techniques (e.g. attention exercises, imaginations, daily routines) mindfulness can be trained. This thus improves abilities in order to reduce stress and cope more comfortably with stress at University. The course consists of two parts: one intensive first part in order to get to know particular attention exercises and a second part as a refresher training with regard to the upcoming exam period. Detailed information can be found online. The dates are: 1st part: Mon September 24; October 1; October 08 always at 6.15pm – 6.45pm; 2nd part: October 29; November 5; November 12 always at 5.15pm – 6.45pm

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<td>A.e.</td>
<td>Mon 5.15pm – 6.00pm</td>
<td>PBS Franziska Rother</td>
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<tr>
<td>Mon 5.15pm – 6.00pm</td>
<td>PBS Franziska Rother</td>
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Registration deadline: September 17; Registration via Psychological Counselling Studierendenwerk Mannheim. Participation is limited to 10 participants.

**Pilates**

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<th>Instructor</th>
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<tr>
<td>Mon</td>
<td>5.30pm – 6.30pm</td>
<td>HUG Severin Kemmer</td>
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<tr>
<td>Tue</td>
<td>6.00pm – 7.00pm</td>
<td>HUG Anna Peri</td>
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<tr>
<td>Wed</td>
<td>5.30pm – 6.30pm</td>
<td>HUG Severin Kemmer</td>
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<tr>
<td>Thu</td>
<td>7.15pm – 8.15pm</td>
<td>HUG Michelle Beck</td>
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**Pilates Workshop (5.00 €)**

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<tr>
<td>Sun</td>
<td>11am – 3.00pm</td>
<td>E7 Severin Kemmer</td>
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**Taiji-Qigong**

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<tr>
<td>Thu</td>
<td>6.15pm – 7.15pm</td>
<td>HUG Dr. Markus Latka</td>
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**Spinal Gymnastics**

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<td>Mon</td>
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<td>HUG Dr. Markus Latka</td>
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<tr>
<td>Tue</td>
<td>7.00pm – 8.00pm</td>
<td>HUG Anna Peri</td>
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**Yoga Center C7 (YogaCard Fee 10,00 €)**
The yoga classes take place in the yoga center, C7, 12 on the first floor. Registration prior to the course is mandatory and is only valid for one single lesson and thus needs to be repeated on a weekly basis (if necessary). Participation is limited to 20-24 participants for each class.
Our YogaCard is required to participate in the courses and workshops. The YogaCard allows you to visit as many classes as you wish, as long as there are still available spaces, and is valid for one semester. The YogaCard can be booked online via the homepage of the Institute of Sports.
Booking opens on September 2, 7pm.

- **Mellow your Monkey**  
  Mon 5.00pm-6.00pm  
  A. Le Vieux
- **Ashtanga Primary Series**  
  Mon 6.15pm-7.45pm  
  C. Krämer
- **Hatha**  
  Tue 5.00pm-6.30pm  
  M. Smodis
- **Hatha**  
  Tue 6.45pm-8.15pm  
  M. Smodis
- **Naad Yoga Sadhana**  
  Wed 8.15am-9.45am  
  L. Niranjan Maurer
- **Yin Yoga**  
  Wed 5.00pm-6.00pm  
  B. Velte
- **Ashtanga Alignment**  
  Wed 6.00pm-7.30pm  
  C. Krämer
- **Yin und Yang**  
  Wed 7.45pm-9.15pm  
  S. Trimbuch
- **Vinyasa Flow**  
  Thu 1.00pm-2.00pm  
  D. Schalbetter
- **Power**  
  Thu 6.00pm-7.30pm  
  A. Horbach
- **Vinyasa Flow**  
  Thu 7.45pm-9.15pm  
  M. Jordan
- **For the back**  
  Fri 5.00pm-6.30pm  
  B. Velte
- **Slow Flow**  
  Fri 5.00pm-6.30pm  
  A.n Le Vieux
- **Vinyasa Flow**  
  Sun 5.00pm-6.30pm  
  L. Kalusa

**Yoga Workshops (Free of Charge with YogaCard/ Students without YogaCard 5.00€/ External 15,00€)**

- **09/23 Yoga for Beginners**  
  Sun 10.30am-13.00am  
  C. Straub
- **09/30 Alignment and Refinement**  
  Sun 10.30am-13.00am  
  C. Krämer
- **09/30 Sound Bowl Workshop**  
  Sun 2.00pm-4.00pm  
  Lena Holder
- **10/07 Stress Management Indian Style**  
  Sun 10.30am-12.30am  
  P. Rottmann
- **10/13 Yoga Walking at the Rhine Bank**  
  Sat 10.00am-1.00pm  
  B. Velte
- **10/20 A Woman's Circle**  
  Sat 10.30am-12.30am  
  A. Le Vieux
- **10/21 Naad Yoga - Yoga of the sound**  
  Sun 11.00am-1.00pm  
  L. Niranjan Maurer
- **10/28 Sound Bowl Workshop**  
  Sun 11.00am-1.00pm  
  Lena Holder
- **10/28 From Power to Letting Go**  
  Sun 2.00pm-4.00pm  
  Silja Trimbuch
- **11/04 Music Therapy and Meditation**  
  Sun 10.00am-12.30am  
  P. Rottmann
- **11/17 A Woman's Circle**  
  Sat 10.00am-12.30am  
  A. Le Vieux
- **11/25 Yoga and Weight Reduction**  
  Sun 10.00am-1.00pm  
  Bianka Velte
- **11/25 Sound Bowl Workshop**  
  Sun 2.00pm-4.00pm  
  Lena Holder
- **12/08 Yoga in Everyday Life**  
  Sat 10.00am-1.00pm  
  Bianka Velte
- **12/01 A Woman's Circle**  
  Sat 10.00am-12.30am  
  A. Le Vieux

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**Mental Exercises**

**Bridge and Board Games**

**Tue 7.00pm-10.00pm**  
Elke und Fried Weber

*The course takes place in cooperation with the Bridgeclub UNI Mannheim (BUM) e.V. (www.bridge-manheim.de)*

**E-Sports**

Our e-sports courses are focussed on „League of Legends“ and strive to participate in the German University esports league. Further information can be found online.

- **Mon 7.00pm-10.00pm**  
  **O 48**  
  Maximilian Stark, Jannik Kern
- **Thu 7.00pm-10.00pm**  
  **O 48**  
  Maximilian Stark, Jannik Kern

**Chess**

**Wed 7.00pm-10.00pm**  
M. Meinhardt
Outdoor Sports

Do you need an athletic partner for running, mountainbiking, cycling, or hiking? Then use the “Sportpartnerbörse” to find your athletic match: www.uni-mannheim.de/sport/sb

Alfred-Delp-Sportanlage at Friedrichspark Free Training
Tue 2.00pm – 5.00pm
Wed 2.00pm – 5.00pm
Thu 2.00pm – 5.00pm
Fri 2.00pm – 5.00pm
Fri 9.30pm – 11.00pm
Sat 8.00am – 11.00pm
Sun 8.00am – 2.00pm
Sun 10.00pm – 11.00pm

Further information can be found online.

Boule / Petanque
The course is offered in cooperation with PC Boulette Mannheim e.V. (www.pc-boulette.de) statt. Registration opens on September 2 at 7pm.

Trial sessions at Ehrenhof
A.e. 09/13 Thu 5.30pm – 7.00pm Daniel Klein Ralf Steidl
A.e. 09/20 Thu 5.30pm – 7.00pm Daniel Klein Ralf Steidl
A.e. 09/27 Thu 5.30pm – 7.00pm Daniel Klein Ralf Steidl

Course Series (10,00 €)
Thu 5.30pm – 7.00pm PC Boulette e.V.

Course duration: 10 appointments, October 3 – December 6

Ice Hockey (Fee 99,00 € / External 240,00 €)
starting 09/11 Mon 9.30pm – 11.00pm SAPA Sebastian Schäfer
Registration opens September 2 at 7pm

In this course ice hockey is played without physical contact. Helmets are mandatory, protective gloves, elbow and knee pads are recommended. Previous knowledge in ice hockey is desirable, knowledge in ice skating is required. A trial training is recommended.

Ice Skating (Ticket of Six 9,00 €)
starting 10/20 Thu 8.00pm – 10.00pm EHH Teresa Simon
Ice skaters will meet 15min early at the ticket office and enter the rink together. A printout of the ticket is necessary; single entry is not possible due to organizational reasons.

Climbing
The courses are offered in cooperation with Kletterzentrum Extrem (www.kletterzentrum.de). The Institute of Sports acts as a broker. Registration opens on September 2 at 7pm.

Compact Course: Climbing Toprope for Beginners
(Fee 49,00 €, harness included)
11/9 + 11 Tue+Thu 6.00pm – 9.00pm ExMA
Participation is limited to at least 6, at most 10 participants.

Climbing for Beginners, Advanced and Professionals (Fee 89,00 €)
A Tue 6.00pm – 8.00pm ExLU
Course duration: 10 appointments, September 25 – November 27
Participation is limited to 20 participants. The first three appointments are binding.

Running Club
Wed 7.00pm – 9.00pm SEH S. Holland-Letz
Further information on the marathon, the running club and training groups: www.uni-mannheim.de/sport/lt

Mountain Biking
The Institute of Sports offers several mountain biking tours through the Rhine-Neckar metropolitan area (MRN) on weekends. More details on tours and meeting points are available via mailing list.
www.uni-mannheim.de/sport/mtb

Quidditch
Wed 8.00pm – 9.30pm ADS
Marius Auler, Justine Kreutzer
Fitness Training Thu 7.00pm – 8.00pm ADS
Marius Auler, Justine Kreutzer
Sun 6.30pm – 8.30pm ADS
Marius Auler, Justine Kreutzer

The course takes place in cooperation with the Quidditch club „Mannheimer Greife e.V." (www.facebook.com/MannheimerGreifeQuidditch) statt.

Road Biking (September 3 – October 26)
A.e. Fri 5.30pm – 8.30 pm FMT Matthias Herden
*This registration is free of charge, however only valid for one single participation and therefore must be repeated for every week.
www.uni-mannheim.de/sport/rr

Skiing and Snowboarding course in St. Anton (450,00 / 550,00 €)
January 20 – January 26 Stefan Henninger
Detailed information will be announced online.

Training at Friedrichspark
Gettoworkout Mon 5.30pm – 6.30pm ADS Patricia Fuchs
Fitness Boot Camp Tue 8.00pm – 9.30pm ADS Muhyun Yang
Fit and Fun Wed 6.30pm – 8.00pm ADS Sarah Zillmann
Gettoworkout Fri 6.30pm – 7.30pm ADS Patricia Fuchs
Hiking in the Rhine-Neckar metropolitan area (MRN)

Hiking helps you balance out your everyday life and enhances your physical fitness without putting too much strain on your joints and tendons. The hikes take either place in the Pfälzerwald or the Odenwald. The hikers meet at Mannheim Hauptbahnhof (main station) to take the train or bus to the hike’s starting point. All hikes will take place in the RNV area and are accessible via the Semesterticket. Participants without a Semesterticket will be able to buy a group ticket (Ticket 24 Plus).

The hikes are between 15 and 25 kilometers long and aimed at moderately fit hikers. The focus is on enjoying the outdoors together. All hikes will be organized and led by Markus Latka and end at around 6pm at Mannheim Hauptbahnhof. Meeting point: ServicePoint at Mannheim Hauptbahnhof. Registration is necessary and available under www.uni-mannheim.de/sport/wo

---

A.e. Sun September 16, 9.20am
Through Triebfachtal and to the castle ruin Kropsburg, approx. 18 km

A.e. Sun October 14 at 9.20am
Eberstädter Tropfsteinhöhle including cave’s visi, approx. 11 km

A.e. Sun October 20 at 1.10pm
10. Wine Tasting Hike to Neustadt-Diedesfeld, approx. 4 km

A.e. Sun November 11 at 9.20am
From Lambrecht via Kaisergarten to Neustadt/Weinstr., approx. 18 km

A.e. Sun December 2 at 12.20pm
Hike to the Christmas Market in Lorsch, approx. 10 km

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Self-Defense & Budo Sports

Aikido
Courses take place in cooperation with AikidoSchule Mannheim e.V. (www.aikido-schule-mannheim.de).

A/F Mon 8.00pm – 10.00pm HUG Peter Dillinger
A/F Wed 8.00pm – 10.00pm HUG Peter Dillinger
A/F Fri 7.00pm – 10.00pm HUG Peter Dillinger

Kung Fu
starting 09/24 Mon 5.00pm – 6.15pm HMS Wiebke Neumann
starting 09/26 Wed 5.00pm – 6.15pm HMS Constantin Cebulla

Compact Course: Self-Assertiveness and Self-Defense for Women
(Fee 25,00 €)
October 27 Sat 9.30am – 4.30pm TZ Patrizia Wolfinger
November 10 Sat 9.30am – 4.30pm TZ Patrizia Wolfinger

In cooperation with Studium Generale of the University of Mannheim, the Institute of Sports offers Compact Courses for Self-Assertiveness and Self-Defense for women. Participation is limited to 14 participants. Depending on the demand further courses might be offered. For registration visit the website of Studium Generale.
Games

Badminton (BadmintonCard 10,00 €)
In order to book a Badminton Court, the purchase of a BadmintonCard amounting to 10,00€ is required. Once having the BadmintonCard, you can book a court as often as you want. Please note that the booking is limited to one court per time slot. The possession of a BadmintonCard generally entitles court booking – however, court allocation is made on a weekly basis and after registration. Hence, a court cannot be guaranteed. 20 rackets and a sufficient number of balls will be provided. Registration opens on September 2, 7pm.

Free Booking of courts
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>5.30pm – 7.00pm</td>
<td>UH</td>
</tr>
<tr>
<td>Wed</td>
<td>6.30pm – 8.00pm</td>
<td>UH</td>
</tr>
<tr>
<td>Thu</td>
<td>5.00pm – 6.30pm</td>
<td>UH</td>
</tr>
<tr>
<td>Fri</td>
<td>6.30pm – 8.00pm</td>
<td>UH</td>
</tr>
<tr>
<td>Sat</td>
<td>3.00pm – 4.30pm</td>
<td>UH</td>
</tr>
<tr>
<td>Sat</td>
<td>4.30pm – 6.00pm</td>
<td>UH</td>
</tr>
<tr>
<td>Sun</td>
<td>3.00pm – 4.30pm</td>
<td>UH</td>
</tr>
<tr>
<td>Sun</td>
<td>4.30pm – 6.00pm</td>
<td>UH</td>
</tr>
</tbody>
</table>

Basketball for Her
starting 09/11
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>8.00pm – 9.30pm</td>
<td>HMS</td>
</tr>
<tr>
<td>Thu</td>
<td>6.15pm – 7.30pm</td>
<td>HMS</td>
</tr>
</tbody>
</table>

Basketball
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5.00pm – 6.30pm</td>
<td>ADS</td>
</tr>
<tr>
<td>Mon</td>
<td>6.45pm – 8.15pm</td>
<td>SHSS</td>
</tr>
<tr>
<td>Tue</td>
<td>8.00pm – 9.30pm</td>
<td>ADS</td>
</tr>
<tr>
<td>Wed</td>
<td>6.30pm – 8.00pm</td>
<td>ADS</td>
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<tr>
<td>Wed</td>
<td>6.45pm – 8.15pm</td>
<td>SHSS</td>
</tr>
<tr>
<td>Thu</td>
<td>8.00pm – 9.30pm</td>
<td>ADS</td>
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<tr>
<td>Fri</td>
<td>6.30pm – 8.00pm</td>
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<tr>
<td>Fri</td>
<td>8.00pm – 9.30pm</td>
<td>ADS</td>
</tr>
<tr>
<td>Sun</td>
<td>3.30pm – 5.00pm</td>
<td>ADS</td>
</tr>
</tbody>
</table>

Basketball – free Booking of Courts Alfred-Delp-Sportanlage Friedrichspark
More information on times and access for free training can be found online via Alfred-Delp-Sportanlage im Friedrichspark.

Beach Volleyball Field Booking
(Student) Teams are allowed to book the beach volleyball court of the Alfred-Delp sports ground free of charge. Booking is only possible online. Please note the information online.

Beach Volleyball (until October 29)
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Mon 6.30pm – 8.00pm</td>
<td>ADSB</td>
</tr>
<tr>
<td>Wk</td>
<td>Tue 5.00pm – 6.30pm</td>
<td>ADSB</td>
</tr>
<tr>
<td>B</td>
<td>Wed 6.30pm – 8.00pm</td>
<td>ADSB</td>
</tr>
<tr>
<td>Wk</td>
<td>Thu 5.00pm – 6.30pm</td>
<td>ADSB</td>
</tr>
<tr>
<td>Wk</td>
<td>Fri 5.00pm – 6.30pm</td>
<td>ADSB</td>
</tr>
<tr>
<td>B</td>
<td>Sun 5.00pm – 6.30pm</td>
<td>ADSB</td>
</tr>
</tbody>
</table>

Generally, the instructors inform online and on Twitter at least 2h before training if the course takes place or has to be cancelled due to the weather conditions.

Cricket
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Sat 6.00pm – 10.30pm</td>
<td>UH</td>
</tr>
</tbody>
</table>

Floorball
Courses take place in cooperation with the Floorball Department of TSV Sandhofen-Mannheim (www.floorball-mannheim.de). Further training times can be found online.

Soccer for Her
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>8.00pm – 9.30pm</td>
<td>ADS</td>
</tr>
<tr>
<td>Thu</td>
<td>6.30pm – 8.00pm</td>
<td>ADS</td>
</tr>
</tbody>
</table>

Soccer
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5.30pm – 7.30pm</td>
<td>SSL</td>
</tr>
<tr>
<td>Wed</td>
<td>5.30pm – 7.30pm</td>
<td>SSL</td>
</tr>
<tr>
<td>Thu</td>
<td>7.00pm – 8.30pm</td>
<td>SSL</td>
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</tbody>
</table>

Indoor Soccer
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>4.30pm – 6.30pm</td>
<td>UH</td>
</tr>
</tbody>
</table>

Soccer: Soccer Cup on Artificial Turf (Fee 15,00 €/player)
Since 1973, the Soccer Tournament has been part of the University of Mannheim’s sports schedule. The tournament will be played on artificial turf.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>8.30pm – 10.00pm</td>
<td>VfR</td>
</tr>
<tr>
<td>Wed</td>
<td>8.30pm – 10.00pm</td>
<td>VfR</td>
</tr>
</tbody>
</table>

Further information regarding game mode, rules, registration, and dates will be available online. Team registration will be open from September 3, 7pm until September 11. The registration for players will be open until September 16, 7pm. Team meeting for all teams will take place on September 12, 7pm in SO 318. The tournament will start on September 17.
Soccer (SoccerCard 10,00 €)
In order to participate in a soccer training, the purchase of a SoccerCard amounting to 10,00€ is required. Once having the SoccerCard, you can book as many trainings as you want. Please note that the maximum number of participants is 20. Please note that the allocation of places is made on a weekly basis and after registration. Hence, a place in the booked training cannot be guaranteed. Registration opens on September 2, 7pm.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>9.30pm – 11.00pm</td>
<td>ADS</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>5.00pm – 6.30pm</td>
<td>ADS</td>
<td></td>
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<tr>
<td>Tue</td>
<td>9.30p – 11.00pm</td>
<td>ADS</td>
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<td>Wed</td>
<td>5.00pm – 6.30pm</td>
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<td>Wed</td>
<td>9.30pm – 11.00pm</td>
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<td>Thu</td>
<td>5.00pm – 6.30pm</td>
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<tr>
<td>Thu</td>
<td>9.30pm – 11.00pm</td>
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<tr>
<td>Fri</td>
<td>5.00pm – 6.30pm</td>
<td>ADS</td>
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<tr>
<td>Fri</td>
<td>8.00pm – 9.30pm</td>
<td>ADS</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>2.00pm – 3.30pm</td>
<td>ADS</td>
<td></td>
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<tr>
<td>Sun</td>
<td>5.00pm – 6.30pm</td>
<td>ADS</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>8.30pm – 10.00pm</td>
<td>ADS</td>
<td></td>
</tr>
</tbody>
</table>

Soccer – Free Booking of Courts Alfred-Delp-Sportanlage Friedrichspark
More information on times and access for free training are available online. Booking of free training slots at the weekend is possible. Therefore, please contact the office.

Futsal
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>5.30pm – 7.00pm</td>
<td>UH</td>
<td>Maximilian Jager</td>
</tr>
<tr>
<td>Wed</td>
<td>5.00pm – 6.30pm</td>
<td>UH</td>
<td>Maximilian Jager</td>
</tr>
</tbody>
</table>

Handball for Her
| Mon   | 7.00pm – 8.30pm | UH    | Matthias Carius  |

Handball for Him
| F/WK  | Mon   | 8.30pm – 10.00pm| UH    | Matthias Carius  |

Handball mixed
| A/FA  | Wed   | 8.00pm – 9.30pm  | UH    | Tobias Lüthke   |
| F/WK  | Wed   | 9.30pm – 11.00pm | UH    | Tobias Lüthke   |

Fencing (5,00 €)
| A     | Thu   | 6.30pm – 8.00pm  | UH    | Nick Kraus,      |
|       |       |                   |       | Martin Hollmann  |

Registration opens on September 2, 7pm.

Lacrosse
Lacrosse is offered in cooperation with the 1. Lacrosse-Verein Mannheim e.V. (www.mannheim-lacrosse.de). In addition to the beginners’ lessons, additional lessons for competitive athletes are offered.

| A/FA  | Tue   | 6.30pm – 8.00pm | ADS   | Felix Kath       |

Rugby
Rugby is offered in cooperation with SV Südwest 1882 Ludwigshafen e.V. (www.rugbylu.de). Training includes both Sevens Rugby and Fifteens Rugby. More detailed information concerning course content and level will be given by the course instructors.

| Mon   | 6.30pm – 8.30pm | SV 1882 LU  | A.Klewinghaus |
| Thu   | 6.30pm – 8.30pm | SV 1882 LU  | A. Klewinghaus|

Ping Pong

| Tue   | 7.00pm – 8.30pm | UH    | Janis Oberle     |
| Thu   | 7.00pm – 10.00pm| UH    | Janis Oberle     |

Ultimate Frisbee

| Wed   | 7.30pm – 9.30pm | SSL   | Valentin Uhlmann,|
|       |                 |       | Alec Chaffardet  |

Völkerball
starting 09/10 Mon 7.00pm – 9.00pm JKS Florian Engels
starting 09/11 Tue 8.00pm – 9.30pm JKS Meriç Kükürt

Volleyball

| A/FA/F | Mon   | 5.00pm – 6.45pm  | SHSS  | F. Zimmermann    |
| B starting 09/10 Mon | 8.00pm – 9.30pm | IGMH  | Lena Heinrichs   |
| FA/F/WK Mon | 8.15pm – 10.00pm | SHSS  | Lena Heinrichs   |
| F/WK   Tue   | 7.00pm – 8.30pm  | UH    | Torsten M. Kath  |
| FA/F/WK Wed   | 5.00pm – 6.45pm  | SHSS  | Janine Tilch     |
| B starting 09/12 Wed | 8.00pm – 9.30pm | IGMH  | Laura Hoffmann   |
| A/FA/F Wed   | 8.15pm – 10.00pm | SHSS  | F. Zimmermann    |
| F/WK   Thu   | 6.30pm – 10.00pm | UH    | F. Zimmermann    |
| F/WK   Fri   | 8.00pm – 9.30pm  | UH    | F. Zimmermann    |

Circus Arts – Zirkus Paletti (Fee 28,00 € per Series)
This course takes place in cooperation with Zirkus Paletti (www.zirkus-paletti.de).

| Mon  | Wed  | 8.15pm – 10.15pm | Zirkus Paletti |

1st series of courses: September 3 – October 17
2nd series of courses: October 22 – December 6
Registration opens on September 2, 7pm.
## Sports for Employees and PH.D. Students

This following courses are exclusively offered to employees and PH.D. students of the Universität Mannheim. The University thus is delighted to contribute to the health of its employees. Please note that particular courses are exclusively offered to employees of the Universität Mannheim. Detailed information can be found online.

### Sports for Employees and PH.D. Students: Soccer
The course is offered by the MZES on Mondays and by the University Administration on Tuesdays. We kindly ask for pre-registration.

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>6.30pm – 8.00pm</th>
<th>ADS</th>
<th>N. Hollermeier</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.e.</td>
<td></td>
<td></td>
<td>ADS</td>
<td>N. Hollermeier</td>
</tr>
<tr>
<td>A.e. starting 09/11</td>
<td>Tue</td>
<td>5.00pm – 6.30pm</td>
<td>JKS</td>
<td>Olaf Raband, Kostas Dalkidis</td>
</tr>
</tbody>
</table>

### Sports for Employees and PH.D. Students: Beach Volleyball
The course is offered by the Department of Psychology.

<table>
<thead>
<tr>
<th></th>
<th>6.30pm – 9.30pm</th>
<th>ADSB</th>
<th>D.r Stahlberg, S. Butz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td></td>
<td>ADSB</td>
<td>D. Stahlberg, S. Butz</td>
</tr>
<tr>
<td>Thu</td>
<td>6.30pm – 8.00pm</td>
<td>ADSB</td>
<td>D. Stahlberg, S. Butz</td>
</tr>
</tbody>
</table>

### Sports for Employees and PH.D. Students: Back Fitness
This course is exclusively offered to employees.

<table>
<thead>
<tr>
<th>A.e. Gruppe I</th>
<th>Wed</th>
<th>12pm – 12.30pm</th>
<th>E7</th>
<th>Anna Pero</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.e. Gruppe II</td>
<td>Wed</td>
<td>12pm – 12.30pm</td>
<td>E7</td>
<td>Anna Pero</td>
</tr>
</tbody>
</table>

### Sports for Employees and PH.D. Students: Spinal Exercises

<table>
<thead>
<tr>
<th>Thu</th>
<th>5.00pm – 6.00pm</th>
<th>HUG</th>
<th>Dr. Markus Latka</th>
</tr>
</thead>
</table>

### Sports for Employees and PH.D. Students: Yoga

<table>
<thead>
<tr>
<th>Hatha</th>
<th>Tue</th>
<th>5.00pm – 6.30pm</th>
<th>YZ/C7</th>
<th>Matej Smodis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vinyasa Flow</td>
<td>Thu</td>
<td>1.00pm – 2.00pm</td>
<td>YZ/C7</td>
<td>D. Schalbetter</td>
</tr>
</tbody>
</table>

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## Dance

Registration for all Dance courses opens on September 2, 7pm. Please note that the sessions are built on one another, we thus recommend participation on a regular basis.

Do you need a partner for Rock’n’Roll, Tango, or Ballroom Dance/Latin Dance? Try the “Sportpartnerbörse” and find your athletic match online: www.uni-mannheim.de/sport/sb

### Bachata (20,00 € / Externals 40,00 €)

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>7.30pm – 8.30pm</th>
<th>FB6</th>
<th>Jua Rivero Ortiz</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td></td>
<td></td>
<td>FB6</td>
<td>Jua Rivero Ortiz</td>
</tr>
<tr>
<td>F</td>
<td></td>
<td>8.30pm – 9.30pm</td>
<td>GeZet</td>
<td>Nawwar Adam</td>
</tr>
<tr>
<td>A</td>
<td>Wed</td>
<td>5.00pm – 6.00pm</td>
<td>GeZet</td>
<td>Nawwar Adam</td>
</tr>
<tr>
<td>F</td>
<td>Wed</td>
<td>6.00pm – 7.00pm</td>
<td>GeZet</td>
<td>Nawwar Adam</td>
</tr>
</tbody>
</table>

### Ballet Barre Intensive Workshop for Her (5,00 €)

<table>
<thead>
<tr>
<th>09/23</th>
<th>Sun</th>
<th>2.00pm – 4.00pm</th>
<th>TZ/C7</th>
<th>Lena Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/21</td>
<td>Sun</td>
<td>2.00pm – 4.00pm</td>
<td>TZ/C7</td>
<td>Lena Holder</td>
</tr>
<tr>
<td>09/18</td>
<td>Sun</td>
<td>2.00pm – 4.00pm</td>
<td>TZ/C7</td>
<td>Lena Holder</td>
</tr>
</tbody>
</table>

### Ballet for Her (36,00 €)

<table>
<thead>
<tr>
<th>FA/F</th>
<th>Mon</th>
<th>7.00pm – 8.00pm</th>
<th>TZ/C7</th>
<th>Smila Ring</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Tue</td>
<td>6.30pm – 7.30pm</td>
<td>TZ/C7</td>
<td>Stefanie Römet</td>
</tr>
<tr>
<td>A/FA</td>
<td>Thu</td>
<td>7.00pm – 8.00pm</td>
<td>TZ/C7</td>
<td>Franziska Wittig</td>
</tr>
</tbody>
</table>

* A trial session is possible on the first appointment.
  Participation is limited to 15 participants.

### Ballet für Her + Him (48,00 €)

<table>
<thead>
<tr>
<th>F</th>
<th>Wed</th>
<th>7.00pm – 8.30pm</th>
<th>TZ/C7</th>
<th>Severin Kemmer</th>
</tr>
</thead>
</table>

* A trial session is possible on the first appointment.
  Participation is limited to 15 participants.

### Belly Dance – Workshop (5,00 €)

<table>
<thead>
<tr>
<th>09/22</th>
<th>Sat</th>
<th>11.00am – 2.00pm</th>
<th>E7</th>
<th>Stefanie Römet</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/28</td>
<td>Sun</td>
<td>11.00am – 2.00pm</td>
<td>E7</td>
<td>Stefanie Römet</td>
</tr>
<tr>
<td>11/10</td>
<td>Sat</td>
<td>11.00am – 2.00pm</td>
<td>E7</td>
<td>Stefanie Römet</td>
</tr>
</tbody>
</table>

### Cheerleading

<table>
<thead>
<tr>
<th>Tue</th>
<th>8.30pm – 10.00pm</th>
<th>UH</th>
<th>Teresa Dietl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu</td>
<td>6.30pm – 8.00pm</td>
<td>UH</td>
<td>Teresa Dietl</td>
</tr>
</tbody>
</table>

### Country Line Dance Workshop (5,00 €)

<table>
<thead>
<tr>
<th>10/14</th>
<th>Sun</th>
<th>10.00am – 2.00pm</th>
<th>E7</th>
<th>Sabrina Decker</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/11</td>
<td>Sun</td>
<td>10.00am – 2.00pm</td>
<td>E7</td>
<td>Sabrina Decker</td>
</tr>
</tbody>
</table>

### Flamenco (10,00 €)

| Tue | 3.30pm – 5.00pm | E7 | Nadine Diehl |
Tennis

www.uni-mannheim.de/sport/tn

Tennis: Booking Single Courts
The courts in the Schlossgarten can be booked on an hourly basis. The season starts at the beginning of April and ends October, depending on the weather. The courts have floodlights and are available from Mondays to Sundays, 7:00am-11:00pm, holidays included. The fee is € 6.00/hour per court from 7am-5pm and € 8.00/hour per court from 5pm-11pm. Booking is only possible online.

Tennis: Group Lessons
Participation is limited to 6 participants to ensure a student-friendly pricing. In the UniHalle there is one court available, in the Schlossgarten training takes place on two courts next to each other, with one trainer. Additional courses will be offered if demanded. These will take place as soon as at least 4 participants have registered.

Clay Courts Schlossgarten (Fees see online)
A.e. September 3 – October 29
Registration opens September 02.09, 7pm.

Indoor Courts Unisporthalle (Fees see online)
A.e. October 30 – December
Registration opens October 21, 7pm.
Further information regarding exact dates, courses and fees can be found online.

Tennis: Private Lessons (15,00 €/20,00€/h, court included)
A/FA/F Clay Courts Schlossgarten
The Institute of Sports offers personal training lessons with a coach for beginners and advanced players of all ages. Lessons may also include a partner, upon request. The coach will tailor the lesson to the participants’ wishes and needs. The price includes racquets (if necessary), balls and the court. Book your personal lesson by contacting one or more coaches with the help of our online form and schedule a lesson. The coach then will book the court.

Are you looking for a tennis partner?
Try the “Sportpartnerbörse” and find your athletic match online:
www.uni-mannheim.de/sport/sb
Water Sports

Rowing
Rowing is offered in cooperation with Mannheim’s rowing club “Amicitia 1876” (www.amicitia-mannheim.de). Special training lessons are offered for competitors in addition to the normal course.
www.uni-mannheim.de/sport/rd

Rowing (Fee 30,00 €)
A    Mon  2.00pm – 4.00pm  MRVA  Horst Reitz
FA   Mon  2.00pm – 4.00pm  MRVA  Horst Reitz
12 appointments, starting on September 17. Registration opens on September 2, 7pm. Participation is limited to 10/12 participants.

Swimming (No Beginners)
Participants should get in touch with the instructor 15 minutes prior to training!

Indoor Pool Herschelbad Halle III (starting September 10)
F/WK starting 09/10 Mon  8.00pm – 10.00pm HBH3  Daniel Santa
F/WK starting 09/11 Tue  8.00pm – 10.00pm HBH3  Fabian Beiting, Lukas Schnabel

Indoor Pool Vogelstang (starting September 18)
F/WK  Do  9.00pm – 10.30pm HBV  Lukas Schnabel, Fabian Beiting

Sailing/Preparation for the Sportküstenschifferschein
(Fee 62,00 € Students/ 124,00 € Guests)
Mon  7.00pm – 9.00pm EO150  Jochen Bernsee
      Dieter Weiβ
Briefing: Mon September 10, 7pm at Schloss Ehrenhof Ost EO 150
Course duration: 12 appointments, September 17 - December 3
Registration opens September 11, 7pm.
The fee only covers the theoretical lessons! Participation is limited to 30 participants.
For further information see: http://uni-segeln.de
Information

Sports venues and their abbreviations:

**SS Gym** 55-CrossGym, Ulmenweg 55, 68167 MA
**ADS** Alfred-Delp-Sportanlage, Bismarckstraße 6, 68161 MA
**ADSB** Alfred-Delp-Sportanlage, Beachfeld, Bismarckstraße 6, 68161 MA
**B6, E-F** B6, 30-32 Bauteil E-F Raum 008.2 + 008.3, 68161 MA
**Boule** Bouleanlage PC Bouletten e.V. Sportpark Pfeifferswörth, 68167 MA (bei der SG Mannheim)
**D2 Gym** D2 FitGym, D 2, 5-8, 2. OG, 68159 MA
**E7** Gesundheitszentrum E7, E7, 1-3 (durch den Torbogen im Hinterhof) 68159 MA
**EHH** Eishalle Herzogenried, Käthe-Kollwitz-Str. 23, 68169 MA
**EO150** Schloss Ehrenhof Ost, 1. OG, Bismarckstraße 42, 68161 MA, Raum EO 150
**EW163** Schloss Ehrenhof West, 1. OG, Bismarckstraße 42, 68161 MA, Raum EW 163
**ExLU** EXTREM Ludwigshafen, Saarburger Str. 25, 67071 LU
**ExMA** EXTREM Mannheim, Am Ulrichsberg 10, 68309 MA
**FB6** Foyer B6, B6, 23, EG, 68159 MA
**FMT** Fernmeldeturm, Hans-Reschke-Ufer 2, 68165 MA
**GeZet** GeZet, Ulmenweg 55, 68167 MA
**HAYSF** HAYS Forum, Schloss Schneckenhof Ost, SO 008, Bismarckstraße 42, 68161 MA
**HBH3** Hallenbad Herschelbad Halle 3, U 3, 1, 68161 MA
**HBV** Hallenbad Vogelstang, Freiberger Ring 8, 68239 MA
**HFS** Halle Fröbel-Seminar, Rennershofstraße 2, 68163 MA
**HMS** Halle Mozartschule, M 6, 12, 68161 MA
**HUG** Halle Ursulinen-Gymnasium, A 4, 4, 68159 MA
**IFS** Institut für Sport, Parkring 39, 68161 MA
**IGMH** IGMH, Herzogenriedstr. 50, 68169 MA
**JKS** Johannes-Kepler-Schule, K 5, 68169 MA
**L9,1-2** L9, 1-2, Raum 009, 68161 MA
**MRVA** MRVA Amicitia, Hans-Reschke-Ufer 3, 68165 MA
**O148** Schloss Ostfliigel, 1. OG, O 148, Bismarckstraße 42, 68161 MA
**O48** Schloss Ostflügel, EG, O 48, Bismarckstraße 42, 68161 MA
**PBS** Psychologische Beratungsstelle, Bismarckstr. 10, Mensaria am Schloss, Eingang C, 68161 MA

Rugby:

SS Südwest Ludwigshafen, Erich Reimann Straße gegenüber Hallenbad Süd, 67061 LU
**SAPA** SAP-Arena Nebenhalle NORD, Xaver-Fuhr-Straße 150, 68163 MA
**SEH** Schloss Ehrenhof, Bismarckstraße 42, 68161 MA
**SGL9,7** Studium Generale L9,7 1. OG, Raum 113, 68159 MA
**SHSS** Sporthalle Schwetzingerstadt, Keplerstr. 15-21, 68165 MA
**SSL** Sportplatz Schnickenloch, Rheinpromenade, 68163 MA
**TMTG** Turnhalle der MTG Mannheim, Im Pfeifferswörth 13, 68167 MA
**TZ** Tanzzentrum C7, C 7, 12, EG, 68159 MA
**UH** Universitätslandhotel Pfeifferswörth, Theodor-Heuss-Anlage 15, 68165 MA
**VFR** Kunst- und Sportpark Pfeifferswörth, Theodor-Heuss-Anlage 15, 68165 MA
**YZ** Yogacentrum C7, C 7, 12, 1. OG, 68159 MA
**ZP** Zirkus Paletti, Im Pfeifferswörth 28a, 68167 MA

Signs:

F. A/B/C Field A, B or C of the Hall
**A** Beginners
**FA** Advanced beginners
**F** Advanced
**FÜ** Free training
**N.N.** To be announced
**Wk** Competitors
**A.e.** Registration required
**Tr** Training
**n.V.** By arrangement
**B** Mass sport
**E** Beginners

Note: Courses without A/F/Wk are open to all participants.

Sports Schedule:

Monday, September 3 – Friday, December 21, 2018
Courses do not take place on (public) holidays. Please take note of our daily updates published online.

School gyms (red font) are closed on the following (public) holidays

**Summer Break:** July 26 – September 7, 2018
**Bridge Day:** October 1 – October 3, 2018
**Autumn Break:** October 29 – November 2, 2018
**Christmas:** December 24 – January 4, 2019

During the semester break, January 5 – February 10, 2019, a separate program will be announced online at the respective time. The gyms are open year-round and only closed during Christmas Holidays (December 24-26), New Year’s Eve, New Year and Good Friday.

Overcrowded courses sometimes cause offence at University Sports. In order to avoid such overcrowding, we introduced course reservations for the following sports: Badminton, Beach Volleyball Court, Yoga, Soccer, Pole Fitness, Powerpump, Road racing and Hiking. The reservation is only valid for one single lesson and needs to be renewed (if necessary) on a weekly basis. After reservation of fields/courts and single lessons you automatically get a registration confirmation including a link for online cancellation (in case of inability to attend). Cancellation and reservation are possible until the beginning of the course.

The Institute of Sports asks all participants to please respect the starting times of the courses. Instructors are allowed to exclude a participant for technical and health reasons in cases of long delays. Instructors are also allowed to limit the number of participants if a course is overcrowded.
Conditions of Participation/Administrative Policy
With the booking of any offers, but no later than by participating in University Sports, the participants agree to a binding declaration to have been informed of the content of the conditions of participation as well as of the Use and Administrative Policy and regulations and comply with them without any restrictions. The conditions of participation and the user regulations are available online:
www.uni-mannheim.de/sport/informationen

Eligibility
Students and employees of the University of Mannheim are eligible for the Institute of Sports’ courses. Due to cooperation agreements, students of affiliated universities are allowed to participate, too. These affiliated universities are:
DHBW Mannheim
Hochschule Ludwigshafen
Hochschule Mannheim
Popakademie Mannheim
Staatliche Hochschule für Musik und Darstellende Kunst Mannheim
Universität Heidelberg

Furthermore, employees or affiliated members of the following organizations are eligible, too:
ABSOLVENTUM MANNHEIM e.V.
Fanclub des Hochschulsports e.V.
GESIS
Mannheim Business School
Universität Mannheim Service und Marketing GmbH
Zentrum für Europäische Wirtschaftsforschung
Fröbel Seminar

Students of Universität Mannheim, Hochschule Mannheim, DHBW Mannheim, Musikhochschule and Hochschule Ludwigshafen, the particular Student-ID also works as SportsCard. Apart from the mentioned ones, other members need to purchase an additional SportsCard. The SportsCard can be purchased at any time, is valid for one semester (semester times of Universität Mannheim), is not transferable and not renewed automatically. Registration can be made online. The SportsCard is even necessary for the participation at courses which are free of charge and needs to be shown generally. The SportsCard thus works as personal participation ticket and is not transferable. Generally, the SportsCard must be shown together with a valid Student-ID, certificate of matriculation or employee identity card. In case of doubt, the submission of the official Personal ID card might be requested.

Registration
Generally, registration is only required for courses, which are labeled with A.e. (= Registration required) in the sports program, except for the preceding reservation in order to receive the SportsCard (please see above). Please note that there is a difference between fee-based courses and courses, in which only the number of participants is limited. Information regarding the fee of the course can be found in the sports program right after the title of the particular course. Mostly, the number of participants is limited. In case of an insufficient number of registrations, the course unfortunately might be cancelled. If so, the respective course fee will be refunded. Further claims cannot be asserted. Unfortunately, refunding after the beginning of the course is not possible. In case of rebooking or cancellation we charge additional costs amounting to 10,00 €.

Payment
Universität Mannheim is entitled to collect the payments via direct debit of the given bank account (IBAN and BIC). If the given bank account is not covered or incorrect, name and address will be requested at the University’s administration in order to assert the payment claims. In case of dishonor, a notification in a respective file will be made. The notification will be removed as soon as the particular course payment is cleared and additional costs are paid. Additional costs will be charged in case of payment revocation, insufficient bank account balance or in case of incorrect bank account data. Additional costs amount to 10,00 €. Preannouncement of direct debit will be sent within a defined period by E-Mail.

More information can be found online:
www.uni-mannheim.de/sport/informationen

Insurance
Students of Mannheim’s universities are insured within the framework of university sports as well as during lectures. Insurance does not cover sporting activities outside the organized courses and events of the Institute of Sports (for example independent groups, independent exercise, independent tennis matches, individual training in the gyms). Participants have to take care of their insurance themselves when they take part in courses where the Institute of Sports acts only as intermediary for affiliated organizers. Employees of the University of Mannheim, participants affiliated with ABSOLVENTUM, FdH, ZEW, Universität Mannheim Service und Marketing GmbH and Popakademie Mannheim are categorically not insured during university sports and therefore responsible themselves for insurance coverage.

Jobs at Institute of Sports
At University Sports you cannot only do sports but also earn money! Due to the high fluctuation levels of students we are always looking for competent and motivated students as instructors or as student assistants at our office. More information can be found online: https://www.uni-mannheim.de/en/sports/who-we-are/jobs/
Online: www.uni-mannheim.de/sport
E-Mail: sport@uni-mannheim.de
Phone: +49 621 / 181 - 34 19
Fax: +49 621 / 181 - 34 15

Office University Sports:
Universität Mannheim Institut für Sport
Parkring 39
68161 Mannheim

Opening Hours: Mon – Thu, 9am - 12.30pm
Phone: +49 621 / 181 - 34 19
Visiting Hours: By arrangement

Head of Department:
Christian Burgahn
Phone: +49 621 / 181 - 34 14
E-Mail: burgahn@uni-mannheim.de

Deputy:
Charlotte Werner (Parental leave)
Anja Riehm
Phone: +49 621 / 181 - 34 20
E-Mail: anja@sport.uni-mannheim.de

Bernhard Jantschke
Phone: +49 621 / 181 - 34 18
E-Mail: bernhard@sport.uni-mannheim.de

Secretariat:
Elvira Hanusch
Phone: +49 621 / 181 - 34 16
E-Mail: elvira.hanusch@sport.uni-mannheim.de

Projects Fancub des Hochschulsports e.V.
Student of IBA Heidelberg – Sports Management:
Thomas Schmitt
Phone: +49 621 / 181 - 34 17
E-Mail: thomas@sport.uni-mannheim.de

Head of Gym in D2
Sven Grünewald
E-Mail: d2@sport.uni-mannheim.de
Roman Leonhard Knab
E-Mail: roman@sport.uni-mannheim.de

Sports Facilities
Gym in D2: +49 621 / 18 14 31 30
E7: +49 621 / 12 80 71 10
Unisporthalle/-platz: +49 621 / 41 61 27