

Sport programmes for UAE residents

Packages and prices for new sport courses



Sport programmes for UAE residents

Valid for a maximum of 10 months from the 9th September 2018 until the 30th June 2019 (or 16th May 2019 for certain activities).

Fitness family courses

For more information on the following courses, click the links below,

Circuit training: click [here](#)

Aikibudo: click [here](#)

Aqua fitness: click [here](#)

Spinning cycling: click [here](#)

Tabata: click [here](#)

Zumba: click [here](#)

Muay Thai: click [here](#)

Self-defense: click [here](#)

Muay Thai fitness: click [here](#)

Fitness training: click [here](#)

You will have the possibility to practice one or three different courses during the period of 10 months depending of your package.

Fitness family	Max guests/course	Duration course	Number of course(s)/week	10 sessions 1 activity only to be used 3 months from the registration date	Half year 1 activity only to be used 5 months from the registration date	Full year 1 activity only to be used until end of June 2019	30 sessions 3 activities only per week to be used in 4 months max	Half year 3 activities max per week to be used 5 months from the registration date	Full year 3 activities per week to be used until end of June 2019
Spinning cycling	10	1	1	AED 630	AED 1,050	AED 1,890	AED 1,575	AED 2,625	AED 4,200
Muay Thai	20	1.5	1						
Muay Thai fitness	20	1.5	1						
Aikibudo	20	1.5	1						
Tabata	20	1	1						
Self-defense	20	1.5	1						
Circuit training	20	1.5	1						
Fitness training	12	1.5	1						
Aqua fitness	20	1	1						
Zumba	20	1	1						

Climbing activities (click [here](#) for more information)

Discovery Climbing

1 hour 30min, maximum twice per week

Discovery climbing includes 6 lessons with a coach for the indoor climbing. These 6 lessons can be used anytime during the year using the online booking system for allocated slots. The goal of this discovery package is to give beginners a basic knowledge about indoor climbing and correct safety procedures.

Activity/discovery	Max guests/course	Course duration	Number of course(s)/week	6 sessions to be used until end of June 2019
Discovery Climbing adults/6 sessions renewal	12	1h30	2	AED 840

Membership/self training

For this practice as autonomous in self training you will be considered a "member". You will be eligible for the specific member rates in advance and improvement courses. Booking online required for all reservations.

Member: Climbing activity Self training	Max guests/course	Course duration	Number of course(s)/week	10 sessions to be used 5 weeks from the registration date	Half year unlimited access 5 months from the registration date	Full year unlimited access until end of June 2019
Autonomous access - Self training members	45	2	10	AED 525	AED 2,625	AED 4,200

Registration fees will include **insurance** providing coverage during sports practice.

Improvement climbing

1 hour 30 min, maximum twice per week possible

Advanced climbing

2 hours, maximum twice per week possible

Improvement and advanced climbing sessions targeted at intermediate and expert level climbers.

Guests will book online in advance in allocated slots (with a limit of two bookings per week for those courses).

Activity/courses	Max guests/course	Course duration	Number of course(s)/week	10 sessions for members as self training to be used until end of June 2019	20 sessions for members as self training to be used until end of June 2019	30 sessions for members as self training to be used until end of June 2019	10 sessions non members to be used until end of June 2019	20 sessions non members to be used until end of June 2019	30 sessions non members to be used until end of June 2019
Improvement climbing	20	1h30	1	AED 367.5	AED 735	AED 1,050	AED 735	AED 1,470	AED 2,205
Advanced climbing	20	2	1						

Sport programmes for UAE residents

Rates proposal for new sport courses

Please note: all prices are inclusive of VAT.

Kids climbing courses

Activity	Max guests/course	Course duration	Number of course(s)/week	Half year (19 weeks)	Full year (38 weeks)
Kids (6-8)	10	1h	1	AED 1,575	AED 2,625
Kids (9-12)	12	1h30	1		
Teen (13-16)	12	1h30	1		

Registration fees will include **insurance** providing coverage during sports practice.

Courses offered from 9th September 2018 until the 16th May 2019

Volleyball (click [here](#) for more information)

A once weekly slot where the coach will organise volleyball courses and tournament in the main sports hall. Guest will book in advance online, using allocated slots.

Activity				Half year (15 weeks) to be used until end of December 2018	Full year (30 weeks)
Kids volleyball (10-16)	30	1.5	1	AED 945	AED 1,260
Adult volleyball	40	2	1		

Registration fees will include **insurance** providing coverage during sports practice.

Courses offered from 9th September 2018 until the 30th June 2019

Member tennis: court rental

The two tennis courts on the roof and one indoor court of the sports building will be available for rent (without coaching-facility rental only) on weekends only (Friday and Saturday) as well as through a yearly membership. Each guest must reserve a tennis court for 1 hour, and there should be a minimum 2 bookings (2 persons) and a maximum of 4 persons to book 1 court, with a maximum 4 hours per weekend per guest. It is not possible for guests to come with a private coach. All players have to be members. No external invitations are allowed.

Activity		2 roof courts (pack to be used by end of June 2019)			1 indoor court only (pack to be used by 16th May 2019)		
Adult members	Court	20 sessions of 1 hour to be used in 10 months max	40 sessions of 1 hour to be used in 10 months max	60 sessions of 1 hour to be used in 10 months max	20 sessions of 1 hour to be used in 10 months max	40 sessions of 1 hour to be used in 10 months max	60 sessions of 1 hour to be used in 10 months max
Tennis court only	3	AED 525	AED 1,050	AED 1,575	AED 1,050	AED 2,100	AED 3,150

Member tennis: collective private course (1 to 4 max)

Specific slots can be dedicated for courses with a coach or personal trainer from Sorbonne University Abu Dhabi.

Fridays: 11:30am to 12:30pm only
Saturdays: 12:00pm to 1:00pm only

See the package offer below.

Adult tennis	Max guests/course	Course duration	Number of course(s)/week	4 sessions of 1 hour to be used in 5 months max. For members only	10 sessions of 1 hour to be used in 10 months max. For members only	20 sessions of 1 hour to be used in 10 months max. For members only
Private tennis or collective course members	1 to 4	2h max/weekend	2	AED 315	AED 787.5	AED 1,575

Registration fees will include **insurance** providing coverage during sports practice.

Specific slots can be dedicated for kids courses with a coach from Sorbonne University Abu Dhabi only. See the package offer below.

Kids tennis	Max guests/course	Course duration	Number of course(s)/week	Half year 15 Weeks	Full year 30 weeks
Kids (4-6)	6	1h	1	AED 1,260	AED 2,100
Kids (7-11)	6	1h	1		
Teens (12-15)	6	1h	1		

Judo (click [here](#) for more information)

Activity	Max guests/course	Course duration	Number of course(s)/week	Half year 19 weeks	Full year 38 weeks
Baby judo (4-6)	15	1	1	AED 945	AED 1,260
Kids judo (7-10)	25	1	1		
Judo (ladies only)	40	1.5	1	AED 1,260	AED 1,995
Judo (mixed adults)	40	1.5	1		

Activities schedule

Sunday

Spinning cycling
5:00pm to 6:00pm

Muay Thai
6:00pm to 7:30pm

Monday

Tabata
5:00pm to 6:00pm

Self-defense
6:00pm to 7:30pm

Gym/Coaching form
6:00pm to 7:30pm

Tuesday

Judo kids
4:00pm to 5:00pm

Akibudo
5:00pm to 6:30pm

Muay Thai fitness
6:30pm to 8:00pm

Wednesday

Circuit training
6:00pm to 7:30pm

Thursday

Baby Judo
4:00pm to 5:00pm

Judo (ladies only)
5:00pm to 6:30pm

Kids volleyball
5:30pm to 7:00pm

Judo (mixed)
6:30pm to 8:00pm

Adult volleyball
7:30pm to 9:00pm

Tennis academy

Friday

Mini tennis (4 to 6 years old)
9:30am to 10:30am

Improvement kids (7 to 11 years old)
10:30am to 11:30am

Private course (adults)
11:30am to 12:30pm

Saturday

Discovery kids (7 to 11 years old)
10:00am to 11:00am

Improvement teens (12+ years old)

Private course (adults)
12:00pm to 1:00pm

For climbing, please see
the specific plan below.

Activities schedule

Climbing: periods 1 and 3 (2018-19)

Between 10th September to 15th November 2018 and 16th May to 30th June 2019

Max/course

Sunday

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Beginner

8:30pm to 10:00pm

Monday

Improvement

6:00pm to 7:30pm

Advanced

8:00pm to 10:00pm

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Tuesday

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Beginner

8:30pm to 10:00pm

Wednesday

Advanced

6:00pm to 8:00pm

Improvement

8:30pm to 10:00pm

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Thursday and Friday off

Saturday

Self training

4:00pm to 6:00pm

6:00pm to 8:00pm

Kids

6 to 8 year old

4:00pm to 5:00pm

9 to 12 years old

5:00pm to 6:30pm

13 to 16 years old

6:30pm to 8:00pm

Activities schedule

Climbing: period 2 (2018-19)

Between 16th November 2018 to 16th May 2019

Sunday

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Beginner

8:30pm to 10:00pm

Monday

Improvement

6:00pm to 7:30pm

Advanced

8:00pm to 10:00pm

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Tuesday

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Beginner

8:30pm to 10:00pm

Wednesday

Advanced

6:00pm to 8:00pm

Improvement

8:30pm to 10:00pm

Self training

6:00pm to 8:00pm

8:00pm to 10:00pm

Thursday

Self training

4:00pm to 6:00pm

6:00pm to 8:00pm

Kids

6 to 8 year old

4:00pm to 5:00pm

9 to 12 years old

5:00pm to 6:30pm

13 to 16 years old

6:30pm to 8:00pm

Friday and Saturday off

General conditions for registration

Courses offered from 9th September 2018 to 27th June 2019

Eligibility for registration for Sorbonne Abu Dhabi (non-student) sports activities:

- **Adults (15 years and above): UAE residents only for all mentioned activities**

How to register?

1. Online pre-registration: click [here](#) (desktop computers only, no mobile devices)
 2. You will receive a PDF document by email
 - a. Print the PDF document
 3. Make an appointment by emailing resa.sports@psuad.ac.ae
 - a. On the day of your appointment, bring all the documents listed below
 - b. Pay the fees at the Finance Department by credit card only (no cash accepted)
 - c. Wait 48 hours to receive an email for confirmation of your account activation
 - d. You can start to reserve facilities/courses and use your credit until the end of the validity of your package
 - e. Reservation: allowed two weeks in advance
 - f. Cancellation: maximum one hour before
- Documents to be presented for registration:
 - Valid Emirates ID copy + original
 - Insurance card copy + original
 - Email contact and emergency contact number
 - 2 photos
 - Passport copy + original
 - Phone number
 - Parental authorisation for under 18 years old guests – original only
 - Sports Auditors can register for up to a maximum of 3 courses for this academic year 2018-19
 - **Online booking is mandatory for sport courses**
 - It is mandatory that all children attending kids courses are the responsibility of their parents or an adult who must supervise them at all times whilst on campus, in the cafeteria and during the activity.

Closing date

- 23rd December 2018 to 5th January 2019 (Campus closed during the Christmas vacation)
- 24th March 2019 to 5th April 2019 (Campus closed during the Spring vacation)
- In addition to all UAE public days off. The online schedule will be updated regularly

For more information: resa.sports@psuad.ac.ae

Bring your own towel and bottle. We will provide the water.....we support a green planet!

