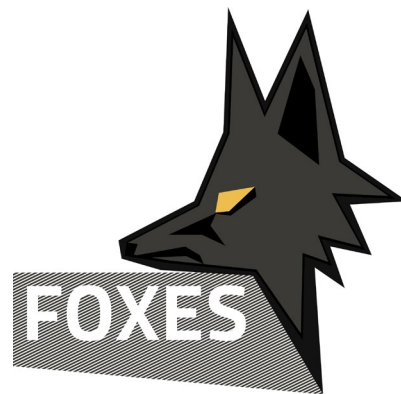


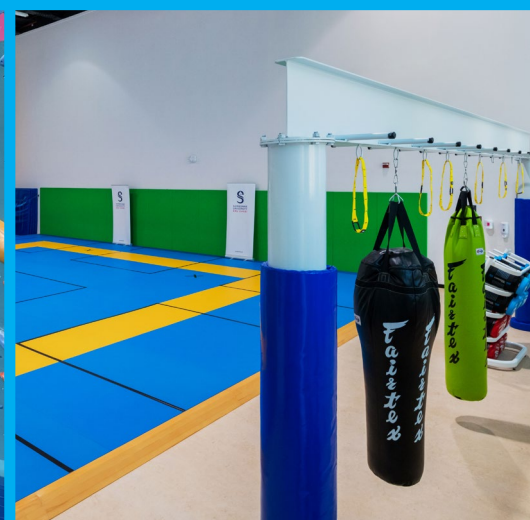


**SORBONNE
UNIVERSITY
ABU DHABI**

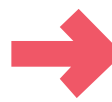


Sports Classes Accessible to the Public

**Information booklet
2022-2023**



New registration



Create your account on ExtraClub online booking system
<https://paris-sorbonne-uad.extraclub.fr/fo/public/menu/homepage/login>

Go to "mes documents" and upload your Emirates ID

Contact resa.sports@sorbonne.ae to choose your package



Once you receive our confirmation, pay for your package and send us the payment confirmation

Your account will be activated withing 1 working day from the payment

Log on back onto ExtraClub to book your climbing session

Existing membership



Email resa.sports@sorbonne.ae with the package/clss you want to register for

If your Emirates ID has expired since your last registration, go to "mes documents" and upload you valid Emirates ID

Once you receive our confirmation, pay for your package and send us the payment confirmation

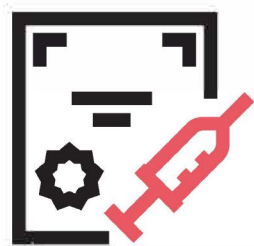


Your account will be activated within 1 working day from the payment

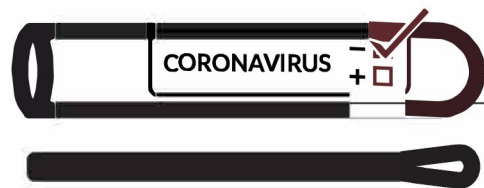
Log on back onto ExtraClub to book your climbing session



Entry requirements



Full vaccination (2 doses and 3rd booster dose when needed)



Green AlHosn status



Mandatory booking on the Extra Club Platform



Adhering to Covid19- safety protocols



Parental authorization is mandatory for members under the age of 18



Climbing

Sorbonne University Abu Dhabi has one of the best climbing facilities in the UAE with an eight metres lead wall and close to 200 square metres of bouldering space with a modern set of holds, Moonboard, peg and campus boards, and wide choice of training equipment (pull up and dip bars, hangboards, TRX and gymnastic rings). The gym is open to the public from Monday to Sunday, however for bouldering only on certain days.

Climbing is a great activity for everyone. Regular climbing practice will improve general fitness level, agility, flexibility, mental strength and self-confidence. Start your climbing adventure today!

Sorbonne University Abu Dhabi Climbing and Hiking Club

The SUAD Climbing and Hiking Club was established in 2022 at the Sorbonne University Abu Dhabi. It brings together students, graduates, and staff of the University, however despite the predominant academic character, the Club is open to all climbing and hiking not related to the academic community.

The club organises meetings with special guests once a month, but also gives the club members a chance to organise their own slide shows of their climbs and expeditions.

The SUAD CHC also offers courses run by the European certified instructor and coach. The club is linked to the discount system for different classes and access to the climbing gym offered at the SUAD and other gyms in the UAE.

Annual membership 100 AED.

Self-training

Free access to the Sorbonne climbing wall. Bouldering for everyone.
Rope climbing ONLY after the belaying assessment.

	Regular price	SUAD Climbing and Hiking Club Members
Unlimited full year	3700 AED	3400 AED
Unlimited 6 months	2200 AED	1900 AED
10 sessions	735 AED (this can only be renewed two times in a year)	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 17:30 17:30 - 20:00 20:00 - 22:30	15:00 - 17:30 17:30 - 20:00 20:00 - 22:30	13:30 - 16:00 16:00 - 18:00 (Ladies only) 18:00 - 20:30 20:30 - 22:30	15:00 - 17:30 17:30 - 20:00 20:00 - 22:30	12:30 - 15:00 15:00 - 17:30 17:30 - 20:00	(Bouldering Only) 12:30 - 16:00 16:15 - 19:15 19:30 - 22:30	(Bouldering Only) 12:30 - 16:00 16:15 - 19:15 19:30 - 22:30

Coached Climbing Training for Adults

Do you want to train on regular basis, improve your skills, eliminate training mistakes and develop more systematized training?

Group classes are the perfect solution for you! Under the supervision of experienced coach you will be able to progress toward you goal or find a right goal for yourself. Also if you want to climb with the rope, but you have troubles to find a partner, join the group classes. We provide all the climbing equipment.

You're not sure if group classes are right for you? Get one of the self-training packages and book a session during the classes to see how they look like or talk with the coach.

This course is designed for people who know how to belay on top-rope. You will be allowed to sign up only for one class per week.

During the 10 sessions you will receive a personalised training plan. Everyone who will join in September, will also get a full body composition analysis, Excel sheet to track their progress and physical assessment with a coach assistance.

	Regular price	SUAD Climbing and Hiking Club Members
10 sessions of 2 hours	1675 AED	1475 AED
5 sessions (renewal only) valid for 5 weeks	850 AED	750 AED

Monday	Tuesday	Thursday
19:15 - 21:15	18:30 - 20:30	19:00 - 21:00



Kids and Teens Climbing Classes

Dear Parents! Climbing is a perfect sport for kids! It improves coordination and mobility, increases concentration therefore improve academic performance. During our classes, we teach young climbers responsibility and work in a team. Kids will be under the supervision of an experienced coach.

Then there are three types of classes for kids:

- **Climbing Kindergarden (5-9 y.o.)**
Introduction to climbing for the youngest children.

- **Climbing Recreation Group (10-15 y.o.)**
Perfect activity for kids: lots of climbing games, running and fun. Perfect way to introduce full of energy kid to the new activity.

- **Climbing Sport Group**
Group available by invitation only. Training sessions for more advanced kids. (Coach invitation only, mandatory two trainings per week)

Climbing Kindergarden (5-9 y.o.) and Climbing Recreation Group (10-15 y.o.)

1 month 1 class per week	800 AED
3 months	2100 AED
Full year pro rata	5000 AED

Climbing Sport Group

2 classes a week for 1 month	800 AED
3 months	2100 AED
Full year pro rata	5000 AED

Climbing Kindergarden	
Monday	Friday
17:00-18:00	14:00-15:00

Climbing Recreation Group	
Monday	Friday
18:15 - 19:45	15:15 - 16:45

Climbing Sport Group	
Tuesday	Thursday
17:00 - 18:30	17:30 - 19:00

Mobility and Injury Prevention for Climbers

Do you climb regularly, but you are looking for a complementary training to improve your flexibility and avoid most common climbing injuries? Those classes are designed for you!
The value of general conditioning has been recognized by the coaches and climbers around the world and contemporary is widely understood. Professional athletes focus on balanced training and extensive fitness performance, therefore good understanding of basic exercises is crucial for climbing improvement.

Mobility and injury prevention for climbing

10 sessions of 1 hour	675 AED	600 AED (SUAD Climbing and Hiking Club Members)
Tuesday		
20:30 - 21:30		

Combo Packages for Climbers

Package climbing + mobility		
10 session valid for 10 weeks	2200 AED	1900 AED (SUAD Climbing and Hiking Club Members)
Package climbing + mobility + any other fitness activity (check the details in fitness activities section)		
10 sessions of each family valid for 10 weeks	2700 AED	2400 AED (SUAD Climbing and Hiking Club Members)



Judo - Kids

1 class per week for 1 hour session

4 lessons	250 AED
3 months (pro rata from April to June)	250 AED
Full year Start anytime during the year and pay pro rata from the time of your registration (until March 2023)	1300 AED

Badminton Court Access (no coach) - Teens from 16

12 session per week for 1h30 session

12 sessions (validity 12 weeks)	800 AED
Full year unlimited Start anytime during the year and pay pro rata from the time of your registration (until February 2023) Gain free access to the courts during the summer (without a coach). This offer is only valid for those who register before the month of March 2023	2500 AED

Fitness health - Adults

Circuit training (mixed-route)	1.5 hour	1 class/week
Fitness trampoline (mixes)	1 hour	1 class/week
Indoor Cycling	1 hour	1 class/week
Yoga	1 hour	3 class/week
Gym Cross Training	1.5 hour	1 class/week

5 sessions (one activity validity 6 weeks until end of june 23)	300 AED
13 Sessions (3 months of one activity - pro rate until 1 april) until end of june 23	800 AED
Full year (until end of June 2023). Start anytime during the year and pay pro rata from the time of your registration (until 1 April)	1000 AED

All fitness activities

Full year pack unlimited Pro rata until June 23	2500 AED
3 month unlimited all activities pro rata until 1 April	1300 AED
5 weeks validity 6 weeks unlimited	500 AED

Volleyball - Adults

2 classes per week for 1.5 hours session

full year unlimited pro rata. gaint free access to the courts during summer (without coach) this offer is valid for those who register before the month of march 2023

Full year
1300 AED

Basketball course (court + teacher) adults-teens

Full year
1300 AED pro rata

Futsal adults until June 23

Full year
1300 AED pro rata

Martial arts adults

Judo mixed	1.5 hour	1 class/week
Martial Arts Fitness	1.5 hour	1 class/week
Muay Thai boxing	1.5 hour	1 class/week

Full year per activity until end of June	1000 AED pro rata
Full year all activities until end of June	1500 AED pro rata



Sports classes accessible to the public (SCAP)

2022-2023 Semester 1 schedule

The sports building is open 7 days a week, from 8:00am to 10:30pm.
Le bâtiment de Sport est ouvert 7 jours sur 7, de 8h à 22h30.



		Monday/Lundi																																				
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30									
Sports Building	Gym																				Cross training																	
	Climbing Wall						Climbing Kindergarden (5-9 y.o.)					Climbing Recreation Group (10-15 y.o.)							Climbing Coached Training Session																			
		Climbing Self-training								Climbing Self-training										Climbing Self-training																		
	Dance																indoor cycling - Ellenita																					
	Sports Hall													Badminton					Badminton																			
	Martial Arts		Baby Judo - Ellenita																	Martial Art Fitness - SELF Ellenita																		
	Roof																		Basketball Men's Alain																			
	Outdoor on Campus																																					
	Off Campus																																					

		Tuesday/Mardi																																
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30					
Sports Building	Gym																					Cross training												
	Climbing Wall							Climbing Sport Group						Climbing Coached Training Session						Mobility and Injury Prevention for Climbers														
		Climbing Self-training								Climbing Self-training												Climbing Self-training												
	Dance													Pilates Alexandra																				
	Sports Hall																			Badminton														
	Martial Arts																			Volleyball Atanas						Basketball Men's Alain								
																				Judo Mixed / SCAP + all														
	Roof																																	
Outdoor on Campus																																		
Off Campus																																		

		Wednesday/Mercredi																																
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30					
Sports building	Gym																																	
	Climbing Wall																	Climbing courses / SUAD Climbing & hiking club meetings																
		15:30 - 16:30 Climbing Self-training										Climbing Self-training													Climbing Self-training									
	Dance																				Trampo Fitness - Ellenita													
	Sports Hall																		Badminton									Badminton						
	Martial Arts																			Muay Thai - Julien														
	Roof																																	
	Outdoor on Campus																																	
Off Campus																																		

Fitness Family
Climbing
Racket sports
Team Sports
Martial arts
Women's only all sports
Outdoor

		Thursday/Jeudi																																			
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30								
Sports Building	Gym																																				
	Climbing Wall								Kids and Teens Climbing Sports Group								Climbing Coached Training Session																				
									Climbing Self-training																Climbing Self-training												
	Dance							Indoor cycling- Ellenita																													
	Sports Hall																		Badminton				Volleyball Atanas														
	Martial Arts					Pilates Alexandra																															
	Roof																																				
	Outdoor on Campus																																				
Off Campus																																					

		Friday/Vendredi																															
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30				
Sports Building	Gym																																
	Climbing Wall		Climbing Kindergarden (5-9 y.o.)					Climbing Recreation Group (10-15 y.o.)																									
		13:30 - 15:00 Climbing Self-training	Climbing Self-training							Climbing Self-training																							
Sports Building	Dance																																
	Sports Hall																		Badminton					Badminton									
	Martial Arts																																
	Roof																																
	Outdoor on Campus																																
Off Campus																																	

		Saturday/Samedi																															
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30				
Sports Building	Gym																																
	Climbing Wall	15:20 - 18:00 Climbing Self-Training Bouldering			Climbing Self-training - Bouldering only															Climbing Self-training - Bouldering only													
Dance																																	
Sports Hall																			Badminton					Badminton									
Martial Arts																																	
Roof																																	
Outdoor on Campus																																	
Off Campus																																	

		Sunday/Dimanche																												
		15:00	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30	
Sports Building	Gym																													
	Climbing Wall	17:30 - 18:45 Climbing Self-Training Bouldering only																												
	Dance																													
	Sports Hall																													
	Martial Arts																													
	Roof																													
Outdoor on Campus																														
Off Campus																														

Fitness Family
Climbing
Racket sports
Team Sports
Martial arts
Women's only all sports
Outdoor

