

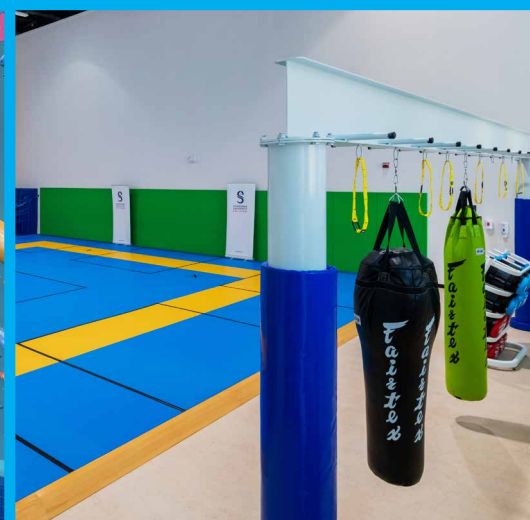
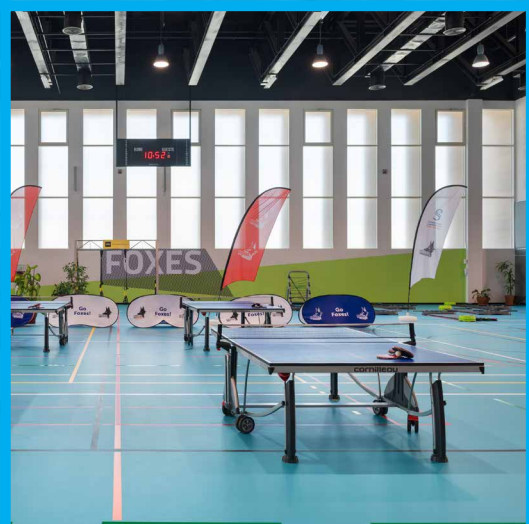
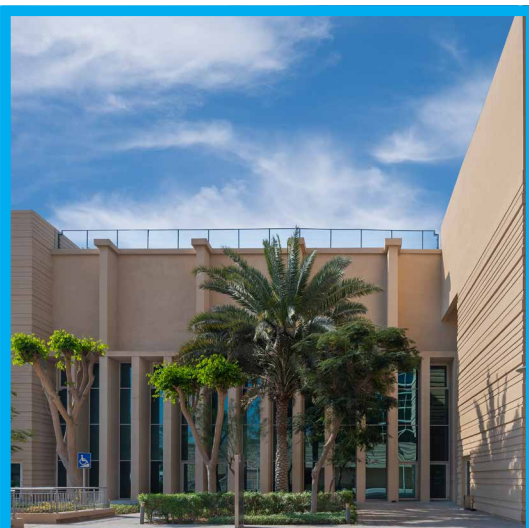


**SORBONNE
UNIVERSITY
ABU DHABI**



Sports Classes Accessible to the Public

**Information booklet
2023-2024**



New registration



Create your account on ExtraClub online booking system
paris-sorbonne-uad.extra-club.fr

Go to mes documents and upload your:
1. Emirates ID (both sides)
2. SCAP Registration form (pdf downloadable from your account)
3. One jpg passport size pic of you

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 session

Existing membership



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

-upload your new emirates ID
-upload your new pdf registration form (downloadable from your account)
- upload one picture of you

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

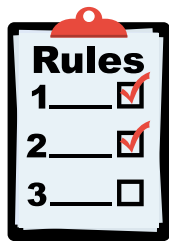


Your account will be activated within 1 working day from the payment

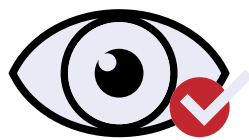
Log on back onto ExtraClub to book your session



Entry requirements



All SCAP members should follow all our on-campus general rules & regulations



All SCAP members should at all times be under staff supervision



Mandatory booking on the Extra Club Platform



Adhering to Covid19- safety protocols



Parental authorization is mandatory for members under the age of 18



Exclusive Discount: Alumni Student from SUAD may avail themselves of a **20% discount**.

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.

SUAD Climbing and Hiking Club	Regular price
Annual membership kids, teens, adults	100 AED

Self-training

Free access to the Sorbonne climbing wall. Bouldering for everyone. Self training is applicable for 16 years old and above Rope climbing ONLY after the belaying assessment.

Self-training	Regular price	SUAD Climbing and Hiking Club Members
Unlimited full year (prorata temporis) + free access July and August for bouldering only	3700 AED	3400 AED
Unlimited 6 months (prorata temporis until 1st April) + free access July and August for bouldering only	2200 AED	1900 AED
10 sessions (can be bought only twice)	735 AED	735 AED
4 sessions (to be used within 8 weeks, can be bought only once)	300 AED	300 AED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:30 PM - 10:30 PM	1:30 PM - 10:30 PM	1:30 PM - 4:00 PM 4:00 PM - 6:00 PM Ladies Only 6:00 PM - 10:30 PM	1:30 PM - 10:30 PM	1:30 PM - 10:30 PM	Bouldering only 11:00 AM - 1:00 PM 1:00 PM - 4:00 PM La- dies Only 4:00 PM - 10:30 PM	Bouldering only 1:30 PM - 10:30 PM

Coached Climbing Training for Adults

Do you want to train on the 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 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.

Coached sessions adults (once a week; starting only from the beginning of each month)	Regular price	SUAD Climbing and Hiking Club Members
3 months	2000 AED	1800 AED
2 months	1300 AED	1100 AED
1 month (can be bought only once per semester)	700 AED	600 AED

Monday	Tuesday	Thursday
6:30 PM - 8:30 PM	7:30 PM - 9:30 PM	8:00 PM - 10:00 PM



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. There are two types of classes for kids: recreation and sport groups. All groups receive their logbooks to track their progress.

Recreation Groups:

- Kids Climbers 5-6 y.o.** - Introduction to climbing with fun games, running and climbing. Ideal for the youngest climbers.
- Young Climbers 7-9 y.o.** - perfect activity for young climbers introducing them to more complex concepts in climbing.
- Teens 10-13 y.o.** - learning the movement, mindset and partnership values with climbing

Kids and Teens Sport Group:

Group available by invitation only. No booking without coached permission. Training sessions for more advanced kids and teenagers. Two trainings per weeks are mandatory to stay in the group.

Kids Climbing - Recreation and Sport Groups

Coached sessions kids and teens (approx. two sessions per week, starting only from the beginning of each month)	Regular price	SUAD Climbing and Hiking Club Members
3 months	2200 AED	2100 AED
2 months	1500 AED	1400 AED
1 month (can be bought only once per semester)	800 AED	700 AED

Kids Climbers 5-6 y.o.		
Monday	Wednesday	Friday
3:00 PM - 4:00 PM	3:00 PM - 4:00 PM	2:00 PM - 3:00 PM

Teens 10-13 y.o.		
Tuesday	Wednesday	Friday
5:15 PM - 6:45 PM	6:00 PM - 7:30 PM	4:30 PM - 6:00 PM

Young Climbers 7-9 y.o.		
Monday	Tuesday	Friday
4:15 PM - 5:15 PM	4:00 PM - 5:00 PM	3:15 PM - 4:15 PM

Kids and Teens Sports Group:	
Monday	Thursday
5:00 PM - 6:30 PM	5:00 PM - 6:30 PM

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

Mobility and injury prevention for climbing adults (once a week; starting only from the beginning of each month)	Regular price	SUAD Climbing and Hiking Club Members
3 months	1000 AED	900 AED
2 months	700 AED	650 AED
1 month (can be bought only once per semester)	350 AED	330 AED

Monday
8:30 PM - 9:30 PM

Combo Packages for Climbers

Package climbing + mobility adults (once a week each; starting only from the beginning of each month)	Regular price	SUAD Climbing and Hiking Club Members
3 months	2700 AED	2500 AED

Climbing Courses

Do you want to learn more about climbing? Every month we run different courses at the SUAD from “Belaying Level 1 - Introduction to top-rope belaying”, “Belaying Level 2 - Lead Climbing Courses”, “Mastering Movement in Climbing” to more advanced courses like “Introduction to Outdoor Climbing”.

Climbing courses	Regular price
2 sessions course (2h per session)	350 AED
3 sessions course (2.5h per session)	500 AED
4 sessions course (2.5h per session)	700 AED



Martial Arts*

1 class per week for 1 hour session

Judo with Children (4-8 years): Register your little ones to enjoy judo. Based on the «motricity» game, your child will improve their movement, balance, flexibility, strength and self-confidence. Classes also instil the values of the judo moral code including courtesy, courage, friendship, honesty, honour, modesty, respect and self-control.	Regular price
4 sessions (can be bought only once)	250 AED
3 months - 12 sessions	600 AED
Full year (prorata temporis until 1st April)	1300 AED

Martial Arts - JUDO TEENS 9 to 14 YO / 1h30 (10 months)	Regular price
4 sessions (can be bought only once)	250 AED
3 months - 12 sessions	600 AED
Full year (prorata temporis until 1st April)	1300 AED

Martial Arts - JUDO MIXED 1h30 from 15 YO and above (10 months)	Regular price
4 sessions (can be bought only once)	350 AED
3 months - 12 sessions	900 AED
Full year (prorata temporis until 1st April)	1500 AED

Martial arts* adults

Martial Arts Fitness Self-Defense is an introduction to different Martial Arts Sports as: Judo, Jiujitsu, Boxing, Krav-maga, Kickboxing, Wrestling, Self-defense, and physical conditioning system.	Regular price
4 sessions (can be bought only once)	250 AED
3 months - 12 sessions	600 AED
Full year (prorata temporis until 1st April) 28 sessions	1300 AED

Martial BOXING - adults 1h30 (10 months)	Regular price
4 sessions (can be bought only once)	350 AED
3 months - 12 sessions	900 AED
Full year (prorata temporis until 1st April) 28 sessions	1500 AED

Martial Arts MUAY THAI – adults - 1h30 (10 months)	Regular price
4 sessions (can be bought only once)	350 AED
3 months - 12 sessions	900 AED
Full year (prorata temporis until 1st April) 28 sessions	1500 AED

PACK Martial Arts - 4 activities (10 months)	Regular price
16 sessions (can be bought only once) validity 6 weeks	500 AED
3 months - 60 sessions	1300 AED
Full year (prorata temporis until 1st April)	2500 AED

Badminton* Court Access (no coach) - Teens from 16

12 session per week for 1h30 session. You will be able to play indoor based on the availability with max 3 other partners who are registered themself. Slots are during the day or the evening and including the weekend as well. # to 6 courts are available.

Badminton - Adults court only - no coaching - July and August available	Regular price
12 sessions of 1h30 - Validity 3 months	800 AED
Full year (prorata temporis until 1st April)	2500 AED

Tennis*

You will be able to play outdoor or indoor based on the availability with max 3 other partners who are registered themself. slots during the day or the evening including the weekend as well. 2 courts outdoor and one indoor.

Tennis - Adults court only - no coaching - July and August available	Regular price
Full year 136 slots of 1h each	6500 AED
6 months 108 slots of 1h each	5900 AED
3 months - 72 slots of 1 h each	4300 AED
2 months 36 slots of 1h each	2800 AED
1month 4 slots of 1h each	500 AED



* See the appendix at the end

Fitness health* - Adults

Fitness - INDOOR CYCLING adults - 45 min (10 months)	Regular price
4 sessions (can be bought only once)	300 AED
3 months - 12 sessions	800 AED
Full year (prorata temporis until 1st April)	1000 AED

Fitness - TRAMPOLINE - adults - 1h (10 months)	Regular price
4 sessions (can be bought only once)	300 AED
3 months - 12 sessions	800 AED
Full year (prorata temporis until 1st April)	1000 AED

Fitness - CIRCUIT TRAINING adults - 1h30 (10 months)	Regular price
4 sessions (can be bought only once)	300 AED
3 months - 12 sessions	800 AED
Full year (prorata temporis until 1st April) 28 sessions	1300 AED

Fitness - Bootcamp adults - 1h30 (10 months)	Regular price
4 sessions (can be bought only once)	300 AED
3 months - 12 sessions	800 AED
Full year (prorata temporis until 1st April) 28 sessions	1300 AED

Fitness - PILATES adults - 1h (10 months)	Regular price
4 sessions (can be bought only once)	300 AED
3 months - 12 sessions	800 AED
Full year (prorata temporis until 1st April) 28 sessions	1000 AED

Fitness – Yoga – adults - 1h (10 months)	Regular price
4 sessions (can be bought only once)	300 AED
3 months - 12 sessions	800 AED
Full year (prorata temporis until 1st April) 28 sessions	1000 AED

All fitness* activities above only (not including the cross training)

PACK Fitness - 6 activities until end of June	Regular price
30 sessions (can be bought only once) validity 6 weeks	500 AED
3 months - 100 sessions	1300 AED
Full year (prorata temporis until 1st April)	2500 AED

Cross Training

Crossfit - 16 and above Adults - 1h30 (10 months)	Regular price
4 sessions (can be bought only once)	500 AED
3 months – 12 sessions	1300 AED
Full year (prorata temporis until 1st April) 40 sessions	2500 AED

Volleyball* - Women’s Adults (16 y.o.+)

2 trainings per week of 1.5h session. Tuesday and Thursday 7h30pm - 9pm.
These are advanced women’s volleyball sessions suitable for players with previous club experience.
(Trial session to be done before enrollment is accepted.)

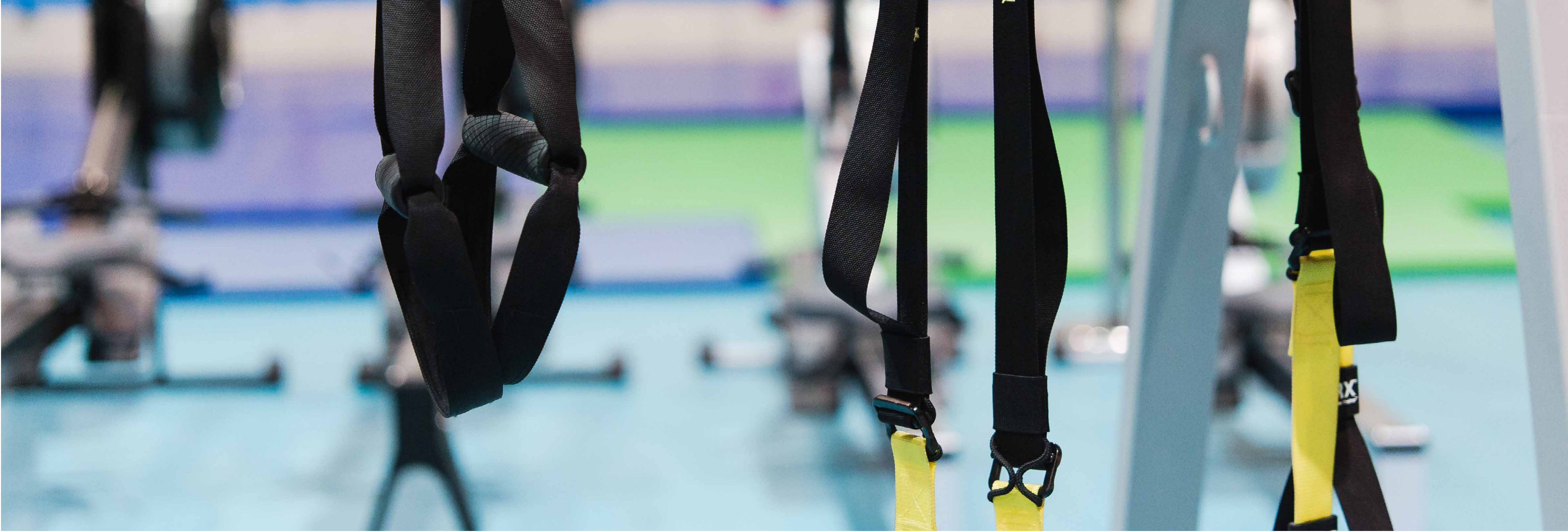
Volleyball - Adults Women’s - July and August available	Regular price
5 months	800 AED
Full year (prorata temporis until 1st April) + free access July and August	1300 AED

Basketball* course (court + teacher) adults-teens

Basketball - Adults Men’s or Women’s (10 months)	Regular price
5 months	800 AED
Full year (prorata temporis until 1st April)	1300 AED



* See the appendix at the end



Appendix

Martial Arts

- **Judo**

Judo is a school of life where all practitioners follow a moral code in their practice and in life. Judo have been declared by UNESCO as the best initial training sport for children and young people 4-21 years old, since it allows:

A comprehensive physical education, enhancing, through knowledge of the sport, all psychomotor possibilities (spatial location, perspective, ambidexterity, laterality, throwing, pushing, crawling, jumping, rolling, falling, independent joint coordination of both hands and feet, etc.) and relationship with others, using play and fight like element integrator-dynamic and introducing technical and tactical sport initiation of shape adapted; in addition to seeking a general, ideal fitness.

Judo, is a Japanese Martial Arts which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo.

Judo involves techniques that enable you to lift and throw your opponents onto their backs. While on the ground, it involves techniques that allow you to pin your opponent down, control them.

Judo Teens 9-14 y.o.	Thursday 6-7:30pm
Baby Judo 4-8 y.o.	Monday 4-5pm
Judo Mixed 15 y.o. and above	Monday 8:15-9:45pm

- **Boxing**

Also called Western boxing is a combat sport where 2 opponents fight eachother using their fists to strike each other. Hands are wrapped and then protected by boxing gloves.

It requires a good mental capacity (the ability to make adequate and prompt decisions, game intelligence etc•) and muscle flexibility and power. Boxers develop explosive and endurant muscles as well as cardio, flexibility, speed, motor reflexes, coordination and mental balance.

The course will cover all phases of the activity:

- Shadow boxing
- Boxing bag drills
- Partner drills

Pads workout (striking targets held by the coach giving specific instructions)

- Sparring at 50 to 60 % power with a partner
- Specific Boxing fitness drills

Monday 8:15pm to 9:45pm
Wednesday 6:00pm to 7:30pm

- **Muay Thai**

Also called Thai boxing or •art of the eight limbs• (as hands, elbows, feet and knees are used as weapons to land devastating blows to the opponent) is a combat sport.

It requires a good mental capacity (the ability to make adequate and prompt decisions, game intelligence etc•) and muscle flexibility and power. Muay Thai boxers develop explosive and endurant muscles as well as cardio, flexibility, speed, motor reflexes, coordination and mental balance.

The course will cover all phases of the activity:

- Shadow boxing
- Boxing bag drills
- Partner drills
- Pads workout (striking targets held by a partner)
- Sparring at 50 to 60 % power with a partner
- Specific Muay Thai fitness drills

Wednesday 7:45 pm to 9:15 pm
Monday 6:30pm to 8:00pm

- **Martial Arts Fitness Self-defense**

is an introduction to different Martial Arts sports as: Judo, Jiu-jitsu, Boxing, Krav-maga, Kickboxing, Wrestling,Self-defense and physical conditioning system.

Tuesday 8-9:30pm

Fitness health

- **Indoor cycling 45 minutes class**

Is a fitness class, focusing on endurance, strength, intervals, high intensity (race day) and recovery, using a special stationary bike with a weighted flywheel in a classroom with motivational music.

Monday 5:30-6:15pm

- **Trampoline Fitness**

Is a 60 minutes class combining plyometrics(jump), cardio, and strength-building exercises to create a full body workout in a classroom with motivational music.

Wednesday 8:45-9:45pm

- **Circuit training**

Is a very effective training method that combines intense cardiovascular work and muscle endurance. The circuit training workout itself usually focuses on multiple functions of the body and combines different types of exercises that uses functional movements with weights or bodyweight mixed with aerobic training.

Circuit training is a very good way to get fit. It develops strength, endurance, and promotes cardiovascular functions.

Tuesday 6:30pm to 8:00pm
Wednesday 4:30 to 6:00pm

- **Bootcamp**

Is a very effective training method that combines intense cardiovascular work and muscle endurance. The cross-training workout itself usually focuses on multiple functions of the body and combines different types of exercises that use anaerobic (working with weights) and aerobic (cardio machines) energy sources and mostly exercises that combine both!

Cross training is a very good way to improve general fitness and get stronger.

Tuesday 8:15pm to 9:45pm
Thursday 08:00pm to 09:30pm

- **Pilates**

Is a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness. you will enjoyed it twice a week.

Monday 4:15 to 5:15 pm
Wednesday 5 to 6 pm

- **Yoga**

Is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation. you can enjoyed it twice a week.

Tuesday 4:30 to 5:30 pm
Wednesday 6 to 7 pm

- **Cross training**

Cross training was founded in 2001 and can be used to accomplish any goal, from improved health to better performance. CrossFit is so effective it may feel like magic, but in truth, it's a formula — a formula that works. It's the formula for everything we do, from forging elite fitness to preventing and reversing chronic disease. It's the inputs that give us the outcomes, the results that have revolutionized an industry and changed millions of lives for the better.

Monday 6:15 pm to 7:45pm
Tuesday: 4:00pm to 5:00pm
Tuesday: 5:00 pm to 6:00pm
Wednesday: 6:30pm to 8:00pm

Appendix

- **Volleyball**

One of the worldwide most famous and practiced sports available at Sorbonne for experienced female players.

Tuesday: 7h30pm - 9pm

Thursday: 7h30 pm

Exclusive Discount: Alumni Student from SUAD may avail themselves of a **20% discount**.

