

PASSES

UNIVERSITY SPORTS CARD (USC)

Facilities: gym, swimming pool, paddle, tennis, squash, table tennis, athletics track, rock climbing wall (with a federated licence), tatami and changing rooms
Validity: 1 year* from issuance (*category 2: 6 months)

QUARTERLY SWIMMING POOL PASS

Facilities: swimming pool
Validity: depending on the quarter chosen (October-December / January-March / April-June / July and September)

DAILY-USE PASS (13 uses)

Facilities: gym, swimming pool, table tennis, athletics track, rock climbing wall (with a federated licence), tatami and changing rooms
Validity: 1 year from issuance

NOTE: It is important to consider that in August the sports facilities are closed

Category	USC Holder	USC for relatives	Quarterly swimming pool pass	Daily-use pass
1	€64	€77	€28	€15
2	€48			
3	€77			
4	€42	---	€66	€40
5	€110			
6	€264			

CATEGORIES

1. UA or UMH students of undergraduate, master's and doctoral degrees
2. Foreign UA or UMH students for a period of six months or less
3. UA or UMH admin., service, academic and research staff and grant holders. Staff from the General Foundation, Language Centre, Digital Workshop and Science Park Foundation. Students of the UA's own postgraduate and specialisation course
4. UA or UMH community members with a disability. Members of UA teams
5. Non-university members with a disability. UA alumni. Staff from UA-related companies. High-school teachers, police officers, firefighters, soldiers, etc. having signed an agreement with the UA. Students of 200+ hour courses taught at the UA. Staff from companies sponsoring the University of Alicante sports teams
6. Anyone not included in the previous categories

DOCUMENTS REQUIRED

1. ID card/UIC/passport
2. Documents proving that you belong to the corresponding category
3. For the USC for relatives: family register and holder's USC. Not applicable to categories 5 and 6 or UMH community members

GYM TIMETABLE

REGULAR PERIOD (SEPTEMBER - MAY)

Mondays to Fridays*	Saturdays	Sundays and public holidays
8 a.m. - 9.45 p.m.	10 a.m. - 1.30 p.m. / 5-8 p.m.	10 a.m. - 1.30 p.m.

*On Fridays, due to cleaning, the gym will open at 10 a.m.

REGISTRATIONS

HOW

- **ON THE INTERNET** (payment by debit or credit card)
 - University community: on UAcloud >> Sports
 - Non-university members: www.deportes.ua.es/actividadesweb/
You must be registered in our database and apply for a password. Both procedures can be completed personally at the Registration Office¹. Please bring an identity document (ID card, passport...)
- **AT THE SPORTS CENTRE** (payment by debit or credit card)
 - Virtual POS (machine at the entrance). If you are not registered in our database, you must go personally to the Registration Office¹. Please bring an identity document (ID card, passport...)

¹ REGISTRATION OFFICE

Office hours from September to May:
Mondays to Fridays, 9 a.m. to 2 p.m. and 4 p.m. to 9 p.m.
Tel.: 965 90 37 39 - Fax: 965 90 93 02 - ofi.esport@ua.es

WHEN (MONTHLY PHYSICAL ACTIVITIES AND SPORTS SCHOOLS)

- **QUARTERLY REGISTRATION**
 - From 17 of the previous month to 5 of the first month of the quarter chosen
 - October - December: 17/09 - 05/10
 - January - March: 17/12 - 05/01
 - April - June: 17/03 - 05/04
- **MONTHLY REGISTRATION**
 - From 23 of the previous month to 5 of the month chosen

SWIMMING POOL TIMETABLE

REGULAR PERIOD (SEPTEMBER - MAY)

Mondays* to Fridays	Saturdays	Sundays and public holidays
8:05 - 8:55 a.m.	---	---
9 - 9:55 a.m.	9:05 - 9:55 a.m.	9:05 - 9:55 a.m.
10 - 10:55 a.m.	10 - 10:55 a.m.	10 - 10:55 a.m.
11 - 11:55 a.m.	---	---
12 - 12:55 p.m.	12 - 12:55 p.m.	12 - 12:55 p.m.
1 - 1:55 p.m.	1 - 1:55 p.m.	1 - 1:55 p.m.
2 - 2:55 p.m.	2 - 2:55 p.m.	---
3 - 3:55 p.m.	---	---
4 - 4:55 p.m.	4 - 4:55 p.m.	---
5 - 5:55 p.m.	5 - 5:55 p.m.	---
6 - 6:55 p.m.	6 - 6:55 p.m.	---
7 - 7:55 p.m.	7 - 7:55 p.m.	---
8 - 8:55 p.m.	8 - 8:55 p.m.	---
9 - 9:55 p.m.	---	---
10 - 10:50 p.m.	---	---

*On Mondays, due to cleaning, the pool will open at 12 noon



Universitat d'Alacant
Universidad de Alicante

SPORT AT UA

2019

(OCTOBER - DECEMBER)



SPORTS SERVICE

<http://sd.ua.es>

[DeporteenlaUA](https://www.facebook.com/DeporteenlaUA)



MONTHLY PHYSICAL ACTIVITIES

Activity	Days	Schedule	UA € Quarter/Month/ Red. month*	Non-UA € Quarter/Month/ Red. month*
AEROBICS	Mon, Wed and Thu	8-9 p.m.	76 / 29 / 22	84 / 32 / 24
AIKIDO	Mon, Wed and Fri	4-5 .30p.m.	94 / 33 / 25	97 / 37 / 28
LATIN AND BALLROOM DANCE	Mon and Wed	3-4.30 p.m.	66,5 / 26 / 20	75 / 29 / 22
BODY MIX	Mon, Tue and Thu	2-3 p.m.	76 / 29 / 22	84 / 32 / 24
CICLO INDOOR - SPINNING	Mon and Wed	2-3 p.m.	56 / 22 / 17	66 / 25 / 19
	Mon and Wed	6-7 p.m.		
SELF-DEFENCE (GAU LUNG SAT)	Mon and Wed	9-10.30 p.m.	66,5 / 26 / 20	75 / 29 / 22
KEEP FIT	Mon, Wed and Thu	3-4 p.m.	76 / 29 / 22	84 / 32 / 24
KARATE	Tue and Thu	1-2.30 p.m.	69 / 26 / 20	75 / 29 / 22
KENDO	Tue and Fri	9-10.30 p.m.	66,5 / 26 / 20	75 / 29 / 22
KUNG-FU	Tue and Thu	1-2:30 p.m.	66,5 / 26 / 20	75 / 29 / 22
	Tue and Thu	9-10.30 p.m.		
MULTI-SPORT (PILATES, GAP AND AEROBICS)	Mon (Pilates) Wed (GAP) and Thu (Aerobics)	8-9 p.m.	76 / 29 / 22	84 / 32 / 24
	Tue and Thu	9-10 a.m.	56 / 22 / 17	66 / 25 / 19
SWIMMING	Mon, Wed and Thu	3-4 p.m.	76 / 29 / 22	84 / 32 / 24
	Mon and Wed	7-8 p.m.	56 / 22 / 17	66 / 25 / 19
	Mon, Wed and Thu	8-9 p.m.	76 / 29 / 22	84 / 32 / 24
	Mon, Wed and Thu	9-10 p.m.		
PADDLE	Mon and Wed (BEGIN 1)	12-1 p.m.	56 / 22 / 17	66 / 25 / 19
	Mon and Wed (ADVAN)	1-2 p.m.		
	Mon and Wed (BEGIN 1)	6-7 p.m.		
	Mon and Wed (BEGIN 2)	7-8 p.m.		
	Mon and Wed (ADVAN)	8-9 p.m.		
	Mon and Wed (ADVAN)	9-10 p.m.		

MONTHLY PHYSICAL ACTIVITIES

Activity	Days	Schedule	UA € Quarter/Month/ Red. month*	Non-UA € Quarter/Month/ Red. month*
PADDLE	Tue and Thu (BEGIN 1)	6-7 p.m.	56 / 22 / 17	66 / 25 / 19
	Tue and Thu (BEGIN 2)	7-8 p.m.		
	Tue and Thu (ADVAN)	8-9 p.m.		
	Tue and Thu (ADVAN)	9-10 p.m.		
PILATES	Mon, Wed and Thu	8-9 a.m.	76 / 29 / 22	84 / 32 / 24
	Mon, Wed and Thu	3-4 p.m.		
	Mon, Wed and Thu	4-5 p.m.		
	Mon, Wed and Thu	7-8 p.m.		
TAEKWONDO	Mon, Wed and Fri	8-9.30 p.m. 7-8.30 p.m.	94 / 33 / 25	97 / 37 / 28
TAICHI	Tue, Thu and Fri	12-1 p.m.	76 / 29 / 22	84 / 32 / 24
	Tue, Thu and Fri	8-9 p.m.		
TENNIS	Mon, Wed and Thu (ADVAN 1)	10-11 a.m.	76 / 29 / 22	84 / 32 / 24
	Mon, Wed and Thu (ADVAN 2)	11 -12 noon		
	Mon, Wed and Thu (BEGIN)	6-7 p.m.		
	Mon, Wed and Thu (ADVAN 1)	7-8 p.m.		
	Mon, Wed and Thu (ADVAN 2)	8-9 p.m.		
	Tue and Fri (ADVAN 1)	6-7.30 p.m.		
Tue and Fri (ADVAN 2)	7.30-9 p.m.			

MONTHLY PHYSICAL ACTIVITIES

Activity	Days	Schedule	UA € Quarter/Month/ Red. month*	Non-UA € Quarter/Month/ Red. month*
TRIATHLON	(BEGIN) Mon, Tue, Wed and Fri	7-8 p.m.	87 / 29 / 22	90 / 32 / 24
	(ADVAN) Mon, Tue, Wed and Fri	8-9 p.m.		
BEACH VOLLEY	Mon and Wed (BEGIN)	11-12 noon	56 / 22 / 17	66 / 25 / 19
	Mon and Wed (ADVAN)	12-1 p.m.		
	Tue and Thu (BEGIN)	7-8 p.m.		
	Tue and Thu (ADVAN)	8-9 p.m.		
YOGA	Mon, Wed and Thu	7-8 p.m.	76 / 29 / 22	84 / 32 / 24
ZUMBA	Mon, Wed and Thu	9-10 p.m.	76 / 29 / 22	84 / 32 / 24

*Reduced month: Price applicable to December due to the Christmas holidays, as no classes will be held then. The reduction is included in the quarterly price

SPORTS SCHOOLS

School	Days	Schedule	€ Quarter	€ Month
RUGBY	Wed and Fri	6-8 p.m.	69	24
TAEKWONDO	Mon, Wed and Fri	6-7 p.m.	76	29

AGE STUDENTS SPORTS SCHOOLS

RUGBY: from 16 to 18 years

TAEKWONDO: from 5 to 16 years

There will be no refunds once the activity, course, pass, etc. you have signed up for begins

You can come to the sports facilities up to 15 minutes before the activity starts. Please bring your University Identity Card or your University Sports Card

All activities shall take place within the facilities opening hours and according to the UA working calendar

The Sports Service reserves the right to cancel or modify any activity, course, etc. All cancellations and modifications shall be duly published on the web page

The contents of this leaflet are subject to change. Updated information is available on the web page