

## SPORTS AT THE UNIVERSITY OF BARCELONA

During the academic year 2011-12, the **UB Sports Centre** offers its sport facilities to all members of the university community.

Members are entitled to use all the services at the *UB Sports Centre* during the current academic year. The *Sports Centre* caters for the whole university community, including students on exchange programs and students from other universities staying temporarily at the UB. The facilities are also open to staff and faculty members.

Here we present a short summary of the activities on offer at the UB Sports Centre. Our wide-ranging program offers sports, health and leisure for all the members of our community.

### FACILITIES AVAILABLE

- 4 paddle courts
- 6 tennis courts
- Outdoor/Indoor pool
- 2 rooms for classes and courses
- Fitness room
- Rugby field
- 2 five-a-side football pitches with artificial grass
- Athletics track
- *Pelota* court
- 2 football fields (natural and artificial grass)
- Outdoor basketball court
- Field for discus and shot put
- Archery field
- Multipurpose Sports hall

#### Opening times:

- Monday to Sunday: 9 am to 10 pm.
- Sundays and holidays (October-May): 9 am to 4pm.



### CLASSES AND COURSES

Aquagym, recreation swimming, stretching and relaxation, flexibility and postural control, and also the latest cardiovascular and gym activities, as well as group or personal classes of paddle, are part of the wide health and fitness program offered by the UB Sports Centre. The thirty or so different courses are taught by specialized trainers and most are included in the membership fee. Courses are offered in the following areas:

Water sports: Aquagym, recreational swimming and stretching and relaxation.

Martial arts: Personal defence, Judo, Karate, Kobudo and Tai chi chuan.

Competitive sports: Badminton, fencing, paddle (fee required), tennis (fee required), table tennis and archery.

Fitness: Body pump, body balance, boda combat, steps, Latin rhythms, aerobic, yoga, pilates, postural control, outdoor fitness, UB Cycling, fitness suite and weights room.



## INTER-UNIVERSITY COMPETITIONS

Competitive sport brings together students from the different UB faculties and schools centres and other universities in individual and team sports at all levels. For more information concerning participation, please contact the UB Sports Centre's Competition Section.

### EXTRA SERVICES

- Main building (WiFi area)
- Restaurant-bar
- Children playground
- Study room
- Summer bar and terrace and solarium with garden
- Self-service bar with terrace
- Leisure activities area
- Lunchbox room

### MEMBERSHIP (Academic year 2011-12)

UB COMMUNITY: EXCHANGE PROGRAM STUDENTS	
<b>ANNUAL</b> (2 semesters)	<b>217 €</b> (one payment)
<b>1 SEMESTER</b>	<b>111,26 €</b> (one payment)

- Please enquire at the administration office of the UB Sports Centre about fee-paying possibilities.
- During the period indicated, annual and temporary membership includes the use of all facilities and activities at the UB Sports Centre.
- For the paddle courts: fee required.
- For tennis classes: fee required

#### Further information

Esports de la Universitat de Barcelona.

Av. Diagonal, 695-701, 08028 Barcelona.

Tel. no.: 34 934 039 332 / 333 / 334, Fax no.: 34 934 039 333,  
esports@ub.edu <http://www.ub.edu/esports>

#### How to find us

By underground: Line 3-Zona Universitària,

By bus: numbers 7, 33, 54, 67, 74, 75  
and 113

By car: Ronda de Dalt: Exit number: 11



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