



Universidad de Granada

## Sports Activities Centre

The University Sports Centre (CAD) offers a comprehensive range of sports and activities, striving to promote the physical and mental well-being of both our University community and the public. We strongly encourage everyone - whether you are a researcher, student, staff member, or member of the public, to get involved in our activities at the CAD. Participating is a great way to relieve stress, meet new people, and take up new and exciting hobbies, all in a safe, welcoming, and stimulating environment.

## Our services

**At the Sports Centre you can:**

1. Sign up for sports and activities
2. Obtain your University Sports Club Members Card
3. Sign up for competitions
4. Rent our facilities

(Please note - the following courses are only open to members of the university community: Meditation, Mountain sports, Kundalini Yoga, Iyengar Yoga, Fencing, Ethnic and World Dance, Contemporary Dance)

The range at our sports centre is extensive, ensuring that you can participate in sports and activities that you're already passionate about, or take up something new and exciting. We offer sports and activities in six main categories: racket sports, body and mind, fitness, dance, mountain sports and water sports (as well as activities such as archery and skating).

(Please note - the following courses are **only** open to members of the university community: Meditation, Mountain sports, Kundalini Yoga, Iyengar Yoga, Ethnic Dance, Contemporary Dance).

SPORTS COURSES AND ACTIVITIES:

## **Racket Sports:**

- Badminton
- Padel Tennis
- Tennis

## **Body and Mind:**

- Kung Fu
- Iyengar Yoga
- Kundalini Yoga
- Meditation
- Stretching and Flexibility
- Tai Chi
- Functional Therapy

## **Fitness:**

- Functional Training
- Abdominal Workouts
- Pilates
- Glutap
- Step
- Healthy Lifestyle
- Power Pump
- Zumba
- Kinaesthetic Intelligence

## **Dance:**

- Contemporary Dance
- Ethnic and World Dance
- Urban Dance
- Salsa

## **Mountain Sports:**

- Hiking
- Trekking
- Trekking with Snowshoes
- Trekking in Morocco
- Walking Tours in the Alpujarra
- Mountain biking
- Mountaineering
- Skiing
- Snowboarding
- Rock Climbing
- Canyoning

## **Watersports:**

- Dinghy Sailing
- Windsurfing
- Canoeing and Kayaking
- Scuba Diving
- Standup Paddleboarding

## **Other Activities:**

- Archery
- Inline Skating
- Fencing

**Sign up to a course or activity online:**

- Sign up online

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