

**KU LEUVEN**

# **SPORTS GUIDE**

## 2019-2020



**THE UNIVERSITY SPORTS CENTRE**  
Kick up your sportivity

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**W**elcome to the Sports Guide of the University Sports Centre. In this guide you will find all the information you will need to have a sportive academic year 2019 - 2020.

This guide also offers information about a wide range of sports activities organized by the University Sports Centre. Along with all kinds of practical guidelines to help you take full advantage of your sports card.

More than 75 sports and exercise activities are offered to students, staff, alumni and others. The offer is open to all levels: from the complete beginner to the top-level athlete. The responsibility for the organization lies with the University Sports Centre of KU Leuven. This centre will, in consultation with the student and the academic authorities, streamline the sports policies both at a regional, national (Flemish and Belgian student championships) and international level (Universiades and World University Championships). The Executive Body of the University Sports Centre is the Sports Secretariat. You can contact them to buy sports and fitness cards, to make reservations, to register for courses and to get all kinds of information.

If you are interested in sport in a more student-like atmosphere, we are sure you will find your niche at LOKO-Sport (Leuvense Overkoepelende Kring Organisatie). Their programme includes classics like the 24hour Relay Race and the Inter-faculty Cup.

We wish you a successful and sporting academic year and hope to see you soon at the University Sports Centre!

Prof. G. Vande Broek

Voorzitter Universitair Sportcentrum KU Leuven

# Sports card

One single card giving you access to an ultra-wide range of sports and movement activities.

## FOR THE ACADEMIC YEAR (1 OCTOBER UNTIL 30 SEPTEMBER) YOU PAY:

Students	KU Leuven Association (except for ACE-Groep T)	€ 27
Other students	Student card mandatory!	€ 50
Staff	KU Leuven Association University Hospitals IMEC	€ 50
Alumni	Member card mandatory!	€ 80
Third parties		€ 110
Holiday card (01/06 until 30/09)	Students Non-students	€ 15 € 30
Day Ticket		€ 5

Students of UCLL need to buy their sports card at the reception of their own department while staff UCLL can buy it at the UCLL sports office.

Once you are in possession of a sports card, you get access to our activities. You will find more information about them under the topic 'sports and movement activities' on page 11. In most cases you can participate free of charge. In some cases you pay a small fee.

With this card you can also book most of our sports facilities for free. It allows you to use our sports fields, gymnasiums, changing rooms and showers. As well as to rent sports equipment with the doorkeeper. All of this is free of charge.



A sports card allows you to use our swimming pool whenever 'public swimming' is indicated in the time schedule. The exact hours can be found on page 46-47.

At the same time it offers you insurance coverage against sport injuries whilst training at the University Sports Centre.

All these advantages are combined in one single card. You can obtain your sports card upon registration or online at [www.kuleuven.be/sports](http://www.kuleuven.be/sports). For students Association KU Leuven, the sports card will be activated on your **student card**, for staff KU Leuven on your **staff card**. All others will have their old card activated (unless this is the first time, in that case you can pick up your new card at the Sports Secretariat). If you are entitled to a discount, you need to provide us with the necessary proof through mail or by coming to the Sport Secretariat.

- Other students: school card or identity card
- Imec: staff card
- University hospital Leuven: staff card
- Alumni: membership card or proof of payment

In case you do not wish to buy a full academic year sports card, you can also choose for day tickets. Day Tickets can be bought at the doorkeeper or at the ticket machine in Gymnasium. With a day ticket you can NOT make reservations and you can NOT enter Univ-Fit.

# Fitness card

## Customized guidance with Univ-Fit

The ideal combination between school/work, relaxation, sports, ... is not always easy to find. That's why a detailed plan, considering your goals and time schedule, could come in handy. With only certified coaches, we are as fitness center the place to be. Are you just starting, coming out of a long revalidation or do you want to maximize your performance? Our coaches are the specialists, ready for the job! Stop looking for excuses. Training schedules are adapted to your level and desires. Univ-Fit is open almost all day to make sure you can come when it fits you! With the fitness card, you can make different appointments with our coaches:

- Training program: You and the coach decide together the ideal training program for you. Do you want to get stronger, become more fit or lose some weight? All is possible and our coaches guide you among the way.
- Nutritional advice: You are welcome with one of our coaches, specialized in nutrition, to make an individual, healthy diet, adapted to your busy schedule.
- Body measurement: Have you ever wondered how many muscles you really possess? Or how many percent of your body contains of fat? Stop wondering, make an appointment in the fitness.

### RATES FITNESS CARD

	Students Association KU Leuven	Staff and Alumni KU Leuven	Others (including other students)
3 months	€ 40	€ 60	€ 150
6 months	€ 65	€ 95	€ 230
12 months	€ 95	€ 155	€ 300

**ENTRANCE UNIV-FIT = SPORTS CARD + FITNESS CARD**

*For students Associatie KU Leuven: Exam card Univ-Fit € 20  
Period 02/01/20 until 09/02/20 or 25/05/20 until 30/06/20*



Need more information or you would like to have a personal talk?  
Please don't hesitate to contact us by phone during opening hours  
or by e-mail.

## Contact

Univ-Fit - University Sports Centre  
Tervuursevest 101, 3001 Heverlee  
tel.: + 32 16 32 91 42  
univ.fit@kuleuven.be (appointments can not be made through mail)

## Opening hours

DURING THE ACADEMIC YEAR (23/09/2019-30/06/2020)

- Monday to Friday: 9AM - 11PM (Tuesday from 7.30AM)
- Saturday & Sunday 10AM - 4PM

Attention: as from 24/09/2019 till 3/12/2019 we are closed every  
Tuesday from 12AM till 2PM!

DURING CHRISTMAS (23/12/2019-05/01/2020)

- Monday 23/12/2019: 9.30AM - 6PM
- Tuesday 24/12/2019: 9.30AM - 2PM
- Wednesday 25/12/2019: Closed
- Thursday 26/12/2019: Closed
- Friday 27/12/2019: 9.30AM - 6PM
- Saturday 28/12/2019: 10AM - 2PM
- Sunday 29/12/2019: 10AM - 2PM
- Monday 30/12/2019: 9.30AM - 6PM
- Tuesday 31/12/2019: Closed
- Wednesday 01/01/2020: Closed
- Thursday 02/01/2020: 9AM - 10PM
- Friday 03/01/2020: 9AM - 10PM
- Saturday 04/01/2020: 10AM - 2PM
- Sunday 05/01/2020: 10AM - 2PM

DURING THE EASTER HOLIDAY (06/04/20-19/04/20)

- Monday till Friday: 9AM - 2PM & 5PM - 10PM
- Saturday & Sunday 10AM - 4PM

Univ-Fit is closed on Sunday 12/04/2020 and Monday 13/04/2020

DURING THE SUMMER HOLIDAYS (01/07/2020 - 21/09/2020)

- Monday till Friday: 9AM - 2PM and 5PM - 10PM  
(Tuesday as from 7.30AM)
- Saturday & Sunday: 10AM - 2PM

**Univ-Fit is closed on holidays (02/09, 01/11, 11/11 en 25/12,  
01/01, 12/04, 13/04, 01/05, 21/05, 01/06, 11/07, 21/07, 15/08).**

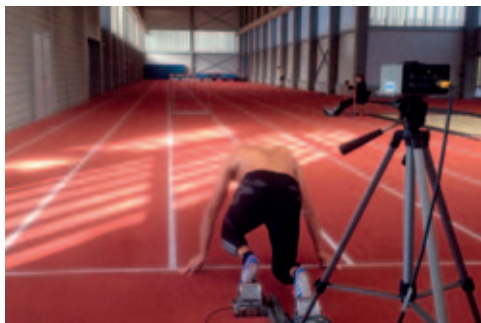
# The Athletics card

The indoor athletics hall is the perfect spot if you are into athletics or into functional training

The 85m long tartan track offers numerous training possibilities for sprinters, jumpers as well as throwers.

The functional zone with rack, dumbbells, kettle bells, plyoboxes and many more is the perfect habitat for your functional workout!

Access to the room outside of classes requires an athletics card.



## SEASON RATES ATHLETICS CARD (VALID UNTIL 30/09)

Student Associatie KU Leuven / High school	Staff / Alumnus KU Leuven	Student third / Third
€ 65	€ 95	€ 200

*This card is only valid in combination with a valid sports card. This price includes one guided session, for reservations: [sport@kuleuven.be](mailto:sport@kuleuven.be)*

## RATES ATHLETIC CARD SESSIONS

1 session	10 sessions
€ 8	€ 60

*You don't need a sports card for this*

More information about occupation or rules can be found on this link:  
[www.kuleuven.be/sport/english/sport-offer/individual/indoor-athletics-hall](http://www.kuleuven.be/sport/english/sport-offer/individual/indoor-athletics-hall)



# Sports Secretariat

## Online enrolment and reservations

### Tips & tricks

Before you can make a reservation, enroll for a course or buy a fitness card. You need to have a sports card (page 2). Through [www.kuleuven.be/sport/english/enrollment/](http://www.kuleuven.be/sport/english/enrollment/) you can gain access to our online module.

- Students Association KU Leuven and staff KU Leuven need to log in with their student- or staff number.
- If you are not getting the correct rates (Alumni member, UZ staff, etc.) please contact the Sports Secretariat

### Registration for sports courses

Registrations for sports lessons take place online. The enrollment procedure and timing will be announced online at [www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment) Don't wait too long to check this page!

### Online reservations

- **Outdoor tennis and beach volleyball** can be booked completely autonomous with the online module (if you are in possession of a sports card). Maximum 1 day in advance.
- **Reservations for a longer period** are possible for groups. Apply before 10 October through the form on the website.

**At the Sports Secretariat you can** get all information regarding sports at the KU Leuven

## Contact

Sports Secretariat  
University Sports Centre  
Topsporthal, 1st floor  
tel. + 32 16 32 91 30  
[sport@kuleuven.be](mailto:sport@kuleuven.be)  
[www.kuleuven.be/sport](http://www.kuleuven.be/sport)

# Unief Actief

## Sports for staff members



As a staff member of KU Leuven, you can easily schedule some movement into your work life. At your pace!

With a sports card you can participate to the **regular offer** of the University Sports Centre:

- All of the sports- and physical activities (page 11)
- Acces to the pool whenever 'public swimming' is indicated and acces during swimming hours for staff (page 46)
- Cheaper rate for acces to our fitness center Univ-Fit (page 4) and to the indoor athletics hall (page 6).



Furthermore we also offer **sport activities** for staff **exclusive**. This takes place during lunch break or just before or after your working day. An overview of the sports activities for staff is in the scheme on page 10. You can participate to this activities as a staff member with a sports card (page 2).

Make a note into your agenda, because on the 17th of October **The University Trail** takes place! Join with your colleagues to walk or jog in, on and around the different KU Leuven grounds. All staff members of KU Leuven are welcome to one of the events in Leuven, Diepenbeek or Bruges.





# NEW

A few new initiatives for Unief Actief will start this academic year.

## Online personal coaching

In 2020 we start with online customized coaching. Do you wish to adapt a more active lifestyle or do you want to use the services of Unief Actief, but you do not have the time to make a personal appointment? Enroll to the online personal coaching program. You'll be guided by a coach for 12 weeks, for free! Attention: places are limited!

## Activity app

As a staff member you get free acces to an activity app, where you can easily track your movements and activities. This app will also stimulate you with some basic excercises depening on your start level. There will also be challenges between the different campuses of KU Leuven which can give you an extra boost!

## Workshops and group sessions on demand.

Would you like to have more information about a certain topic (sitting behaviour, effects of training, ...) or would you like to start some sport sessions on your campus? Unief Actief offers support to organise workshops and group sessions.

Make sure to keep an eye on our website, because soon there will be more information launched ([www.kuleuven.be/uniefactief](http://www.kuleuven.be/uniefactief)). Do you have a specific question? Contact us at [uniefactief@kuleuven.be](mailto:uniefactief@kuleuven.be).

# Sports for staff



This is an exclusive offer for staff of KU Leuven

WHEN	WHAT	WHERE	ENROLLMENT
<b>Monday</b>	12AM - 1PM	Swimming	Gymnasium - swimming pool
			Not necessary
	12.10AM - 12.55AM	Yoga	BDN - judozaal
			Online
	12.00AM - 02.00PM	Badminton (free play)	BDN - big hall
			Not necessary
	05.10PM - 05.55PM	High Intensity Workout	BDN - parketzaal
			Not necessary
<b>Tuesday</b>	07.30AM - 08.30AM	Sunrise workout (not exclusive)	Indoor Athletics Hall
			Online
	12.10AM - 12.55AM	Pilates	BDN - judozaal
			Not necessary
	05.10PM - 05.55PM	Body Power	BDN - parketzaal
			Not necessary
<b>Wednesday</b>	08.00AM - 09.00AM	Swimming (not exclusive staff)	Gymnasium - swimming pool
			Not necessary
	12.10AM - 12.55AM	Combination Stepaerobic and BBB	BDN - parketzaal
			Not necessary
<b>Thursday</b>	7.30AM - 8.30AM	Sunrise workout (not exclusive)	Indoor Athletics Hall
			Online
	12.00AM - 1.00PM	Swimming	Gymnasium - swimming pool
			Not necessary
	12.10AM - 12.55AM	Body Power	BDN - parketzaal
			Not necessary
	05.10PM - 05.55PM	Pilates	BDN - parketzaal
			Not necessary
	08.00PM - 10.00PM	Volley recreation	KBC - sporthal
			Not necessary
<b>Friday</b>	12.10AM - 12.55AM	Zumba / Aerobics	GBDN - parketzaal
			Not necessary
	12.10AM - 12.55AM	Yoga	BDN - judozaal
			Online
	08.00PM - 10.00PM	Badminton	Gymnasium - big hall
			On the spot

Period: 23/09/2019 - 26/06/2020 (with exception of Christmas and Easter holidays)

## ATTENTION!

This offer will change according to the occupation of the rooms.

Check <http://www.kuleuven.be/sport/sports/sport-offer/uniefactief>

# Sports and Movement activities

On the following pages you can find the whole offer of activities of the University Sports Centre.



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## Did you know?

There are several new sports added to the offer this year:

- [Antwerp 10 miles](#) → page 13
- [Archery tag](#) → page 14
- [Boxing fit](#) → page 20
- [Gaelic Football](#) → page 27
- [HIT](#) → page 30

There is a [functional training](#) room complete with rack, barbells, kettlebells, plyoboxen and much more? → page 6



# Adapted Sports

## CAS

Did you know that every week more than 100 persons with a disability come to the University Sports Centre to practice their sport? Throughout the year we organize guided practice in both individual and team sports. Our offer is established in cooperation with CAS - Center for disability sports. The courses focus on initiation, accessible sports participation but also on competition.

## WHEN

1st semester: 23/09/2019 - 21/12/2019

2nd semester: 10/02/2020 - 30/06/2020

**Attention!** no II-classes during school holidays.

The II-classes end on 24/05/2020.

## PRICE

with sports card through CAS

## FOR MORE INFO

For more information, go to the website

[www.casvzw.be](http://www.casvzw.be) or contact Janne Kerremans

[Janne.kerremans@kuleuven.be](mailto:Janne.kerremans@kuleuven.be)



AT WHAT TIME	ACTIVITY	LOCATION
Mon: 1PM - 4PM	PI Swimming	Swimming pool
Tue: 4PM - 6PM	PI Physical training	GDN
Tue: 5PM - 6PM	II Football	TSH
Wed: 2PM - 4PM	II Gymnastics	Gymnasium Gymzaal
Thu: 4PM - 6PM	PI Swimming	Swimming pool
Thu: 5PM - 6PM	II Badminton	Gymnasium
Thu: 7PM - 9PM	PI Wheelchair badminton	GDN
Thu: 7.30PM - 9PM	PI Badminton	GDN
Thu: 8PM - 9.30PM	II Football	V1
Sat: 9.15AM - 10.15 AM	PI Swimming (kids)	Swimming pool
Sat: 12.15 AM - 1.15PM	PI Swimming (youngsters)	Swimming pool

(PI: Physical impairment/II: Intellectual impairment)



# Aerobic

Swing your body into shape?



With these classes you can work on your condition and figure. We start with a simple warm-up. After this you will learn a choreography requiring coordination and stamina. Ending with cool-down and stretching. All of this accompanied with motivational music.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Mon: 6PM - 7PM

Tue: 6PM - 7PM

Wed: 6PM - 7PM

## LOCATION

Gymnasium - grote zaal

Gymnasium - grote zaal

Gymnasium - grote zaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# Antwerp 10 miles

Push your limits!

As a group, you prepare for the 10 Miles. A certified trainer will coach you along the way. Are you aiming for a competitive performance or simply make it to the finish line? Everyone is welcome and will be guided at their own level. You can enroll during the whole academic year. The price will be all-inclusive (guidance, entry fee and KU Leuven shirt).

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

## AT WHAT TIME

Mon: 7PM - 8.30PM

Wed: 7PM - 8.30PM

## LOCATION

athletics track

athletics track

## PRICE

35 euro for the academic year price includes the official enrollment to the Antwerp 10 miles and a free KU Leuven T-shirt.



# Archerytag

A challenging game ...



... with bow and arrow. Everybody knows you can shoot with bow and arrow at a target. Now, what if that target would be someone else, who on his turn is trying to hit you? Because of the foam arrow point and the special mask, you can play without any worry. Do you dare to play?

## WANNEER

1st semester: 30/09/19 - 20/12/19

2nd semester: 10/02/20 - 22/05/20

AT WHAT TIME	LOCATION
Mon: 6PM - 7PM	V2
Mon: 7PM - 8PM	V2

## PRICE

Sports card + €5

## ENROLLMENT

Online: [www.kuleuven.be/sport/sports/enrollment](http://www.kuleuven.be/sport/sports/enrollment)

# Athletics

All you need ...

... to practice this sport as a beginner or a professional is at your disposal: facilities for sprinting, hurdling, high jumping, broad jumping, triple jumping, pole vault, discus throw, javelin, hammer throw, a clothoid track and even an indoor athletics hall. You can borrow equipment by contacting the doorkeeper in the 'De Nayer' building. And there are also the green surroundings of our University Sports Centre: an ideal location for jogging and running. There is also the possibility to exercise indoor (see p.6).

## UNIVERSITY TEAM TRAINING SESSIONS

AT WHAT TIME	LOCATION
Tue: 7PM - 9PM	IAH
	competitive athletes
Wed: 6.15PM	GDN
	Cross-country
Thu: 7PM - 9PM	IAH
	competitive athletes

Information or extra sessions can be acquired during these moments or by sending a mail to [sport@kuleuven.be](mailto:sport@kuleuven.be)

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary



## Back in action

Because a strong back will carry a heavy load ...

When you consider that 80% of the population will suffer from back pain, you realize how important it is to take care of your back. 'Back in action' is a support program where the safety of your back is paramount and of which you may be sure that it will have a positive effect on your back. Whether it would be preventive or curative.

### WHEN

session 1: Thu 03/10/19 - thu 12/12/19

session 2: Thu 09/01/20 - thu 12/03/20

session 3: Thu 19/03/20 - thu 04/06/20

AT WHAT TIME	LOCATION
Thu: 6PM - 7PM (beginners)	GDN - parketzaal
Thu: 7PM - 8PM (advanced)	GDN - parketzaal
Thu: 8PM - 9PM (semi-advanced)	GDN - parketzaal

### PRICE

sports card + € 35 /course

### ENROLLMENT

online [www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)



## Badminton

The fastest racketsport in the world!

Badminton is a fast-growing sport, suited for players of all skill levels. Competition player or never seen a shuttle before? Everyone is welcome in one of our four groups where you can play games and get tips and tricks from the coaches.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

AT WHAT TIME	LOCATION
Mon: 8PM - 9.30PM (beginners A)	GDN - grote zaal
9.30PM - 11PM (advanced A)	GDN - grote zaal
Tue: 7PM - 9PM (medium A)	GDN - grote zaal
7PM-9PM (universitary team)	TSH
Wed: 6PM - 11PM (free play, no teacher)	UCLL sporthal
Thu: 6PM - 7.30PM (beginners B)	GDN - grote zaal
7.30PM - 9.30PM (medium B)	GDN - grote zaal
9.30PM - 11PM (advanced B)	GDN - grote zaal
Fri: 8PM - 10PM (staff)	Gymnasium

### PRICE

free with sports card (given priority) or day card (€ 5)

See next page →

## ENROLLMENT

- all groups: Mon 30/09/19, GDN - grote zaal
- staff: Fri 04/10/19, Gymnasium
- **free play (no teacher): at**  
**Ucll.be/sportaanbodUCLL**

## MORE INFORMATION

[www.facebook.com/groups/badmintonKUL](https://www.facebook.com/groups/badmintonKUL)



# Ballet

## Sportive and elegant at the same time?

Classical ballet is a sportive art of dance at which is worked on body elegance and flexibility. It also teaches you to move yourself in a controlled and coordinated manner. Our lessons are targeted at both ballet-dancers with experience as at more advanced dancers and semi-professionals. There will be a class pointes half an hour before the class "with experience" starts.



## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

## LOCATION

Thu: 5.30PM - 6PM (pointes) GDN - spiegelzaal

Thu: 6PM - 7.30PM  
(with experience) GDN - spiegelzaal

Thu: 7.30PM - 9PM GDN - spiegelzaal  
(more advanced, semi-profs)

## LEVELS

- **with experience:** 5-10 years in classical or modern ballet with a classical basis
- **more advanced/semi-profs:** at least 10 years experience in classical ballet

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# Baseball & SlowPitch

## Play ball!

At the Leuven Twins you will find the perfect occasion to get rid of all your stress! Our teams consist of a variety of nationalities with both men and women: 2 baseball teams en 2 slowpitch teams. Even without any experience you can join our club and you don't need your own gear. Are you interested or just looking for an awesome club with a great atmosphere? Don't hesitate and stop by!



### WHEN

Indoor: Sun 06/10/19 - Sun 29/03/20

Outdoor: Thu 02/04/20 - Tue 29/09/20

### AT WHAT TIME

### LOCATION

Sun: 12AM - 6PM (indoor) GDN-grote zaal

Tue: 6PM - 8PM (outside) V2 & V5

Thu: 7PM - 9PM (outside) V2 & V5

### PRICE

First three times for free with sports card or day ticket (€ 5)

### ENROLLMENT

[www.leuventwins.be](http://www.leuventwins.be)

Try-outs start on sun 06/10/19

### MORE INFORMATION

[info@leuventwins.be](mailto:info@leuventwins.be)

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

# Basketball

## Shoot!

Conquer the ball and throw it through the ring. But how do you learn this sport? Basketball is based on a couple of techniques such as passing, dribbling and shooting. As soon as you master these, you will know how to play this ball sport and will learn how to master this sport by playing it.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

Mon: 7PM - 9PM (initiation + advanced) TSH

Wed: 6PM - 9PM (Univ. team) TSH

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### UNIVERSITY TEAM

Do you play on high level and do you want to be part of a good basketball team in Leuven?

Can you make time for one extra practice/week?

Do you think you can join the basketball team ladies/men from the Association KU Leuven?

Participate in the try out on Wednesday 02/10/2019 or on Wednesday 09/10/2019.

# Beachvolley

Sun, beach and volley



This beautiful combination is not a dream. It is a reality you can enjoy thanks to the 5 beachvolley courts of our University Sports Centre.

There are also beach volley courts at UCLL beach. Their opening hours are every weekday from 9.00AM until 5.30PM. Bookings for these courts are done at [Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL).

AT WHAT TIME	LOCATION
9AM - 10PM (weekdays)	beachvolley courts
9.30AM - 6PM (weekends)	beachvolley courts

## PRICE

free with sports card or day card (€ 5). There is a minimum of 4 players. Every player should have a sports card.

## ENROLLMENT

You can only make a reservation with a valid sports card. This can be done as from 1 day in advance by going to [www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment) for the online booking system.

# Bodypower

Fitness to music?

Bodypower is a unique experience. Most of the exercises are carried out with a special tool, called a 'barbell'. Depending on your level you can choose the weight of these barbells. And while you are strengthening your muscles, background music will make sure you keep going at your own pace.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

AT WHAT TIME	LOCATION
Mon: 7PM - 8PM (semester enrollment)	GDN - spiegelzaal
Mon: 8PM - 9PM (weekly enrollment)	GDN - spiegelzaal
Mon: 9PM - 10PM (weekly enrollment)	GDN spiegelzaal
Wed: 6PM - 7PM (semester enrollment)	GDN - parketzaal
Wed: 7PM - 8PM (weekly enrollment)	GDN - parketzaal
<b>Wed: 7PM - 8PM (weekly enrollment)</b>	<b>UCLL 6</b>

## PRICE

Weekly enrollment: free with sports card  
Semester enrollment: sports card + € 35

## ENROLLMENT

Online through  
[www.kuleuven.be/sport/english/enrollment/](http://www.kuleuven.be/sport/english/enrollment/)  
**For the session at UCLL through**  
[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

## EXTRA INFO

Places are limited.



# Bodyshock

## Train smarter, better, harder

Are you looking for a fun challenging workout and would you like to do this at your own level ... then we have the answer! Bodyshock is an 'Interactive Functional High Intensity Workout' using challenging tools. What's so special about this concept?

- A professional performance coach to support and correct you.
- Functional 'movement' preps
- Functional training at your own personal level
- Qualitative guidance that really makes the difference



### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Wed: 7PM - 8PM

Wed: 8PM - 9PM

### LOCATION

UCLL - unit 4

UCLL - unit 4

### PRICE

sports card + € 8 per session

payment on the spot

### ENROLLMENT

[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

### EXTRA INFO

To ensure the quality of the lesson, there are only 20 places, so don't wait to register!!

# Bootcamp

## Challenge accepted!

Sporting outdoor with a little grass and sand doesn't scare you? This means bootcamp sessions are something for you! Strength and endurance will be put to the test. Every week we start at the entrance of the athletics track and for 1 hour we will be working out in and around the sports center. Come along and discover all the secret spots during this challenge!



### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 6PM - 7PM

### LOCATION

entrance IAH

### PRICE

free with sports card

### ENROLLMENT

Weekly online through

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

# Boxing Fit

## Get fit boxing!

During Boxing Fit we make sure you get a decent workout. The sessions consist of functional strength and conditional exercises, followed by basic boxing techniques and combinations. Physical contact is very limited. You do NOT need any experience because everyone can join on his or her own level. You do not have to be great to start, but you have to start to be great!

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays



### AT WHAT TIME

Wed: 9PM - 10PM

Wed: 10PM - 11PM

### LOCATION

IAH

IAH

### PRICE

free with sports card

### ENROLLMENT

Weekly online through

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

# Calisthenics

## Building natural strength



Are you tired of always doing the same exercises in the gym? In calisthenics, also called bodyweight workout or street workout, we become stronger without going to the gym, by using our own bodyweight! Pull-ups, push-ups, hanging, climbing, jumping and static exercises will take the biggest part of our trainings. These lessons are ideal for a beginner as well as an advanced athlete, who has some a basic level of strength and endurance.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Wed: 7PM - 8PM

Calisthenics Basics

Wed: 8PM - 9PM

Calisthenics Intermediate

Wed: 9PM - 10PM

Calisthenics Advanced

### LOCATION

Gymnasium -

Gymzaal

Gymnasium -

Gymzaal

Gymnasium -

Gymzaal

### PRICE

free with sports card

### ENROLLMENT

Weekly online through

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

# Capoeira

When dance and combat sport meet ...

... you get an extraordinary type of fighting sport. Capoeira is a Brazilian sport with an interesting history. Nowadays you can learn this fascinating sport and experience yourself the unique mix of fighting, music, flexibility, perseverance, speed and rhythm.



## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Tue: 9PM - 11PM

## LOCATION

GDN - parketzaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

## FOR MORE INFO

golfinho\_oficina@hotmail.com

Want to train more?

[www.capoeira-leuven.be](http://www.capoeira-leuven.be)

# Cheerleading

Building, tumbling and acrobatics



This sport came over from America and has become very popular in Belgium. It includes a challenging combination of various elements: building human pyramids, stunting and tumbling. If lifting weights in the fitness is not enough for you and you prefer throwing people up into the air or you dream to fly yourself, then this sport is definitely for you. Experience is not required, a healthy dose of enthusiasm and perseverance is definitely sufficient. Looking for a real challenge? Join the University Team!

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Thu: 7PM - 8.30PM

open cheer group

Thu: 7PM - 9PM

KU Leuven Team\*

## LOCATION

Gymnasium -

grote zaal

Gymnasium -

grote zaal

\* selection during first class

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# Circuit training

Strength and endurance



Are you interested in enhancing both your strength and endurance? Then you should really try out this circuit training! During these sessions, you will have to perform several exercises (in which you're going to target the core, arm and leg muscles) with a time interval as your only opponent. How many repetitions can you perform during the required time frame? If you want to take up this challenge, don't hesitate and join in on this popular form of training!

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Mon: 6PM - 7PM

Mon: 7PM - 8PM

Thu: 6PM - 7PM

## LOCATION

IAH

IAH

IAH

## PRICE

free with sports card

## ENROLLMENT

weekly at

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

# Condition training

Condition, condition, condition ...

Our fitness sessions have everything in store to maintain your overall condition or to bring it to a higher level. You will train both individually, with a partner and in group. The intensity of the exercises you determine yourself. So you can go as fast as you want to.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Tue: 6PM - 7PM

Wed: 5.30PM - 6.30PM

## LOCATION

IAH

IAH

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary



## Core & Mobility class



### A healthy body has a healthy core

This group class focuses on body control as well as flexibility and core-strength. Perfect as foundation for good posture and balance or revalidation. This class will allow you to grow to other functional training sessions.

#### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

#### AT WHAT TIME

Mon: 7PM - 8PM

#### LOCATION

GDN - parketzaal

#### PRICE

free with sports card

#### ENROLLMENT

weekly at

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

## Cycling Mountain bike

### Firmly in the saddle

Training sessions for the experienced cyclist and mountainbiker under the supervision of a trainer who knows the biking routes around Leuven. During the first semester the choice between roadbike or mountainbike will depend on weather conditions so join our facebook-group and check it regularly to keep up to date. Second semester will be merely roadbike with increasing distances over time. Average speed of the roadbike sessions will be around 30 km/h. You have to bring a racebike.

#### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

#### AT WHAT TIME

Wed: 10.30AM - 1.30PM

#### LOCATION

De Spuyse

#### PRICE

free with sports card or day card (€ 5)

#### FOR MORE INFO

[glennpoleunis@gmail.com](mailto:glennpoleunis@gmail.com)

[www.facebook.com/groups/kulcycling](https://www.facebook.com/groups/kulcycling)



# Dance Power & Choreo

How about a mishmash of modern dancestyles?

If your body enjoys to move on different types of modern music, Dance Power might be the right thing for you. During the courses you practise very present-day dance styles. Going from afrohouse, poppin, old school hip-hop through modern improvised dance. In the classes on monday, there will be a focus on choreography.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Mon: 10PM-11PM

Wed: 9PM - 10PM

## LOCATION

GDN - spiegelzaal  
(Choreo)

GDN - spiegelzaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary



# Fatburning

Burn baby, burn ...



You want a pleasant way to burn your calories? With 'fatburning' you combine aerobics, stepaerobics with muscle strengthening exercises. Because you train at fat burning level, you are taking care of your fat layers and making sure they are melting away like ...

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Mon: 7PM - 8PM

## LOCATION

UCLL 5

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

weekly at

[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)



# Fencing

**Because KU Leuven fencers do it to the point**

Hitting your opponent in a duel doesn't happen by coincidence. It is the result of applying the proper skills in handling and controlling a weapon together with sharp reflexes. This is precisely what you learn during the lessons 'fencing'. Where you start off with handling a foil, you evolve to a fencer who knows how to master a sable or epee.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

Initiation lessons start at the beginning of the semester. Joining those lessons can be best in the first four weeks.

AT WHAT TIME	LOCATION
Wed: 6PM - 7PM (initiation)	GDN - spiegelzaal
Wed: 7PM - 8PM (advanced)	GDN - spiegelzaal
Wed: 8PM - 9PM (univ.team)	GDN - spiegelzaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

## FOR MORE INFO

Mathias Vanden Auweele: 0496 68 03 36,  
Tiebe Van Nieuwenhove: 0492 68 47 27  
[www.facebook.com/Schekul](https://www.facebook.com/Schekul)

# Figure-training

**The best for your 3 B's**

You like a firm figure with nice forms and you are prepared to do the necessary exercises to achieve this? If your answer is 'yes', you'll like figure-training. Exercises will strengthen the muscles of your 3 B's (belly, bum and breasts) and give them tight forms.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

AT WHAT TIME	LOCATION
Tue: 7PM - 8PM (weekly enrollment)	Gymnasium grote zaal
Tue: 8PM - 9PM (weekly enrollment)	Gymnasium grote zaal
Wed: 8PM - 9PM (semester enrollment)	GDN - parketzaal
Wed: 9PM - 10PM (weekly enrollment)	GDN - parketzaal
Wed: 10PM - 11PM (weekly enrollment)	GDN - spiegelzaal

## PRICE

Weekly enrollment: free with sports card

Semester enrollment: sports card + € 35

## ENROLLMENT

Online through

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

## EXTRA INFO

Places are limited

# Fitness UCLL

Do you want to link study with training in a quiet functional room?



Then the expectations are fulfilled at Hill Fit. Under professional supervision you can achieve your goal with an individual schedule and nutrition advice. These plans are created along with the coach, where you can define your own goal. We use equipment from Life Fitness, one of the better products on the market. The fitness is valid for students, staff UCLL / KU Leuven and also for people outside the high school.

	STUDENTS	STAFF UCLL/ KU LEUVEN	OTHER
3 months	€ 75	€ 85	€ 104
6 months	€ 124	€ 140	€ 179
Academy Pass:			
10 months	€ 175	€ 210	
12 months	€ 215	€ 250	€ 311

## AT WHAT TIME

Monday - Thursday	8AM - 11PM
Friday	8AM - 9PM
Saturday	9AM - 5PM
Holidays	closed

## CONTACT

Hill Fit Fitnesscentre [www.hillfit.be](http://www.hillfit.be)  
Hertogstraat 178, Heverlee 3001, 016 37 57 82,  
[info@hillfit.be](mailto:info@hillfit.be)

# Funky Jazz

Moving to a funky beat?

If you like moving to funky music, hip-hop and jazz, then you will find funky jazz not only funky but also fun. You will learn several techniques to attain a more conscious way of dancing. Ultimately, the enjoyment of listening and moving to music will be more intense. Try to attend regularly because each class builds on the previous one.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Mon: 8PM - 9.30PM  
(level AB)

Mon: 9.30PM - 11PM  
(level BC)

## LOCATION

GDN - parketzaal

GDN - parketzaal

## LEVELS

- **Level AB:** learn the basic techniques in a pleasant way implemented in a dance combination
- **Level BC:** the focus moves to quality and performance in different dancing styles

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# Gaelic Football

## Mix of soccer and rugby

Join the Gaelic Games community for a chance to participate in tournaments all over Europe. Both men & women are invited to play and all nationalities are welcome! The possibility to join the annual trip to Ireland will be included in the fixtures for the year. Gaelic Football is played between two teams on a rectangular grass pitch. The objective of the sport is to score by kicking the ball into the other team's goals or between two upright posts above the goals. Gaelic football is commonly referred to as a mix between Soccer and rugby.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 6PM - 8PM

Fri: 6PM - 8PM

### LOCATION

KG1

KG1

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary



# Gliding

## Spread your wings

And fly from cloud to cloud, as free as a bird. This blissful feeling you can experience by gliding. Glider pilots can enjoy nature in a way that you thought was only privileged for birds and other creatures with wings. This is not an easy sport, but when you master it you will be rewarded with pure flying fun. To enroll in the flight school and start your flight training you'll need to be able to read and understand Dutch, but the Start-to-Fly package (a flying day with 2 trial flight lessons) is also accessible to English-only speakers. You can enroll for the Start-to-Fly package from March till mid-September.

Would you like more info or get to know the club? Come to the free film- and info event early October. The exact dates and locations of all activities are published on [www.luac.be](http://www.luac.be) from the end of September onwards.

### FOR MORE INFO

Hartmut Koelman 016 40 70 34

Stefan Bovin 016 20 07 14

[www.luac.be](http://www.luac.be)

[info@luac.be](mailto:info@luac.be)



# Golf

## Ready for an initiation in golf?

Golf may sound exclusive. But it is no longer. With the right training it can be practiced by anyone. We organize - together with Winge Golf & Country Club- a series of 10 lessons of two hour each. Precisely what it takes for you to make your hit.

### WHEN

1st semester: 03/10/2019 - 05/12/2019 (level 1)  
2nd semester: 04/03/2020 - 21/05/2020 (level 1 and 2)

**Attention!** no classes during Easter holidays

### AT WHAT TIME

7PM - 9PM

### LOCATION

**Level 1 beginners** Winge Golf & Country Club  
1st sem on Thursday Leuvensesteenweg 254  
2nd sem on Wednesday 3390 St-Joris-Winge

### Level 2 follow-up

2st sem on Thursday

### PRICE

Level 1: Sports card + €80 (student) / €100 (staff) / €160 (other)

Level 2: Sports card + €90 (student) / €110 (staff) / €170 (other)

### ENROLLMENT

Online through  
[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

### ATTENTION

places are limited

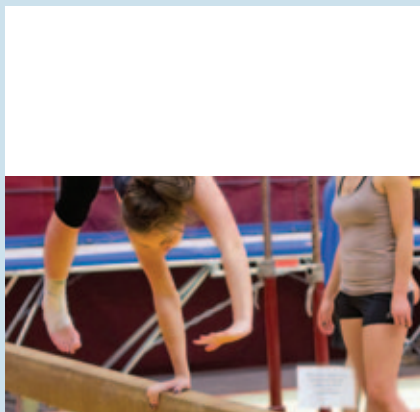
### GOOD TO KNOW

In the courses is included:

- transport from USC (departure parking TSH 6.15PM)
- Access to covered and lit facilities, use of golf clubs, unlimited practice balls.
- Preferably flat shoes (no heels), bring rainwear

# Gymnastics

## Nostalgia for the gymnastic lessons?



In a well-equipped gym room you can re-experience your gym lessons of years ago. This takes place in a relaxing atmosphere. Our professional gym room is an ideal location both for students who have a hard time with gymnastics as for people who never have practised this sport. Also gymnasts who are interested in competition can perfect themselves during the training sessions.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 8PM - 10PM  
(advanced)

Tue: 8PM - 10PM  
(initiation)

Thu: 8PM - 10PM  
(univ. teams)

### LOCATION

Gymnasium - gymzaal

Gymnasium - gymzaal

Gymnasium - gymzaal

### PRICE

free with sports card or day card (€ 5)

# Handball

When you have strong ball-handling skills ...

you will like handball. During the lessons you learn the basic techniques to throw the ball on target. At the same time you will develop the skills to circumvent and stop your opponent. The rules of handball allow you to touch the ball with each part of your body except with your legs. If you know how to be creative with a ball, then this is an absolute asset for his sport.



## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Wed: 8PM - 9.30PM  
(initiation women/men)

Wed: 9.30PM - 11PM  
(team women/men)

## LOCATION

GDN - grote zaal

GDN - grote zaal

## ENROLLMENT

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# Heels

Reveal the diva!



Dancing on heels is all about believing in yourself! Don't worry if you have never been on heels before. Learning how to walk on heels is a part of the class. So take some pair of heels with you and let's reveal the diva inside you!

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Wed: 10PM - 11PM

## LOCATION

GDN - parketzaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# High Intensity Training (HIT)

## Get fit in no time!

Like mentioned above, you will work at high intensity by using interval exercises. You will improve strength as well as conditioning. You do not need any rhythm to complete the workout, everybody can work at their own pace. This lesson is available for beginners to advanced athletes. You will feel your muscles burn, but the music will get you through the workout! Because of the high intensity your heartrate will go up and you will burn an immense amount of calories.

### WANNEER

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**! Attention:** no classes during Easter holidays

### OM HOE LAAT

Thu: 6PM-7PM

### LOCATIE

Gymnasium -  
grote zaal

### ENROLLMENT

Free with sports card or day card (€5)

### ENROLLMENT

not necessary



# Hockey

## Your hockey stick is waiting for you

Hockey is a team sport where physical fitness, technical skills and tactical insight play an important role. In Belgium this sport has become more and more popular. Would you like to master this sport? Then you can start of with a introductory course for beginners or you can follow a training for advanced players. A hockey stick will be provided to you. But if you can bring your own, that would be even more useful.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 8PM - 9.30PM

(advanced + team)

Thu: 8PM - 9.30PM

(initiation women/men)

### LOCATION

KG1

KG1

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary





# Indoor climbing

## Smart climbing?

On a climbing wall of the UCLL you learn how to defy wuthering heights. Because of the smart location of its climbing holds you develop the right climbing techniques. How safe this is? You can count on a climbing coach who sees to it that all the climbing sessions are happening in a safe manner. When necessary he will be there to adjust.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 6PM - 9PM

Wed: 6PM - 9PM

### LOCATION

UCLL sporthal climbing wall

UCLL sporthal climbing wall

### PRICE

10 sessions: € 40

per session: € 5 (climbing material inclusive)

### CLIMBING INITIATION

Never climbed? No problem. You will have the opportunity to experience a climbing initiation where the basic principles and techniques are taught.

### ENROLLMENT

mandatory at [Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)



# Indoor Cycling

## Pure biking pleasure

Does sweating for an hour, losing those lovehandles sound like something for you? Do you like fast-paced music? Then look no further! Indoor cycling is an intensive workout on specialized bikes in which both your stamina and general fitness are put to the test, for both young and old. The classes are led by a motivated coach who will use the right music to make the group push itself for an hour. To the beats of this motivating music, you will cross over hills and flatlands alike. All the while using different speeds and intervals of being seated or standing on your bike. These classes have an intermediate – high level of intensity.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 8PM - 9PM

Tue: 8.30PM - 9.30 PM

Wed: 8PM - 9PM

Thu: 8PM - 9PM

### LOCATION

UCLL 6

UCLL 6

UCLL 6

UCLL 6

### PRICE

**Sports card:** € 5/session - 10 sessions: €35

(4 months valid) - 20 sessions: € 65

**No sports card:** €5/session - 10 sessions: €55 -

20 sessions: €100

### ENROLLMENT

mandatory at [Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

or [www.hillfit.be](http://www.hillfit.be)

# Indoor soccer

## A ball and a room ...

can become a splendid combination. Indoor soccer is a very dynamic sport which requires physical condition, technique, insight and game automaticity.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

Tue: 9PM - 11PM

TSH

(initiation women  
+ advanced, women)

Tue: 9PM - 11PM

TSH

(univ. men's team)

Wed: 9PM - 11PM

TSH

(recreation +  
advanced men)

Thu: 7PM - 9PM

TSH

(univ. men's team)

### ENROLLMENT

not necessary

### PRICE

free with sports card or day card (€ 5)

### UNIVERSITY TEAM

Do you think you qualify for the university indoor soccer team? Send an email to [sander.grosemans@student.kuleuven.be](mailto:sander.grosemans@student.kuleuven.be) (men) and [eva.vandervelpen@gmail.com](mailto:eva.vandervelpen@gmail.com) (women). Trainingsessions woman are planned by the coach once a moth on Wednesday 22h-23h in TSH.



# Judo

## There is also a soft way to protect yourself



Did you know that 'judo' is the Japanese word for 'smooth way'? During the training sessions you learn how to protect yourself in a smooth way. After a couple of sessions you get familiar with falling, throwing and holding techniques. In short, everything you need to master this Japanese art of self-defence.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

Mon: 7PM - 9PM

GDN - judozaal

(begin., adv. & univ. team)

Wed: 9PM - 11PM

GDN - judozaal

(begin., adv. & univ.team)

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### EXTRA INFO

Facebook: Universitaire judoploeg KULeuven

# Karate

## Way of the empty hand

Karate is a Japanese martial art, characterized by punching and kicking techniques. Also included are throwing, grappling, balance breaking and blocking techniques. It's a complete body exercise in which you develop strength, agility, speed, reaction and coordination. In addition, karate is an excellent tool to develop your personality, confidence and respect for others.

During training beginners and advanced karateka's will be split up regularly, giving everybody the chance to progress at their own speed.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 9PM - 10.30PM

Thu: 8PM - 10PM

### LOCATION

GDN - judozaal

GDN - judozaal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### FOR MORE INFO

dirkercken@yahoo.com



# Kayak

## Do you feel for a sportive adventure in the middle of nature?

River sailing with on the background a splendid scenery is a splashing experience. The training provides four exciting activities: an eskimotage class where in a number of lessons the basic skills are taught, kayaking tours on the river 'Dijle' and in the Ardennes, track kayaking and a wildwaterapprenticeship in the Alps. Further specialization is possible through the Leuvense Universitaire Kajakclub (LUK vzw).

### ESKIMOTAGE

Session 1: 02/10, 09/10, 16/10, 23/10

Session 2: 13/11, 20/11, 27/11, 04/12

Session 3: 19/02, 26/02, 4/03, 11/03

Session 4: 18/03, 25/03, 01/04, 08/04

Session 5: 06/05, 13/05, 20/05, 27/05

Free sessions: 25/09, 30/10, 11/12, 18/12

**Where:** swimming pool University Sports Centre

**When:** 8.30PM-9.15PM and from 9.15PM - 10PM  
free practice moment

**Enrollment:** go to

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

**Requirements:** swimming suit, bath hat, eventually swimming glasses and nose clip  
Kayaks, Paddles and spray skirts are provided.

**Entrance and insurance:** sports card

*Please submit the sports card to the rescuer on duty.*

### FLOWING WATER DIJLE

Basic techniques on floating water, practice on slalom track and river sailing.

**When:** Thursday evening in spring and autumn (summer hour)

**Enrollment:** Wednesday evening 8.30PM until 10PM in the swimming pool. More information will be given there.

**Requirements:** warm clothing, waterproof jacket, eventual neoprene suit

*Will only take place if enough candidates subscribe.*

*See next page →*



### ARDENNES

Will take place only if water levels are at right level!

**When:** to be agreed upon

**Where:** departure at 8AM (outside shed - river Dyle)

**Price:** € 28

**Included:** material, transportation and guidance

**Insurance:** sports card

**Enrollment:** Wednesday from 8.30PM till 10PM in the swimming pool

*Transportation from Leuven and back is provided by minivan*

### SLALOM COURSE

**When:** 19/10 and 07/12 (could change)

**Where:** Rur (Duitsland) or MAVA (Luik)

**Price:** To be agreed upon

**Included:** material, transportation and guidance

**Insurance:** sports card

**Enrollment:** Wednesday from 8.30PM till 10PM in the swimming pool

*Transportation from Leuven and back is provided by minivan*

### WILDWATERAPPRENTICESHIP SUMMER HOLIDAYS

Six-day trip to the Alps. In this arrangement is included a cocktail of beautiful and solid streams, good food and drinks and lots of laughter and joy. Also included is transportation, material, guidance and insurance. Only for sport card holders (year or holiday sports card)

**When:** first week of July

**Destination:** France / Slovenia

**Price:** approximately € 320 transportation, material, guidance

**Insurance:** holiday sports card

**Extra costs:** camping and catering

### LUK, Leuven University Kayaking Club

You love the wildwater experience so much that you would like to take it one step further?

The LUK (Leuven University Kayaking Club) can help. This club provides recognized trainers, weekly trainings, all sorts of events and an extraordinary sense of adventure, friendship and nature. Interested? Do not hesitate to find more about the advantages of joining this club through [www.deluk.be](http://www.deluk.be)

# Korfball

The only mixed ball sport in the world



A korfball team consists of 8 players of which 4 men and 4 women. Because the women never measure their forces with the men and the men never with the women, you get a balanced interplay of forces. In this sport your opponent is always of the same gender. In the game there is limited freedom of movement for the ball. As a result, the only way to score is to play together.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

AT WHAT TIME	LOCATION
Mon: 9PM - 10PM (initiation)	TSH
Mon: 10PM - 11PM (advanced + team)	TSH

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

# Kung Fu

A praying mantis can teach you more than you think

Shao-Lin Kung Fu is a Chinese martial art with a very long history. Kung Fu provides you with the method to improve yourself, become healthier and learn how to defend yourself. Some of the movements you learn are inspired on the behaviour of certain animals. Like the Praying-Mantis Style which imitates the movement of this grasshopper. But also the movements of monkeys, swallows and herons are very inspiring when it comes to attack techniques.



## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

AT WHAT TIME	LOCATION
Tue: 5.30PM - 7.30PM	GDN - judozaal
Thu: 6PM - 8PM	GDN - judozaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

## EXTRA INFORMATION

[www.kungfuleuven.be](http://www.kungfuleuven.be)

<https://www.facebook.com/groups/KungFu.Leuven>

# Modern dance

## Express yourself

During the course you learn how to express ideas and emotions through body movements. You develop Modern dance techniques in different modern dance styles and learn how to become better at emphasizing and expressing emotions.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 6PM - 7PM (A-level)

Tue: 7PM - 8PM (B-level)

Tue: 8PM - 9.15PM (C-level)

Tue: 9.15PM - 11PM

### LOCATION

GDN - spiegelzaal

GDN - spiegelzaal

GDN - spiegelzaal

GDN - spiegelzaal

(KU Leuven dance team)

### PRICE

free with sports card or day card (€ 5)



### ENROLLMENT

not necessary

### KU LEUVEN DANCE TEAM MODATÉ

The KU Leuven Dance Team MODATÉ is a modern contemporary dance group who represents the university on events in and outside of KU Leuven. MODATÉ wants to give the opportunity to studying dancers to become a better performer. As a MODATÉ dancer you are expected to following the lessons at C-level, as well as the MODATÉ trainings every week.

### AUDITIONS

Tue: 01/10/19: 9.15PM - 11PM

Tue: 08/10/19: 9.15PM - 11PM

Auditions are only for KU Leuven Dance team

### BRING WITH YOU

dance CV + letter of motivation + recent picture

### FOR MORE INFO

Sanne Dillen - 0497 80 17 02

sanne@musesinmotion.com

[www.facebook.com/groups/440914906111198](https://www.facebook.com/groups/440914906111198)

[www.facebook.com/MODATE.KU.Leuven](https://www.facebook.com/MODATE.KU.Leuven)



# Orienteering

## The sport for the thinking runner

This running sport is about more than just running. You run towards your final destination and do so with the help of a map and compass. At different points of your running track there are red/white beacons which register that you passed by. Orienteering is a sport which does not only challenge your legs but also your brain. During summertime: training on orienteering techniques on Monday evening, during winter-time: physical training on Tuesday evening.



### WHEN

1st semester:

summer hour: 30/09/2019 - 21/10/2019

winter hour: 05/11/2019 - 17/12/2019

2nd semester:

summer hour: 11/02/2020 - 24/03/2020

winter hour: 30/03/2020 - 18/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: (summer hour) 7PM

Tue: (winter hour) 7PM

### LOCATION

Gebouw De Nayer:

Main entrance

Gebouw De Nayer:

Main entrance

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### FOR MORE INFO

warre.dc@gmail.com

# Parkour

## Overcoming obstacles!

Parkour is a sport where you move over, under or through an environment quickly and as efficiently as possible, using only the human body. Originally, people used parkour to escape certain situations, but nowadays people all over the world practice parkour as a sport or as a passion. In freerunning, it's not about efficiency, but all about style. The more flips, twists and turns, the more attractive it is to look at. In these lessons you will learn how to overcome obstacles in a fast or spectacular way in a safe environment.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 9PM - 10PM (groep 1)

Tue: 10PM - 11PM (groep 2)

### LOCATION

Gymnasium -

grote zaal

Gymnasium -

grote zaal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary



# Pilates

## You prefer quality over quantity?

During a class of Pilates you do a combination of strength enhancing exercises, stability exercises and relaxation exercises. In Pilates it is not the quantity but the quality of the performance that matters. Training with deep concentration is one of the key concepts. You are actually using your mental ability to make the right muscles work. The result of Pilates is not just stronger muscles but also a more balanced body.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

Mon: 6PM - 7PM	UCLL - unit 5
Mon: 6PM - 7PM (weekly enrollment)	GDN - judozaal
Wed: 6PM - 7PM (weekly enrollment)	GDN - judozaal
Thu: 9PM - 10PM (semester enrollment)	Gymnasium - grote zaal
Thu: 10PM - 11PM (weekly enrollment)	Gymnasium - grote zaal

### PRICE

Weekly enrollment: free with sports card

Semester enrollment: sports card + € 35

### ENROLLMENT

Online through

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment) or

[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

### EXTRA INFO

Places are limited.

# POP Pilates

This work out looks to improve your breathing, form, stability, and coordination. The focus is both on mind as well as body. In POP Pilates, the basic movements of classic pilates are cleverly combined with top 40 hit-music! Fun guaranteed ;-)  
Why is pilates so efficient?- While the entire body is incorporated in the workout, it's focused around core-training. Which means you'll be training both your abdominals, as well as muscles in your back. Every move you make, including those in day to day life, are supported by your core. Stimulated and strengthening these core muscles is very important to avoid injuries and generally make life easier. Pilates creates balance. It both strengthens your body, as well as stretches it to make sure you get a lean, agile, and strong body.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

Wed: 6.30PM - 7.30PM	UCLL - unit 5
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### PRICE

€ 5/session - 10 session card: € 40

(4 months valid)

### ENROLLMENT

Online through

[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

# Rock Climbing

## On your way to the top

Do you think climbing and all its facets is a fascinating sport you would like to learn? Then the LUAK (Leuvense Universitaire Alpinisten Klub) is a club to join. We climb everything! Bouldering, indoor climbing, outdoor climbing, ice climbing, alpinism, you name it. This is the place where you will meet climbing partners and will be given the opportunity to climb at least once a week, both indoor and outdoor. Furthermore, LUAK provides you with the necessary gear. In October there are info evenings and initiation lessons for the new members. Every Sunday, the whole year long, there is the possibility for climbing in a Belgian crag with our members. We organise multiple weekends to the outdoors, in Belgium and abroad. In summer we go to the mountains for a week. On Thursdays you can join the club nights which start at 10PM at the Minderbroedersstraat opposite nr 25.

### WHEN

Data info days:

Tue: 01/10/2019 at 8PM

Thu: 03/10/2019 at 10PM

Data initiations rock climbing (provided that the weather is good):

Sun: 06/10/2019

Sun: 13/10/2019

Data initiations Indoor:

Wed: 16/10/2019 at 7PM

### ENROLLMENT

obligated through [luak.bestuur@gmail.com](mailto:luak.bestuur@gmail.com)

### AT WHAT TIME

Wed: 1.30PM - 6.30PM

Sat: 9.30AM - 5PM

### LOCATION

meeting point: stairs of

the Gymnasium

# Rope skipping

## More than jumping over a rope



Do you want to work out, have a great time and learn some cool tricks in a jump rope? Than rope skipping is the ideal sport for you! Everyone is welcome at the lessons for beginners (yes, also men). You'll jump on music and learn tricks in different kinds of ropes and combinations! The only things you need are sportswear, indoor sport shoes and a bottle of water (optional), your trainer will bring the ropes. For the lessons for (semi) advanced skippers, it is required that you are able to do all the basic tricks. The level of the tricks will be adjusted to every individual skipper, so even people with lots of experience will have a challenge here! Is one hour of rope skipping not enough for you? Than you're also welcome at the lesson for beginners.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Thu: 9PM - 10PM (beg)

Thu: 10PM - 11PM (sem-adv)

### LOCATION

GDN - spiegelzaal

GDN - spiegelzaal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

# Rugby

## A hooligan's game played by gentlemen

That is the true spirit of rugby. It may sound rough but in reality every rugby player would go all the way for his team mates. The KU Leuven rugby team has already succeeded a couple of times in winning the championship. Thanks to an excellent mix of experience and new rugby talent this team is full of life. Do you feel like joining this dynamic team?

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

Mon & Wed: 8PM - 10PM

(univ. team men) V2

Tue: 8PM-9.30PM

(univ. team women) V2

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### UNIVERSITY TEAM

The KU Leuven rugby team is a very diverse multicultural group that consists of beginners and advanced players. The team plays 7s and XV's on the field and does team building activities along the field. For more information:

[liamvolckerick@live.be](mailto:liamvolckerick@live.be)

The women's team is always looking for new players. Experience is not required. More info via [nelevanhoovels@hotmail.com](mailto:nelevanhoovels@hotmail.com) or the facebook group 'KUL Rugby Team Ladies'.

# Scuba-diving

## Going on an expedition underwater



Scuba is a wonderful experience.

You dive into a world full of beauty and interesting discoveries. A systematic course in a swimming pool will teach you all you need to know about underwater movement. So you will be able to enjoy this fascinating sport at its fullest.

### FROM ... TILL ...

all year round all 2 times per week

### AT WHAT TIME

### LOCATION

Mon: 9PM - 10.30PM

Sportoase, Philipssite  
(i.s.m. Poseidon)

Thu: 9PM - 10.30PM

### PRICE

Students with a sports card receive a reduction of € 1.25 per session.

### ENROLLMENT

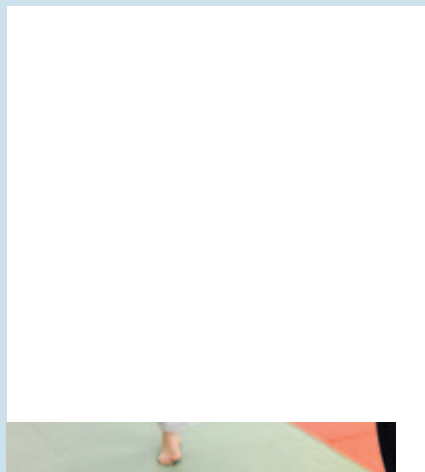
not necessary

### FOR MORE INFO

Hubertine Heremans, Janseniusstraat 8,  
3000 Leuven, tel. 0477 65 72 52  
[www.poseidon.be](http://www.poseidon.be)

# Self-defence

## A question of self-discipline



This training is based on 2 key points. Every fight avoided is a fight won. And if you have to use violence because that is the only way out, you have to use it in proportion to the attack. This means it is your responsibility to do everything you can to avoid conflict or aggression. The session will teach you how to neutralize aggressive actions so they won't escalate. And you will learn how to immobilize your opponent.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 7.30PM - 9PM

### LOCATION

GDN - judozaal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

# Snowboard

## When you're looking for something more!

Snowboarding is so much more than just a sport. The aim of this university snowboard team is to bring the best snowboarders within the KU Leuven Association together, and to achieve a higher level through joint training courses. The focus will not only be on the freestyle part, but also on building a well-trained team of monitors. A good basic technique of snowboarding is therefore a requirement. All this, of course, combined with a nice atmosphere, fantastic people and different styles.



### WHEN

Monday (departure time is determined weekly)

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### PRICE

Entrance Money: about € 310

Transport will be arranged for you

### INTERESTED?

Send an email to: [sport@kuleuven.be](mailto:sport@kuleuven.be) with following information

- Age + study
- Level / Experience
- Snowboard degree? e.g. Initiator at Vlaamse trainers school (or interest to obtain a degree)

## Soccer

How about a game of soccer with some friends?

For this type of fun, you don't have to go far. The only thing you need to do, is to book one of the four soccer fields of the University Sports Field. You can do this two weeks in advance. There are no weekly training sessions for men. Only women have a weekly training on Wednesday.



### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

### LOCATION

**Women:** Wednesday 9PM - 11PM KG2

### PRICE

free with sport card or day card (€ 5)

### UNIVERSITY TEAM

You think you qualify for the university soccer team? Send an email to [goalie\\_jana@hotmail.com](mailto:goalie_jana@hotmail.com) (women) and [vandervondelen.robbe@student.kuleuven.be](mailto:vandervondelen.robbe@student.kuleuven.be) (men).

## Social Dancing

Learn to dance to all types of music!

In this series of lessons, you get a taste of different social dances. These are common dances, found at parties and where partner changes occur often. You will become acquainted with salsa, mazurka, waltz, etc. We primarily focus on dance posture, learning to lead and follow, improvisation and having fun. After the lessons you will be able to dance to different types of music and you will have the chance to discover your favorite type of dance. Register online for the full series of lessons. You choose in advance whether you mostly want to lead or follow.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

### AT WHAT TIME

### LOCATION

Tue: 7PM-8PM

GDN - parketzaal

Tue: 8PM-9PM

GDN - parketzaal

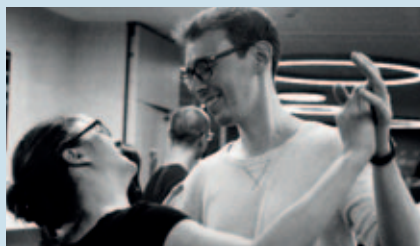
### PRICE

Sport card + €35

### ENROLLMENT

You can enroll individually

- For all of the classes
- You choose beforehand if you prefer mostly to follow or to lead.
- Online through [www.kuleuven.be/sport/inschrijving](http://www.kuleuven.be/sport/inschrijving)





# Spelunking

## Are you joining us in the caves?

Spelunking is a complete all-round nature sport. It involves climbing on rock faces, descending along ropes, swimming in underground rivers and finding your way back in a 3D maze. You learn these techniques during the training sessions. But the best practice occurs underground. That's why each month we go into the caves at least twice. Caving initiations in the Ardennes on 13, 20 and 27th of october and at the start of the second semester.

### WHEN

1st semester: 09/10/2019 - 18/12/2019

2nd semester: 12/02/2020 - 20/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Wed: 8PM - 10PM

### LOCATION

Minderbroederstraat 50  
(except 9-16-23 oct:  
GDN grote zaal)

### PRICE

free with sports card or day card (€ 5)

### FOR MORE INFO

[www.spekul.be](http://www.spekul.be)

[info@spekul.be](mailto:info@spekul.be)

Information evening 2/10/2019 at 20h,  
Minderbroederstraat 50.



# Sportdegustation

## A little bit of everything

You want to live more sportive but you have no idea where to start? Enroll for this course! The entire semester you will be trying out different sports. Every week something else will be taught that will allow you to join that sport if interested. You will be coached and motivated by an enthusiastic coach. You can always reach him/her with questions regarding a sportive and healthy life.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tuesday 8PM - 9PM

### LOCATION

depending on the sport  
of the week

### PRICE

free with sports card

### ENROLLMENT

Online through

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)



## Step - BBB

Do you want to get in shape?



This class starts with a cardio warm up on the step. A simple choreography taught on popular music where you will move around and over the step. Afterwards we continue with some muscle-strengthening exercises using light weights, body weight or dynabands. We focus primarily on belly, buttocks and breasts.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 6PM - 7PM

### LOCATION

GDN - parketzaal

### PRICE

free with sports card

### ENROLLMENT

weekly: go to

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

## Stretdance

Bouncing to the beat ...

That's what you do during the lessons 'streetdance'. The style of dance movements you learn are based upon choreographies from music video's. And as they change quite a lot, street-dance itself also evolves. Most of the time you dance on very fast dance music (hiphop and R&B) and you move in a quite loose manner. As a result stretdance movements come on lightly and make a dazzling effect.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 6PM - 7PM (beginners)

Mon: 7PM - 8PM (advanced)

### LOCATION

UCLL 6

UCLL 6

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

go to [Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)



# Sunrise workout

The early bird gets the worm



Start your morning with a smile. Join the other early birds and work on your endurance and/or strength. On Tuesday we will be challenging your endurance and on Thursday the focus will be on strength. All of this under the careful supervision of qualified trainers. Functional attributes like kettle bells, plyo boxes, barbells and dumbbells will be used.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

## LOCATION

Tue: 7.30AM - 8.30AM

IAH

Endurance

Thu: 7.30AM - 8.30AM

IAH

Strength

## PRICE

Sports card +

Student Association KU Leuven: € 2/session

Staff: € 3/session

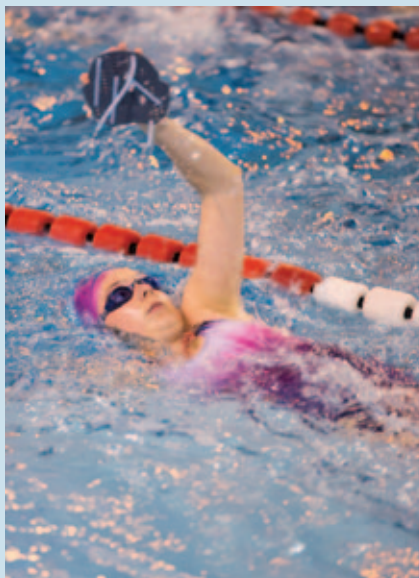
Others: € 5/session

## ENROLLMENT

weekly: go to

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

# Swimming (1)



## University swimming team

Do you have a passion for swimming and competition? No doubt about it, you must join the university swimming team. This is a team of (ex)competitive swimmers training together to achieve their main goal 'the university championship'. You can count on the guidance of competent trainers who will work on your individual techniques and simultaneously on optimising team spirit. Interested? Simply drop by the swimming pool during one of the training hours.

## AT WHAT TIME

## LOCATION

Mon: 9PM - 10.30PM

swimming pool KU Leuven

Tue: 6PM - 8PM

swimming pool KU Leuven

Thu: 6PM - 8PM

swimming pool KU Leuven

See next page →

# Swimming (2)

## Take a fresh dive ...

in a 25 m swimming pool. Provided with starting blocks, springboards and a deep and shallow part. The pool of our University Sports Centre is the location where you want to be to maintain your physical condition or raise it to a higher level. Or to have some water fun or to treat yourself with a break to start -a bit later on- with a fresh head.

### Openings hours - academic year

#### FROM ... TILL ...

**Mon 23/09 - Sun 22/12/19**

**Mon 10/02 - Sun 05/04/20**

**Mon 20/04 - Sun 24/05/20**

- Monday	12AM - 1PM	staff
	6PM - 7PM	public swimming & 55+
	7PM - 8PM	public swimming & asthma
	8PM - 9PM	heart patients
- Tuesday	8PM - 10PM	public swimming
- Wednesday	8AM - 9AM	Staff
	2PM - 3PM	retired KU Leuven
	3PM - 5PM	public swimming
	5PM - 6PM	lessons children*
	6PM - 7PM	waterpolo initiation
	7PM - 8.30PM	waterpolo
	8.30PM - 10PM	kayak
- Thursday	12AM - 1PM	Staff
	8PM - 10PM	public swimming
- Friday	6PM - 7PM	lessons for adults*
	7PM - 8PM	lessons for adults*
	8PM - 10PM	public swimming
- Saturday	1.30PM - 5.30PM	public swimming
- Sunday	9.30AM - 12.30AM	public swimming

### Public hours - holidays (Christmas, Easter, Summer)

#### FROM ... TILL ...

**Mon 23/12 - Sun 05/01/20**

**Mon 06/04 - Sun 19/04/20**

**Mon 29/06 - Sun 30/08/20**

- Monday	12AM - 1PM	staff*
	4PM - 6PM	public swimming
	6PM - 7PM	public swimming & 55+**
	7PM - 8PM	public swimming & asthma **
	8PM - 9PM	heart patients **
- Tuesday	4PM - 6PM	public swimming
	6PM - 8PM	public swimming **
- Wednesday	3PM - 4PM	retired KU Leuven
	4PM - 6PM	public swimming
	6PM - 7PM	public swimming & 55+**
	7PM - 8PM	public swimming **
- Thursday	12AM - 1PM	staff*
	4PM - 6PM	public swimming
	6PM - 8PM	public swimming **
- Friday	4PM - 6PM	public swimming
	6PM - 7PM	public swimming & 55+**
	7PM - 8PM	public swimming *
- Saturday	1.30PM - 5.30PM	public swimming
- Sunday	9.30AM - 12.30AM	public swimming

*During the 'free swimming hours' you can swim back & forward in the swimming pool. But there is also a 'free' section where you most of the time can make use of the springboard. The other hours are always reserved for the courses and as such not freely accessible.*

\*: mandatory enrollment [www.kuleuven.be/sports](http://www.kuleuven.be/sports)

\* not during the first week of Christmas holiday

\*\* not in the period of December 23 until December 30. During that time the swimming pool is closed on weekdays at 6PM.

**Swimming pool is also closed on 24/25/26/31 December and 1 Januari, 12/13 April, 11/21 July, 15 August 2020.**



## Opening hours (January, June)

### FROM ... TILL ...

**Mon 06/01 - Sun 09/02/20**

**Mon 25/05 - Sun 28/06/20**

- Monday	12AM - 1PM	staff
	6PM - 7PM	public swimming & 55+
	7PM - 8PM	public swimming
	8PM - 9PM	& asthma
		heart patients
- Tuesday	6PM - 9PM	public swimming
- Wednesday	2PM - 3PM	retired KU Leuven
	3PM - 6PM	public swimming
	6PM - 7PM	public swimming & 55+
- Thursday	12AM - 1PM	staff
	6PM - 9PM	public swimming
- Friday	6PM - 7PM	public swimming & 55+
	7PM - 9PM	public swimming
- Saturday	1.30PM - 5.30PM	public swimming
- Sunday	9.30AM - 12.30AM	public swimming

### PRICE

free with sports card or day card (€ 5)

### ATTENTION

A swimming cap is required. If you don't have one, you can buy one at the machine in the entrance hall of the swimming pool.

## Openings hours - UCLL

### FROM ... TILL ...

1st semester: 23/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

Enrollment through [ucll.be/sportaanbodUCLL](http://ucll.be/sportaanbodUCLL)

## Swimming lessons for children and adults

For both groups there are sessions for 4 levels which take place simultaneously. The maximum number of swimmers is 10 (children) and 8 (adults).

### WHEN

09/10-18/12/19 children (1st sem)

11/10-20/12/19 adults (1st sem)

12/02 - 29/04/20 children (2nd sem)

14/02 - 08/05/20 adults (2nd sem)

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Wed: 5PM - 6PM children

Fri: 6PM - 7PM adults

7PM - 8PM adults

### PRICE

sports card + € 35

### ENROLLMENT

adults: online trough

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

children: at the Sports secretariat

### LEVELS CHILDREN

- 1) +4 years: general water habituation (max. 4)  
→ The brave Ducklings
- 2) +6 years: floating + leg movement crawl/back crawl  
→ The crazy Frogs
- 3) +7 years: initiation crawl and back crawl + starting dive  
→ The mad Beavers
- 4) +9 years: breast stroke + improving crawl, back crawl and starting dive  
→ The cool Whales

### LEVELS ADULTS

- 1) beginners: no experience
- 2) medium: basic technique
- 3) average: correction technique & speed
- 4) advanced: especially crawl - technique + speed

# Swing-Rock

**Will Monday evening become your dance evening?**

Dancing is ideal for relaxing in company. You are not experienced in dancing yet? Not a problem. Our swing-rock training sessions will teach you. Swing-rock is a projection of rock & roll and belongs to the family of swing dances. Other well-known swing-dances are Boogie Woogie and Lindy Hop. Where rock'n roll with acrobacy and choreography rather belong to gymnastics, swing-rock is for 100% a 'lead-and-follow-dance' with lots of room for improvisation. A real swing is real fun at wedding parties and at the disco. Where you and your dancing partner will be able to surprise everybody with the swing moves you learn.

## WHEN

1st semester: 30/09/2019 - 02/12/2019

2nd semester: 10/02/2020 - 04/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

## LOCATION

Mon: 7PM - 8PM (level 1) Gymnasium - grote zaal

Mon: 8PM - 9PM (level 1) Gymnasium - grote zaal

Mon: 9PM - 10PM (level 2) Gymnasium - grote zaal

Mon: 10PM - 11PM (level 3) Gymnasium - grote zaal

(this may change in the second semester)

## PRICE

€ 35 /person (€ 70/couple) with sports card for 10 classes

## ENROLLMENT

go to [www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

max. 25 couples allowed per training session



## GOOD TO KNOW

In the beginners' course you start off with basic dance steps which develop your sense of rhythm together with dance-and-follow exercises. At the end of the course time will be spent on basic acrobatic moves. In between you will also learn the 3-steps-slow and transitionary moves from and to swing-rock.



# Table tennis

## A bit of ping pong?

During the last years table tennis is on the rise in Belgium. Also in the international table tennis world Belgium plays an significant role. In the southern part of our country table tennis has even become the third most practised sport. What makes this sport so attractive? The combination of technique, reaction speed, concentration, commitment, tactical insight and perseverance.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 6PM - 7PM (initiation)

Mon: 7PM - 8PM (advanced)

Mon: 8PM - 9PM

(competition players)

### LOCATION

GDN - pingpongzaal

GDN - pingpongzaal

GDN grote zaal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### GOOD TO KNOW

You can use the ping pong room for free play.

On Thursdays there are a number of hours reserved for initiation classes and advanced classes.

During that time no free play is possible.

Would you like to have more information about the university team: [argo.degraef@student.kuleuven.be](mailto:argo.degraef@student.kuleuven.be)



# Taekwondo

With foot and fist on your way  
to the goal



That is the translation of Taekwondo. This Korean martial art has a lot of 'jumped' foot techniques. You learn both attack and defense techniques which are based on avoiding and reacting. You also do condition training, stretching and style exercises to help you improve your concentration and technique. It is possible to obtain your black belt through exams.

## WHEN

1st semester: 30/09/2019 - 20/12/2019  
2nd semester: 10/02/2020 - 22/05/2020

**Attention!** There are extra classes outside this period. Please contact the teacher.

## AT WHAT TIME

Mon: 9PM - 11PM  
Wed: 7PM - 9PM

## LOCATION

GDN - judozaal  
GDN - judozaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary

## FOR MORE INFO

ghj@kuleuven.be

# Tai Chi

Release the soft strength of your  
own body

Tai Chi or Tai Ji is an old Chinese martial art. This form is a fluent sequence of movements executed mostly slow, but sometimes lightning fast. Unlike more external martial arts like karate or thai boxing, tai chi Chuan focuses more on internal experience. For example, balance and relaxed steering of another's strength and energy away from your own body. Peace of mind and the possibility to relax your body and strengthen your mind are just a few examples of this art.

## WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

## AT WHAT TIME

Thu: 9PM - 10.30PM

## LOCATION

GDN - parketzaal

## PRICE

free with sports card or day card (€ 5)

## ENROLLMENT

not necessary



# Tennis

## Rain or no rain

Thanks to our indoor and outdoor areas you can play tennis during all seasons. And as such you can keep in shape throughout the year playing tennis. Whilst at the same time having fun with serving and hitting balls with which you can outwit your opponent.

### FREE PLAY

You can play tennis on one of the in- or outdoor courts. Bookings one day in advance: go to [www.kuleuven.be/sports](http://www.kuleuven.be/sports) for the online booking system. Booking an outdoor tennis court is free. For an indoor court, you pay € 10 per hour. In both cases, you must be in possession of a sports card.



### INDOOR COURTS

3 courts GDN

### OUTDOOR COURTS

2 artificial grass courts  
5 gravel courts

### FIXED TENNIS HOUR SUMMER

01/04/20 - 30/09/20

enrollment as from 02/03/20 at

the Sports Secretariat

fixed tennis hour for the summer season on gravel and grass courts

price: sports card + € 125



### INDOOR TENNIS COURSE

The University Sports Centre organizes tennis courses for adults on 4 levels with max. 8 players per group.

- **level 1:** beginners (you never played tennis or did this course once)
- **level 2:** basic level (you followed approx. 20 lessons)
- **level 3:** slight advanced (you are a technical player who wants to further develop his technical skills)
- **level 4:** advanced (you are a competitive player with strong technical skills who wants to further develop his tactical skills)

Friday 6PM - 7PM: level 1  
7PM - 8PM: level 2  
8PM - 9PM: level 3  
9PM - 10PM: level 4

Building De Nayer

1 course consists 10 classes.

### WHEN

1st semester: 04/10/2019 - 13/12/2019

2nd semester: 10/02/2020 - 17/04/2020

*See next page →*

### PRICE

students: sports card + € 70  
staff: sports card + € 90  
others: sports card + € 120

### ENROLLMENT

go to [www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

### OUTDOOR TENNIS COURSE

The course starts on Tuesday 21/04/20 and ends on Friday 26/06/20. The lessons normally take place on artificial gravel courts 1,2 and 3 or in De Nayer Sports Hall when the weather is bad.

Tuesday	6PM - 7PM	level 1
	7PM - 8PM	level 2
	8PM - 9PM	level 3
Friday	6PM - 7PM	level 3
	7PM - 8PM	level 4
	8PM - 9PM	level 2

### PRICE

students: sports card + € 70  
staff: sports card + € 90  
other: sports card + € 120

### ENROLLMENT

go to [www.kuleuven.be/sport/english/enrollment/](http://www.kuleuven.be/sport/english/enrollment/)

### UNIVERSITY TEAM TENNIS

Would you like to be part of the university tennis team? Just come and take a look. You might be selected. The minimum level for women and men is B-2/6.

### WHEN

1st semester: 30/09/2019 - 20/12/2019  
2nd semester: 10/02/2020 - 22/05/2020  
**Attention!** no classes during Easter holidays

### AT WHAT TIME

Tue: 9PM - 11PM

### LOCATION

GDN - grote zaal

## Trampoline

### Discover the joy of floating in the air

Trampoline is a diverse sport which combines flexibility, power and condition. You learn how to jump in such a thoughtful and sophisticated way that jumping becomes an art. This training process takes place at your own level. Which means that you will be able to enjoy throughout the whole year how great it feels to jump and float in the air.

### WHEN

1st semester: 30/09/2019 - 20/12/2019  
2nd semester: 10/02/2020 - 22/05/2020

### AT WHAT TIME

Wed: 9.30PM - 11PM

### LOCATION

Gymnasium -grote zaal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary



# Triathlon

## How about expanding your boundaries?

You can surely do so with the quality training of the KU Leuven tri team. Under the guidance of specialized trainers, you will work on your technique and basic endurance. Your progress is evaluated on a regular basis through tests and technique analysis. That way you are being prepared for the competition season. Where you will be able to experience how far you really have been able to expand your boundaries.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon/Tue/Thu: swim. trng.  
(hrs univ. swim. team)

Wed: bike trng.  
(10.30AM-1.30PM)

Wed: run. trng.  
(hrs in consult. w/ coach)

### LOCATION

swimming pool

departure GDN

departure GDN

*Advice on correct planning (days/hours) and coordination of training workouts is done in consultation with the coach.*

### PRICE

Free with sports card or day card (€ 5)

### ENROLLMENT

not necessary

### FOR MORE INFO

cedricslock@hotmail.com (swimming)

glennpoleunis@gmail.com (biketraining)

# TRX-workout

## Power and muscle tension

With the help of TRX's we offer a fun and intense total body workout! Extra power and muscle tension guaranteed!

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 9.15PM-10.05PM

Tue: 9.40-10.30PM

Wed: 9.15PM-10.05PM

Thu: 9.15PM-10.05PM

### LOCATION

UCLL 6

UCLL 6

UCLL 6

UCLL 6

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

weekly at [Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)



# Ultimate frisbee

## Catch it



'Ultimate Frisbee' is a team sport that combines elements of basketball, soccer and other sports. There are two end zones on the field, and in between the central play area. The purpose of the game is to reach the end zone by passing the frisbee to other team players. Physical contact is not permitted and you can't run with the disc. Next to explosiveness, throwing technique and tactics, the fair play is also very important in this sport. During this training there will be some exercises to improve technique and game understanding. At the end we'll make two teams that will compete against each other in a game.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Thu: 7PM - 9PM

### LOCATION

KG2 - artificial grass 2

### PRICE

free with sports card or day card (€5)

### ENROLLMENT

not necessary

# Volleyball

## Touching, smashing and blocking

You see it all during the weekly volleyball games. They offer you the opportunity to experience how varied this ball game is. The attack combinations, jumped serves and athletic defences, they all make volleyball a very intensive and attractive sport. It doesn't matter if you are a beginner or an advanced player, there are several levels you can choose from.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

**Mon: 6PM - 7.45PM (free play)**

Mon: 9PM - 11PM

(univ. teams)

Wed: 7PM - 9PM

(men + women)

Thu: 7PM - 9PM

(staff recreation)

### LOCATION

**UCLL sporthal**

TSH

TSH

TSH

### PRICE

free with sports card or day card (€ 5)

### STAFF TRAINING

The whole year.

Thu: 7PM - 9PM

### ENROLLMENT

**Only necessary for free play at UCLL**

[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

### UNIVERSITY TEAM

You think you qualify for the university volleyball team? Send an email to:

[witvrouwen.didier@hotmail.com](mailto:witvrouwen.didier@hotmail.com) (females)

[dries.benoit93@gmail.com](mailto:dries.benoit93@gmail.com) (males)



# Waterpolo

## A ball game in the water?

Getting the ball in the goal of your opponent whilst you are swimming, that is what waterpolo is all about. What you especially need for this sport, are good ball handling skills and a good swimming technique. Everything else will be taught by the teacher. There are both training sessions for beginners and more advanced players. The best players will be selected for the university team.

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Wed: 6PM - 7PM

(initiation)

Wed: 7PM - 8.30PM

(advanced + team)

### LOCATION

swimming pool

swimming pool

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

not necessary



## X-fit

Push your limits



You like to train hard and push yourself?  
This is the perfect sport for you!  
An experienced coach will support you  
to explore your limits in a fitting way.  
High intensity interval training, plyometrics,  
powerlifting, gymnastics, kettlebell exercises,  
olympic lifts and calistenics will be the core  
of these classes that will get you in top shape!

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Wed: 10PM - 11PM

### LOCATION

IAH

### PRICE

sports card +

Student Association KU Leuven: € 2/session

Staff: € 3/session

Others: € 5/session

### ENROLLMENT

weekly: go to

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)

## Yoga

Stop the chaos. Start to yoga.

Yoga is an ancient method to get back in touch with your inner peace. Yoga means 'union'. Hatha yoga helps you to experience the unity between two extremes, to unite opposites: to experience balance between body and mind, between thinking and feeling, between relaxation and physical effort. Thanks to yoga you gain strength and flexibility and you experience mental peace. This is achieved through the practice of asanas or physical postures, of pranayama or breathing exercises, and of savasana or relaxation.



### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon.: 6PM - 7PM

all levels welcome  
(weekly enrollment)

Wed.: 7PM - 8.15PM\*

For absolute beginners  
(semester enrollment)

Wed.: 8.15PM - 9.30PM\*

for participants with  
experience (semester enrollment)

### LOCATION

GDN - parketzaal

Gymnasium -  
grote zaal

Gymnasium -  
grote zaal

\*10 classes

### PRICE

Weekly enrollment: free with sports card

Semester enrollment: sports card + € 35

### ENROLLMENT

[www.kuleuven.be/sport/english/enrollment](http://www.kuleuven.be/sport/english/enrollment)



# Zumba

## Let it move you

The official name is *Zumba Fitness*: a combination of dance and fitness training for both women and men! We do a full-body work-out with a sufficiently high intensity such that after one hour you feel you have really practiced a sport. To make this more pleasant, we use well-known songs and real Zumba songs (merengue, reggaeton, ...). And belief it or not: feeling the rhythm is not necessary, knowing the difference between left and right is sufficient! Can you keep up?!

### WHEN

1st semester: 30/09/2019 - 20/12/2019

2nd semester: 10/02/2020 - 22/05/2020

**Attention!** no classes during Easter holidays

### AT WHAT TIME

Mon: 8PM - 9PM

Tue: 7PM - 8PM

Tue: 8PM - 9PM

Wed: 8PM - 9PM

Thu: 7PM - 8PM

Thu: 8PM - 9PM

### LOCATION

UCLL sporthal -  
danszaal

Topsportal

Topsportal

UCLL sporthal -  
danszaal

Topsportal

Topsportal

### PRICE

free with sports card or day card (€ 5)

### ENROLLMENT

for sessions at UCLL: mandatory through  
[Ucll.be/sportaanbodUCLL](http://Ucll.be/sportaanbodUCLL)

For other sessions enrollment is not necessary

### FOR MORE INFO

go to the facebook page Zumba KU Leuven

# LOKO Sport



Sport for and by students.

LOKO Sport is a section of LOKO (Leuvense Studentenkoepel), which is the coordinating body of faculty student organizations of the KU Leuven, UCLL and Groep T in Leuven. Their objective is to motivate students in Leuven to take part in sports activities. To achieve this goal LOKO Sport provides support for the organization of sport events and they organizes several sporting events throughout the year themselves. LOKO Sport is committed to encourage students to maintain or enhance their physical condition. Therefore sports activities organized by the various student organizations, can count on their financial and logistical support.

Through these grants LOKO Sport wants to make sure that every student is able to take part in sporting events. The members of LOKO Sport meet on a regular basis in a Work Assembly. It consists not only of representatives of the different student organizations but also of volunteers.

If you want to participate in LOKO Sport's initiatives to make students of Leuven more sports minded, let us know or visit our office in the De Nayer building in room 00.57. Or simply send us an email ([sport@loko.be](mailto:sport@loko.be))

## LOKO'S activities

Don't miss these sports classics

### **24 hour relay race** **22-23 oktober 2019**

Are your running shoes ready?

Traditionally this relay race begins on Tuesday evening at 8PM. From that moment on, several student organizations enter into a competition. During 24 hours they compete to run the highest number of laps.

This event also brings a unique atmosphere to the sports center. It is not just a thrilling race with many fans; this 24 hour race is also a big party with entertaining acts, side competitions, food stands with many delicacies and so much more.



## Wednesday Sports Fever

### Boost your adrenaline on Wednesday

You are a student in Leuven and a sports card holder? Well that's good news, because you can participate in an organized sports evening every Wednesday and it gets even better, most of them are free. Each Wednesday evening you can get acquainted with lesser known sports such as Krav Magna (defense art), Golf Frisbee, European swordfight, spike Ball and so much more. More information about these activities and the calendar can be found on the last page of this guide. You can subscribe through [ucll.be/sportleuven](https://ucll.be/sportleuven)

## Survival of the Student

### 22 april 2020

For the sixth time, the sports center will be transformed into a major obstacle course. This obstacle run gives you the opportunity to participate in an adventurous run where fun is the key word. The high funfactor and low price, ensures that this is an event suited for both the competition-oriented athletes as well as the recreational sportsmen. For more info go to [www.survivalofthestudent.be](https://www.survivalofthestudent.be)

## IFB Finals

### 6 may 2020

On this day, the finals of the interfaculty cup are played. Come and see who will be crowned champion in football, futsal, volleyball or basketball for the coming year. They can use your support!

More information on the website of LOKO sport.

## R.A.C. Race

Ever wanted to do street racing through the center of Leuven with an office chair or shopping cart? It's possible! For the second time in a row, Ladeuzeplein and surrounding areas are transformed into a trail where you can give the best of yourself on a jumping ball, in a shopping cart or on an office chair. Fun guaranteed for young and old!



## Contact

LOKO Sport  
Building De Nayer, room 00.57  
Tervuursevest 101, 3001 Heverlee  
016 32 91 33  
[sport@loko.be](mailto:sport@loko.be), [www.loko.be/sport](https://www.loko.be/sport)



[facebook.com/lokosport](https://facebook.com/lokosport)



[@lokosport](https://twitter.com/lokosport)

# Sports camps

During the summer. For children.

During the summer holidays the University Sports Centre of the KU Leuven organizes its well-known sports camps. They are meant for children between 8 and 16 years and take place on the premises of the sports centre.

During one week they are submerged in ball sports, defense sports, athletics and a whole range of other sports activities.

## FROM ... TO ...

week 1: 13 - 17 July 2020

week 2: 03 - 07 Aug 2020

## AT WHAT TIME

each day: 9AM - 5PM

surveillance: 8AM - 6PM

## PRICE

€ 70 + holiday sports card (€ 15)

June - September

## ENROLLMENT

as from 1 March 2019 you can enroll online  
at [www.kuleuven.be/sports](http://www.kuleuven.be/sports)

## ATTENTION

maximum 100 children per sports camp

## FOR MORE INFO

contact the Sports Secretariat or visit [www.kuleuven.be/sports](http://www.kuleuven.be/sports)







# Study and top-level sports

A combination which works.



It isn't easy to combine higher education and a top-level sports career. It is however possible at the KU Leuven. Your study and examination planning can for example be adjusted so that you -as a student athlete- combine your studies and top sport in an optimal way. It all starts with getting a 'student athlete statute'.

The conditions below give an indication of the sporting level that we expect:

- an athlete, recognized by the Olympic Committee of your country or/and
- selected on a regular base for the national team in your discipline or/and
- a regular participant in international competitions in your discipline or/and
- when you compete in team sports: being a member of a team in the highest division or/and

- individual sports: recognized by your own sports federation as a promising athlete (international level)
- eligible or selected for participation at the Universiade or World University Championships

Furthermore, the number of training hours as well as being selected for the starting line-up is taken into account when the student athlete's statute is being considered.

**'I retain fond memories of my student days. The course of speech therapy and audiology was working perfectly for me. Because I could spread my exams, I could keep training and participate in competitions abroad.'**

Kim Gevaert,  
Speech therapist  
Olympic medallist  
Multiple European  
sprint champion

## Various facilities

### At a glance.

All student athletes have **study facilities**. This means a flexible programme can be developed as a solution for missed lectures, seminars or workshops. As a result you can during the academic year attend a maximum of trainings, internships or competitions.

As a top athlete you can also benefit from our **sport-related facilities**. Our extensive sports infrastructure, fitness centre and medical surveillance are all there to help you achieve your goals.

Based on the type of statute, you can make use of certain **examination facilities**. The examination regulations provide 'exceptional regulations for special groups'. You can spread out exams or reschedule examination dates from the beginning of the examination period in January until the examination period in September. If you wish, you can as a beginning student with, apply for a personalized study programme.

## The student athlete statute

### Want to apply?

You can apply online at kuloket ([www.kuloket.be](http://www.kuloket.be)), click to the tab 'registration & request'. You will be invited for an assessment session. At this time your sports level and competitive calendar will be reviewed to determine if the student athlete statute does indeed meet your sports needs. All applications will be evaluated in a committee headed by Professor Vande Broek.

### For more info

[topsport@kuleuven.be](mailto:topsport@kuleuven.be)  
[www.kuleuven.be/sport/english/top-level-sports](http://www.kuleuven.be/sport/english/top-level-sports)

Candidates for the student athlete statute of UCLL can contact Jean-Baptist Bultynck, the ombudsman of their department (016 37 57 81).



# University teams

Meet other students whilst playing.

When several teams from different universities compete against each other, they do not only provide exciting moments. They also offer the opportunity to young students in Flanders to meet each other in a sporting context.



# Studentensport Vlaanderen

## Who gets the title ‘Flemish Student Champion’?

Studentensport Vlaanderen vzw has as its motto: ‘Studies and sports, easy to combine’. Each year this federation organizes championships in many sports. They offer you the chance to compete with your fellow students across Flanders. This battle culminates each year with a grand finale between the four best teams of Flanders in the Great Flemish Student Championship. In the different sports disciplines students go all the way to win the title ‘Flemish Student Champion 2019-2020’. For more information, pictures and videos go to the link University teams on our website ([www.kuleuven.be/sports](http://www.kuleuven.be/sports))!

Would you like to participate in this championship? Make sure you apply for the university team and send an email to [sport@kuleuven.be](mailto:sport@kuleuven.be). You will participate in targeted training and a preparation tournament against your Walloon colleagues of UCL. The honour of defending the KU Leuven is undoubtedly a unique experience you don't want to miss.

## BUSF Belgian titles.

The Belgian University Sports Federation organizes the Belgian finals. That is the day when the two best teams of the Flemish championships compete against their Walloon colleagues. The goal is to win the Belgian title. BUSF also coordinates the participation of Belgian sports delegations to all international championships and events such as Universiades, World University Championships (WUC) and the FISU Forum.

## FISU The Olympic Games for students.

FISU, the international federation students, organizes every two years a Winter and Summer Universiade. This is the sporting Mecca for top level sport students. They are inspired by the Olympics and are competition at the highest level. These Olympic Games for students are a highlight for student-athletes and for some of them a springboard to a ‘professional sports career’. As was the case for eg. Ilse Heylen, Kim Gevaert, Hans van Alphen.

The Universiades take place at

- Winter universiade: Lucerne 2021
- Summer universiade: Chengdu 2021

More info can be found on [www.vssf.net](http://www.vssf.net) or [www.fisu.net](http://www.fisu.net)

# Facilities

These maps show you the location of our facilities

## Availability of our courts and sites

### CLASS PERIOD

Weekdays: 8AM - 11PM  
Weekends: 9.30AM - 6PM

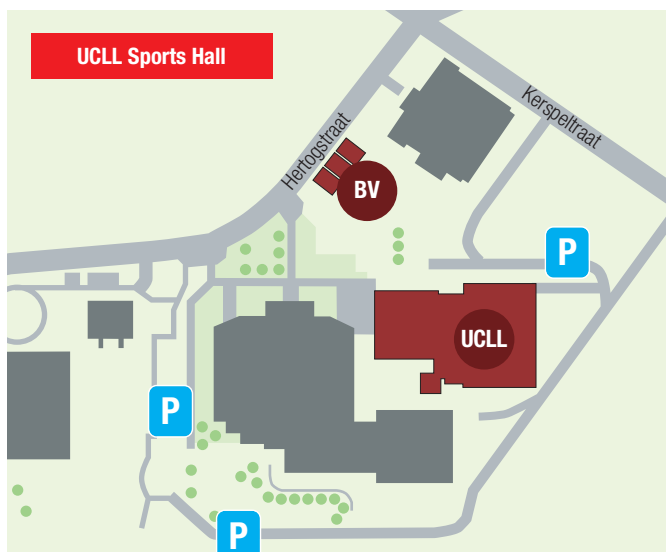
### HOLIDAY PERIOD

Weekdays: 8AM - 10PM  
Weekends: 9.30AM - 6PM

## Attention

Our buildings are open for an extra half hour, to give you the opportunity to take a shower etc. Please respect the playing schedule and the opening hours of our buildings, and stop exercising in time!

The University Sports Centre is closed during holidays.



UCLL

### Sports Hall & Dance hall

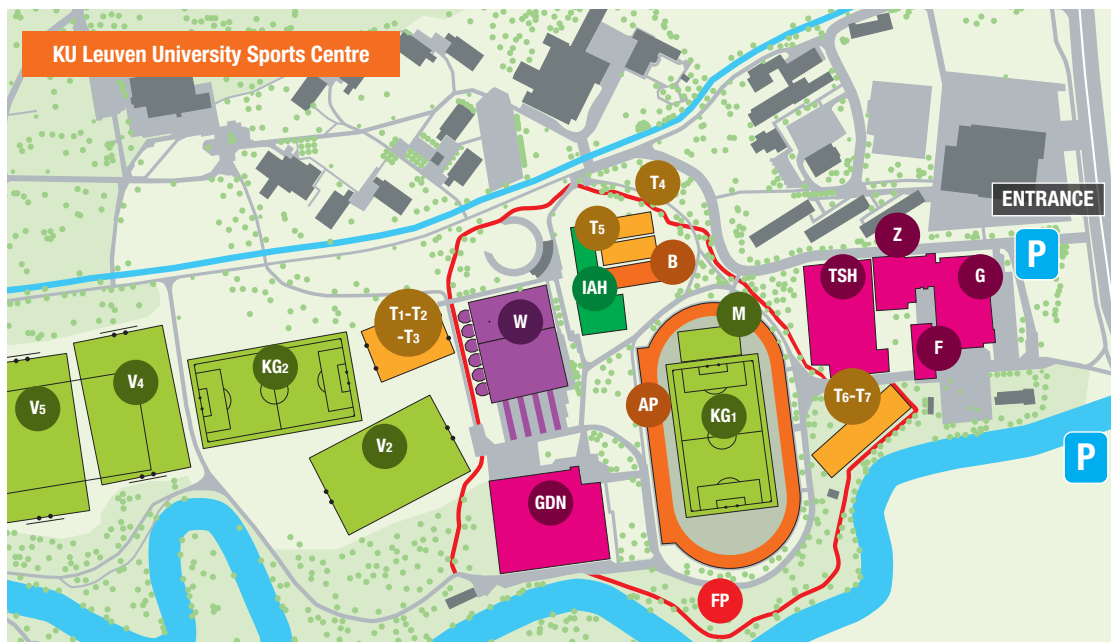
3 units: basketball, soccer, badminton, indoor climbing, handball  
2 units: volleyball, gymnastics, dance  
1 dance hall: dance, indoor cycling

BV

### Beachvolleyball

3 courts





**G**

**Gymnasium**  
Gymnastics  
Badminton  
Dance  
Volleyball

**Z**

**Swimming Pool**  
Swimming  
Water polo  
Kayak

**F**

**Fitness Centre**  
Fitness  
Reconditioning

**GDN**

**De Nayer Building**  
Basketball  
Badminton  
Judo  
Dance  
Volleyball  
Handball  
Tennis

**TSH**

**Artificial grass**  
Soccer  
Hockey

**KG**

**TSH**  
Basketball  
Volleyball  
Korfball  
Dance  
Badminton

**V**

**Soccer Fields**  
Soccer  
Rugby  
Baseball  
American Football

**M**

**Soccer field (small)**  
Mini soccer

**T1-T2-T3**

**Tennis artificial gravel (lit)**

**T4-T5**

**Tennis gravel (lit)**

**T6-T7**

**Tennis artificial grass**

**AP**

**Athletics track**

**B**

**Basketball (lit)**

**IAH**

**Indoor Athletics Hall**  
Athletics

**FP**

**Finnish running track**

**W**

**Throwing field & Beachvolleyball**  
Throwing the javelin  
Throwing the hammer  
Discus-throwing  
Shot-put  
Beachvolleyball

# Sports Calendar 2019-2020

This calendar gives you an overview of the sports activities which will take place this year. Here is your guide for a sportive 2019-2020.

## Bike & Run

On Wednesday 29 April 2020 at 2PM the 18th edition of Bike & Run will take off.

This year we will be leaving from the Centre Sportif de Blocry in Louvain-la-Neuve and arrive in the University Sports Centre in Leuven.



You can participate in 3 ways:

- You can opt for the classic formula and participate as a couple: one as a cyclist, the other as a runner. Together you travel 33 km. Along the track you can change functions whenever and wherever you wish.
- You can travel the 33 km as a single runner.
- You can choose the recreational formula and participate in teams of 3 with 2 bikes.

We do our utmost to put together a traffic-calmed and especially a green track to make sure you can fully enjoy this running event. Our current track shows you the natural beauty of Heverleebos, Meerdaalwoud and rural country roads which are located across the language border. Wherever you cross any street, we provide signalers and police officers making your passage as safe as possible.

We also make sure you can participate in this sports activity in a carefree way. By bringing your sport bag to the arrival point where cloakrooms are waiting for you and where you can relax with a well deserved shower.

**Enrollment via [www.kuleuven.be/sports](http://www.kuleuven.be/sports)**

DATE	ACTIVITY	ORGANIZER	LOCATION
23-24-25 Sep	Registration for sports courses 1st semester	KU Leuven	<a href="http://www.kuleuven.be/sport/english/enrollment">www.kuleuven.be/sport/english/enrollment</a>
2 Oct	Actif student welcome	KU Leuven	Ladeuzeplein
9 Oct	Krav Magna (defense arts)	WSF*	UCLL Sporthal
14 Oct	KU Leuven vs. UCL	UCL - KU Leuven	Univ. Sportcentrum KU Leuven
16 Oct	Fistball	WSF*	HHH Voetbal Terrein
17 Oct	Fencing	WSF*	campus Hertogstraat
22 Oct	UCL vs. KU Leuven	UCL - KU Leuven	Centre Sportif de Blocry in LLN
22-23 Oct	24-hours relay race	LOKO Sport	KU Leuven
13 Nov	Diving initiatie	WSF*	KU Leuven swimming pool
20 Nov	Salsa evening	WSF*	Campus Hertogstraat
4 Dec	Squash evening	WSF*	on location
11 dec	Climbing & Boulder happening	WSF*	Campus Hertogstraat
27 Nov	Bowling	WSF*	on location
29 Nov	KU Leuven Table tennis tournament	USC KU Leuven	Univ. Sportcentrum KU Leuven
18 Dec	Mini Cycling Marathon	WSF*	Campus Hertogstraat
10-11-12 Feb	Registration for sports courses 2nd semester	KU Leuven	<a href="http://www.kuleuven.be/sport/english/enrollment">www.kuleuven.be/sport/english/enrollment</a>
12 Feb	Kayak (eskimo roll, ...)	WSF*	KU Leuven Swimming pool
19 Feb	Relaxation and Wellness	WSF*	Campus Hertogstraat
26 Feb	Snooker & darts (bar sports)	WSF*	on location
4 Mar	Kick Boxing	WSF*	Campus Hertogstraat or on location
11 Mar	European Sword Fight	WSF*	Campus Hertogstraat or on location
18 Mar	Golf Frisbee	WSF*	Campus Hertogstraat
25 Mar	Parkour & Freerunning	WSF*	Campus Hertogstraat or on location
22 Apr	Survival of the Student	LOKO Sport	KU Leuven
29 Apr	Bike & Run	USC KU Leuven	Leuven & Louvain-L-N
29 Apr	Outdoor Happening	WSF*	Campus Hertogstraat
6 May	Archery	WSF*	Campus Hertogstraat
6 May	IFB-finaledag	LOKO Sport	Univ. Sportcentrum KU Leuven
13 May	Beachvolley Concours	WSF*	Campus Hertogstraat

\* Wednesday Sports Fever is organized by LOKO Sport and UCLL.  
Enrollment is necessary through: [Ucll.be/sportleuven](http://Ucll.be/sportleuven)

# OVERVIEW SPORTS OFFER

	KU LEUVEN UNIVERSITY SPORTS CENTRE																	SPORTS CENTRE UCLL					
	Parketzaal	Spiegelzaal	Judozaal	TSH 1	TSH 2	TSH 3	TSH 4	GBDN 1	GBDN 2	GBDN 3	Gymnasium	Gymzaal	Swim. Pool	Art. grass 1	V2	Art. grass 2	IAH	UCLL 1	UCLL 2	UCLL 3	UCLL 4	UCLL 5	UCLL 6
MONDAY																							
1PM 4PM	Adapted Sports: PI swimming																						
6PM	Yoga	Astma*	Pilates								Aerobic		Public swimming	Gaelic Football	Archery tag		Circuit training			Indoor climbing	Volleyball free play	Pilates	Streetdance
7PM	Core & Mobility	Bodypower	Judo	Basketbal init. + adv							Swing-Rock									Indoor climbing		Fatburning	Streetdance
8PM	Funky jazz		Taekwondo	Korfball		Volley Univ. Team Women & Men		Table tennis Univ. Team	Badminton			Gymnastics	Harpa*		Rugby Univ. Team men								Zumba
9PM												Univ. Team swimming/ triathlon										TRX	
10PM			Dance Power Choreo						Badminton														

TUESDAY																							
7.30AM 8.30AM																	Sunrise workout endurance						
4PM								Adapted Sports: PI Physical training															
5PM				Adapted Sports: II Football				Adapted Sports: PI Physical training															
6PM	BBB-step	Modern dance	Kung fu								Aerobic		Univ. Team swimming/ triation		Baseball		Condition training						
7PM	Social Dancing			Badminton univ. Team		Zumba		Badminton		Athletics throwing	Figure training						Athletics						
8PM			Self-defence									Gymnastics (beginners)	Public swimming	Hockey (adv. + Univ. Team)	Rugby women							Indoor cycling	
9PM	Capoeira		Karate	Indoor soccer ladies		Indoor soccer men (univ.)		Univ. team tennis		Parkour												TRX	
10PM																							

	KU LEUVEN UNIVERSITY SPORTS CENTRE																	SPORTS CENTRE UCLL					
	Parketzaal	Spiegelzaal	Judozaal	TSH 1	TSH 2	TSH 3	TSH 4	GBDN 1	GBDN 2	GBDN 3	Gymnasium	Gymzaal	Swim. Pool	Art. grass 1	V2	Art. grass 2	IAH	UCLL 1	UCLL 2	UCLL 3	UCLL 4	UCLL 5	UCLL 6
<b>WEDNESDAY</b>																							
2PM												Adapted Sports: II Gymnastics											
3PM													Public swimming										
4PM																							
5PM													Swimming for children				Condition training						
6PM	Bodypower		Pilates				Basket Univ. Team women				Aerobic												
7PM		Fencing		Volleyball (beginner/advanced)				Harpa*					Waterpolo									Pop-pilates	
8PM	Figure training		Taekwondo				Basket Univ. Team men				Yoga	Calisthenics									Body shock		Bodypower
9PM		Dance power		Indoor soccer men			Indoor soccer women (univ.) (every 1st wednes-day of the month)	Handball					Kayak		Rugby Univ. Team men								Indoor cycling
10PM	Heels	Figure training	Judo								Trampoline					Soccer univ. Team women	Boxing fit	Xfit					TRX

\* C&NS: Calisthenics

<b>THURSDAY</b>																							
7.30AM																							
8.30AM																	Sunrise workout strength						
4PM													Adapted Sports: PI Swimming										
5PM											VE-badminton												
6PM			Kung fu					Badminton			High Intensity Training		Univ. Team swimming/ triathlon				Circuit training						
7PM	Back in action	Ballet																					
8PM				Volleyball staff	Indoor soccer men (univ.)	Zumba		Wheelchair basketball	Adapted Sports: II-Badminton	Badminton	Cheerleading				Baseball	Frisbee	Athletics						Indoor cycling
9PM	Tai Chi	Rope skipping	Karate					Badminton	Badminton		Pilates	Gymnastics Univ. Team	Public swimming	Hockey Beginners									TRX
10PM																							

■ INDIVIDUAL ■ DANCE ■ TEAM SPORTS

\* Astma and Harpa are not included in the standard offer of the University Sports Centre. This classes are not open for everyone.



# Contact

## UNIVERSITY SPORTS CENTRE

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3001 LEUVEN  
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[sport@kuleuven.be](mailto:sport@kuleuven.be)  
[www.kuleuven.be/sports](http://www.kuleuven.be/sports)

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