Information in English

Sports

Basic fitness program

- Zumba®
- Stretch & Fit
- Samba-Aerobic
- Power-Fitness-Mix
- Martial Arts – Aerobic
- Fitness-Center
- Dance-Aerobic™
- Back Strength Activities
- Aerobic-Mix
- Aerobic

Fitness classes

- Ultimate Frisbee
- Table Tennis
- Tennis
- Soccer (women only)
- Headis
- Beachvolleyball
- Basketball (women only)
- Basketball
- Sports
- Ball games, team and racket sports
- Fitness Training without e.
- (women only)
- Fitness Training without equipment
- Fitness Training
- Boxing Fitness Training
- Basic fitness program

Dancing

- Modern dance or ballroom dances. Let’s dance!

Wellness

- Relaxation Gymnastics
- Qi Gong
- Pilates
- Mindfulness-based Stress Reduction
- Massage and Body Awareness
- Feldenkrais
- Autogenic Training
- Shiatsu on the Floor
- Classic  Oil-Massage

Water sports

- Windsurfing
- Sailing
- Swimming
- Rowing
- Paddling
- Lifesaving
- Kitesurfing
- Aqua-Jogging
- Aqua-Body-Sense

Further information

The TU Sport Office for registration, where cash is accepted, is located on Welfengarten Campus. The website is in German and the information available is up-to-date. If you require assistance, you can contact the TU Sport Office by phone or email. Further information is available on the website. If you are looking for or require further information regarding the courses, sports facilities and services, please visit the TU Sport Office. At the moment our website is only available in German. Further information is available on the website. 

Fitness Center

Looking for a gym? We’ve got everything you need! Our Fitness Center offers use of free weight equipment. Including steppers, treadmills, cross trainers and other electronic cardio exercise equipment. Looking for a gym? We’ve got everything you need! Our Fitness Center offers a wide range of free weight equipment. Including steppers, treadmills, cross trainers and other electronic cardio exercise equipment.

Sports

- Ball games, team and racket sports
- Water sports
- Martial arts
- Recreational sports

Conditions of participation

Participation

- All students, employees and alumni of the universities in Berlin and the universities and university colleges in Berlin are eligible to participate in the TU Sport program. If you are a student, you will need to show your student card at the registration counter. A small registration fee authorizes you to participate in the TU Sport program for a week. The price remains the same regardless of which activities you choose. If you cancel your booking after the start of the course, a refund will only be paid if someone else takes your place in the course. It is not possible to change your course within the same sport – provided that there are still places available. You may change your booking to another course in the same sport. If there are still places available. To change your course, you will have to pay a cancellation fee of €25. If you do not cancel your booking before a course starts. If you cancel a booking for a course within the same sport – provided that there are still places available. Therefore it is highly recommended to cancel your booking as soon as possible.

Enrollment

- All students, employees and alumni of the universities in Berlin and the universities and university colleges in Berlin are eligible to participate in the TU Sport program. If you are a student, you will need to show your student card at the registration counter. A small registration fee authorizes you to participate in the TU Sport program for a week. The price remains the same regardless of which activities you choose. If you cancel your booking after the start of the course, a refund will only be paid if someone else takes your place in the course. It is not possible to change your course within the same sport – provided that there are still places available. You may change your booking to another course in the same sport. If there are still places available. To change your course, you will have to pay a cancellation fee of €25. If you do not cancel your booking before a course starts. If you cancel a booking for a course within the same sport – provided that there are still places available. Therefore it is highly recommended to cancel your booking as soon as possible.

Payment

- All bookings must be paid at the time of enrol- ment. The price remains the same regardless of which activities you choose. If you cancel your booking after the start of the course, a refund will only be paid if someone else takes your place in the course. It is not possible to change your course within the same sport – provided that there are still places available. You may change your booking to another course in the same sport. If there are still places available. To change your course, you will have to pay a cancellation fee of €25. If you do not cancel your booking before a course starts. If you cancel a booking for a course within the same sport – provided that there are still places available. Therefore it is highly recommended to cancel your booking as soon as possible.

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Welcome to sport, fitness, friendship and fun!
Are you interested in staying fit and active, making friends, furthering knowledge and skills, or just want to have some fun? From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, and down to boxing or ballet, with more than 120 different sports every year we are sure to have the right course for you. From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you.

**About us**
TU Sport provides students, employees and alumni of the universities and university colleges in Berlin with a variety of sports, fitness and leisure activities. We work closely together with the Sports Council, Diskussionstreff and the University Sports Council, and are supported by the Alumni of the Universities of Berlin and the University of Technology. In addition to our regular offer, we will ensure that TU Sport provides the right opportunity to make a healthy lifestyle, get fit and have fun. We aim to offer a broad range of activities that suit all level of interest and abilities. Our aim is to provide a balanced, high quality and integrated sport programme that offers the possibility to try out different sports and activities. We wish you a good time with us!

**Types of activities**
We offer a huge variety of sports and activities. From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you. From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you. From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you.

**Sports Tours**
Join us for a sports tour and find out about different sports and activities. We can help you to get in contact with the local clubs and offer a wide range of activities. Additionally, we provide information about the activities you can try out while spending some days far away from lecture halls and offices. We guarantee that you will return to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you. From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you. From time to time we also offer sport-specific workshops and courses. From ultimate frisbee or floorball, shiatsu or scuba diving, with more than 120 different sports every year we are sure to have the right course for you.

**Important dates**
Course registration opens in the beginning of October. Winter term sports courses start in the middle of February and end in the middle of July – middle of October. Summer term sports courses start in the middle of April and end in the middle of July. Important dates can be found on our website.