

2012
-
2013



Sportsticker

**SPORTS FOR
ANTWERP STUDENTS**

SPORTS GUIDE

**ANTWERP UNIVERSITY
AND COLLEGES**



SPORTSTICKER

WHAT?

A sportsticker grants every student in Antwerp access to a variety of sports activities at all possible levels: amateur or athlete, individual or team player. Most sports are free of charge. If they're not, we offer student discounts!

What activities do we offer **free of charge**?

Taebo, BBB, zumba, dance, yoga, etc.

• Sports clubs, amongst others futsal, volleyball, basketball • Start 2 Run • Antwerp Students League (Student competition football, futsal, volleyball, basketball) • Winning of tournament tickets (e.g. Diamond Games) • Booking of sports hall • Introductions, for example tennis, climbing,... • Events • Etc.

On which activities do we offer a **discount**?

Fitness • Climbing • Antwerp10Miles • Etc.

We cater for all tastes!

FOR WHO?

Every student and staff member of the University of Antwerp (UA), Karel de Grote University College (KdG), Artesis University College, Plantijn University College, Antwerp Maritime Academy (HZS), Institute of Tropical Medicine Antwerp (ITG) and Lessius University College Antwerp can buy a sportsticker. Also UA-alumni can buy one.

HOW AND WHERE CAN I BUY MY SPORTSTICKER?

- 1 Register at www.sportsticker.be;
- 2 Pay online or at the Student Desk of your University or college.
- 3 Members of a Belgian Health Service fill in a reimbursement form to get back € 12-€ 18.

PRICE?

For **students**, a sportsticker will only cost **€ 18**, and a mere **€ 25** for **personnel and UA alumni**.



SPORT LOCATIONS

- | | | | | |
|-----------|---|---------------------------------------|---|---|
| 1 | UA City Campus | Sportkot • STIP
Grote Kauwenberg 2 |  walking distance from
Rooseveltplaats and tram lines
10 and 11. |  |
| 2 | KdG sports hall
Dambruggestraat | Dambruggestraat 193 |  tram line 12 (tram stop Sint-
Gummarus) | |
| 3 | Plantijn sports hall Meistraat | Meistraat 5 |  tram lines 12 and 24
(tram stop Stadspark) | |
| 4 | UA Campus Middelheim -
Health City sports hall | Middelheimlaan 1 |  bus line 32 and 33 (bus stop
Koninklijkelaan), tram lines
7 and 15 (tram stop
Koninklijkelaan) |  |
| 5 | Football Fields KFCO Wilrijk | Universiteitsplein 5, Wilrijk |  bus line 17
(bus stop Universiteitsplein) | |
| 6 | Antwerp Rugby Club | Romeinse Put, Mitterlije 1,
Edegem |  bus line 32
(bus stop Sint-Goriksplein) | |
| 7 | Antwerp Maritime Academy | Frisbee
Noordkasteel-Oost 6 |  bus lines 35 and 37
(bus stop Roverssluis) |  |
| 8 | All Inn Football Field | Slachthuislaan 44 |  tram lines 3, 5, 6 and 12
(tram stop Schijnpoort) | |
| 9 | KdG Stuvo | Gemeentestraat 6 |  bus/tram stop Franklin
Rooseveltplaats |  |
| 10 | Sovoha Artesis | Mutsaardstraat 29 |  tram lines 4 and 7, bus line 9
(tram/bus stop Keizerstraat /
Wijngaardbrug) |  |
| 11 | Sovo Plantijn | Keizerstraat 5 |  tram lines 4 and 7, bus line 9
(tram/bus stop Keizerstraat /
Wijngaardbrug) |  |
| 12 | Institute for
Tropical Medicine | Sint-Rochusstraat 43 |  tram lines 4 and 8 (tram stop
Steenbergstraat/Salmoezenier),
bus lines 180, 181, 182, 183
and N32 (bus stop Antwerpen
Aalmoezenier) |  |
| 13 | Lessius Antwerpen | Sint-Andriesstraat 2 |  tram lines 4 and 8 (tram stop
Kammenstraat) bus lines 180,
181, 182, 183 and N32 (bus
stop Kammenstraat) |  |



BUY YOUR SPORTSTICKER HERE OR ONLINE ON WWW.SPORTSTICKER.BE

MAP



Stadspark & Park spoor noord



Central station



Rooseveltplaats



Cathedral

FREE SPORTS ON A DAILY BASIS

	12h/30	13h/00	13h/30	14h/00	14h/30	15h/00	15h/30	16h/00	16h/30	17h/00	17h/30	18h/00	18h/30	19h/00	19h/30	20h/00	20h/30	21h/00	21h/30	22h/00	22h/30	23h/00
MO	Badminton (free) 1										Reservation sports hall 1	Antwerp Students League 1 and 5										
											Dance 3	Yoga 3	Basketball 2		Meditation 3		Rugby 6					
														Soccer 8								
TU	Badminton (free) 1										Reservation sports hall (to 18u45) 1	Taeko 1		Aerobics 1		Futsal 1						
											Runsession 3 or 4						Floorball 1					
WE	Badminton (free) 1										Antwerp Students League 1 and 4											
	Reservation sports hall 1										Frisbee 7											
											Reservation sports hall 2											
TH	Badminton (free) 1										Reservation sports hall (to 18u45) 1	Zumba 1 and 4		Volleybal 1			Reservation sports hall 1					
											Badminton (free) 2			Korfbal 2								
											Run session 2											
FR											Reservation sports hall 1											
SA	Reservation sports hall 1																					

READ MORE IN OUR "OFFER" SECTION FROM P. 8 ONWARDS

facebook



"Like" **sportsticker.be** on facebook and stay informed of our events, introductions, changes in our calendar... On our page, free tickets will be allotted weekly. These include tickets for top tournaments like the Diamond Games or the Antwerp Boxing Gala. You'll also find pictures and film clips of our activities and events. Feel like playing badminton or tennis... but don't have a partner? Post a comment on our wall and who knows who will be joining you on the field!

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FREE SPORTS INTRODUCTIONS

Discover specific sports disciplines in these introductions, led by professional trainers. Having a sportsticker is mandatory.

Mon 8, 15 and 22 October 2012	6-7 p.m.	Swimming		p. 23
6 Mon 15 October 2012	8-10 p.m.	Rugby		p. 22
2 Thu 18 October 2012	8-10 p.m.	Korfball		p. 20
2 Mon 22 October 2012	7.30-9.30 p.m.	Basketball		p. 10
7 Tue 23 October 2012	9-11 p.m.	Floorball/ Unihockey		p. 16
7 Thu 25 October 2012	8-10 p.m.	Volleyball		p. 26
Mon 5 November 2012	8.30-11 p.m.	Hockey		p. 19
Wed 14 November 2012	7-9 p.m.	Karate		p. 20
Mon 19 November 2012	6-8 p.m.	Climbing (1)		p. 12
Mon 26 November 2012	5.30-7 p.m.	Krav Maga (1)		p. 21
7 Wed 21 November 2012	6-8 p.m.	Frisbee (ultimate)		p. 17
Thu 28 February 2013	6-8 p.m.	Climbing (2)		p. 12
Mon 11 March 2013	5.30-7 p.m.	Krav Maga (2)		p. 21
7 Thu 14 March 2013	6-10 p.m.	Dance - Let's Dance		p. 31
Thu 18 and 25 April and Thu 2 May 2013	6.30-8 p.m.	Tennis		p. 26
November, February, May		Scuba diving		p. 22

 Sign up at www.sportsticker.be

ORGANIZATION

STUDENTSPORTWEB

The array of sports options in this sports guide are offered by Studentssportweb. This is the sports association of the University and Colleges in Antwerp. Together with other student services they arrange all sports activities for students in Antwerp. This includes competitive and amateur sports activities, supporting sports clubs and organizing events and sports introductions.

STUDENTSPORTWEB

Leen Declerck, Nijs Van de Velden,
Mathias Claeys
03/265.37.51
info@sportsticker.be



COOPERATING STUDENT SERVICES PER INSTITUTION

**University of Antwerp /
Commissariaat voor de Sport**
Stephane Stiévenart
info@sportua.be
03/265.37.66

**Karel de Grote University College /
KdG Stuvo**
Mathijs Houben
mathijs.houben@kdg.be
03/202.38.00

Artesis University College / Sovoha
Nijs Van de Velden
nijs@sportua.be
03/205.90.90

**Plantijn University College /
Sovo Plantijn**
Regine Thielemans
regine.thielemans@sovoplantijn.be
03/205.26.10

**Antwerp Maritime Academy /
Sovo HZS**
Sylvia Adriaenssens
sylvia.adriaenssens@hzs.be
03/205.64.59

**Institute of Tropical Medicine /
Studentendienst ITG**
Helga Bödges
hbodges@itg.be
03/247.62.52

**Lessius University College Antwerp /
STIP Lessius Antwerpen**
STIP
stip.antwerpen@lessius.eu
03/241.08.06

UA SPORTRAAD

The UA Sports Council (Sportraad) is an association of motivated students who represent students at the various UA campuses. As students they try to motivate other students to participate in sports activities. Their activities are also listed in this sports guide.

President of the UA Sports Council

Erika Van Broeck
erika@sportsticker.be

University of Antwerp City Campus

Sportkot (E101)
Grote Kauwenberg 2
2000 Antwerp
03/265.48.58

Praeses UA Sports Council City Campus

Frederik Craessaerts
frederik@sportsticker.be

SPORTRAAD
Universiteit Antwerpen

University of Antwerp, other campuses

Huis van de Sport
Middelheimlaan 1
2020 Antwerp

Praeses UA Sports Council CMI-CGB-CDE

Helleni De Bruyn
helleni@sportsticker.be

VZW ANTWERPEN SPORTSTAD

Vzw 'Antwerpen Sportstad' is responsible for the promotion of sports in Antwerp. The sports activities they offer can be found at www.sportstad.be/sportaanbod. In 2013, Antwerp will be the European Capital of Sports for an entire year. Many special events will be organized for students in Antwerp. If you're over eighteen, you can find the array of sports offers by the organization "Sport Mee" at www.antwerpen.be/sport. You'll find all sports activities organized in the city on this website.

A STAD ANTWERPEN

ANTWERPEN STUDENTENSTAD VZW

'Antwerpen Studentenstad' vzw is a cooperation between the city of Antwerp, the Antwerp University Association and the Student Consultation Antwerp. 'Antwerpen Studentenstad' wants to keep Antwerp a student-friendly city. You can find the information you need at www.antwerpstudentenstad.be or www.facebook.com/antwerpenstudentenstad.

A Antwerpen Studentenstad

**SUPPORTED BY THE
GOVERNMENT OF FLANDERS**

FINGERPRINT READER

NEW

This academic year, the previous system which used sports cards will be replaced by a sportsticker on your student or personnel card, combined with identification through fingerprint recognition.

The **sportsticker** will be your physical proof on locations without fingerprint scanners (our external partners like gyms, climbing halls). Your sticker will be on your student/personnel card, so don't forget to take it with you!

At university or college locations, you will be identified by **fingerprint recognition**. Fingerprint scanners will have been installed in the City Campus of the University Antwerp by the end of the academic year. Mobile fingerprint scanners will also be used at events, introductions and other sports halls.

Your index finger will be scanned together with the purchase of your sportsticker, or later at a sports session.

This means, no extra card in your wallet! Your **privacy** will be fully guaranteed in this new system. It uses codes generated by individual fingerprints. No fingerprint photographs will be stored and codes will only be used for access control. The codes do not allow insiders nor outsiders to retrieve fingerprint data.

Privacy

The picture of your index finger will be transformed into a template right away. This template is the outcome of an algorithm and is a numeral code of 364 digits. Apart from the fact that these algorithms are patented, it is secured by a renowned encryption called aes256.

Even in case of code breaking, the algorithm will still be unbroken. And even if somebody manages to break it, he/she will be unable to reconstruct your original fingerprint based upon the outcome. In other words, it is impossible to retrieve a fingerprint using the stored template, and then to compare it to external data bases or photographs.

SPORTS OFFER

For all activities, a sportsticker is required (exceptions are mentioned specifically)











Check www.sportsticker.be or [Sportsticker.be](https://www.facebook.com/Sportsticker.be) for changes and announcements

More on **events** from p. 28 onwards

More on **competitions** from p. 33 onwards

More on **renting of sports halls** from p. 36 onwards

LEGENDE

-  When
-  Hour
-  Location
-  Description
-  Price
-  How to register
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-  More information
-  Location (see cover) 


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Foosball (Table Football)	16
Football	17
Frisbee (Ultimate)	17
Futsal (indoor football)	18
Handball	19
Hockey	19
Judo	19
Karate	20
Korfball	20
Krav Maga (self defense)	21
Meditation	21
Paintball	21
Rugby	22
Scuba Diving	22
Ski & Snowboard	22
Squash	23
Swimming	23
Table Tennis	25
Taebo / Total Body Workout	25
Taiji	25
Tennis	26
Volleyball	26
Yoga	27
Zumba	27

ATHLETICS


RECREATIONAL

NEW

 Tuesday
1st semester: 2/10 - 18/12
2nd semester: 23/4 - 25/6
 Mind: 29/1 - 16/4: check Start2Run


 6.10 or 6.30 p.m.



 6.10 p.m.:  UA Campus Middelheim, 6.30 p.m.: Fountain in front of Castle Den Brandt, 2020 Antwerp


 Start the week with sports, and join us in jogging around the marvelous surroundings of Den Brandt Park, Nachtegalenpark and Middelheimpark. You'll have the possibility to store your personal belongings safely and to shower at 4 Health City Middelheim. This is a session for (semi-) advanced runners.


 **FREE** with your sportsticker

 Thursday
1st semester: 4/10 - 20/12 (except 1/11)
2nd semester: 24/1 - 16/5 (except 4/4, 11/4, 1/5 and 9/5)

 Start at 6.30 p.m.

  KdG sports hall Dambruggestraat

 Every week we offer you the opportunity to use the changing rooms and showers in sports hall Dambrugge. From here you can leave your running route in the direction of Park Spoor Noord, the Antwerp wharves or docks ... During these sessions, especially beginning runners are expected.

 **FREE** with your sportsticker

EVENTS

Sun 21 April 2013 • Antwerp10miles (p. 31), Linkeroever
 Wed 24 April 2013 • 10-hour run (p. 32), MAS

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Belgian student championship athletics outdoor on 1 May 2013.

INTERFAC COMPETITION (P. 34)



Tue 7 May 2013 • Interfac Athletics, Koningin Astrid sports facilities



START 2 RUN


 **FREE** with your sportsticker

RECREATIONAL


 Tuesday
 29/1 - 16/4 (except 2/4 and 9/4)

 6-7 p.m. (or at 5.45 p.m. at  Plantijn sports hall)



 Stadspark: We meet at the corner of Van Eycklei and Rubenslei, near the statue. Changing rooms and showers available at  Plantijn Meistraat sports hall. You can drop off your belongings at 5.45 p.m.


 Get ready for the Antwerp10Miles. During 10 weeks, 2 professional mentors will coach you and make sure you'll be prepared for a 5 or 10 km run. 2 levels: 0-5 km and 5-16 km

INFO SESSION

 Tuesday 29 January 2013

 5 p.m.

  Plantijn Meistraat sports hall








 Before you start with your first running session, learn the tricks of the trade on a special info session by our running expert. Grab this once-in-a-lifetime opportunity! We'll put all the theory into practice and start running at 6 p.m.

MORE INFORMATION ON ATHLETIC TRACKS, RUN TRAILS AND RUNNING EVENTS IN ANTWERP CAN BE FOUND AT WWW.ANTWERP.BE/SPORT >'LOPEN IN ANTWERPEN'. DON'T FORGET TO READ THE RUNNING GUIDE WITH LOADS OF USEFUL TIPS!

BADMINTON

You are welcome to come and badminton with friends. All material will be there and the nets will be set.

RECREATIONAL

<p> Monday - Thursday 1st semester: 27/8 - 20/12 (except 1/11, 14/11 and 12/12) 2nd semester: 2/1 - 4/7 (except 26/2 - 4/3, 13/3, 1/4, 1/5, 9/5 and 20/5)</p> <p> 12.30-2 p.m.</p> <p> 1 UA City Campus</p> <p> Free Badminton</p> <p> FREE with your sportsticker</p>	<p>Thursday 1st semester: 4/10 - 20/12 (except 1/11) 2nd semester: 24/1 - 16/5 (except 4/4, 11/4, 1/5 and 9/5)</p> <p>18u-20u</p> <p> 2 KdG Dambruggestraat sports hall</p> <p>Free Badminton</p> <p> FREE with your sportsticker</p>
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FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Flemish student championship badminton at 12/12/2012.

INTERFAC COMPETITION (P. 34)








Mon 26 November 2012 • Interfac badminton men,
 UA Campus Middelheim
 Mon 3 December 2012 • Interfac badminton women,
 UA Campus Middelheim

RENT A COURT (P. 36)

If you want to play badminton at other times than those mentioned above, you can rent a sports court at the  UA City Campus,  KdG Dambrugge or  UA Campus Middelheim.

BBB (AEROBICS: BOSEM-BELLY-BUTTOCKS)

RECREATIONAL

<p> Tuesday 1st semester: 2/10 - 18/12 2nd semester: 8/1 - 14/5 (except 26/2, 2/4 and 9/4)</p> <p> 8-9 p.m.</p> <p> 1 UA City Campus</p> <p> Complete body workout. The exercises focus on boosting breast, belly and buttock muscles.</p> <p> FREE with your sportsticker</p>	<p>EVENTS</p> <p>Tue 23/10/12 • Disco BBB (Sport@Campus) (p. 29),  UA City Campus Thu 14/3/13 • Let's Dance (p. 31),  UA City Campus</p>
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Did you know...

...that it's not uncommon to have an orgasm while working out?

More and more women who pay a visit to the gym, are experiencing a rather strange side effect, i.e. an orgasm!

Research has shown that more than half of the surveyed women have experienced this more than ten times during physical efforts.

Certain kinds of sports are more likely to result in orgasms:

- abdominal training (51.4 percent)
- weightlifting (26.5 percent)
- yoga (20 percent)
- cycling or spinning (15.8 percent)

So ladies, up to the sportsticker aerobic, fitness or yoga session!

BASKETBALL

SPORTS CLUB

<p> Monday 1st semester: 1/10 - 17/12 2nd semester: 28/1 - 13/5 (except 1/4 and 8/4)</p> <p> 7.30-9.30 p.m.</p> <p> 2 KdG Dambruggestraat sports hall</p> <p> Recreational training, coached by an experienced trainer. For beginners and more experienced players.</p> <p> FREE with your sportsticker</p>	<p>ANTWERP STUDENT LEAGUE COMPETITION (P. 33)</p> <p> Monday and Wednesday Start: 3/12 • Finals: 6/5</p> <p> 6-11 p.m.</p> <p> 1 UA City Campus</p> <p> The Antwerp Students League Indoor (basketball) is a competition for both men and women's teams. Competition starts during the 2nd semester.</p> <p> FREE with your sportsticker</p> <p> before 30/11/2012 on www.antwerpstudentsleague.be</p>
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FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Please contact your top sports coordinator if you want to participate in the Flemish student championship basketball (men and women) on 21/11/12.

INTERFAC COMPETITION (P. 34)

Mon 15/10/12 • Interfac basketball women,
 UA Campus Middelheim

Mon 5/11/12 • Interfac basketball men,
 UA Campus Middelheim




INTRODUCTION

Mon 22/10/12 Special training, focusing mainly on different basic techniques. An ideal opportunity to get to know basketball. If you like the introduction, you can join in with our weekly sessions right away!

EVENT

Mon 6/5/13 • Finals Antwerp Students League Indoor (p.xx),  UA City Campus

RENT A COURT (P. 36)

If you want to play a match of basketball with your friends, you can rent a sports court at any time, at  UA City Campus,  KdG Dambrugge and  Campus Middelheim

CHESS

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Belgian student championship chess on 27/2/13.

RECREATIONAL

Climbing hall Magnesia

-  Weekdays except Wed: 6-11 p.m.
Wed: 1-11 p.m.
Sat and Sun: 10 a.m.-6 p.m.
-  Liersesteenweg 15, 2640 Mortsel
-  Climbing hall (400 m², max height of 13 m)
Bouldering hall (150 m²)
www.klimzaalmagnesia.be
-  **Normal fee:** € 8,5
With sportsticker: € 5
- 10 sessions: € 50
(equipment and insurance included)








FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Flemish student championship length climbing on 16/11/12 and bouldering on 1/3/13.

CLIMBING

INTRODUCTION

-  **Introduction 1:** Mon 19/11/12: 6-8 p.m.
Introduction 2: Thu 28/2/13: 6-8 p.m.
-  Climbing hall Magnesia,
Liersesteenweg 15, 2640 Mortsel
-  Qualified guides will help you reach the top! Both beginners as seasoned climbers can participate.
-  **FREE** with your sportsticker (lesson, equipment and insurance included)
-  www.sportsticker.be (at least 1 week in advance - max 35 participants)

Climbing hall Blok

-  Mon, Tue and Thu: 5-11 p.m.
Wed and Fri: 2-11 p.m.
Sat, Sun and national holidays: 1-7 p.m.
-  Ijskelderstraat 12/ 1B, 2660 Hoboken
-  Bouldering hall
(800 m², max height of 4.5 m)
www.klimzaalblok.be
-  **Normal fee:** € 8
With sportsticker: € 5,5
- 10 sessions: € 50
rent of climbing shoes: € 3



SPORTSTICKER PROMOTION
1 FREE CLIMBING SESSION WITH A
SPORTSTICKER AT ONE OF OUR PARTNERS.






CYCLING

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Please contact your top sports coordinator if you want to participate in the Belgian student championship cycling.

DANCE: DANCE MIX NEW

RECREATIONAL





-  Monday
1st semester: 1/10 - 17/12 (except 29/10)
2nd semester: 14/1 - 13/5
(except 11/2, 1/4 and 8/4)
-  5.30-6.30 p.m.
-  3 Plantijn Meistraat sports hall
-  Dance mix combines Streetdance, Jazz, Hip-hop and Clipdance. You'll be taught the coolest moves on the most diverse music genres. Due to different styles and songs, lessons are really diverse. You can join in at any time, because moves from previous lessons are repeated in the next lesson.
-  **FREE** with your sportsticker

EVENT

Thu 14/3/13 • Let's Dance (p. 31),
1 UA Stadscampus

DANCE: FLAMENCO, SEVILLANAS

RECREATIONAL

-  Tuesday - Thursday
-  Herentalsebaan 111, 2100 Deurne
-  Dance classes in various Spanish dance styles on different levels. In collaboration with vzw Lunar. More information on www.lunarvzw.be
-  **Normal fee:** € 90-95/10 sessions
With sportsticker: € 50/10 sessions



SPORTSTICKER PROMOTION
1 FREE TRIAL SESSION WITH A SPORTSTICKER
IN DANCE SCHOOL LUNAR.

💡 Did you know...

...that doing sports during an exam period will improve your results?

A daily sporting session of about half an hour will be good for your results. Whatever time you "lose" while doing it, will be made up for by a brain that is in shape and better at concentrating.

The use of pep pills by students reaches a peak during exam periods. Taking them may result in better focus, but on the other hand they make students sleep badly and they exhaust them more quickly.

Doing sports is a much better alternative. Research has shown that half an hour of cardiac training each day (e.g. jogging), is sufficient to improve concentration for the rest of the day.



FITNESS



Because you're not treated as a random number at **Fitality**, customers are constantly guided by qualified coaches and teachers. Moreover, the manager is always around to answer questions. Don't hesitate to have them take care of you. All this at a very reasonable price if you take your sportsticker with you. From beginners to professionals, everyone is welcome at their renovated gyms!

If you want firm buttocks or a hot body, you'll have to work for it! Luckily, **Health City** makes that more enjoyable. A pleasant young atmosphere, modern equipment, a load of facilities and friendly coaches. If you don't feel like using these shimmering "torture appliances", come and burn fat and keep in shape in group. Health City has daily group sessions for spinning, stepping and bodypumping.



FREEZE

To make our 12 months subscription even more attractive, we've included the possibility to "freeze" it for a certain period. Freezing a subscription is possible after a € 15 payment and after you present a medical certificate or school project document (e.g. Erasmus program).

You can freeze your subscription from 1 up to 6 months and prolong it free of charge, after presenting renewed documents.



SPORTSTICKER PROMOTION
IF YOU BUY A SPORTSTICKER, YOU'LL GET 1 WORKOUT SESSION FREE OF CHARGE AT ONE OF OUR PARTNERS MENTIONED ABOVE.

Besides, with your sportsticker you can work out free of charge at one of our partners in the weeks of 22/10/12-28/10/12 and 18/2/13-24/2/13.



Reset Fitness is located between all campuses, and is next to the Groenplaats (2nd floor of the Grand Bazar Shopping mall). The spacious fitness hall has different cardio and condition workout appliances, but also physical power training and weightlifting equipment. Powerplates allow vibration training. Reset Fitness caters for a vast array of group lessons like Zumba, Yogilates, BBB and much more. After training, customers can relax in the wellness section.

The **WezenbergFit** Fitness and Wellness is well-known in Antwerp. As to guidance, knowledge and experience it is far ahead. An easy-going atmosphere and plenty of opportunities make everyone feel welcome. Are you a newbie, recreational sporter or someone with higher ambitions? Wezenbergfit has a vast array of indoor cycling, pilates, yoga and cardio and power equipment as well.



Did you know...

...that you should take good care of your sporting shoes?

- Never put them into a washing machine or a tumble dryer. Technical fibres and glue can be damaged by chemical cleaning products and heat. Clean them with a soft brush, lukewarm water and mild soap.
- Let them dry at ambient temperature. Never put them to dry near a heat source, but stuff them with newspaper. This will absorb the moist and preserve the shoe's shape.
- Allow them some rest. Put them aside for two days after an intense physical effort. Taking out the inner soles is good for additional ventilation.



Fitality Aartselaar

Mon-Thu: 9 a.m.-10.30 p.m.
Fri: 9 a.m.- 9.30 p.m.
Sat-Sun: 9 a.m.-1.30 p.m.

Kontichsesteenweg 73
2630 Aartselaar
03/458 18 68

aartselaar@fitality.be
www.fitality.be/aartselaar

Fitality Deurne

Mon-Thu: 9 a.m.-10.30 p.m.
Fri: 9 a.m.- 9.30 p.m.
Sat-Sun: 9 a.m.-1.30 p.m.

Ruggeveldlaan 603
2100 Deurne
03/326 36 72

deurne@fitality.be
www.fitality.be/deurne

Health City Middelheim*

Mon-Fri: 9 a.m.-11 p.m.
Sat-Sun: 9 a.m.-4.30 p.m.

Middelheimlaan 1
2020 Antwerpen
03/230 14 18

antwerpenmiddelheim@healthcity.be
www.healthcity.be

Reset Fitness (Grand Bazar)

Mon-Thu: 8 a.m.-10 p.m.
Fri: 8 a.m.-9 p.m.
Sat: 9 a.m.-4 p.m.
Sun and national holidays: 9 a.m.-3 p.m.

Beddenstraat 2 B/48
2000 Antwerpen
03/232 99 02

info@resetfitness.be
www.resetfitness.be

Wezenbergfit

Mon-Fri: 8.30 a.m.-10 p.m.
Sat: 9 a.m.-4 p.m.
Sun: 9 a.m.-2 p.m.

Desguinlei 17-19
2018 Antwerpen
03/289 45 44

info@wezenbergfit.be
www.wezenbergfit.be

STUDENTS

Single session fitness	6	6	/	8	8	6
Single group session	8	8	/	8	8	8
20 sessions*	110 (for 6 months)	110 (for 6 months)	100 (for 12 months)	110 (for 6 months)	110 (for 6 months)	110 (for 6 months)
3 months*	115	115	/	115	115	115
6 months*	/	/	180	/	/	/
12 months*	300	300	300	300	300	300
*entry costs (mandatory) + free fitness test	35 (guidance incl.)	35 (guidance incl.)	19 (extra guidance: 29.95)	35	35	35 (guidance incl.)

PERSONNEL

Discount	25%	25%	Same as student fares	10%	25%
ALUMNI					
Discount	25%	25%	10% on Goldabo> access to all HC	10%	25%
			** purchase at HC Middelheim access to HC Hoboken and Wommelgem included		

FLOORBALL / UNIHOCCY



SPORTS CLUB

Tuesday
1st semester: 2/10 - 18/12
2nd semester: 8/1 - 14/5
 (except 5/2, 26/2, 2/4 and 9/4)

9-11 p.m.

1 UA City Campus

Floorball training in collaboration with Unihockey A-team (www.unihockey-ateam.be)

FREE with your sportsticker

INTRODUCTION

Tue 23/10/12: Introductory training session that shows you the techniques of floorball. Perfect occasion to get to know this fast-paced sport.

INTERFAC COMPETITION (P. 34)

Mon 8/10/12 • Interfac floorball,
 4 UA Campus Middelheim

RENT A COURT (P. 36)

If you want to play a match of floorball with your friends, you can rent a sports court at any time at 1 UA City Campus or 4 UA Campus Middelheim.

FOOSBALL (TABLE FOOTBALL)

EVENT

Wed 24/10/12 • Foosball tournament (p. 30),
 KdG Campus Stadswaag

INTERFAC COMPETITION (P. 34)

Wed 13/2/13 • Interfac foosball/pool
 4 UA Campus Middelheim / HC

Did you know...

...that you can live up to six years longer just by jogging?

An hour of jogging each week can extend your life expectancy with approximately six years.

It enhances oxygen absorption, lowers blood pressure, prevents obesity, improves cardiac performance and last but not least, has a positive effect on mental well-being.

FOOTBALL

SPORTS CLUB

Monday
1st semester: 5/11 tem 17/12
2nd semester: 28/1 tem 13/5
 (except 1/4 en 8/4)

7-9 p.m.

8 All-in Football Field

Recreational training with an experienced coach, both for beginners and experienced players.

FREE with your sportsticker

ANTWERP STUDENT LEAGUE COMPETITION (P. 33)

Monday 15/10-13/5
Finals: 13/5/13

8-11 p.m.

5 Football Fields KFCO Wilrijk

The Antwerp Students League Outdoor-football is a competition for both men and women's teams between the different student associations of the University and Colleges in Antwerp throughout the Academic year. More info and all the dates can be found at www.antwerpstudentsleague.be.

FREE with your sportsticker

Please contact your student's club sports praeses to participate (mixed teams required).

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Please contact your top sports coordinator if you want to participate in the Flemish student championship football for both men and women on 21/11/12.

EVENT

Mon 13/5/13 • Finals Antwerp Students League Outdoor (p. 33), 5 Football fields KFCO Wilrijk

Did you know...

...that your body keeps on "doing sports" long after you've quit? Calories are burned for hours after your intense work-out!

FRISBEE (ULTIMATE)

SPORTS CLUB

Wednesday
 All year long (also during school holidays)

8-10 p.m.

7 Antwerp Maritime Academy - Noordkasteel-Oost 6 - 2030 Antwerp

Frisbee training by frisbeeclub 'De Schijnwerpers' (www.schijnwerpers.be).

FREE with your sportsticker

INTRODUCTION


Wed 21/11/12: Special training that focuses on the specific techniques of (Ultimate) Frisbee,
 1 UA City Campus

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Belgian student championship frisbee.


FUTSAL (INDOOR FOOTBALL)


SPORTS CLUB

 Tuesday
1st semester: 2/10 - 18/12
2nd semester: 12/2 - 14/5
 (except 26/2, 2/4 and 9/4)


 9-11 p.m.

 1 UA City Campus

 Recreational training with an experienced coach.


 **FREE** with your sportsticker


ANTWERP STUDENTS LEAGUE COMPETITION (P. 33)

 Monday and Wednesday
Competition men: 15/10 - 6/5
Competition women: 3/12 - 6/5
 Finals: 6/5/13

 6-11 p.m.

 1 UA City Campus and
 4 UA Campus Middelheim

 The Antwerp Students League Indoor- futsal is a competition for both men and women's teams throughout the academic year.

 **FREE** with your sportsticker


 Register before 12/10/12 at www.antwerpstudentsleague.be (men)


Register before 30/11/12 at www.antwerpstudentsleague.be (women)

EVENT

Mon 6/5/13 • Finals Antwerp Students League Indoor (p. 33), 1 UA City Campus


RECREATIONAL

 Monday and Wednesday
 (only in January and May/June)
 7/1 - 30/1
 27/5 - 26/6

 10-11.30 p.m.

 4 UA Campus Middelheim

 Free Futsal

 **FREE** with your sportsticker

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Please contact your top sports coordinator if you want to participate in the Flemish student championship futsal (men and women) on 12/12/12.

INTERFAC COMPETITION (P. 34)

Wed 10/10/12 • Interfac futsal men A,
 4 UA Campus Middelheim

Wed 17/10/12 • Interfac futsal men B,
 4 UA Campus Middelheim

Wed 13/3/13 • Interfac futsal women,
 4 UA Campus Middelheim

Wed 27/3/13 • Interfac futsal finals
 4 UA Campus Middelheim

RENT A COURT (P. 36)

Rent a court at any time at 1 UA City Campus, 2 KdG Dambrugge or 4 UA Campus Middelheim and play a match of futsal with your friends. All players need to bring their sportstickers. Registration is possible max one week in advance, on the spot or at the website.

HANDBALL

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Flemish student championship handball (men and women) on 14/11/12.

INTERFAC COMPETITION (P. 34)

Mon 29/10/12 • Interfac handball men,
 4 UA Campus Middelheim
 Mon 15/4/13 • Interfac handball women,
 4 UA Campus Middelheim

RENT A COURT (P. 36)

If you want to play a match of handball with your friends, you can rent a sports court at any time, at 1 UA City Campus, 2 KdG Dambrugge and 4 Campus Middelheim.


Sport tips:

- Slip into your sportswear! Try to avoid changing into a "too comfortable outfit" once you've come home from school. See that you've laid out a cheerful, colourful sports outfit in the morning. It will be a good incentive to hit the gym in the evening!
- Try to decide how many times you can do sports each week and write it down in your agenda or on your calendar. With your sportsticker you can practise whichever sport suits you most, each day and all for free!
- Why not meet with friends and do it together? Motivation, diversion and fun guaranteed! Bring up the topic to your friends and come and practise taekwondo or play badminton, futsal... All free of charge with your sportsticker!


HOCKEY





SPORTS CLUB

 Monday
1st semester: 1/10 - 17/12 (except 29/10)
2nd semester: 18/2 - 13/5
 (except 1/4 and 8/4)

 8.30-11 p.m.

 R. Victory HC - Kattenbroek 5 - 2650 Edegem

 Hockey training in collaboration with Antwerp Students Hockey Club 'de Segahs' (www.hockeysegahs.tk).

 Membership fee for 2012-2013: € 20 with your sportsticker

INTRODUCTION

Mon 5/11/12 special training with focus on beginners and the basic techniques of hockey. Follow our olympic team's example and learn to take the ideal stroke and optimize your dribble technique, supervised by a qualified trainer. Free of charge with your sportsticker

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Flemish student championship hockey on 28/11/12.


JUDO


BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Belgian student championship judo, in teams (12/11/12) or individually (13/3/13)


KARATE

RECREATIONAL

 Wednesday and Friday
5/9 - 28/6 (except school holidays)

 7-9 p.m.

 Rodestraat 16, 2000 Antwerp

 Karate training in collaboration with karate club 'Shuhari' (www.shuhari.be). Beginners get separate training. In preparation for competitions extra training sessions are organized.

 **Students:**
Normal fee: € 90/ year
With sportsticker: € 50/ year

Personnel and UA Alumni:
With sportsticker: € 90/ year

Extra insurance fee of € 30/ year mandatory.

INTRODUCTION

Wed 14/11/12 • special training with focus on beginners and the basic techniques of karate.

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Belgian student championship karate.





SPORTSTICKER PROMOTION
MULTIPLE FREE TRY-OUT LESSONS WITH
SPORTSTICKER PURCHASE.




KORFBALL


SPORTS CLUB

 Thursday
1st semester: 4/10 - 20/12 (except 1/11)
2nd semester: 24/1 - 16/5
(except 4/4, 11/4 and 9/5)

 8-10 p.m.

 **2** KdG Dambrugge

 Recreational training session with an experienced coach for beginners and advanced players.

 **FREE** with your sportsticker

INTRODUCTION

Thu 18/10/12 • Special training session focused on the basic techniques of korfbal. Perfect to get to know this team sport.

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Flemish student championship korfbal mixed-sex on 28/11/12.

RENT A COURT (P. 36)

If you and your friends want to play korfbal, you can rent a court in the  UA City Campus or  KdG Dambrugge.


Did you know...


...that when Usain Bolt set the world record 100 metres at the Berlin 2009 World Championship to 9th58, he ran at a staggering speed of 44.17 km/h, whereas his average speed was 37.58 km/h? Florence Griffith-Joyner ran her world record for women in 10th49, which is an average speed of 34.82 km/h.


KRAV MAGA (SELF DEFENSE)



RECREATIONAL

 Monday - Thursday: 7-8.30 p.m.
Friday: 8-9 p.m.
Saturday: 11 a.m.-12.30 p.m.
Sunday: 10.30 a.m.-12 p.m.

 Krav Maga Academy- Berchemlei 103-2140 Borgerhout. Sessions will be outdoors if the weather permits it.

 Krav Maga, the renowned Israeli system of unarmed combat. It is a modern and practical form of self defense and very efficient as a one on one combat technique. No difficult katas or complicated moves, but useful techniques to change your opponent's intentions.


 **Normal fee:**
€ 250/ 10 sessions or
€ 720/ year


With sportsticker:
€ 75/ 10 sessions or
€ 129/ 20 sessions
www.kravmagaantwerp.wordpress.com or
europenkravmagaacademy@gmail.com

 Tram lines 8 and 11 of bus line 20


MEDITATION


RECREATIONAL

 Monday
1st semester: 1/10 - 17/12 (except 29/10)
2nd semester: 14/1 - 13/5
(except 11/2, 1/4 and 8/4)


 8-9 p.m.


 **3** Plantijn Meistraat sports hall

 Meditation is an exquisite way of letting go of your everyday burdens and stress. Not only does it cause mental relaxation, it ups your physical energy level.


 **FREE** with your sportsticker


INTRODUCTION

 Mon 26/11 and Mon 11/3

 5.30-7 p.m.

 European Krav Maga Academy, Berchemlei 103, 2140 Borgerhout

 Introductory session of Krav Maga, focusing on basic techniques. The introduction includes an intensive warmup. Afterwards, some useful basic techniques will be explained.

 **FREE** with your sportsticker


 www.sportsticker.be (until 1 week in advance - max 15 participants)

PAINTBALL


 Friday 22/3/13

 14.15-21.15 p.m.

 Stafort at Stabroek

 Would you like to experience a day full of action and excitement? Then you should definitely consider paintball! Sign up and end up in an amazing team with fellow students to play a paintball match. You will obtain more information when you sign up.
www.sportsticker.be and **www.stafort.be**

 € 20 with your sportsticker

 sign in at Sportkot or at www.sportsticker.be (before 16/3/13) Unfortunately, the number of participants is limited, so sign up quickly!



RUGBY



SPORTS CLUB

Monday
1/10-17/12
11/2-13/5 (except 1/4 and 8/4)

8-10 p.m.

ARC - Romeinse Put, Mitterlije 1- 2650 Edegem

Rugby training with UARC The Midgets (www.themidgets.be).

FREE with your sportsticker

INTRODUCTION

Mon 15/10/12 • introductory training that focuses on the basic techniques of rugby. Perfect to get to know this rough sport. Learn the ideal scrum and enhance your throwing technique with the help of a qualified trainer.

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Belgian student championship rugby on 8/11/12 (recreational) or 18/4/13 (competition).

SCUBA DIVING

RECREATIONAL



Kasteelpleinstraat 31, 2000 Antwerp

The PADI Open Water course is offered by Aqua Dive. In addition to 5 confined dives you will also experience 4 deepwater dives. At the end of this course you will take an exam and you can get a diploma which you can use all over the world!

Normal fee: € 324/ year
+ course material: € 70

With sportsticker: € 275/ year
+ course material: € 50
(equipment and insurance included)

www.aquadive.be
(mention you have a sportsticker)

INTRODUCTION

October, February, May
(see www.sportsticker.be)

Kasteelpleinstraat 31, 2000 Antwerp

FREE with your sportsticker

Sign in at www.sportsticker.be. Signing up mandatory. Limited number of participants, so be quick!

INTRODUCTION

Thu 29/11/12

8-10 p.m. (departure 6 p.m.)

Snowvalley Peer

You've never skied? Seize this opportunity. Qualified instructors teach you the basic techniques of skiing and snowboarding (no experience required). For the advanced (level red slope) there are workshop to learn the coolest tricks with your snowboard or skis by our professional trainers.

€ 18 (pass, rent of equipment, transport, lesson)

www.sportsticker.be (before 20/11/12)

SKI & SNOWBOARD

Wed 27/2/13

Afternoon

Bottrop, Germany

A day of indoor ski and snowboard fun in Germany

With sportsticker: € 38
Without sportsticker: € 45
(pass, rent of equipment, transport and all-in food and drink)

www.sportsticker.be (before 20/2/13)



SQUASH

INTERFAC COMPETITION (P. 34)

Mon 18/2/13 and 20/2/13 • Interfac squash men,
 UA Campus Middelheim/ HC
Mon 19/11/12 • Interfac squash women,
 UA Campus Middelheim/ HC

RENT A COURT (P. 36)

On the UA Campus Middelheim, you can rent a squash court at Health City

Single payment of € 19 with your sportsticker for the Health City membership. With that membership you can play squash for an entire year, on each weekday before 6 p.m.

Did you know...

...that you can adjust your drinking in accordance with your sporting intensity?

Do you sport at a moderate intensity level? Then drink 250 ml of water each half hour (1 large glass)

Do you sport at a high intensity level? Then drink 500 ml of water each half hour (2 large glasses)

Don't drink soft drinks, coffee, tea or alcoholic beverages. Don't wait until you're thirsty before you drink.

SWIMMING

INTRODUCTION

Mon 8/10/12, 15/10/12 and 22/10/12

6-7 p.m.

Swimming pool Veldstraat, Veldstraat 83 2060 Antwerp

Do you swim laps once in a while but you're not sure of your technique? Or would you like to optimize your front crawl stroke? Then you should definitely sign up for this introduction. A professional swimming coach will teach you the tricks of the swimming trade. Swimming experience in one or more strokes required.

FREE with your sportsticker

Tram line 12

Mandatory, register at www.sportsticker.be

EVENT

Wed 5/12/12 • Midnight Swim (p. 30), swimming pool Wezenberg

BELGIAN STUDENT CHAMPIONSHIP (P. 35)

Please contact your top sports coordinator if you want to participate in the Belgian student championship swimming in March 2013.

INTERFAC COMPETITION (P. 34)

Wed 7/11/12 • Interfac swimming, Plantin Moretus swimming pool

More info in next page >



SPORTSTICKER PROMOTION
1 FREE SWIMMING SESSION INCLUDED WITH PURCHASE OF A SPORTSTICKER (NOT VALID ON BADBOOT)

RECREATIONAL

Swimming pool opening hours: www.antwerp.be/sport

Indoor:

- Arena, Gabriël Vervoortstraat 8, 2100 Deurne
- De Schinde, Oorderseweg 83, 2180 Ekeren
- Groenenhoek, Orpheusplein 1, 2600 Berchem
- Ieperman, Doornstraat 3b, 2610 Wilrijk
- Park Merksem, Van Heybeeckstraat 9, 2170 Merksem
- Plantin Moretus, Plantin en Moretuslei 343, 2140 Borgerhout
- Sorghvliedt, Krijgsbaan 20, 2660 Hoboken
- Veldstraat, Veldstraat 83, 2060 Antwerp
- Wezenberg*, Desguinlei 17-19, 2018 Antwerp

Students (no sportsticker required, only Antwerp student card)

€ 1,5/ session	€ 3/ session
€ 7/ 1 month subscription	€ 14/ 1 month subscription
€ 15/ 12 sessions	€ 30/ 12 sessions
€ 75/ 1 year subscription	€ 150/ 1 year subscription

De Molen and Wezenberg (50-m swimming pools)*

€ 2/ session	€ 4/ session
€ 9/ 1 month subscription	€ 18/ 1 month subscription
€ 20/ 12 sessions	€ 40/ 12 sessions
€ 100/ 1 year subscription	€ 200/ 1 year subscription

Badboot**

€ 4/ session	€ 4/ session
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Outdoor

- Outdoor swimming pool De Molen*, Wandeldijk 40, 2050 Antwerp
- Swimming pond Boekenbergpark, Van Bourscheit-laan, 2100 Deurne = **FREE** (open 15/5-30/9)
- Outdoor swimming pool Badboot**, Kattendijkdok Oostkaai, near Mexico Bridges, 2000 Antwerp

Personnel and alumni

KdG students purchase swim tickets with 50% discount on their campus.

De Badboot**

At "Het Eilandje", you'll find one of the largest floating outdoor swimming pools. This pool, spanning a length of 120 m, can hold up to 600 visitors and consists of a swimming pool and a restaurant/pub with a terrace. Together with the MAS museum, it enhances Antwerp's prestigious image. Floating swimming pools have opened in Berlin and Copenhagen, and still this swimming pool is unique because of its bigger size and mobility. In Winter, it will be transformed into an ice skating rink. More information: www.badboot.be

NEW

TABLE TENNIS

COMPETITION

- Wed 17/10/12
- From 7 p.m. onwards
- 1** UA City Campus - table tennis floor
- Table tennis tournament during Sports@Campus (p. 29) Are you a seasoned ping-pong player or just ready for a sportive challenge? Don't forget to make a note of this date! Sign up and compete against fellow students in this competition. Participants are divided into group stages based upon their level, so everybody is more than welcome. Bear in mind that the winner returns home with a neat prize!
- FREE** with your sportsticker
- www.sportsticker.be or at Sportkot on the specific date

INTERFAC COMPETITION (P. 34)

- Mon 18/3/13 • Interfac table tennis women
- 4** UA Campus Middelheim
- Wed 20/3/13 • Interfac table tennis men
- 4** UA Campus Middelheim

RENT A COURT (P. 36)

- 1** **UA City Campus** Table tennis tables are available at Sportkot for students with a sportsticker. Material can be borrowed at Sportkot too.
- 4** **UA Campus Middelheim** Tennis tables are available. You rent a badminton court at Health City and put your table there. Please bring your own equipment.
- UA Campus Drie Eiken** In the G-building you can find tennis tables at the end of the stairs at 't Kaf. Please bring your own equipment.
- KdG Campuses** KdG Campus South, Stadswaag and Hoboken have 1 or more tennis tables. Equipment can be borrowed for free at the campus reception.
- Lessius Campus Sint-Andries.** At Campus Lessius Sint-Andries there is 1 tennis table available in the bar d'Afleiding. Equipment can be borrowed for free with your sportsticker.

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Contact your top sports coordinator if you want to participate in the Flemish student championship table tennis on 13/12/12.

TAEBO / TOTAL BODY WORKOUT

RECREATIONAL

- Tuesday
- 1st semester:** 2/10 - 18/12
- 2nd semester:** 8/1 - 14/5 (except 26/2, 2/4 and 9/4)
- 7-8 p.m.
- 1** UA City Campus
- Full body workout with music
- FREE** with your sportsticker

EVENT

- Tue 23/10/12 • Disco taeba (Sport@Campus) (p. 29)
- 1** UA City Campus
- Thu 14/3/13 • Let's dance (p. 31)
- 1** UA City Campus

TAIJI

RECREATIONAL

- Monday (No lessons during school holidays)
- 10.30 a.m.-12 p.m.: Taijiwuxigong
- 't Werkhuys Zegelstraat 13, 2140 Borgerhout
- Taiji and Taijiwuxigong help enhance body awareness and posture, to reduce stress and replenish your energy.
- Normal fee:** € 90/10 sessions
- With sportsticker:** € 55/10 sessions

- Thursday (No lessons during school holidays)
- 7.15-8.15 p.m.: Taiji
- 8.15-9.30 p.m.: Taijiwuxigong
- Koninklijk Atheneum
- Entrance through car park next to Molenlei 6 2640 Mortsel

These lessons are given by Buqi (www.buqi.net) and Chinese Healing (www.chinesehealing.be).




NEW

SPORTSTICKER PROMOTION
THE FIRST TAIJI LESSON IS FREE OF CHARGE


TENNIS

RECREATIONAL

 Every day (if the weather allows it) 10 a.m.-11 p.m. 6 months subscription: mid-April to mid-October

 Tennisclub Mariënborgh
Doornstraat 65, 2650 Edegem

 Outdoor free tennis in collaboration with tennis club Mariënborgh (www.mariënborghtc.be)


 **Students:**
6 months subscription:
Normal fee: € 90
With sportsticker: € 50
(VTV insurance included)

Personnel:
6 months subscription:
Normal fee: € 120
With sportsticker: € 90
(VTV insurance included)

INTERFAC COMPETITION (P. 34)

Mon 29/4/13 • Interfac tennis, Ter Eiken, Edegem


INTRODUCTION

 18/4, 25/4 and 2/5

 6.30-8 p.m.



 TC Mariënborgh, Doornstraat 65
2650 Edegem

Discover tennis during three introductory sessions. A number of basic techniques will be tackled in each lesson. We'll be working with three groups, based upon level. Bring your own racket.

 **FREE** with your sportsticker


 Mandatory, in advance on www.sportsticker.be. (before 11/4/13).

RENT A COURT (P. 36)

You can always rent a tennis court at the  UA City Campus or  KdG Dambrugge to test your skills against your friends.


YOGA


RECREATIONAL

 Monday
1st semester: 1/10 - 17/12 (except 29/10)
2nd semester: 14/1 - 13/5
(except 11/2, 1/4 and 8/4)

 6.30-8 p.m.

  Plantijn Meistraat sports hall.

 A professional Indian yoga teacher will show you different relaxing breathing techniques and exercises. You will train your flexibility and use different muscles.


 **FREE** with your sportsticker


Did you know...

...that bananas, due to their Potassium (Lat. Kalium) and other alimnts, are as efficient at supplementing your energy level as specialized sport drinks, and that they contain healthier sugars?


ZUMBA

RECREATIONAL




 Thursday
1st semester: 4/10 - 13/12 (except 1/11)
2nd semester: 14/2 - 16/5
(except 28/2, 4/4, 11/4, 9/5)

 7-8 p.m.

  UA City Campus
 UA Campus Middelheim


 **FREE** with your sportsticker

EVENT

Thu 18/10/12 • Disco Zumba (Sports@Campus) (p. 29),
 UA Campus Middelheim
Thu 25/10/12 • Disco Zumba (Sports@Campus) (p. 19),
 UA City Campus
Thu 14/3/13 • Let's Dance (p. 31),
 UA City Campus


VOLLEYBALL


SPORTS CLUB

 Thursday
1st semester: 4/10 - 13/12 (except 1/11)
2nd semester: 14/2 - 16/5
(except 28/2, 14/3, 4/4, 11/and 9/5)


 8-10 p.m.

  UA City Campus

 Recreational training with an experienced coach. Separate groups for beginners and more experienced players. More info during the training


 **FREE** with your sportsticker


ANTWERP STUDENTS LEAGUE COMPETITION (P. 33)

 Mon and Wed
Start: Mon 3/12/12 • **Finals:** Mon 6/5/13

 6-11 p.m.

  UA City Campus

 The Antwerp Students League (indoor volleyball) is a competition for both men and women's teams.



 **FREE** with your sportsticker

 Before 30/11/12 at www.antwerpstudentsleague.be

FLEMISH STUDENT CHAMPIONSHIP (P. 35)

Please contact your top sports coordinator if you want to participate in the Flemish student championship volleyball (men and women) on 24/10/12 and the Flemish student championship beachvolley on 26/6/13.

INTERFAC COMPETITION (P. 34)

Mon 4/3/13 • Interfac volleyball women,
 UA Campus Middelheim
Mon 10/12/12 • Interfac volleyball men,
 UA Campus Middelheim

INTRODUCTION

Thu 25/10/12 • Specific basic techniques will be tackled in this introductory session. Participate and discover this smashing ball game!

EVENT

Mon 6/5/13 • Finals Antwerp Students League Indoor (p. 32),  UA City Campus

RENT A COURT (P. 36)

You can rent a court at any time in the  UA City Campus,  KdG Dambrugge and  UA Campus Middelheim sports halls.

EVENTS

Each academic year, sportsticker organizes big and small events with free entry if you bring your sportsticker. We'll take care of the atmosphere and infrastructure! Just be there! Watch out, some events require you to sign up in advance.

Here's the list of sports activities for the academic year 2012-2013, in chronological order.

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STUDAY



- Thursday 27/9/12
- 1.30-8 p.m.
- De Gedempte Zuiderdokken, next to Vlaamse and Waalse Kaal.
- Tram lines 4,5,8,12 and 24 (direction 'Zuid') / bus lines 1,2,13,15,22 and 23
- Each year, Antwerpen Studentenstad welcomes almost 39,000 students on an amazing festival to kick off the academic year. Studay is all about live music, sports, culture, urban and wellness. You'll find more on www.StuDay.be. Take your friends, boyfriends, neighbours or flat mates to celebrate the new year with Antwerpen Studentenstad. You can buy your sportsticker at Studay and enjoy the benefits that come along with it for an entire year!

- FREE**
- www.studay.be & www.facebook.com/antwerpenstudentenstad

OPENING GAMES

- Wednesday 3/10/12
- From 7 p.m. onwards
- 4 UA Campus Middelheim
- These opening games announce the start of the Interfac-competition. Compete with others in fun one-on-one battles and lead your students club towards victory! Not the sporty type? Just come, grab a drink at Café Sport and support your favourite team.
- FREE** with your sportsticker, which you can buy there and then.
- Not needed in advance

SPORT@CAMPUS

- Monday 15/10/12 - Sunday 28/10/12

- 1. Discover the sports we offer without sportsticker**
These two weeks, students without sportsticker are more than welcome on...

- Wed 17/10 • Table Tennis Tournament, 1 UA City Campus
- Thu 18/10 • **Disco Zumba**, 4 UA Campus Middelheim
- Mon 22/10 • Surprise Interfac, 4 UA Campus Middelheim
- Tue 23/10 • **Disco Taebo and BBB**, 1 UA City Campus
- Wed 24/10 • Foosball Tournament, KdG Stadswaag Campus
- Thu 25/10 • **Disco Zumba**, 1 UA City Campus

= registration required

During our disco lessons our existing workout will look a bit more funky. Enjoy this oasis of light and sound.

2. Promo Tour

For two weeks, our Sportsticker team will be visiting the Antwerp Campuses with a spectacular promo tour. What??? Don't know sportsticker??? We'll be happy to provide some specifics! Win cool gadgets, free sports sessions or even a free sportsticker! And if you haven't won a sportsticker? Just buy one on the spot!

Check out our calendar at www.sportsticker.be

3. Free fitness

With your sportsticker, you can workout at the gym free of charge, in the week of 22/10/12-28/10/12. Check our fitness offer on p. 13. This action will be repeated in the week of 18/2/13-24/2/13.

SPORTSTICKER FOOSBALL TOURNAMENT

Wednesday 24/10/12

5-10 p.m.

KdG Campus Stadswaag (H&B), Predikerinnenstraat 18, 2000 Antwerpen

We dare you to a foosball match! From amateur to professional, everyone is welcome to compete for the most wanted title of "best kickers in town". This tournament is organized in collaboration with ATC (Antwerp Table football Club). There's even a separate prize for the best women's team! If you don't feel like playing, come and support your favourite team! Fun guaranteed at the Mini and Maxi Stakanit foosball tables!

FREE with your sportsticker, which you can buy there and then.

www.sportsticker.be or the spot, until 30 minutes before kick-off. Without sportsticker, you pay € 5 per competitor (by showing your student card).

More information on the Antwerp Table Football club and competitions at **www.atc.be**

STUDENTS KARTRACING / INDOOR KARTING

Tuesday 20/11/12

From 6 p.m. onwards

Indoorkarting Antwerpen, Noorderlaan 95, 2030 Antwerpen,

Shuttle bus from Campus Drie Eiken, Campus Middelheim and City Campus (check **www.uasportraad.be** for timetable)

Every year, UA Sports council invites 180 students to an evening of adrenaline rushes and speed. Race for your students club and try to get in the top 3. The fastest driver wins great prizes

FREE with your sportsticker

From 5/11 until 16/11 at **www.uasportraad.be/karting**. Watch out! Limited number of participants! You'll be informed whether you've been allotted a ticket or not by e-mail

MIDNIGHT SWIM

Wednesday 5/12/12

9 p.m.-12.30 a.m.

Wezenberg Swimming Pool, Desguinlei 17-19, 2018 Antwerpen

Bus lines 17, 22, 31 and 298 and tram lines 2 and 6

Midnight swim with Student Aqua Knock-Out, the craziest waterinflatables, aqua dance, a lot of people, deejays and beach disco - Summertime in December!!

FREE with your sportsticker, which you can buy there and then

not necessary. You do need a sportsticker, which you can buy then and there.

CHRISTMAS TREE RACE

Thursday 20/12/12

From 12.30 p.m. onwards

UA City Campus - Hof van Liere

During UA's annual Christmas Fair, you'll find us set for the one and only "Christmas tree Race". Teams of 4 people have to try and run round a track carrying a Christmas tree. The group that manages to clock the fastest time goes home with a fantastic prize! It's a unique experience that is lots of fun!

FREE with your sportsticker

At the Sportkot, or on the spot

www.uasportraad.be

STAIR RUN

Thursday 7/3/13

5-7 p.m., handing out of the prizes at 7.15 p.m.

KdG Groenplaats Campus, Nationalestraat 5, 2000 Antwerpen

Swirling race on KdG's staircase. Run to the 5th floor as fast as you can and win a nice prize. A deejay will warm everyone up from 5 o'clock onwards. Fun guaranteed!

FREE No sportsticker needed to participate, but students who have one will get a nice present.

www.sportsticker.be or then and there.

Did you know...

...that he who no longer is a couch potato but practises sports instead, is much less likely to have a sweet tooth? To tackle one bad habit has a domino effect on all the others.

LET'S DANCE

Thursday 14/3/13

6-11 p.m.

UA City Campus

Various dance workshops taught by professional trainers. Includes Zumba and salsa. Shake that thing!

FREE with your sportsticker

Programme at **www.sportsticker.be**

ANTWERP10MILES

Sunday 21/4/13

9 a.m.-6 p.m.

Linkeroever, Antwerpen

Check **www.antwerp10miles.be**

Antwerp's mega-run. You can choose between Short Run, Ladies Run, 10 Miles and a marathon.

€ 6 (instead of € 10) for the Short Run & Ladies Run 5 km
€ 10 (instead of € 20) for the 10 Miles
€ 30 (instead of € 45) for the Marathon

You need to pay your money to our bank account before 29/3/13.

www.sportsticker.be (before 28/3/13). Sportsticker not mandatory. Students who have one, will receive a nice gift.

www.antwerp10miles.be

10-HOUR RUN

Wed 24/4/13

11 a.m.-9 p.m.

MAS (Godefriduskaai)

This running tournament will take place for the second time at the Godefriduskaai, in front of the MAS museum. A very straightforward concept: try to make as many rounds for your team around the quay as you can. Sign up with your students association and defend your club's or campus' honour. Last year it was team (s)EPIK that brought home the cup! Come and enjoy the atmosphere on the spot. We've got a dj to stimulate our runners with whirling tunes and there will be drink and snack stalls. Run yourself, or raise your favourite team's spirits by cheering them to victory!

FREE

www.sportsticker.be (as a club) or at the club you'd like to represent

www.sportsticker.be

FINALS ANTWERP STUDENTS LEAGUE INDOOR

Monday 6/5/13

6-11 p.m.

UA City Campus

Finals of the Antwerp Students League volleyball, basketball en futsal competition with animation and a free barrel of beer.

www.antwerpstudentsleague.be

FINALS ANTWERP STUDENTS LEAGUE OUTDOOR

Monday 13/5/13

6-11 p.m.

Football fields KFCO Wilrijk

Finals of this year's Students League football with official reception and animation. Supporters are welcome to come and cheer for their team.

www.antwerpstudentsleague.be

HIGHLAND GAMES

Wednesday 15/5/13

From 7 p.m. onwards

Konijnwei, behind biokot (if nothing changes)

These spectacular games announce the end of the interfac competition. Students will need pure testosterone and raw energy to get those last extra scores. It promises to be another exciting battle of caber tossing, arm wrestling, rugby... and much more. At the end of the games we close the academic sports year with the one and only Highland Games party!

FREE with your sportsticker

Then and there from 7 p.m. onwards

www.uasportraad.be

COMPETITIONS

ANTWERP STUDENTS LEAGUE

The Antwerp Students League (ASL) is the biggest students competition of Antwerp, and is divided throughout the academic year. Basketball, Volleyball, Futsal (ASL Indoor) and Football (ASL Outdoor) all constitute the competition.

FREE with your sportsticker. A sportsticker is mandatory from the first participation.

ANTWERP STUDENTS LEAGUE OUTDOOR

FOOTBALL (MIXED-SEX)

Start on 15/10/12
Finals on 13/5/13
Mondays and Tuesdays

Football Fields KFCO Wilrijk

Registration at your students association

Did you know...

During the previous academic year, there were more than 200 teams with over 1.000 players participating in the Antwerp Students League in seven different competitions (outdoor football, futsal for men/women, volleyball for men/women, basketball for men/women)

More info on the specific disciplines throughout this guide or at www.antwerpstudentsleague.be

ANTWERP STUDENTS LEAGUE INDOOR

FUTSAL (MEN)

Start on 15/10/12
Finals on 6/5/13
Mondays and Wednesdays

UA City Campus and
UA Campus Middelheim

Registration for your team before 12/10/12 at www.antwerpstudentsleague.be

BASKETBALL, VOLLEYBALL (MEN AND WOMEN)

FUTSAL (WOMEN)

Start on 3/12/12
Finals on 6/5/13
Mondays and Wednesdays

UA City Campus

Registration for your team before 30/11/12 at www.antwerpstudentsleague.be

UA SPORTRAAD INTERFAC

The Interfac competitions are organized by the UA Sports Council. Different teams of the students' associations can participate. These teams compete the whole year round in several separate competitions and try to earn the title of Interfac winner 2012-2013. We focus on a different sport (from futsal to "tchouckball") every week so that everyone can join in! Individual players are also welcome to join a team for the Interfac competition. We've got something for everyone!

REGISTER EN TIMING


You can register on the day of the competition on the 4 UA Campus Middelheim between 6.30 p.m. and 7.10 p.m. Competitions start around 7.10 p.m. and will end at 11 p.m. So at the end of the day, you know the winner of the competition.


FREE with your sportsticker. A sportsticker is mandatory from the first participation.

PANATHLON WORLD INTERUNIVERSITY CLUB GAMES

 Monday 8/10/12 - Friday 12/10/12

 Belgrade, Serbia

 International competitions for students. To make teams for the Antwerp Student Association we're looking for top sporters from the following disciplines: football (women), volleyball (men and women).

 Sportsticker will pay for the Association Team's students' costs


 Would you like to represent Antwerp's Student Association at this prestigious tournament? Send an e-mail to david.vandenbosch@sportua.be (03/265.37.38). The selecting of participants will take place during the week of 24 September 2012.

 www.pcucommittee.com

CALENDAR 2012-2013

Opening Games	Wed 03/10/12
Floorball	Mon 08/10/12
Futsal, men (poule A)	Wed 10/10/12
Basketball, women	Mon 15/10/12
Futsal, men (poule B)	Wed 17/10/12
Surprise interfac	Mon 22/10/12
Handball, men	Mon 29/11/12
Basketball, men	Mon 05/11/12
Swimming	Wed 07/11/12
Tchouckbal	Mon 12/11/12
Squash, women	Mon 19/11/12
Badminton, men	Mon 26/11/12
Badminton, women	Mon 03/12/12
Volleyball, men	Mon 10/12/12
Pub Sports	Wed 13/02/13
Squash, men (poule A)	Mon 18/02/13
Squash, men (poule B)	Wed 20/02/13
Choice interfac	Mon 25/02/13
Volleyball, women	Mon 04/03/13
Futsal, women	Wed 13/03/13
Table tennis, women	Mon 18/03/13
Table tennis, men	Wed 20/03/13
Futsal, finals	Wed 27/03/13
Handball, men	Mon 15/04/13
Tennis	Mon 29/04/13
Athletics	Tue 07/05/13
Highland Games	Wed 15/05/13

Check for more info or changes in calendar at www.uasportraad.be. Or contact praeses of the UA Sports Council: Helleni De Bruyn, helleni@sportsticker.be



Panathlon International is an association, acknowledged by the IOC, which is dedicated to sports ethics, fairplay and Youth Sport. To realize its goals on a university level, THE PCU Committee organizes competitions and tournaments, open to all universities and colleges around the globe to join. Last year, more than 4,000 students joined with 255 teams, meaning 131 educational institutions from 38 countries from 5 continents.

NATIONAL STUDENT COMPETITIONS

Flemish Student Sport Federation Flemish student championship (at Flemish level)

Belgian University Sport Federation Belgian student championship (at Belgian level)

Students from Antwerp University (Colleges) can participate in student competitions, both on a Flemish and Belgian level. For more information on these championships or registrations, please contact the top sports coordinator at your institution.

Programme: check www.vssf.net

Sportsticker not mandatory.

¼ triathlon
Athletics (outdoor and indoor)
Badminton
Basketball (men/women)
Beach volleyball
Chess
Climbing (boulder)
Climbing (length)
Cycling (men/women)
Fencing
Football (men/women)
Frisbee
Futsal (men/women)
Gymnastics
Handball (men/women)
Hockey
Judo (individual of in team)
Karate
Korfball
Rugby Sevens (recreational and in competition)
Swimming
Table Tennis
Volleyball (men/women)
Water polo

TOP SPORTS

Your educational institution will help you combining your top sport activities with your studies. Before you apply for a top sport statute, please contact your top sport coordinator.

TOP SPORT COORDINATORS FOR EACH INSTITUTION

University of Antwerp

David Van den Bosch
david.vandenbosch@sportua.be
03/265.37.38

Karel de Grote University College

Mathijs Houben
mathijs.houben@kdg.be
03/202.38.00

Artesis University College

Jef Persoons
jef.persoons@artesis.be
0485/208.538

Plantijn University College

Regine Thielemans
regine.thielemans@sovoplantijn.be
03/205.26.10

Maritime Academy of Antwerp

Sylvia Adriaenssens
sylvia.adriaenssens@hzs.be
03/205.64.59

Lessius University College Antwerp

STIP
stip.antwerpen@lessius.eu
03/241.08.06

ADDITIONAL BENEFITS

RENT A COURT

All students who use a rented court, need to possess a sportsticker, so not only the contact person.

1 UA CITY CAMPUS

MAX 1 WEEK IN ADVANCE REGISTRATION

FREE with your sportsticker.

UA City Campus sports hall is mainly used to accommodate free sport offer. Individual students (or teams) can rent the court for free if the halls are available. Please apply for reservation one week in advance.

Reservation

UA City campus - Student Information Desk
Grote Kauwenberg 2, Antwerpen
03/265.48.58

www.sportsticker.be

FOR RESERVATIONS MORE THAN 1 WEEK IN ADVANCE:

	Monday - Friday 9 a.m. - 6 p.m.	Monday - Friday 6-11 p.m. Saturday 2-8 p.m.
Entire court	€ 38/hour	€45/hour
Half the court	€ 19/hour	€23/hour

LOCATIONS: SEE COVER

2 KGDAMBRUGGE

NEW

From this academic year on you can hire the KdGDambrugge sports hall for free with your sportsticker.



Wednesday

1st semester: 3/10 tem 19/12

2nd semester: 30/1 tem 15/5

(except 3/4, 10/4, 1/5, 8/5)



18u-22u



FREE with your sportsticker.

Reservation

Visit www.sportsticker.be for online reservation.

4 UA CAMPUS MIDDELHEIM

	Monday - Friday 9 a.m. - 6 p.m.	Monday - Friday 6 p.m. - 12 p.m.
badminton/ squash/ Table Tennis	FREE	€ 6/half hour
basketball/ volleyball	FREE	€ 6/half hour
futsal	FREE	€ 12,5/half hour

Only with € 19/year Health City Membership.

Reservation

Health City
Middelheimlaan 1
2020 Antwerp
03/230.14.18

 *Did you know...*

... that a badminton shuttle can reach a higher velocity than a serve in tennis?

According to Wikipedia:
did Malaysian Tan Boon Heong's badminton shuttle reach a velocity of 421 km/h
whereas Australian Samuel Groth's tennis serve "only" made the ball fly at 263 km/h.

FREE GAME TICKETS

Thanks to "Antwerpen Sportstad" and "Antwerpen Studentenstad", we can offer you free tickets for superb (sports) events! Check our website **www.sportsticker.be**, our facebook and newsletters from time to time and get rewarded...

DISCOUNT AT UNITED BRANDS

Upon showing your sportsticker you receive a 10% discount on all your purchases at the United Brands sports shop (**www.unitedbrands.be**).



**ORGANIZED BY SPORTSTICKER
AND THE UA SPORTS COUNCIL**

03 265 37 51
info@sportsticker.be
www.sportsticker.be