Zentraler Hochschulsport
The Spirit of Sports
Stay Fit

Experience Nature

Go Beyond Limits

Find Balance
Munich
Olympic Games 1972
Olympic Park
Germany’s biggest intramural sports facility

600 classes in more than 100 sports

more than 17,000 active participants per semester

125,000 students and 30,000 employees have user rights

general fee: only 7.50 € per semester

competitions and leisure sports
Facilities

Olympic Park

Olympic Swimmingpool

Beach- and tennis courts
Facilities

Rowing facilities
Oberschleißheim

Water sports facility
Lake Starnberg

- Campus Garching
- Campus Weihenstephan
- School gyms
- Facilities in Freising, Triesdorf & Landshut
Step 1: Book the correct tag for the right semester

- https://www.zhs-muenchen.de/en/zhs-id-tags/
- ZHS ID & Tags
- Which Tags (German: Marken) do I need?

<table>
<thead>
<tr>
<th>Tag H</th>
<th>Tag S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students: Marke H: 7,50€</td>
<td>Students: Marke S: 20,00 €</td>
</tr>
<tr>
<td>Tag K</td>
<td>Tag F</td>
</tr>
<tr>
<td>30,00 €</td>
<td>30,00 €</td>
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</tbody>
</table>
Tags

Tag H
All events except swimming

Tag S
Events in the swimming pool

introductory class

Tag K
Access to climbing facility
(only with tag H)

Tag F
Access to fitness studios and rehabilitation
(only with tag H)
ZHS - The Spirit of Sports

Zentraler Hochschulsport München (ZHS)

SPERRUNG DER KLETTERANLAGEN WEGEN UMSCHRAUBARBEITEN

Fitness Studios

Only **Tag H** needed: „Krafttraining – freies Krafttraining“

**Strength training - open training**

LAH-Empore (indoor track and field gallery)

https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/Krafttraining-Freies_Krafttraining.html

„Lehrstudio für Fitness und Rehabilitation“

**workout studio for fitness and rehabilitation**
Lehrstudio / Tag F

1. Krafttraining - Studio / Einweisung
   
   **Strength training - fitness studio / introduction**

   ➔ Book and take part in an introductory course (other certificates are not accepted)

   https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/_Krafttraining_-_Studio___Einweisung.html

2. Book and get Tag F

   https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/_Marke_F_30_00.html

3. Krafttraining - Studio / unter Aufsicht
   
   **Strength training - fitness studio / under supervision**

   ➔ Book your spot and workout in the Lehrstudio

   https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/_Krafttraining_-_Studio___unter_Aufsicht.html
Group Fitness Course

Konditions-/Fitnesskurs
Condition / Fitness course

Voraussetzung:

Marke H; siehe Erläuterung: "Was kosten die Semestermarken?"
Marke H auswählen und buchen: Marke H 7,50 | Marke H 12,50 | Marke H 15,00 | Marke H 20,00

Twice a day!

Strength training in the studio can be found under: Lehrstudio für Fitness und Rehabilitation

Quick facts: Versatile and dynamic conditioning exercises including running, strengthening, and stretching. Rhythmic music supports the workout.

Equipment: Bring a towel.

Participants: 200

https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/ Konditions-/Fitnesskurs.html
Possibilities for obtaining the K stamp:

1. Presentation of proof of successfully completed climbing course or climbing technique training at the ZHS or

2. Presentation of a certificate from another institution (DAV, commercial mountaineering school, climbing hall operator): not older than 4 years and a minimum of 12 hours of climbing instruction or

3. Presentation of the climbing card "IG-Klettern" with right of ascent or

4. Presentation of the DAV climbing licence "Vorstieg" or

5. Presentation of a trainer's licence for sport climbing or alpine climbing, mountain guide aspirant, army mountain guide, state-certified mountain and ski guide, completed mountain rescue training

https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/ Klettern - Info.html

We offer indoor and outdoor climbing as well as classes and trips to the mountains!
Swimming / Tag S

(only) Tag S is needed for ALL classes taking place in the Olympic Swimming Pool

Possibility 1: Go swim by yourself: „Schwimmen - Freies Schwimmen“
Open swimming in the Olympic swimming pool
Opening hours and more info:

https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/ Schwimmen - Freies Schwimmen.html

Possibility 2: classes for all levels

https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/ Schwimmen - Kurse.html

Possibility 3: other indoor water sports:

Aquafitness, Synchronized swimming, Diving, Snorkeling, Scuba Diving, Swimming Practice for Triathlon, Underwater Hockey, Water Polo
Step 2: Choose a class

https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/index.html

Class A: for beginners who want to try out the sport.

Class F: for students at an intermediate level who already know the basics and can improve from there.

Class L: for advanced students with special training methods and a foundation for participating in student competitions.

Some classes cost extra
Choosing a class
**Step 3**: Pick up your tag(s) and ID

Issuing a ZHS ID: What do you need to bring?

- Online order confirmation of the corresponding tags (printed)
- Student ID (student card) or employee badge
- Recent passport picture (min. size 2.5 x 4.0 cm) (no black and white or copy)
Picking up IDs and Tags

Issuing tags: when and where?

Issuing tags winter semester 2019/20 starts on 30 September 2019

Validity of winter semester tags 2019/20: 30 September 2019 - 02 May 2020

Important: There is a checkpoint at the entrance of the TUM campus in Olympiapark where IDs with semester tags will be checked.
How to find us

Most of the classes take place in the TUM Campus Olympic Park:

- **U-Station: Olympiazentrum**

**TUM Campus im Olympiapark**  
Connollystr. 32, 80809 München

*Always carry your ZHS ID with you when entering our area!*

From the subway station Olympiazentrum walk with traffic to Connollystraße, on the upper level of Connollystraße (see location map) until the TUM campus in Olympiapark, which takes about 10 minutes.
Important

Some classes can be booked from TODAY on

Some classes have limited spots – those are very (!) quickly fully booked

For dates and news keep a close eye on our homepage:

https://www.zhs-muenchen.de

And social media!

https://www.facebook.com/zhsmuenchen/

https://www.instagram.com/zhs_muenchen/
FAQs

The class is already full – what do I do? 😞

→ Register for the email notification service or check out the “Kursplatzforum” (Class Availability Forum): [bit.ly/kursplatzforum]

I can no longer participate in my class – what to I do? 😞

→ If it’s a class you have to pay extra for: up to one month before the class begins: cancel by writing to zhs-h@zv.tum.de (20€ cancellation fee)
→ If you already missed the cancellation deadline or if it’s a class with limited spots: offer it in the Class Availability Forum (when you’ve found an exchange partner, inform the office please: zhs-h@zv.tum.de)
FAQs

Can my partner join, too?
→ Yes, they can, as long as they show proof of sharing the same address

I’m an employee or no longer a student, can I join?
→ Yes, check out this page:
  http://www.zhs-muenchen.de/en/zhs-id-tags/access-authorization-and-tag-fees/

Where can I see ALL the classes that still have free spots to book?
→ Here: bit.ly/freieKursplaetze

I’m an Erasmus student and don’t have my matriculation number yet, what should I do?
→ Use this one: 139078
Thank you for your attention!

Have a great time in Munich!