

# Zentraler Hochschulsport

The Spirit of Sports







**Stay Fit**



**Go Beyond Limits**



**Experience Nature**



**Find Balance**



martial arts,  
trend & leisure sports



winter sports



mountain and  
climbing sports



ball and game  
sports



water sports



fitness and  
health sports



# Universities in Munich



ZHS München







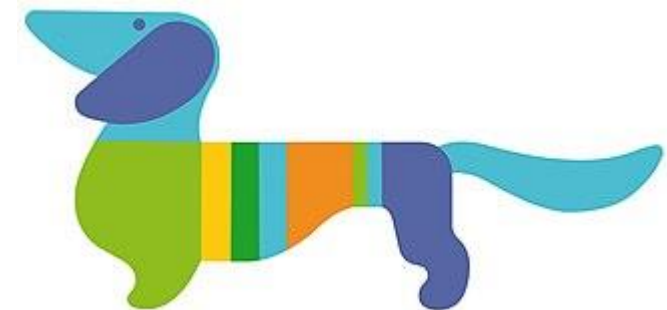
# Munich



# Olympic Games 1972



ZHS München





# 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**



- + Campus Garching**
- + Campus Weihenstephan**
- + School gyms**
- + Facilities in Freising, Triesdorf & Landshut**

**Water sports facility  
Lake Starnberg**





# Booking process...

## 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?

<b>Tag H</b>	<b>Tag S</b>
Students: Marke H: 7,50€	Students: Marke S: 20,00 €
<b>Tag K</b> 30,00 €	<b>Tag F</b> 30,00

# Tags



## Tag H

All events except swimming

## Tag S

Events in the swimming pool

introductory class

## Tag K

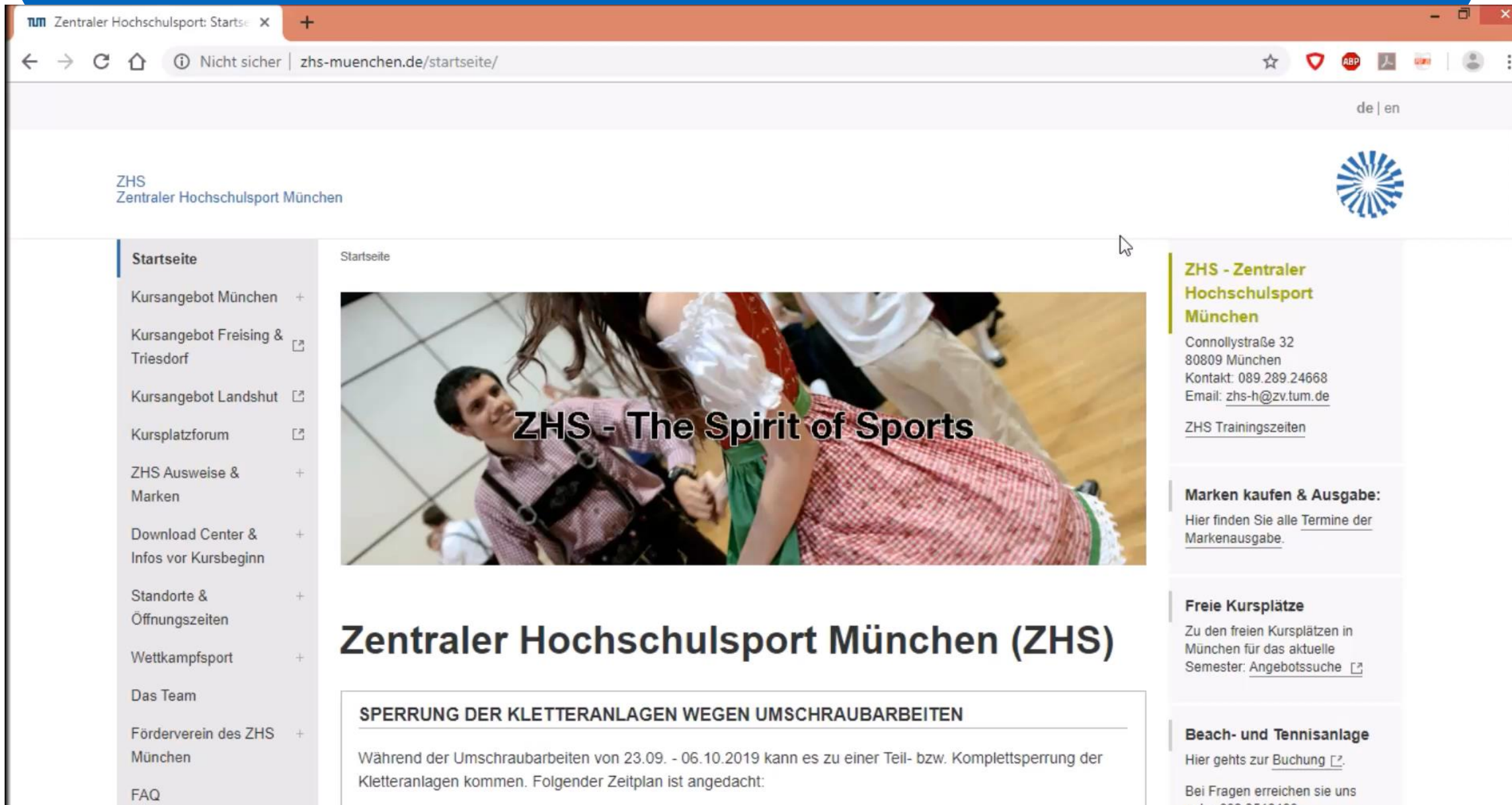
Access to climbing facility  
(only with tag H)

## Tag F

Access to fitness studios and  
rehabilitation  
(only with tag H)



# Booking Tags



The screenshot shows the homepage of the Zentraler Hochschulsport München (ZHS) website. The browser address bar shows 'zhs-muenchen.de/startseite/'. The page features a navigation menu on the left, a main content area with a banner image and a notice, and a right sidebar with contact information and course availability.


**ZHS**  
Zentraler Hochschulsport München

de | en

**Startseite**

- Kursangebot München +
- Kursangebot Freising & Triesdorf ↗
- Kursangebot Landshut ↗
- Kursplatzforum ↗
- ZHS Ausweise & Marken +
- Download Center & Infos vor Kursbeginn +
- Standorte & Öffnungszeiten +
- Wettkampfsport +
- Das Team
- Förderverein des ZHS München +
- FAQ

Startseite



**ZHS - The Spirit of Sports**

## Zentraler Hochschulsport München (ZHS)

**SPERRUNG DER KLETTERANLAGEN WEGEN UMSCHRAUBARBEITEN**

Während der Umschraubarbeiten von 23.09. - 06.10.2019 kann es zu einer Teil- bzw. Komplettspernung der Kletteranlagen kommen. Folgender Zeitplan ist angedacht:

**ZHS - Zentraler Hochschulsport München**  
Connollystraße 32  
80809 München  
Kontakt: 089.289.24668  
Email: [zhs-h@zv.tum.de](mailto:zhs-h@zv.tum.de)  
[ZHS Trainingszeiten](#)

**Marken kaufen & Ausgabe:**  
Hier finden Sie alle [Termine der Markenausgabe](#).

**Freie Kursplätze**  
Zu den freien Kursplätzen in München für das aktuelle Semester: [Angebotssuche](#) ↗

**Beach- und Tennisanlage**  
Hier gehts zur [Buchung](#) ↗.  
Bei Fragen erreichen sie uns unter 089 2510100

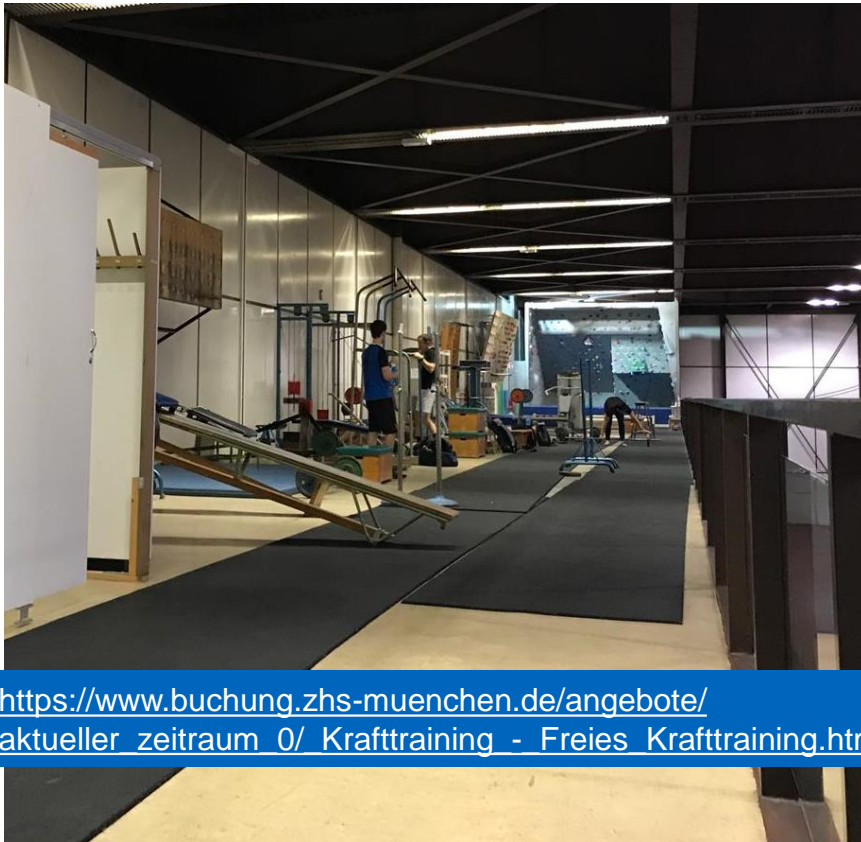
# Fitness Studios

Only Tag H needed:

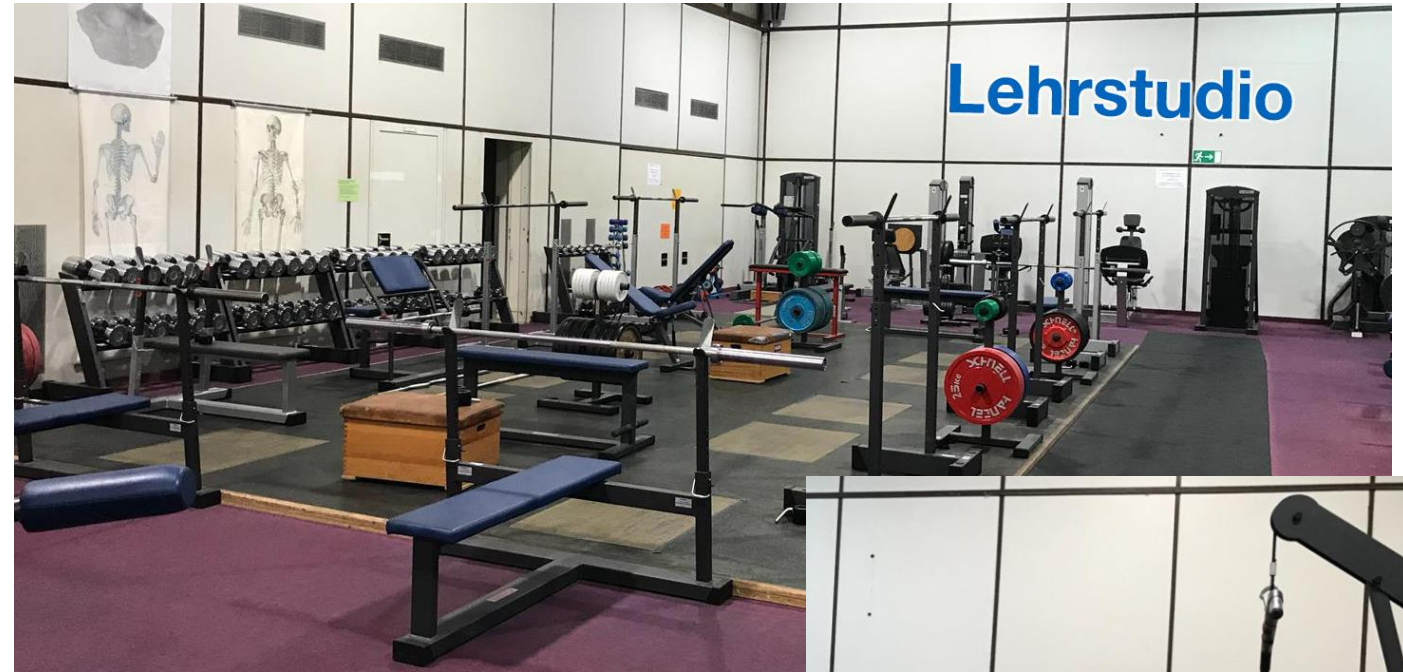
„Krafttraining – freies Krafttraining“

**Strength training - open training**

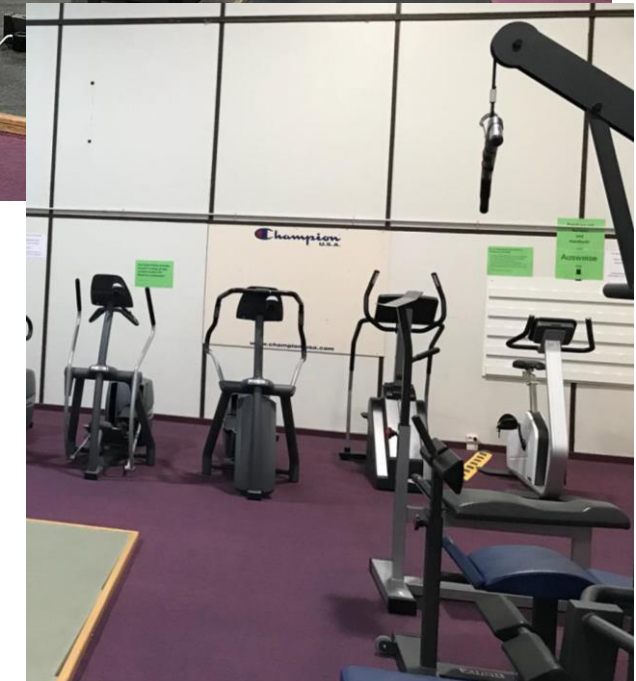
**LAH-Empore** (indoor track and field gallery)



[https://www.buchung.zhs-muenchen.de/angebote/aktueller\\_zeitraum\\_0/Krafttraining - Freies Krafttraining.html](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**





## 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](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](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](https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/ Krafttraining - Studio unter Aufsicht.html)

# Group Fitness Course



ZHS München

## 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](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](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](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](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](https://www.buchung.zhs-muenchen.de/angebote/aktueller_zeitraum_0/index.html)

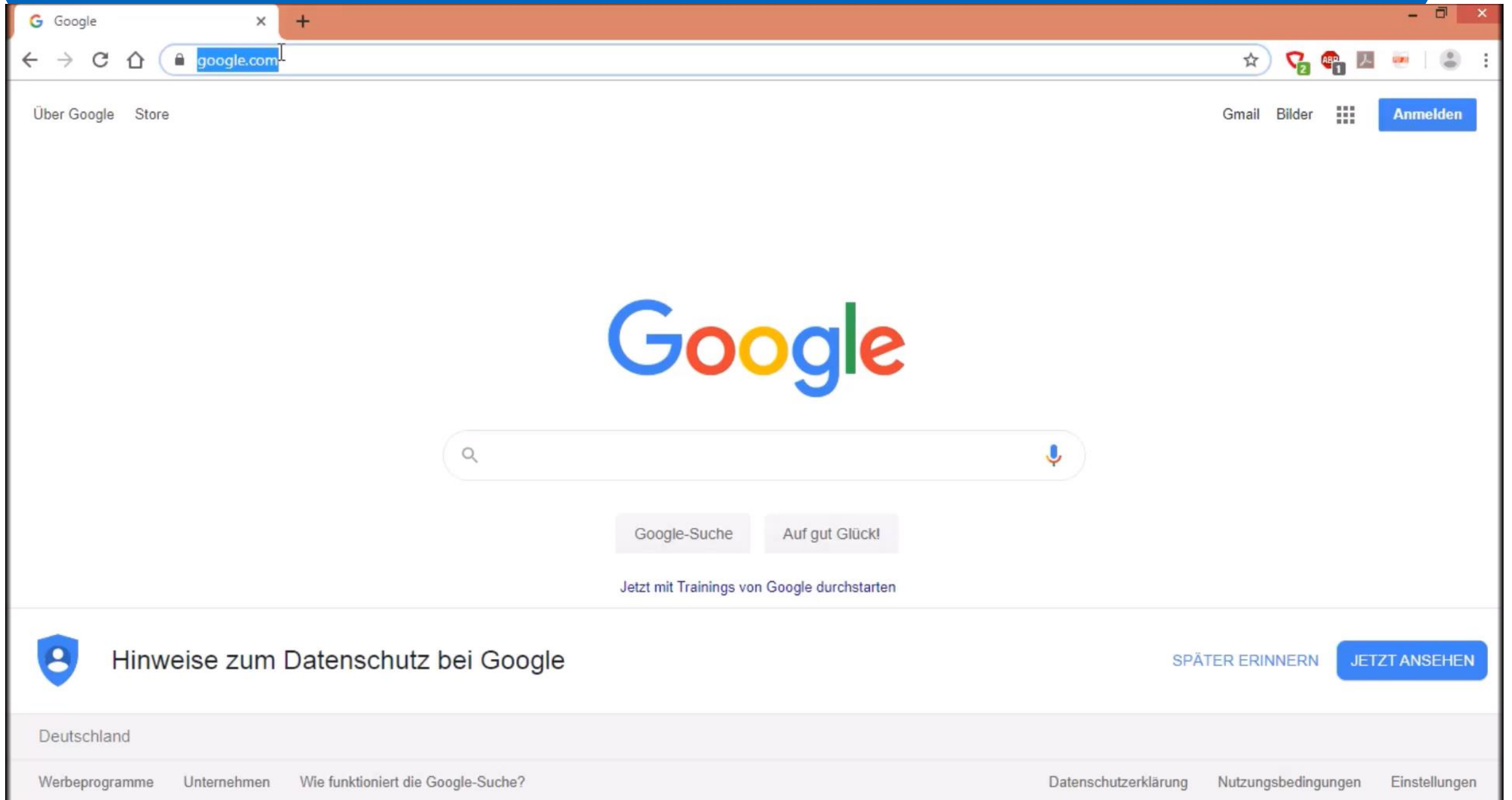
→ Class **A**: for beginners who want to try out the sport.

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



The image shows a screenshot of the Google homepage in a web browser. The browser's address bar shows "google.com". The page features the Google logo, a search bar, and navigation links. At the bottom, there is a banner for data protection and a footer with various links.


Über Google Store

Gmail Bilder **Anmelden**

# Google

Google-Suche Auf gut Glück!

Jetzt mit Trainings von Google durchstarten

 Hinweise zum Datenschutz bei Google SPÄTER ERINNERN **JETZT ANSEHEN**

Deutschland

Werbeprogramme Unternehmen Wie funktioniert die Google-Suche? Datenschutzerklärung Nutzungsbedingungen Einstellungen



## **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)

## Issuing tags: when and where?

<https://www.zhs-muenchen.de/en/zhs-id-tags/creating-and-issuing-ids-and-tags/>

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:

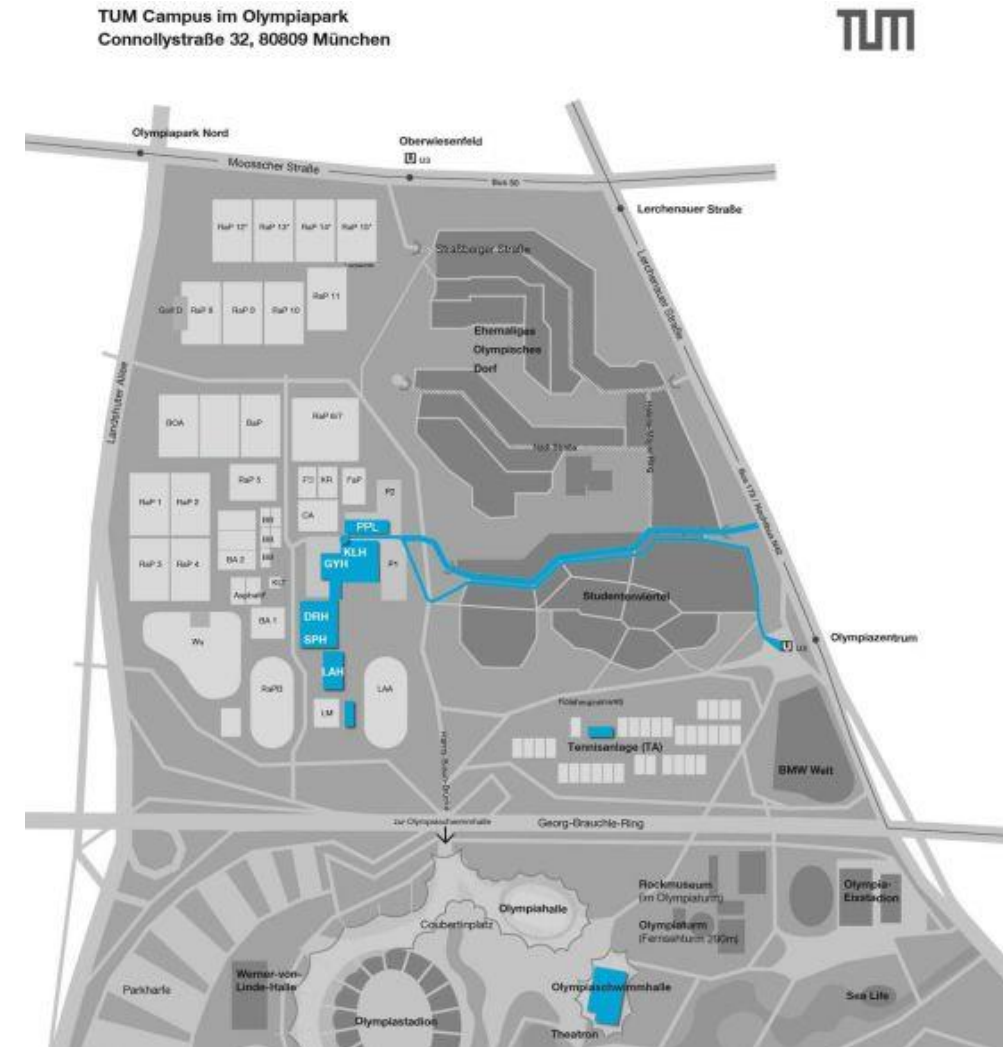
 **U-Station: Olympiazentrum**



**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/](https://www.instagram.com/zhs_muenchen/)

## **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](https://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](mailto: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](mailto:zhs-h@zv.tum.de))



## 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](http://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!