



FH Salzburg

Sports Program

Summer semester
2025



competent
relevant
sustainable



FH Salzburg

FH-Teamathlon 2025

June 6th, 2025, 14:30, Waldbad Anif
Teams of 3 or 4, participation free of charge

1
Stand-Up-Paddling

2
Cycling

3
Boccia

4
Running

»Bring your friends«

Different categories

Attractive prizes!

supported by:





**Dear students,
dear employees,
dear graduates,**

mutual motivation, enjoying each other, celebrating and achieving a goal together - that is the motto of the FH Teamathlon. This special highlight of the summer semester will take place for the third time on June 6, 2025. You can expect an entertaining and sporty event where the focus is on having fun. Save the date now, details will follow soon.

In addition to the teamathlon, the current sports program offers a wide range of courses with a variety of sports activities - at unbeatable student-friendly rates. New to the program is a mountain bike riding technique course - led by 8-time national champion, 5-time state champion and long-time World Cup participant in trials and mountain biking, Kilian Maderegger. Don't miss this chance to get first-hand professional tips.

Yoga, Pilates, Krav Maga and the outdoor workout "frischluft fitness" will once again take place directly at Campus Urstein and can therefore be attended by many people before or after class or work.

You can find these and many other courses in the new sports program. I am looking forward to your registrations and wish you all a sporty winter semester.

Stay fit and healthy,
kind regards

Florian Furtner, FHS Sports
Corporate Communications & Marketing

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Soccer

Indoor soccer playing at the University Sports Centre in Rif.

Monday 20:30–22:00, ULSZ Rif

Course start: March 3, 2025, 14 × 90 min.

Location: University & State Sports Center Rif

Participants: max. 25 persons

Equipment: sport clothing, indoor sport shoes

Course fee: € 40,--



Tennis

Tennis course for different skill levels. Each group consists of four people, you can choose of one beginner class, two moderate advanced class and one for the advanced tennis players.

Thursday

17:00–18:00, Beginners

18:00–19:00, Moderate Advanced

19:00–20:00, Moderate Advanced

20:00–21:00, Advanced

Course start: March 6, 2025, 14 × 60 min.

Locations: ASKÖ Sportanlage Gnigl, Parscherstraße 4, 5023 Salzburg (06.03. - 24.04.); 1. Halleiner Tennisclub, Pingitzzerkai 16, 5400 Hallein (08.05. - 26.06.)

Participants: 4 persons per group

Equipment: sport clothing, tennis shoes, tennis racket

Course fee: € 220,--



Volleyball

Volleyball course for slightly advanced players. Training and play in a balanced mix.

Monday 20:30–22:00, ULSZ Rif

Course start: March 3, 2025, 14 × 90 min.

Location: University & State Sports Center Rif

Participants: max. 20 persons

Equipment: sport clothing, indoor sport shoes

Course fee: € 40,--



Golf course permit

The course permit (PE) is aimed at beginners who want to get into golf. You will learn the golf technique and the basics of playing the course.

Golf course Rif

Daily course: Tue-Fri 10:00–11:30

Weekend course: Fri 16:00–18:00, Sat 10:00–11:30 and 13:00–14:30, Sun 09:30–12:00

Course start: from April regular entry possibilities

Special price for FHS students: Daily course € 139,-- (instead of € 169,--),

Evening or Weekend Course € 159,-- (instead of € 199,--)

Golf training course

Training course for advanced players. Objectives: improvement of the technical basics in short and long game.

Golf course Rif

Daily course: Tue-Fri 10:00–11:30

Weekend course: Fri 16:00–18:00, Sat 10:00–11:30 and 13:00–14:30, Sun 09:30–12:00

Course start: from April regular entry possibilities

Special price for FHS students: Daily course € 139,-- (instead of € 169,--),

Evening or Weekend Course € 159,-- (instead of € 199,--)

Golf tournament license course

ÖGV tournament licence course HC -54 with included, final handicap challenge at Golfanlage Schloss Fuschl. Objective: Reaching ÖGV tournament licence and handicap -54, as well as further improvement of the technical basics in short and long game.

Golf course Rif

Course times: Fri 16:00–18:00, Sat 10:00–11:30 and 13:00–14:30, Sun 09:30–12:00 and 14:00–17:00

Course start: from April regular entry possibilities

Special price for FHS students: € 209,-- (statt € 249,--)



Note:

Please send registrations for the golf courses to:

sport@fh-salzburg.ac.at

Book your desired course date directly at the secretary's office of the Golf Club Salzburg-Rif Tel 06245/76681.

Payment of the course fee is also made at the golf club secretary's office.

Krav Maga

Krav Maga is a self-defense system from Israel. It should enable you to decide a self-defense situation with one or more attackers as quickly as possible in your favor. Prevention and de-escalation are also important aspects. The goal is to develop instinctive reactions and to defend yourself effectively in dangerous situations. An introduction to ground fighting rounds off the eight-hour workshop.

Campus Urstein

Date: Saturday, March 29, 2025, 10:00 - 17:00

Instructor: Markus Feil

Equipment: sports clothing, exercise mat

Course fee: € 20,--



Krav Maga for Women

Krav Maga, the well-known self-defense system from Israel, is particularly suitable for women: it is not based on brute physical strength, but relies on explosiveness and technique. This workshop, designed for women, in addition to the general basics, specifically addresses situations that women are most likely to face - and how to effectively defend against these attacks.

Campus Urstein

Date: Saturday, May 10, 2025, 10:00 - 17:00

Instructor: Markus Feil

Equipment: sports clothing, exercise mat

Course fee: € 20,--

Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Tuesday, Campus Urstein

17:00-18:00, Beginners

18:00-19:00, Masterclass

Course start: March 4, 2025, 14 × 60 min.

Instructor: Tamara König

Participants: max. 25 persons

Equipment: sport clothing, exercise mat

Course fee: € 40,--



Frischluf outdoor fitness workout

Workout in the fresh air. We think High Intensity Training „out of the box“ – in our exclusive and fresh gym of nature! We train for 60 minutes in the fresh air – in a holistic training, for more strength, more hardness and more endurance.

Wednesday 17:30 – 18:30, Campus Urstein

Course start: March 5, 2025, 12 × 60 min.

Location: Campus Urstein, outdoor area

Instructor: frischluft outdoor fitness world

Participants: max. 16 persons

Equipment: sport clothing

Course fee: € 60,--



Power work- out - Butt & Belly

After a five-minute warm-up programme, special and varied exercises are performed for the belly, legs and bottom to strengthen these muscle groups and counteract problem areas. This is followed by intensive fitness training to music with the aim of improving fitness. After simple step combinations to strengthen the cardiovascular system and improve coordination, strengthening exercises ensure a good whole body workout. This is followed by a short stretching programme to round off the session. Please take a towel with you.

Tuesday 18:30–20:00, ULSZ Rif

Course start: February 25, 2025, 16 × 90 min.

Location: University & State Sports Center Rif

Registration: until 07.09. at the latest, after that remaining places

Equipment: sport clothing, towel

Special FH price: € 145,-- (instead of € 170,--)

Yoga

In short Yoga makes you feel better and improves your life on all levels. Practicing the yogic poses, the breathing techniques makes your body, mind and spirit healthier. Studies show that Yoga is great for stress reduction, boosts self esteem, reduces anxiety, improves concentration, increases strength and muscle tone, helps weight loss, improves circulation and induces many other positive aspects. The Yoga course will focus on learning yoga poses and some breathing techniques.

Monday, Campus Urstein

Course 1: 18:00-19:00

Course 2: 19:00-20:00

Course 3: 20:00-21:00

Course start: March 3, 2025, 14 × 60 min.

Instructor: Krishan Singh Sheoran

Participants: max. 20 persons

Equipment: sport clothing, yoga mat, towel

Course fee: € 40,--



Fencing

Modern sport fencing equally encourages concentration, coordination and fitness. The basic course in sport fencing teaches the technical and tactical fundamentals of this elegant and attractive sport.

Monday 20:00–21:30, Hallein

Course start: March 3, 2025, 6 × 90 min.

Dates: March 3, 10, 17, 24, 31, April 7

Location: Elementary School Hallein Burgfried, 5400 Hallein

Participants: max. 10 persons

Equipment: sport clothing; fencing equipment is provided

Course fee: € 20,--



Capoeira

Capoeira is often called a fight dance, but it is neither danced nor fought – it is played. The aim is not to hurt the opponent, but rather to develop a common game with the opponent and to express oneself physically. There are no limits to creativity.

Monday 20:00–22:00

Course start: March 3, 2025, 10 × 120 min.

Location: BRG Nonntal, Josef-Preiss Allee 2, 5020 Salzburg

Instructor: Givaldo Santos de Souza

Course fee: € 50,--



**DEINGYM
Fitness**

DEINGYM in Oberalm offers you everything you need for your training:

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Special price for FH students: € 34,90 per month (without binding, you can cancel your membership every month)

**Free weight
training**

Strength and fitness training in the weight room at the ULSZ Rif for beginners and advanced users (free training, without instruction). It is possible to use the sauna on Thursdays after training from 19:15-20:00.

Tuesday 18:00–19:30

Thursday 18:00–19:00

Course duration: 04.03.2025 – 03.07.2025

Location: Fitness room 1, University & State Sports Center Rif

Equipment: sport clothing, towel

Course fee: € 30,--

**Kids gym-
nastics**

For two to four year old children. The movement skills are trained playfully and the children discover fun and joy in movement together with their parents.

Tuesday 16:00–17:30, ULSZ Rif

Course start: March 4, 2025, 12 × 90 min.

Location: University & State Sports Center Rif

Course fee: € 50,--

Technique course running

An economical technique is also required for running. In this course we work individually on the technique of each participant. Coordinative exercises and interval units complement the technique training.

Tuesday 18:00–19:00, ULSZ Rif

Course start: February 25, 2025, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until February 8th at the latest, after that remaining places

Equipment: sport clothing, running shoes

Special price for FH students: € 93,--
(instead of € 118,--)



Functional training

Functional conditioning and stabilisation training. In this course, after a short warm-up, all muscle groups that serve for stabilisation during movements in everyday life and during sporting activities are strengthened. The training is concluded with stretching exercises to prevent shortening of the muscles. This course can be optimally combined with the technique course running.

Tuesday 19:15–20:15, ULSZ Rif

Course start: February 25, 2025, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until February 8th at the latest, after that remaining places

Equipment: sport clothing, running shoes

Special price for FH students: € 93,-- (instead of € 118,--)

Bouldern beginners

Bouldering is a form of rock climbing that is performed on small rock formations or artificial rock walls without the use of ropes or harnesses. Artificial climbing problems, from easy to difficult, can be tried out again and again in short, individual places safely and just above the fall mats. Bouldering trains the finger, arm, shoulder and leg muscles in particular, increases body tension and trains coordination. This course is an introduction to bouldering and teaches the basics of bouldering techniques, correct climbing and gripping, the efficiency of climbing moves, static vs. dynamic climbing movements and turning.

Tuesday 17:30–19:00, Boulderbar Salzburg

Course start: March 4, 2025, 6 × 90 min.

Dates: March 4, 11, 18, 25, April 1, 8

Location: Boulderbar Salzburg, Richard Kürth Straße 9, 5020 Salzburg

Participants: max. 12 persons

Equipment: sport clothing, climbing shoes (can be lent at the Boulderbar)

Course fee: € 60,--



Bouldern advanced

Tuesday 19:30–21:00, Boulderbar Salzburg

Course start: March 4, 2025, 6 × 90 min.

Dates: March 4, 11, 18, 25, April 1, 8

Location: Boulderbar Salzburg, Richard Kürth Straße 9, 5020 Salzburg

Participants: max. 12 persons

Equipment: sport clothing, climbing shoes (can be lent at the Boulderbar)

Course fee: € 60,--



Mountain-bike

This workshop is aimed at beginners and advanced bikers who want to improve their riding technique on a mountain bike. The course is led by 8-time state champion and multiple national champion in trials and mountain biking, Kilian Maderegger. Contents: Basics of safe riding and bike control, effective braking and shifting, balance and skill exercises, basics of cornering technique, overcoming small obstacles, introduction to trail riding.

On the public trail on the Heuberg, you will put what you have learned into practice.

Date: Friday, May 9, 2025, 13:00–17:00

Instructor: Kilian Maderegger

Location: Heuberg, Dax-Lueg-Straße 71, 5023 Koppl

Prerequisites and equipment: Basic fitness, mountainbike, helmet, gloves, protectors (recommended)

Course fee: € 20,--



Rowing

Rowing course for beginners and advanced rowers in fours on the Salzach. Fitness and whole-body training that is easy on the joints and fun. There are 4 dates to choose from, 4 people can row per date.

Monday/Tuesday, Boat house Rif, Salzach

Course start: April 28, 2025, 7 × 90 min.

Group 1: Monday 17:00–18:30

Group 2: Monday 18:30–20:00

Group 3: Tuesday 17:00–18:30

Group 4: Tuesday 18:30–20:00

Equipment: sport clothing, tight pants and jacket

Course fee: € 60,--





FH Salzburg



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your style«



Swimming

Free swimming under guidance of a swimming trainer. Improvement of the individual swimming technique in the back, chest and crawl positions (dolphin if desired). No non-swimmers. Please choose one of the two courses.

ULSZ Rif, Swimming hall

Sunday

a) 18:00–19:00

b) 19:00–20:00

Course start: March 2, 2025, 14 × 60 min.

Location: University & State Sports Center Rif

Registration: until February 8th at the latest,
after that remaining places

Participants: max. 10 persons

Equipment: swimwear, goggles

Special FH price: € 72,-- (instead of € 97,--)



Water aerobics

Joint sparing and effective movement training with music in shallow or deep water. You yourself determine the intensity of this cardiovascular training, which trains coordination and strengthens the entire musculature. No non-swimmers.

ULSZ Rif, Swimming hall

Sunday

a) 18:00–19:00

b) 19:00–20:00

Course start: March 2, 2025, 14 × 60 min.

Location: University & State Sports Center Rif

Registration: until February 8th at the latest,
after that remaining places

Equipment: swimwear

Special FH price: € 72,-- (instead of € 97,--)



Teamathlon Reaching the finish line together! Fancy a sporting challenge with a great fun factor? For legendary moments, a great atmosphere and cool prizes? Then grab your friends or favorite teammates, team up in teams of 3 or 4, divide up the disciplines and join in! In addition to stand-up paddling, cycling and running, Boccia will once again be part of the sporting competition. This means that people who are not so keen on sports can also take part in this special event.

Date: Friday June 6, 2025

Time: from 14:30

Location: Waldbad Anif

Relay competition: stand-up paddle, cycling, Boccia, running



Salzburg Women's Run

The shared enjoyment of sporting activity is the absolute focus of the Salzburg Women's Run. The 5.5 kilometer course along the banks of the Salzach guarantee an outstanding active experience for runners and walkers.

Date: May 16, 2025

Location: Volksgarten Salzburg

Salzburg Marathon

The FH Salzburg supports all runners who start in the relay marathon or any other competition of the Salzburg Marathon.

Date: May 18, 2025

Location: City of Salzburg

FH/USI Beats & Sports

A day full of sports, party, fun, action and emotions. Tournaments in small field soccer, beach volleyball, basketball (3×3) and RoundNet will be held at the nearby Rif Sports Center.

Date: Saturday, May 24, 2025

Location: University & State Sports Center Rif



Salzburg Company Triathlon

Swim, cycle, run - this is the motto of the Salzburg Company Triathlon. This competition is held as a company relay triathlon over the super sprint distance (200 m swimming, 9 km cycling, 3.6 km running) at the Salzachseen in the Liefering district. These moderate distances are feasible for everyone and therefore ideally suited to experience the fascination of the triathlon sport at first hand.

Date: Friday, June 13, 2025

Location: Salzachseen - Liefering

Registration

Registration for courses, events and competitions is to be completed via e-mail to sport@fh-salzburg.ac.at. Registration for a course is only considered binding after payment of fees has been carried out. A refund of the course fee is only possible in exceptional cases. Courses which do not have enough registrations will be cancelled, reimbursement of course fees will take place within 2 weeks time.

Payment

Payment of any participation fees is to be completed to the FH Salzburg account before courses begin. Please include title of course and name of participant.

Bank account information:

Fachhochschule Salzburg GmbH

„FHS Sports“, 5412 Puch

Raiffeisenverband Salzburg

IBAN: AT49 3500 0000 0006 9658

Reference or purpose of use: „Course name SS25, first and last name“

Registration deadline

As the number of participants is limited for most courses, it is advisable to register as early as possible. Nevertheless, if there are free places, registration is possible throughout the whole semester at any time.

Important

All informations, changes and news regarding the sports program are getting announced at the intranet „myfhs“ (Infrastruktur & Support → Sport).

Data protection information

Responsible for data processing:

Fachhochschule Salzburg GmbH

Urstein Süd 1, 5412 Puch/Salzburg

Telefon: +43-50-2211-0

E-Mail: office@fh-salzburg.ac.at

Data processing

With your registration for the sports program, we process your personal data for the purpose of participation in the sports program (registration, billing, administration). For this purpose, we process the data that you provide to us during registration (e.g. name, contact details, FHS affiliation), transfer data for the course fee, and course dates.

The data processing is based on the (pre-) contractual relationship with the FH Salzburg (Art. 6 para. 1 lit b DSGVO).

We share your personal data (name, contact details) with our course instructors or the organizing institution to enable verification of your eligibility.

In the event of an emergency, we are required by law to pass on your contact details to the relevant health authority (Section 5 (3) of the Epidemics Act).

We store your personal data only as long as they are required for participation in the sports program. In addition, we are required by law to store accounting-related data for a period of 7 years (§ 212 UGB).

Data protection rights

Participation in all courses, events and competitions at the FH Salzburg and the ULSZ is to be done at one's own risk. The organizers accept no liability for injuries.

In connection with this data processing, you have the right of access, rectification, erasure, restriction of processing, objection and data portability in relation to your personal data, which you can exercise at the following contact.

Fachhochschule Salzburg GmbH

Mag. Florian Furtner

FHS Sports, Corporate Communications & Marketing

Schloss Urstein, Room E01

Tel.: +43-50-2211-1025

E-Mail: sport@fh-salzburg.ac.at

If you have any questions or concerns regarding the processing of your personal data, please do not hesitate to contact the data protection coordinator or the data protection officer of the FH Salzburg (+43 50 2211-0; datenschutz@fh-salzburg.ac.at).

If you believe that the processing of your personal data is not in compliance with the legal provisions, you also have the right to lodge a complaint with the Austrian Data Protection Authority (Barichgasse 40–42, 1030 Vienna, phone: +43 1 52 152-0, e-mail: dsb@dsb.gv.at). to lodge a complaint against the data processing.

ULSZ Rif

In addition to the courses and events included in this bulletin, some of the outdoor facilities at the University Sports Centre in Rif are available free of charge to FH students upon signing up in the registration book which is located at the porter's desk in the lobby area at the entrance to the ULSZ. By outdoor facilities we mean for example: beach volleyball courts, basketball courts, inline hockey facilities, fitness parcourse, etc.

Accessibility

The sports program is open to all students, employees, alumni and cooperation partners of the FH Salzburg.

Disclaimer

Participation in courses and events as well as the use of the facilities and equipment of the Salzburg University of Applied Sciences and its cooperation partners is always at your own risk. Participants in courses and events and users of the facilities agree that the Salzburg University of Applied Sciences is not liable for accidents. This is confirmed and acknowledged by registering for a course or event of the sports program of the UAS Salzburg. We therefore expressly recommend that you take out private accident or liability insurance - this is included, for example, in membership of alpine clubs and organizations (Alpine Club, Friends of Nature, ÖSV, Mountain Rescue Service...). Equipment and facilities may only be used within the framework of a course and in the presence of a supervisor. The instructions of the trainers must always be followed in order to avoid injuries. The staff of the FH Salzburg and the trainers cannot check whether a customer is medically fit for the training - it is therefore recommended to undergo a medical examination before starting the training. The conclusion of a private accident insurance is strongly recommended, especially for participants of outdoor courses.

Photo credits

The photos are taken from the multimedia database of „Salzburger Land Tourismus Gesellschaft m.b.H.“ and from the database of „istockphoto.com“, „123rf.com“ and „stock.adobe.com“.

Contact

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