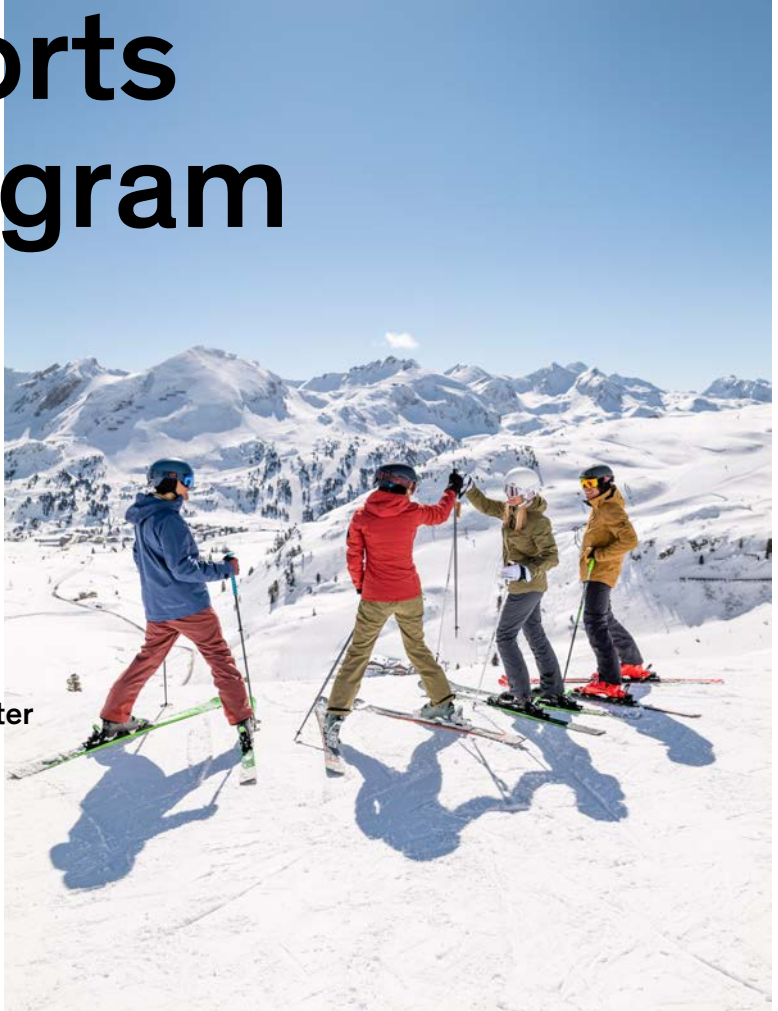




FH Salzburg

# Sports Program

Winter semester  
2025/26



competent  
relevant  
sustainable



FH Salzburg



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»Your FH,  
your style«





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

the winter semester 2025/26 is just around the corner and I am very pleased that we have again succeeded in putting together an extensive and attractive sports program. The numerous courses at extremely affordable rates invite you to work on your personal fitness, try out new sports, or simply meet new people and have fun together through sports and exercise.

New to the program is the Modern Jazz course — a mixture of dynamic and flowing dance movements. Whether you already have dance experience or just want to try something new, Modern Jazz combines movement, music, and creativity in a unique way and is a great way to promote body awareness and endurance.

Some courses such as Yoga, Pilates and Krav Maga will again take place directly at the Urstein campus and can therefore be conveniently attended before or after classes or work. Or how about „frischluft fitness“, a highly effective full-body workout outdoors - a power boost for the immune system.

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

A handwritten signature in blue ink, reading 'Florian Furtner'.

Florian Furtner  
FH Sports Coordinator

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### Soccer

**Indoor soccer playing at the University Sports Centre in Rif.**

Monday 20:30–22:00, ULSZ Rif

Course start: October 6, 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: October 16, 2025, 14 × 60 min.

Location: ASKÖ Sportanlage Gnigl, Parscherstraße 4, 5023 Salzburg

Participants: 4 persons per group

Equipment: sport clothing, tennis shoes, tennis racket

Course fee: € 240,--

### Volleyball

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

Monday 20:30–22:00, ULSZ Rif

Course start: October 6, 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: until end of October 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**

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

Course start: until end of October regular entry possibilities  
Special price for FHS students: € 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: until end of October 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.



**Modern Jazz** Modern jazz combines dynamic and flowing dance movements. After a dance warm-up, participants learn different step combinations and choreographies. Relaxing stretches round off the session.

Thursday 19:00-20:30, Campus Urstein

Course start: October 2, 2025, 12 × 90 min.

Instructor: Sarah-Maria Hartl

Course fee: € 50,--

**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: October 7, 2025, 14 × 60 min.

Instructor: Tamara König

Participants: max. 20 persons

Equipment: sport clothing, exercise mat

Course fee: € 40,--





## 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: October 6, 2025, 14 × 60 min.

Instructor: Krishan Singh Sheoran

Participants: max. 20 persons

Equipment: sport clothing, yoga mat, towel

Course fee: € 40,--



## **Frischlucht 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 17:45 – 18:45, Campus Urstein

Course start: October 8, 2025, 14 × 60 min.

Location: Campus Urstein, outdoor area

Instructor: frischlucht outdoor fitness world

Participants: max. 16 persons

Equipment: sport clothing

Course fee: € 60,--



## 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, November 8, 2025, 10:00–17:00

Instructor: Markus Feil

Equipment: sports clothing

Course fee: € 25,--



## 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, October 25, 2025, 10:00–17:00

Instructor: Markus Feil

Equipment: sports clothing

Course fee: € 25,--

## Capoeira 1

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: October 6, 2025, 10 × 120 min.

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

Instructor: Givaldo Santos de Souza

Course fee: € 50,--



## Capoeira 2

Thursday 18:45–19:45

Course start: October 9, 2025, 10 × 60 min.

Location: Middle School, Lindorferplatz 7, 5400 Hallein

Instructor: Valdo Silva Carneiro e Silva

Course fee: € 50,--

## 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: October 13, 2025, 6 × 90 min.

Dates: October 13, 20, November 3, 10, 17, 24

Location: Elementary School Hallein3Burgfried, 5400 Hallein

Instructor: Sebastian Lechner

Participants: max. 10 persons

Equipment: sport clothing; fencing equipment is provided

Course fee: € 20,--



## **Power workout - 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: September 30, 2025, 16 × 90 min.

Location: University & State Sports Center Rif

Registration: until 06.09. at the latest, after that remaining places

Equipment: sport clothing, towel

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



## 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: September 30, 2025, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until 06.09. 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: September 30, 2025, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until 06.09. at the latest, after that remaining places

Equipment: sport clothing, running shoes

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



## DEINGYM Fitness

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

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**MANY TRAINING ADVICES**

**CROSSFIT ZONE**

**GREAT ATMOSPHERE**

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

## Free weight training

If you enroll for this course, you can use the fitness and weight room of the University & State Sports Center Rif to the given times every week throughout the whole winter semester including February.

Tuesday 18:00–19:30

Thursday 18:00–19:00

Course start: October 2, 2025

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

Course duration: October till February

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: October 7, 2025, 12 × 90 min.

Location: University & State Sports Center Rif

Course fee: € 50,--

### 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: October 5, 2025, 14 × 60 min.

Location: University & State Sports Center Rif

Registration: until 06.09. 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: October 5, 2025, 14 × 60 min.

Location: University & State Sports Center Rif

Registration: until 06.09. at the latest, after that remaining places

Equipment: swimwear

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

## 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.

Wednesday 17:30–19:00, Boulderbar Salzburg

Course start: October 8, 2025, 6 × 90 min.

Dates: October 8, 15, 22, 29, November 5, 12

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**

Wednesday 19:30–21:00, Boulderbar Salzburg

Course start: October 8, 2025, 6 × 90 min.

Dates: October 8, 15, 22, 29, November 5, 12

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,--



## **Ski touring Passeiertal**

The Schönauf Inn at the foot of the Timmeljoch offers a brilliant base in South Tyrol to tackle the diverse ski touring possibilities in the southern Stubai Alps. Depending on snow conditions, level of fitness and wishes of the participants, ski tours from 850 to 1500 meters in altitude are available. Possible tours, among others: Heachenberg (2631m), Gürtelspitze (2858m), Ht. Kitzkogel (3059m), Hofmannspitze (3112m),... The unique sauna at the Schönauf Inn with a view directly into the mountains and the good South Tyrolean food round off these ski touring days pleasantly.

Date: 12.02.–15.02.2026

Tour guide: Markus Stockert (certified mountain and skiing guide); in cooperation with Bergspezl (ski touring rental equipment is also offered here)

Participants: 4–8 persons

Equipment: Ski touring equipment

Special price for FH students: € 310,-- (course fee, not included fees for the overnight stay of approximately € 260,--)



## Avalanche workshop

The avalanche workshop is divided in two parts. The info evening focuses on theoretical background information on avalanches and the dangers they pose to winter sports enthusiasts, as well as on the provision of basic know-how on how to use emergency equipment. On the second day, a ski tour with special emphasis on dealing with the avalanche dangers and search exercises with the avalanche transceiver will be conducted. The walking time for the ascent on the ski tour is 2 to 2.5 hours, the difficulty of the descent is easy to medium.

Dates: Friday, 05. (info evening) und Saturday, 06.12.2025 (ski tour)

Instructor: Markus Stockert (certified mountain and skiing guide); in cooperation with Bergspezl (ski touring rental equipment is also offered here)

Equipment: Ski touring equipment

Participants: 4–8 persons

Special price for FH students: € 100,-- (info evening + ski tour); € 30,-- (only info evening)

## Ski technique off-piste

Especially for ski tourers. This day course focuses on off-piste skiing. In a suitable skiing area, slopes with different snow conditions and steepness are visited with the support of the lifts, in order to work on efficient and safe off-piste skiing techniques.

Date: Sunday, December 7, 2025

Tour guide: Markus Stockert (certified mountain and skiing guide); in cooperation with Bergspezl (ski touring rental equipment is also offered here)

Participants: 4–8 persons

Equipment: Ski touring equipment

Special price for FH students: € 60,-- (course fee, not included fees for the ski lift)



### **Ski touring & Yoga**

Ski touring in the backcountry itself is a brilliant way to be active in the winter mountains. This weekend we add 1-2 yoga sessions per day to the ski touring experience. Experience how it enriches your ski touring experience to be specifically attuned to the upcoming tour through the morning yoga session - and to find peace and relaxation at the end of the day afterwards. The cozy Weidener Hütte in the Tuxer Alps offers wonderful ski touring opportunities in different terrain with 700 to about 1300 meters of altitude and also a suitable seminar room for our yoga sessions, which Sandra Haick will lead.

Date: 03.01.–06.01.2026

Tour guide: Markus Stockert (certified mountain and skiing guide)

Equipment: Ski touring equipment

Special price for FH students: € 390,-- (course fee, not included fees for the overnight stay of approximately € 280,--)





## Indoor soccer tournament

The traditional indoor soccer tournament of the Salzburg University of Applied Sciences will take place again this year at the University Sports Center in Rif. Medals and trophies will be awarded to the three best teams.

Date: Saturday, November 8, 2025

Participation: free of charge, at least 6 players per team

Location: sports hall University Sports Centre Rif



**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 + WS25, 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

FH Sports Coordinator

Room 172

Tel.: +43-50-2211-1025

E-Mail: [sport@fh-salzburg.ac.at](mailto: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](mailto: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](mailto: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 photo on the front page was taken from the multimedia database of „Salzburger Land Tourismus Gesellschaft m.b.H.“, the photos inside the sheet are from the database of „istockphoto.com“, „123rf.com“ and „stock.adobe.com“.

## Contact

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Mag. Florian Furtner

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E-Mail: [sport@fh-salzburg.ac.at](mailto:sport@fh-salzburg.ac.at)

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FH Salzburg

# Career Center

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The Career Center at the Salzburg University  
of Applied Sciences supports students in  
planning their careers and entering the world  
of work.

Job  
platform



Career  
advice



Career fair  
»Contacta«

Save the Date:  
November 13,  
2025

Urstein Campus

All services and events can be found  
on the jobs and careers platform:

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\* nur für FH Studenten

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