

Summer 2019

University Sports Center (ZHS) of Munich

University Sports Center (ZHS) of Munich is an institution of the Technical University of Munich (TUM). On behalf of Bavaria, it provides an array of recreational and competitive athletics at the universities in Munich, Freising, and Landshut.

Director: Michael Hahn

Address:

Zentraler Hochschulsport München (ZHS)
TUM Campus im Olympiapark (CiO)
Connollystr. 32, 80809 München

Contact:

Telephone: (089) 289-2 46 68
Email: zhs-h@zv.tum.de
Homepage: www.zhs-muenchen.de

Summer semester program: *Tuesday, 23. April - Saturday, 27. July 2019*
Semester break program: *Monday, 29. July - Saturday, 12. October 2019*

TUM Campus Olympiapark hours of operation

Monday - Friday: 5.00 p.m. - 9.30 p.m.
Admission: 4.30 p.m.
Saturday: 9:00 a.m. - 3.30 p.m.

No university sports:

- Sundays and holidays
- Summer break at CiO: 12.08. – 14.09.2019
- Easter: 18. – 22.04.2019
- Pfingsten (Pentecost): 08. – 11.06.2019

No sports in the school gymnasiums:

- Easter break: 15. - 27.04.2019
- Pfingsten (Pentecost) break: 11. - 22.06.2019
- Summer break 29.07. – 09.09.2019

Special regulations:

- Open swimming (see homepage "Swimming - Important Notes A-Z")
- Beach and tennis facilities (see homepage "Tennis - Free Play / Important Notes")

INFO stand:

Throughout the entire semester and during the first and last week of semester break, the INFO stand is open
Monday through Friday 4.30 p.m. – 8.15 p.m.
Tel. (089) 289-2 46 65 or Tel. (0160) 57 65 754

Lost and found

During the semester:

At the INFO stand: Mon – Fri, 5.00 p.m. – 7.30 p.m., tel. (089) 289-2 46 65 or 0160-57 65 754
At the gate: Tue, 10.30 a.m. – 11.30 a.m., tel. (089) 289-2 47 11

During semester break:

At the gate: Tue, 10.30 a.m. – 11.30 a.m. and Thu, 6.30 p.m. – 7.30 p.m.

Collection of found ZHS cards: during semester at the INFO stand, during semester break at the tag issuing office (please see opening hours)

SPECIAL NOTES ON THE SPORTS PROGRAM

ZHS reserves the right, for reasons beyond its control, to make changes to the program or to cancel events without replacement or to cancel them at short notice.

Current changes can be found on our homepage and in the download center.
You will find most of information also in English on our website.
The next program "Winter 2019/2020" will be released mid September 2019.

Booster club of ZHS in Munich

How to become a member

The following documents must be sent in the mail to the branch office:

- [Member application form](#) with original signature;
- proof according to § 3 of the Articles of Association: copy of a student ID, a certificate proving enrollment, an employee badge, a previous ZHS ID, etc
- a passport picture (only when participating in university sports) - digital photos will not be accepted!
- a declaration of your connection and willingness to help the club if necessary (only for alumni of universities outside of Bavaria, etc.).

Petitions that do not include all of these requirements will not be processed.

Petitions to be a club member for Winter Semester must be turned in at the latest on October 1, and April 1 for Summer Semester.

Contact details: Tel. 089-289-24663

Opening hours: Wednesdays 6.00 p.m. – 8.00 p.m. (exceptions will be published on our homepage)

E-Mail: foerderverein@zhs.bayern

Homepage: www.zhs-muenchen.de (Förderverein)

General information

Participation authorization

Authorized participants of the University Sports Center are members of public universities in Munich, Freising and Landshut as well as private universities and employees at agencies and institutes that work directly with university education. Authorized participants do not include members of universities that are federally financed. You can find more details in the ZHS Terms of Registration and Participation under www.zhs-muenchen.de see Download Center & Information

Exclusion from courses

Ignoring instructors' instructions may lead to being expelled from class without a refund. Additionally, class instructors may prohibit further course participation due to insufficient skills or for any other reason (misconduct, absence on course-relevant dates, etc.).

ZHS ID

A ZHS ID along with valid semester tags are required to participate in all university sports activities and for free access to the facilities.

Semester tags

Which tags do I need?

Events in the swimming pool (classes and open swimming): Tag S

All other university events: Tag H

Access to exercise in the studio for fitness and rehabilitation: Tags H and F

Access to climbing facilities: Tags H and K

Validity of tags: 01.04. – 26.10.2019

Checkpoint

ZHS IDs and semester tags are checked at the entrance of TUM campus in Olympic Park.

How much does a tag cost?

Authorized participant categories:	H	S	F	K
1. Students of public universities (see T&Cs*)	7,50 €	15,00 €	30,00 €	30,00 €
2. Employees of public universities (see T&Cs*)	15,00€	20,00 €	30,00 €	30,00 €
3. Students of private universities (see T&Cs*)	12,50 €	15,00 €	30,00 €	30,00 €
4. Employees of private universities and associated institutions (see T&Cs*)	20,00 €	20,00 €	30,00 €	30,00 €

Family members (see T&Cs*):

Spouses/domestic partners and children who are eligible for child allowance and whose parents are students or employees from categories 1 - 4:

Children under 13	0,00 €	20,00 €		
Children 14+ and adults	20,00 €	20,00 €	30,00 €	30,00 €

T&Cs = Terms of Registration and Participation: www.zhs-muenchen.de/Download Center & Information

ATTENTION!

Now that SEPA has been launched, please be sure to pay close attention to the following for direct debits: For the first charge to your account, we will need a one-time SEPA mandate (your permission for the direct debit) with your original signature. The system will make the mandate and the debit confirmation available online. You will need to promptly sign the mandate and turn it in to ZHS. You can do this where you get your tags or at the information booth, by putting it in the mailbox at the entrance of the red containers next to PPL, or by mailing it. If ZHS does not receive the original mandate, we cannot issue any tags, and reservations expire after a certain deadline.

Please be aware when acquiring tags at LMU, TUM, and HS that there are no computers or printers.

How can I purchase tags?

Please reserve the tags you want online (www.zhs-muenchen.de). To avoid long waiting lines, we recommend ordering them at home before picking them up.

Please print out the booking confirmation and bring it along for issuing tags. You should pay via direct debit after reserving a tag.

The online reservation confirmation does not replace the tag!

You cannot cancel a tag if you already ordered it.

What should I bring along?

New issue:

- Online order confirmation, a one-time written mandate for direct debit
- Student ID (student card) or employee badge (personnel card)
- Photo ID
- Recent passport picture (minimum size 2,5 x 4,0 cm, no copies!)

Renewal:

- Online order confirmation, a one-time written mandate for direct debit
- Student ID (student card) or employee badge
- ZHS ID

When and where can I get my tags, and will I need a new ID or can I renew it? TUM Campus in Olympiapark, Connollystraße 32 (red containers next to PPL):

April 01 – April 17	Mon - Wed Thu	09:00 a.m. – 11:00 a.m. 04:00 p.m. – 19:00 p.m.
April 23 – May 02	Mon - Thu	04:00 p.m. – 07:00 p.m.
May 06 – May 09	Mon - Wed Thu	09:00 a.m. – 11:00 a.m. 04:00 p.m. – 07:00 p.m.
May 13 – July 25	Mon - Wed Thu	09:00 a.m. – 11:00 a.m. 05:00 p.m. – 07:00 p.m.
July 29 – September 26	Mon and Thu	09:00 a.m. – 11:00 a.m.

Closed: April 18, June 11 and public holidays

Munich University of Applied Sciences (canteen Lothstraße 13d)

April 9 /10 Tue/Wed 12:00 noon – 02:00 p.m.

Ludwig-Maximilians-University (Schellingstraße 3, front building, foyer)

April 24 -26 Wed - Fri 11:00 a.m. – 01:00 p.m.

Technical University of Munich - central campus (Arcisstraße 21, lobby)

April 29/30 Mon/Tue 11:00 a.m. – 01:00 p.m.

Technical University of Munich - Garching Campus (Mechanical Engineering faculty building)

May 02/03 Thu/Fri 10:00 – 12:00

Mandatory Booking

Students may not participate without a booking/reservation! Participants will be checked. Reservations may be made online at www.zhs-muenchen.de. You must order any required semester tags before booking a class or free play/open swimming.

What should I be aware of with courses that charge a fee?

Participants must pay via direct debit after reserving the course. Class fees depend on your category. If the direct debit cannot be processed due to errors within your control (e.g. not enough funds, wrong bank account data, etc.), you are required to appear in person within a certain period. You agree to repay ZHS for any bank fees incurred during the attempt.

Course cancellation

All cancellations must be emailed to (zhs-h@zv.tum.de).

a) Cancellation of courses with a fee:

It is possible to cancel up to one month before classes begin. For classes during the semester break, you can cancel at least one month before class begins and at the latest until the end of the semester. There is a €20.00 processing fee for cancellations of classes you paid for. We recommend buying travel insurance for expensive classes.

b) Cancellation of courses without a fee:

It is possible to cancel at any time without incurring a fee.

When may I reserve courses?

- starting Monday, 08.04.2019
 - 9:00 a.m. Ball & team sports
 - 11:00 a.m. Gymnastics, track & field, and dance
 - 1:00 p.m. Water sports
(swimming, scuba diving, water polo, diving)
 - 3:00 p.m. Winter sports
- starting Wednesday, 10.04.2019
 - 9:00 a.m. Fitness & health sports
 - 11:00 a.m. Martial arts, new & recreational sports
 - 1:00 p.m. Climbing & mountain sports
- starting Monday, 29.04.2019
 - 9:00 a.m. Water sports (Canoeing, rowing, sailing, wind surfing, Stand Up Paddling, Surfing)

Activities of didactic methodologies and high risk

require a student's presence in one of the first two course hours. If they cannot attend/participate in one of the first two classes, they will not be allowed to continue in the class. This will not result in a refund of the paid course fee, and participants will no longer be able to switch course reservations after the second class.

Class availability forum:

If a student cannot participate in a class that is already reserved and paid for and they miss a cancellation deadline, or a class is already completely booked, students can use our class availability forum. Any financial transactions happen directly between the students (not through ZHS). Students need to inform the student office about final exchanges as soon as possible via email (zhs-h@zv.tum.de).

Free play or open access for training

Registration is mandatory. Changes and latest updates can be found on our website (www.zhs-muenchen.de) or Facebook page and Instagram.

Athletic program

ADDITIONAL INFORMATION ABOUT THE ATHLETIC PROGRAM

University courses

The sports program is designed for everyone, regardless of ability. In order to offer a wide variety, courses are divided up based on ability.

Class A: Beginners who want to try out the sport.

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

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

Free play

Free play is open to all levels and is organised by a supervisor with authority to issue instructions. The ball will be handed out by the supervisor on presentation of a valid participant card.

Exception: The balls must be brought along on Saturdays.

Open access for training

Open access to the intramural sports facilities and the LAH-Gallery (track & field) is possible during regular hours of operation, as long as they are not being used for courses or closed due to technical difficulties. There is no statutory accident insurance coverage here.

Number of participants

Participants must register for ALL activities. The number of participants indicated is the maximum number of people allowed to take part in the sports halls. Despite registration, there is no entitlement to participation in courses that are not subject to payment! (Fire protection regulations!)

Class reservation

In order to participate in a class, a reservation is mandatory. We also need your email address, because all important updates are sent via email.

Sports equipment

University sport attaches great importance to clean and appropriate sportswear. Special information can be found in the individual sports.

Only sports shoes with soles that do not stain may be worn in the halls. Sports shoes that are used outdoors may not be worn in the sports halls. The changing rooms and corridors may be with cleated shoes and spikes. For free practice, sports equipment can be borrowed from the equipment center upon presentation of a participant's identity card with a valid semester tag.

Course instructors

ZHS course instructors are qualified professionals assigned to the respective department.

The head of the relevant sports department is responsible for the selection, professional supervision and further training of the course instructors.

Risk involved in participation

While performing any athletic activity, the risk of accidents and injuries increases overall.

Especially in mountain and climbing sports, winter sports, and water sports, there is a high risk of accidents and injuries due to factors (e.g. nature) over which humans have no control. The course instructors, who are carefully selected and placed, may reduce the risk, but not completely eliminate it. The remaining risk is borne by the participants themselves.

Liability and insurance

For any questions about liability and insurance, go to Terms of Participation under www.zhs-muenchen.de/Download Center & Infos before class begins.

Competitive sports

Munich University Championships (MHM)

Students and employees of the universities in Munich, Freising and Landshut may participate in the competitions. Dates, announcements, and results are posted here: www.zhs-muenchen.de/en/competitive-sports.

German University Championships (DHM) / German University Cup (DHP) / adh-Open

The German University Sports Association (adh) organises German University Championships (DHM) or the German University Cup (DHP) or adh-Open or adh-Trophy in over 40 sports. Students and all employees of the affiliated universities in Munich, Freising and Landshut can take part.

Registration

Students must register for national competitions at adh through ZHS in a password protected area by the registration deadline. Every student is obliged to read all announcements about their competition in detail before registering (see www.adh.de). The registration form (registration dates for competitions) must be emailed to ZHS (zhs-wettkampf@zv.tum.de) at least one day before the registration deadline. Late registrations are strictly prohibited.

Financial aid

Entry fees are financed by ZHS' budget for competitions. Additional aid can be granted for certain placements: 0.25 €/km for group travel, 0.10 €/km for individual travel; 8.00 € for accommodation and 10.00 € per diem. Grants for DHP or adh-Open are available upon request. No one has a legal right to financial aid. ZHS transfers the registration fee directly to the organizers, unless otherwise instructed in the announcement. All participants receive a registration confirmation and an expenses form. Original copies can be turned in to ZHS.

Cancellation

If a registered athlete does not take part in a competition for reasons for which he/she is responsible, entry fees and remorse fees will be charged to the athlete.

International Championships (EUC, WUC, Universiade)

Nominations and financing can be discussed with the adh department of competition (Thorsten Huetsch: huetsch@adh.de) and the ZHS department of competition: zhs-wettkampf@zv.tum.de

Additional information

Management: Room No.

Director Michael Hahn 15215

Departments:

Department 1 Klaus Beer 15213
Winter sports
Water sports (canoeing/rowing)
Gymnastics & track and field
Fitness & health sports (fitness studio)

Department 2 Thomas Plank 15223
Climbing & mountain sports

Department 3 Lutz Herdener 15216
Fitness & health sports
Dance
New and recreational sports

Department 4 Tobias Borucker 15214
Water sports (sailing, surfing, SUP,
swimming, scuba diving)

Department 5 Andrea Wolfrum 15214
Ball & team sports
Martial arts

Department 6 Frits Vilijn
Freising, Landshut, Triesdorf

ZHS administration

Head of administration Susanne Fischer 15222 289-24661

For questions regarding course instructors, class reservations, tag issuing, participation authorization, competitions, accident reports, accounting issues please contact:

Katrin Beiler	15221	289-24727
Walburga Gärtner	15220	289-24651
Petra Hain	15220	289-24668
Torsten Hinzmann	15221	289-24729
Tina Wörle	15220	289-24662

Campus equipment center Alfred Schmuck 289-24718
Andreas Wischnewski

Sand and tennis courts Brigitta Filipovic 3519188
Renate Kilzer-Niepert
Ursula Palm

University sports in Freising and Landshut

ZHS in Munich runs a customized athletic program for all Freising universities (Technical University of Weihenstephan and University of Weihenstephan-Triesdorf in Freising) and for the university in Landshut. You can find details such as sports activities, schedules, etc. in Freising's sports brochure and on their homepage under: www.zhs-muenchen.de \ Kursangebot Freising & Triesdorf or www.zhs-muenchen.de \ Kursangebot Landshut. University staff in Freising and Landshut are allowed to participate in Munich activities as well.

University sports in Straubing and Triesdorf

ZHS in Munich runs a customized athletic program for the Technical University of Munich in Straubing and for the University of Weihenstephan-Triesdorf in Triesdorf. You can find more information (dates, locations) in the local program publications.

Cooperation with the athletic association USC München e.V.

Activities that take place in cooperation with USC München e.V. are labeled with "USC."

Notices about the rules and regulations

Rules and regulations apply when using the facilities.

Parking: Campus parking in Olympiapark for participants with an ID and valid H tag is available Monday through Friday, from 4.30p.m. until 9.30p.m. and Saturday from 9.00a.m.-4.00pm.

Changing rooms: Changing facilities are available. Changing rooms close 30 minutes after sports activities end. Participants will need a 1 Euro coin to use lockers in the changing room. Lockers are to be used while playing sports. They are not allowed to be used overnight or as storage spaces in general. Please empty your locker after sports.

Changing clothes or storing bags in the halls is not allowed.

Glass bottles are prohibited in all athletic facilities due to risk of injury from the shards.

Liability

The Free State of Bavaria, ZHS and its staff are only responsible for claims if they caused the injury intentionally or through gross negligence. This limitation does not apply to a breach of contract, damages resulting from injury to life, limb or health, or claims under the Product Liability Act or due to fraudulent behavior of a contractor.

Personal liability insurance

There is no statutory accident insurance coverage if personal injury or property damage is caused to third parties during sports. We therefore recommend all participants buy personal liability insurance to cover third-party claims, especially for events at off-campus venues open to the public (e.g. mountain and skiing trips, canoeing, rowing, sailing, scuba diving, and windsurfing).

International health insurance

When participating in courses abroad, we strongly recommend you obtain an international health insurance policy that covers additional risks (medical care, rescue costs, repatriation costs, etc.).

Accident insurance

Enrolled students are legally insured by the responsible accident insurance company at all course events during organized athletic practice as well as at university competitions on behalf of the ZHS. There is no statutory accident insurance coverage for open practice, i.e. outside of organized ZHS practice times (free-time or individual training).

Please report all sports accidents immediately to the administration office of university athletics (Tel. 089/289-24727, Beiler@zv.tum.de).

Travel insurance

We recommend buying travel insurance for classes with high fees.

Water sports facilities Starnberg

Water sports with a large lawn

Season: 27.04. – 03.10.2019

Address: Unterer Seeweg 5, 82319 Starnberg, Tel. 089-289 24184

Hours of operation

Mon closed (including Whit Monday)
Tue – Fri 08.00 a.m. – 09.00 p.m. 27.04. – 09.08.
Tue – Fri 08.00 a.m. – 07.00 p.m. 13.08. – 03.10.
Sat/Sun/holidays 08.30 a.m.– 07.00 p.m. 27.04. – 03.10.

ATTENTION: If there are no classes, the water sports area might close ahead of schedule due to bad weather.

Access rules:

- Authorized participants of ZHS in Munich, see Terms of participation (www.zhs-muenchen.de/Download Center & Information)
- Guests accompanied by persons with access authorization.

Entrance:

- A ZHS ID
with the valid H or H/S tags: free
- employee or student ID, 1 € children
Förderverein (booster club) ID along with 2 € adults
a photo ID 4 € guests

Attention: Students of physical education and health sciences need the tag H.

Location/ How to get here (also see: www.mvg-mobil.de)

Sand and tennis courts	Kolehmainenweg in Olympiapark	U 3, Bus 173 Olympiazentrum
Campus Garching/ Faculty buildings MW Bibliothek Garching	Boltzmannstr. 15 Garching Walther-Meißner-Str.1	U 6 Garching Forschungszentrum
Ice Sports Center East	Staudingerstr. 17, Perlach-Ramersdorf	U 5, Michaelibad Bus 195, Ostpark
Foreign Language Institute (FIM) of Munich	Amalienstr. 36 Bus 154, Schelling-Türkenstraße	U 3, U 6, Universität
Gisela-Gymnasium (Gi-Gym)	Arcisstr. 65	Tram 27, Elisabethplatz
Käthe-Kollwitz-Gymnasium (KK-Gym)	Nibelungenstraße 51	U 1, Rotkreuzplatz
Luisen-Gymnasium (Lui-Gym)	Luisenstraße 7	U 1, U 2, U 4, U 5, U 7, U 8, S 1 – 7 Tram 16, 17, Bus 58, Central St. North
Olympia rowing facilities	Oberschleißheim Dachauer Str. 35	S 1, Oberschleißheim, Bus 291, Regattaanlage
Pestalozzi-Gymnasium (Pe-Gym)	Eduard-Schmid-Straße 1	U 1, U 2 Fraunhoferstraße Tram 17, Eduard-Schmid-Straße Bus 132
Rupprecht-Gymnasium (Ru-Gym)	Albrechtstraße 7	U 1, Maillingerstraße
Training pool of ZHS (University Sports Center)	Olympia indoor swimming pool	U 3, Bus 173 Olympiazentrum
TUM Campus in Olympic Park	Connollystraße 32	U 3, Bus 173 Olympiazentrum
TUM Campus C	Georg-Brauchle-Ring 58	U 1 Georg-Brauchle-Ring U 3 Olympia-Einkaufszentrum OEZ Bus 175
Water sports facilities Starnberg	Unterer Seeweg 5	S 6 Starnberg
Wilhelms-Gymnasium	Thierschstraße 46	U4, U5, Lehel
Wittelsbacher-Gymnasium (Wi-Gym)	Marsplatz	S 1 - 8, Hackerbrücke Tram 16 and 17, Marsstraße