



université PARIS-SACLAY

## SPORT / LEISURE

*Do you want to get active?*

*Do you want to de-stress?*

**Do a sport! More than 20 activities are offered in Guyancourt, Versailles and Vélizy.** Whether you're a beginner or an expert, there is something for everyone. Yoga, qi qong, pilates, zumba, salsa, contemporary dance, modern dance, badminton, golf, swimming, water aerobics, handball, basketball, volleyball, football, and more.

### Student life works with the Sport Office, which manages:

- » **Optional sporting and physical activity courses:** 3 or 4 ECTS are granted providing students meet skill requirements and attend class regularly.
- » **Student engagement course:** The University recognizes the value of student engagement in associations. This course allows you to acquire practical knowledge about the voluntary sector and apply it in the field.
- » **Leisure Courses** < Lunch Break > From 12pm – 2pm.

» **The Sports Association**

» **Elite Athletes:** Special provisions are made for students enrolled on the ministerial list.