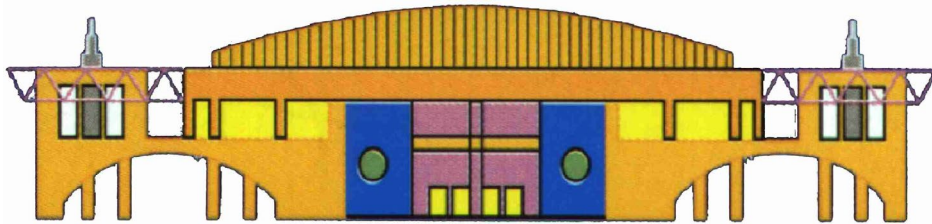




UNIVERSIDAD  
DE MÁLAGA



## Sports Service: University of Malaga

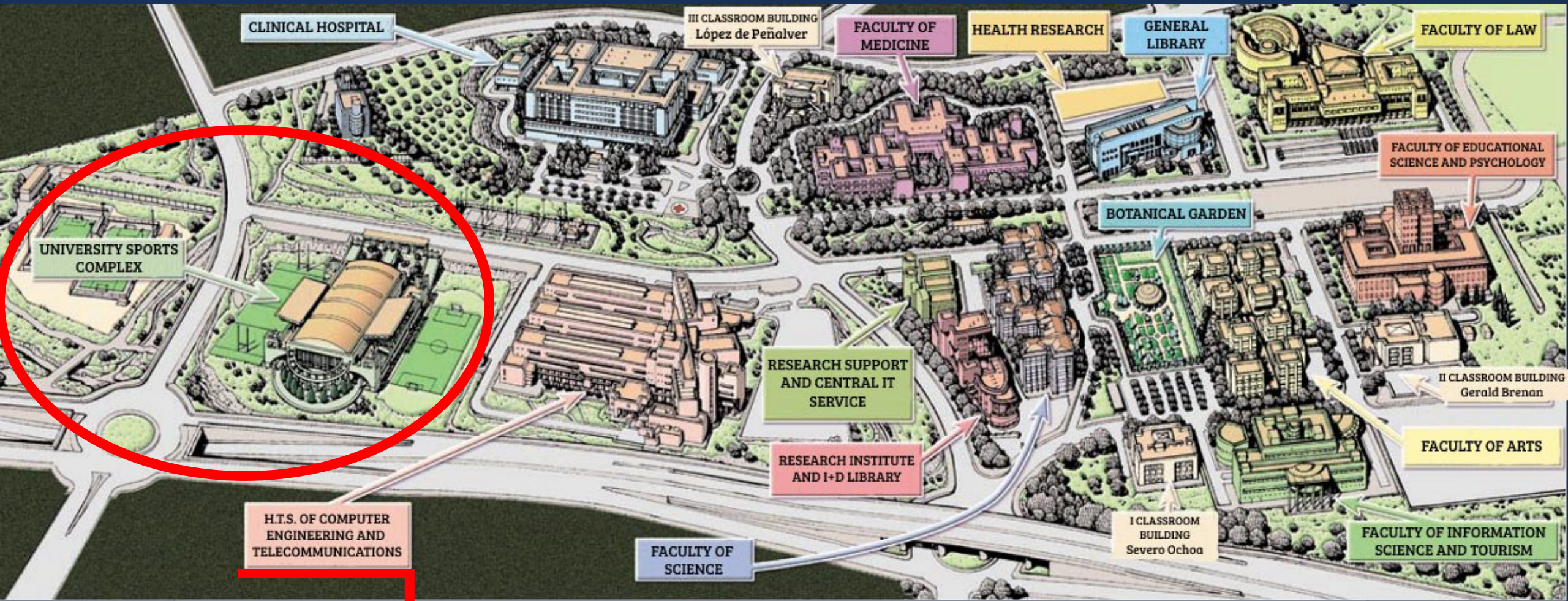
Hilario Sánchez Moreno  
Director for Sports Service

# Sports Service



Welcome to the Sports Complex of the University of Malaga.  
Do not forget to visit our web page and choose the English version!  
[www.uma.es/uma-deportes/](http://www.uma.es/uma-deportes/)

# Sports Service. Where is it?





UNIVERSIDAD  
DE MÁLAGA

Vicerrectorado de Estudiantes  
y Deporte  
Servicio de Deporte Universitario

## TARIFA PLANA ESTUDIANTADO

Grado, Posgrado y Movilidad

20 €  
tarifa  
mensual

Actividades dirigidas  
Calistenia  
Circuito de carreras  
Escuelas deportivas  
Gimnasio exterior  
Pista de atletismo  
Piscina  
Sala cardiovascular

Más información:  
[deportes.uma.es](http://deportes.uma.es)



## FLAT RATE FOR STUDENTS

- Exclusively for undergraduate, postgraduate and **mobility students**
- 20€ per month
- Includes access to facilities of free-use like:
  - Gym
  - Heated swimming pool
  - Calisthenics park
  - Running circuit
  - Outside gym
  - Athletics track
- Access to activities such as:
  - Guided activities
  - Sports courses

# ACTIVIDADES DIRIGIDAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
08:30 - 09:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
09:30 - 10:15		GAP		GAP	
09:30 - 10:00					CORE
09:30 - 10:30	PILATES	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
10:30 - 11:00		CORE		CORE	
10:30 - 11:30	ZUMBA	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
11:30 - 12:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
12:00 - 13:00	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR
13:00 - 14:00	POWER BIKE	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR	POWER BIKE
12:30 - 13:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
13:30 - 14:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
14:30 - 15:30	CICLISMO INDOOR	BODYFITNESS	AEROFITNESS	POWER BIKE	CICLISMO INDOOR
14:30 - 15:00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
14:30 - 15:00					CORE
15:00 - 16:00		PILATES		PILATES	
15:30 - 16:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
15:30 - 16:15	GAP	GAP	GAP	GAP	GAP
16:00 - 17:00	POWER BIKE	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR	POWER BIKE
16:15 - 17:00		GAP		GAP	GAP


SÁBADO (09:00-10:00 / 10:00-11:00 / 11:00-12:00 / 12:00-13:00): FUNCTIONAL TRAINING

# GUIDED ACTIVITIES

- Functional training
- Pilates
- Power Bike
- Body fitness
- Aerofitness
- Indoor cycling
- Zumba
- Aerobox
- Street Dance
- Callisthenics
- Latin dance
- GAP
- CORE

# SPORTS COURSES

## ESCUELAS UNIVERSITARIAS



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
08:30 – 09:30						
10:00 – 12:00						ESCUELA UNIVERSITARIA WATERPOLO
16:00 – 17:30		ESCUELA UNIVERSITARIA BALONCESTO MIXTO		ESCUELA UNIVERSITARIA BALONCESTO MIXTO		
18:00 – 19:00		ESCUELA UNIVERSITARIA VOLEY-PLAYA MIXTO		ESCUELA UNIVERSITARIA VOLEY-PLAYA MIXTO		
19:30 – 20:30	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL		
20:30 – 21:30	ESCUELA UNIVERSITARIA FÚTBOL 7 MIXTO	ESCUELA UNIVERSITARIA FÚTBOL-SALA MIXTO	ESCUELA UNIVERSITARIA FÚTBOL 7 MIXTO	ESCUELA UNIVERSITARIA FÚTBOL-SALA MIXTO		
20:30 – 21:30	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL		

- Volleyball
- Mixed 7-a-side football
- Mixed basketball
- Mixed beach volleyball
- Mixed futsal
- Water polo



# HOW TO REGISTER?

- 1) Visit [www.uma.es/uma-deportes/](http://www.uma.es/uma-deportes/)
- 2) Select the English version!

The screenshot shows the top navigation bar of the UMA website. On the left, there is a '50 ANIVERSARIO' logo and the 'UNIVERSIDAD DE MÁLAGA' logo. The main navigation menu includes 'Activities -', 'Competitions -', 'Facilities -', and 'Events and ot'. The central content area features the word 'DEPORTES' in large, spaced-out letters. On the right side, a user account menu is open, listing options such as 'Iniciar sesión', 'Olvidé mi contraseña', 'Soy nuevo en la UMA', 'Activar mi cuenta', 'Mis datos en DUMA', and 'Mi Correo'. At the bottom of this menu, the language options 'Español' and 'Inglés' are visible, with 'Inglés' being circled in pink to indicate the selection step.

# HOW TO REGISTER?

3) Click on “Academic year 2022/23 new programme”

The screenshot displays a website interface with a 'Sports' header. On the left, there is a 'Noticias' section with a blue banner for 'EUSA MALAGA 2023 EUROPEAN UNIVERSITIES BEACH CHAMPIONSHIPS'. Below the banner is a text block: 'Volunteering for the European Games 2023' and '25 young Europeans will volunteer at the event'. In the center, there is a 'Destacados' section with a colorful graphic of a pinwheel and a banner for 'XVII minicampus Universidad de Málaga'. Below the banner is a text block: 'Minicampus Semana Blanca 2023' and 'Inscripciones a partir del 16/01/23. Información aquí.'. On the right, there is a 'Highlight menu' with several items. The first item, 'ACADEMIC YEAR 2022/23 NEW PROGRAMME', is circled in red. Other items in the menu include 'FLAT RATE FOR STUDENTS', 'PROGRAMME OF ACTIVITIES LEAFLET 2022/23', 'REGISTRATIONS-NEW SOFTWARE', 'ACADEMIC YEAR 2022/2023 OPENING HOURS', 'RECTOR TROPHY', 'CENTRE COORDINATORS', 'SOLICITUD PRÁCTICAS ESTUDIANTADO', 'BOOKING REGULATIONS - CANCELLATIONS OF ACTIVITIES AND RENTALS', 'CUSTOMER SERVICE', and 'BOARD'. Social media icons for Facebook, Twitter, and Instagram are visible at the top right.



# HOW TO REGISTER?

## 4) Read the information and click on “CronosWeb i2A-Cronos”

ACADEMIC YEAR 22/23 PROGRAMME INFORMATION

MEJORADO POR Google

PROGRAMA DE ACTIVIDADES 2022-2023

We present the Programme of Activities for the academic year 2022-23 and the new software [CronosWeb i2A-Cronos](#).

COMPLETE PROGRAM OF ACTIVITIES FOR THE 2022-23 ACADEMIC YEAR

There are new newness, new activities and schedules to make your sports experience much more fun and healthy.

STUDENT, PAS AND PDI FLAT RATE

We present the second year of the Student Flat Rate exclusively for undergraduate, graduate and mobility students. This activity will be free of charge for scholarship holders as long as this requirements are met

Check out all the activities included for a single fee of 20€ per month (students), or 30€ per month (professors and Administrative and Service Staff). [STUDENT FLAT RATE LEAFLET](#)

### REGISTRATION

**IMPORTANT INFORMATION!!!**

- In the 2022-23 academic year, all registration and payment managements are carried out through the new application of the Sports Service. [CronosWeb i2A-Cronos](#). Only health activities, padel and children's swimming for new users will be done in person, as an assessment is required (in the case of health activities) as well as level tests in the case of padel and children's swimming.
- **Registered users:** If you are a member of the university community you must log in through IDUMA. If you do not belong to the community and you are a user of this academic year 2022/23, log in through the button RESTO DE USUARIOS (REST OF USERS). You must read the conditions and accept them beforehand.
- If you want to sign up for the **flat rate**, once you have logged in through IDUMA, you have to sign up for the sports card and pay for it, even if the cost is 0. Then sign up and pay the flat rate fee. If you are a scholarship student entitled to have the flat rate for free, you must apply for it through the web page and wait until the administration staff contact wit you. If you are already registered and you want to unsubscribe, please send an email to [administraciondeportes@uma.es](mailto:administraciondeportes@uma.es)
- After logging in, the first thing to do is paying the sports card, selecting the new 22-23 academic year.
- The spouses and children of the administrative and service staff (PAS) and the teaching and research staff (PDI) be considered as beneficiaries in the new application. In

Highlight menu

- ACADEMIC YEAR 2022/23 NEW PROGRAMME
- FLAT RATE FOR STUDENTS
- PROGRAMME OF ACTIVITIES LEAFLET 2022/23
- REGISTRATIONS-NEW SOFTWARE
- ACADEMIC YEAR 2022/2023 OPENING HOURS
- RECTOR TROPHY
- CENTRE COORDINATORS
- SOLICITUD PRÁCTICAS ESTUDIANTADO
- BOOKING REGULATIONS - CANCELLATIONS OF ACTIVITIES AND RENTALS
- CUSTOMER SERVICE
- BOARD

# HOW TO REGISTER?

5) Click on “Acepto las Condiciones generales” (I accept the general terms)

6) Click on iDUMA


DEPORTES



Acepto las Condiciones generales

# HOW TO REGISTER?

7) Log in with your UMA E-Mail and password

 **iDUMA - University of Málaga Identity Service**


Single Sign-On Service


**USER IDENTIFICATION** ?

Your UMA E-Mail


Password

**AUTHENTICATE**


 I'm a user but I cannot log in

 Solicitar PIN UMA

**OTHER AUTHENTICATION METHODS** ?

 Digital certificate

Once authenticated it wouldn't be required to login again to access another resources.  
To logout we recommend you to close your browser (closing all the open windows).

 Important information about SECURITY

# HOW TO REGISTER?

8) Click on “Gestión Tarjeta Deportiva y Tarifa Plana”  
(Sports Card and Flat Rate Management)



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uma.es 



Información y ayuda



**IMPORTANTE**

Plazo pago mensualidades.  
Baja de impagados.



Descuentos Diciembre y  
Enero

Entrar y leer información.



Gestión Tarjeta  
Deportiva y Tarifa Plana



Inscripción y pago cuota  
actividades mensuales



Reservar actividades por  
sesiones



Alquiler de instalaciones



Competiciones



Solicitud de Servicios de  
Medicina y Fisioterapia  
Deportiva



Recarga de Monedero


# HOW TO REGISTER?

9) Click on “Darse de alta” (Register) and choose “Tarjeta Deportiva” (Sports Card). It is **free** and you have to pay by **credit card**.



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| [uma.es](http://uma.es) 

Mi cuenta 

← Gestión Tarjeta Deportiva y Tarifa Plana



Darse de alta




Pagar Cuota



Becados - Solicitud tarifa  
plana gratuita

# ONCE REGISTERED... 3 OPTIONS


OPTION 1) You can pay the **Flat Rate** here (20€/month). Then, you have to book an activity and the time you are going to attend!

 The payments starts counting from the day you pay. Example: from 17<sup>th</sup> February – 17<sup>th</sup> March.



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| [uma.es](http://uma.es) 

Mi cuenta 

 Gestión Tarjeta Deportiva y Tarifa Plana



Darse de alta



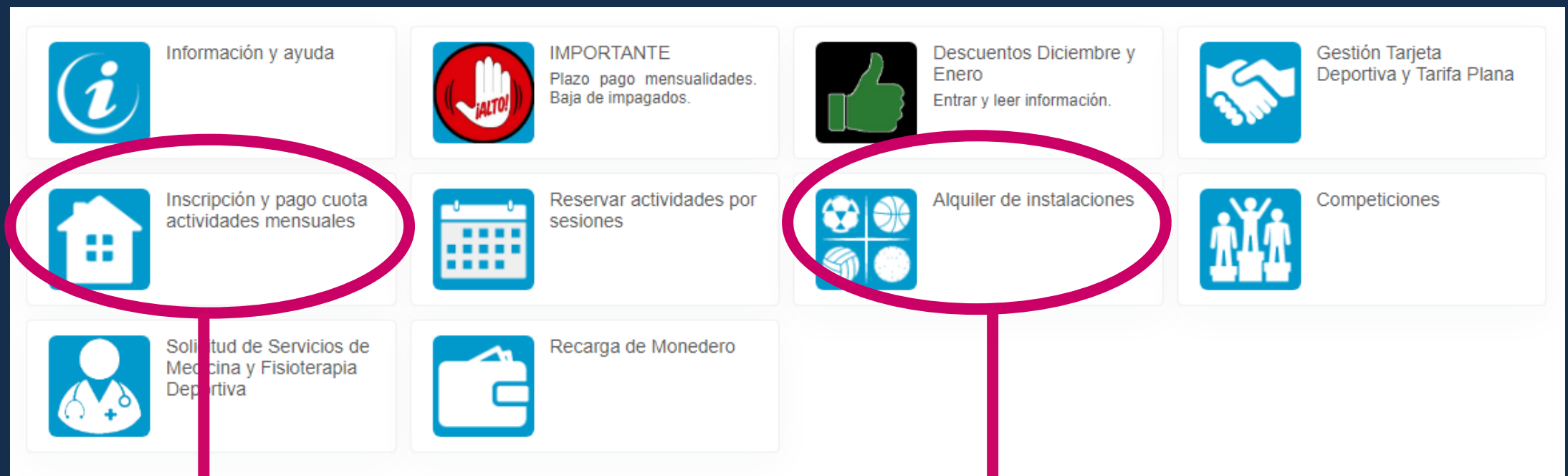
Pagar Cuota



Becados - Solicitud tarifa  
plana gratuita

# ONCE REGISTERED... 3 OPTIONS

If you are not interested in the flat rate, you have two more options:



OPTION 2) Registration and payment of the **monthly activities** fee

OPTION 3) **Rental of facilities**

# Contact

[deportes@uma.es](mailto:deportes@uma.es)

[administraciondeportes@uma.es](mailto:administraciondeportes@uma.es)

Make sure to follow us!

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**Sports Service**  
University of Malaga

