

**Sorbonne University Abu Dhabi**  
A bridge between civilisations

# Belly dancing

Women only

**Belly dancing has a lot of psychological and physical benefits. In addition to body sculpting, belly dancing significantly develops self-confidence, coordination and rhythm.**

You will learn different Egyptian dances and use accessories such as a cane, silk veil, and Isis's wings. In order to put together a quality show at the end of the year, the group will be limited to 12 diligent students throughout the academic year.

**Equipment and/or outfit required:**

Large scarf or shawl

The course will be done barefoot

Tight tops and pants

You can find information about all the available sports activities on the Sorbonne Abu Dhabi website: **sorbonne.ae**

For more information, please contact the Sports Department: **sports@psuad.ac.ae**





# Chess

Men and women

**Chess is a two-player strategy board game played on a chessboard. The players take turns by moving one of their pieces.**

Each player initially has one king, one queen, two rooks, two bishops, two knights and eight pawns.

The goal is for a player to checkmate his opponent; a situation in which the king is placed under an inescapable threat of capture.

**Equipment and/or outfit required:**

Equipment provided by Sorbonne Abu Dhabi

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# Climbing

Men and women

**Climbing offers athletes the chance to acquire all the techniques and skills necessary to climb safely on an artificial surface.**

Athletes will learn how to work with a climbing partner, belaying techniques, how to use climbing equipment and how to safely manage risks. Regular climbing practice will improve an athlete's level of fitness, agility, flexibility, mental strength and self-confidence.

**Equipment and/or outfit required:**

Classic sportswear that does not hinder movement

Climbing shoes

Chalk ball

Safety equipment (harness)

Towel and water

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# Muay Thai

Men and women, option possible

**Muay Thai, sometimes called Thai boxing is a combat sport which was used by the armies of the Khmer Empire. Some call it "the art of eight members" as hands, elbows, feet/shins and knees are used as weapons to land devastating blows to the adversary.**

It requires a good mental capacity (the ability to make adequate and prompt decisions, game intelligence etc.) and muscle flexibility and power. Muay Thai boxers develop explosive muscles, cardiovascular endurance, flexibility, speed, coordination and good mental balance.

The course will cover all phases of the activity:

- Punching bag
- Offensive, defensive and evasive training (with a partner)
- Paos training (striking targets which are held by the coach)
- Sparring (a 50% power fight with a partner)
- Fitness

## **Equipment and/or outfit required:**

Basic sportswear

Boxing bandages (hand wraps)

Teeth protection (for those who wish to spar)

For more information, please contact the coach.

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# Paddleboarding

Men and women, option possible

**Paddleboarding or surfboarding is a sea sport, usually performed in shallow water near the beach. Paddleboarding consists of standing and rowing on a specially-designed board. The practitioner can stand or kneel on the board and travel distances from 30km to 60km in certain races.**

The course will cover all the aspects of paddleboarding including equipment assembly, rules, techniques, individual and collective tactics.

**Equipment and/or outfit required:**

Swim suit (one piece for the women)  
Towel and sunscreen protection

For more information, please contact the coach.

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# Salsa (Latino dance)

Men and women

**Salsa (which means 'sauce' in Spanish) is a subtle blend of many Latin and Afro-Caribbean (ex: Mambo, Rumba, Guaguancó) dances. Salsa is danced to 6 beats (there is a total of 8, but 2 beats are 'swallowed'). It is mainly danced by couples. There are many styles of salsa: Cuban, 'LA style', Colombian and Puerto Rican amongst others. Salsa classes are based primarily on technical steps, starting with the basic steps and adding progressively more complex, advanced combinations of steps and turns. Salsa dancing is a great way to stay healthy and fit and with its cheerful rhythm, is good for the brain and your mood!**

Salsa has many benefits for the body and the brain such as weight loss and toning for a young and balanced body. It is good for the cardiovascular system and lung capacity. Salsa strengthens our stabilising muscles. It also helps to improve coordination and helps strengthen our reflexes. It also improves emotional health: dancing is recreational and an entertaining activity. It leads to a rich social life and is a good opportunity to meet new people. It improves our mood by raising our endorphin levels and can cure stress and depression, Salsa also helps you improve your confidence!

**Equipment and/or outfit required:**

Preferably dancing shoes or comfortable shoes  
Trainers are not suitable

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# Swimming

Men and women, option possible

**Swimming takes place in a swimming pool and invites the swimmer to travel a given distance in the water with a particular swimming technique or one of his/her own choice. There are many swimming techniques available. This course will cover them in a fun and friendly way.**

Swimming stimulates the cardiovascular system, strengthens muscles and joints. Fin swimming and rescue training available.

**Equipment and/or outfit required:**

Swim suit (one piece for women)

Swimming goggles

Towel

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