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*Sport Santé*  
UNIL+EPFL


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[General terms and conditions online \(in French\)](#)



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## Access

Students have free access to the UNIL+EPFL Sports Centre and to free courses without registration, on presentation of their valid student card. To access free courses with registration, paid courses or to purchase a season ticket, the sports login is required.

Other members of the university community (categories B to E) must purchase a semiannual or annual Sport Santé access card, at the prices below. The card can be purchased or renewed online or at the secretariat (Villa des sports), upon presentation of a valid ID card. It displays the logo(s) of the purchased membership(s) and allows access to the facilities and classes on a membership basis, as well as to paid-for courses and free courses (with or without registration).

The sports login (personal account) is the tool you use to register for classes, buy/renew membership(s) or the Sport Santé access card (depending on your category).

Login



## Schedules

**Check online the conditions, the opening of registrations and the calendar of activities and courses.**

During terms, the program is alleviated and courses timetables may vary.

Courses program





## Sport Santé access card

		CHF	CHF
		Half-year	Year
	The <i>Sport Santé</i> access card gives you access to the infrastructures and free courses, with the exception of the weight rooms and tennis (optional, see p. 5)		
<b>A</b>	UNIL-EPFL-AISTS students, UNIL doctoral students and Swiss universities students, with a valid student card.	Free	Free
<b>B</b>	Students not registered for the semester, research trainees, auditors, 3rd year gymnasium students, HES/HEP students, UNIL-EPFL apprentices.	50.-	80.-
<b>C</b>	University faculty: teaching staff, UNIL-EPFL administrative and technical staff, UNIL graduate assistants, EPFL doctoral students, CHUV employees, FISU and CIO staff.	120.-	200.-
<b>D</b>	UNIL-EPFL and HES/HEP (from Vaud) Alumni, UNIL-EPFL partner companies employees, reShootinged UNIL-EPFL employees, UNIL-EPFL guests, BCV employees, Université Populaire de Lausanne teachers and students, professors, HES Western Switzerland employees.	200.-	350.-
<b>E</b>	Member C partner and UNIL doctoral partner.	320.-	450.-

## Off-peak hours access card

		Half-year	Year
Mon-Fri	7am - 12pm / 2pm - 4pm	120.-	200.-
Weekend	8am - 7pm		

During the defined timetable, this card gives you free access to:

- weight rooms
- Yoga, Pilates and Indoor cycling classes

Swimming and Sportive Pole courses remain payable.








## One-off access card

One-off access to outdoor activities without Sport Santé access card.	CHF
1 day	25.-
2-3 days	50.-
4 days or more	100.-

## Sports on membership

	Half-year	Year
 Weight rooms	70.-	90.-
 Smart weight training option	24.-	30.-
 Tennis single access	70.-	90.-
Rowing for beginners or advanced	185.-	-
Supervised climbing	35.-	60.-
Pilates	49.-	89.-
Yoga	49.-	89.-
Slowfit*	89.-	149.-

\* Includes: Pilates, Yoga, LPF, Chiharmony, Mindfulness, Qi Gong



## Free Sports

Access with student card or *Sport Santé* access card.

## Paid-for Sports

From CHF 32/semester  
This is the price of most courses.

Some free or paid-for sports require a registration in order to guarantee a spot. The *sports login* allows the enrolment.

## Outdoor Sports

Upon paying registration by means of the *sports login*.



CRAFT

Votre équipementier  
sportif sur le  
campus

[craftsportswear.ch](https://craftsportswear.ch)

  @CraftSportswearSwiss





# Monday

11:00 - 12:00	Pilates
12:00 - 13:00	Chiharmony
12:00 - 14:00	Archery sport
12:15 - 13:15	Indoor cycling
	Swimming*
12:15 - 13:45	<input type="radio"/> Badminton
	Hip-Hop
12:15 - 14:15	Rowing*
12:30 - 13:30	Ice skating
13:00 - 14:00	Yoga
16:00 - 17:30	<input type="radio"/> Football
	<input type="radio"/> Volleyball
17:00 - 18:00	Oriental dance
	Yoga*
17:00 - 19:00	Boxing*
17:00 - 20:00	Climbing – Rocspot
17:30 - 19:00	<input type="radio"/> Agrès
	Judo et ju-jitsu
	<input type="radio"/> Workout*
18:00 - 19:00	Oriental dance
	Yoga*
18:00 - 20:00	<input type="radio"/> Ultimate frisbee
18:30 - 20:30	<input type="radio"/> Running*
19:00 - 20:00	<input type="radio"/> Gymstick Workout
19:00 - 20:30	Karate
	Lindy Hop
	Rock and Roll
	<input type="radio"/> Floorball
19:15 - 20:45	Indoor cycling*
20:00 - 21:30	Cuban salsa
20:30 - 22:00	Lindy Hop
	Ragga / Dancehall
	Rock and Roll
20:30 - 22:30	<input type="radio"/> Basketball
20:45 - 22:30	<input type="radio"/> Table tennis

Check the timetable online

Free

\* classes maintained during winter break (timetables may vary)

# Tuesday

08:15 - 09:15	Yoga*
12:00 - 13:30	<input type="radio"/> Badminton*
	Ice hockey
12:00 - 14:00	Indoor climbing
12:15 - 13:15	Pilates*
	<input type="radio"/> Zumba*
12:15 - 13:45	<input type="radio"/> Beach volleyball
	Latin dance sports
	Judo et ju-jitsu*
	<input type="radio"/> Volleyball
12:30 - 13:15	<input type="radio"/> Outdoor workout*
13:00 - 14:00	<input type="radio"/> Football +35*
13:15 - 14:00	Low Pressure Fitness*
16:00 - 18:00	<input type="radio"/> Basketball
16:15 - 17:15	Ballet dance
16:30 - 17:30	<input type="radio"/> Stretching
17:00 - 18:00	Indoor cycling*
17:00 - 18:15	Yoga*
17:00 - 19:00	Indoor climbing*
17:00 - 20:00	Climbing – Rocspot
17:15 - 18:15	Ballet dance
17:30 - 19:00	Japanese arms
17:45 - 18:45	<input type="radio"/> Gymstick Workout*
18:00 - 19:00	<input type="radio"/> Physical condition*
18:15 - 19:15	Dance/Physical prep.
18:15 - 20:00	Yoga
18:30 - 20:30	<input type="radio"/> Trail
18:45 - 20:15	Parkour
19:00 - 20:30	Hapkido
	Kick-boxing
	Volleyball
19:30 - 20:30	Samba
19:30 - 22:00	Football - Championship
20:00 - 21:30	Boxing
	Cuban salsa
20:15 - 22:30	<input type="radio"/> Table tennis
20:30 - 21:30	Oriental dance
	Kick-boxing
	<input type="radio"/> Workout
21:00 - 22:30	<input type="radio"/> Volleyball





# Wednesday

11:00 - 12:00	Pilates
12:00 - 13:00	Pole dancing*
	Yoga*
12:00 - 14:00	Indoor climbing
	Archery sport
12:15 - 13:15	Indoor cycling
12:15 - 13:45	Capoeira
	African dances
	<input type="radio"/> Football*
13:00 - 14:00	<input type="radio"/> Balance and mobility
	Pole dancing*
14:00 - 15:00	Pole dancing
15:30 - 16:30	Pole dancing
16:00 - 18:30	Shooting
16:30 - 17:30	Pole dancing
17:00 - 18:00	Pilates*
17:00 - 19:00	Indoor climbing
17:30 - 18:30	Indoor cycling*
	Mindfulness (online)*
	<input type="radio"/> Workout
17:30 - 19:00	<input type="radio"/> Basketball*
	Krav Maga
	Streetdance
18:00 - 19:00	Pilates swissball
18:15 - 19:45	<input type="radio"/> Rugby VII
18:15 - 20:15	Rowing*
	<input type="radio"/> Team sports
18:30 - 20:00	Fencing*
18:30 - 20:30	<input type="radio"/> Running
19:00 - 20:30	Aïkido
	Lindy Hop
	Argentine Tango
	<input type="radio"/> Volleyball*
20:00 - 22:30	Fencing
20:30 - 22:00	Bachata
	Karate
	Krav Maga
20:30 - 22:30	<input type="radio"/> Volleyball

# Thursday

07:00 - 08:00	Yoga
11:00 - 12:00	Pilates
12:00 - 13:00	Pilates
	Pole dancing*
12:00 - 13:30	Archery sport
12:00 - 14:00	Indoor climbing*
12:15 - 13:15	Indoor cycling
12:15 - 13:45	<input type="radio"/> Badminton*
	<input type="radio"/> Beach volleyball
12:15 - 14:15	Rowing*
13:00 - 14:00	<input type="radio"/> Football + 35*
	Pole dancing*
	Qi-gong
14:00 - 14:50	Swimming
15:00 - 15:50	Swimming
16:00 - 17:30	<input type="radio"/> Volleyball*
16:30 - 17:30	Pilates*
16:30 - 18:00	<input type="radio"/> Women's football
17:00 - 18:00	<input type="radio"/> Workout*
17:00 - 18:30	Self-defence
17:00 - 19:00	Indoor climbing
17:30 - 19:00	<input type="radio"/> Basketball
	Breakdance
	Võ-vietnam
18:00 - 19:00	Indoor cycling
18:30 - 20:00	Hapkido
18:30 - 20:30	<input type="radio"/> Running*
19:00 - 20:30	<input type="radio"/> Agrès*
	Rock and Roll
	Cuban salsa
19:00 - 20:45	Indoor climbing
20:00 - 21:00	Pole dancing
20:30 - 22:00	Boxing
	Rock and Roll
	Cuban salsa
20:45 - 22:15	Kendo*
21:00 - 22:00	Pole dancing

Check the timetable online

 Free

\* classes maintained during winter break (timetables may vary)





# Friday

11:00 - 12:00	Pilates
12:00 - 13:00	Pole dancing
	Yoga*
12:00 - 14:00	Indoor climbing
12:15 - 13:00	Cold plunge
12:15 - 13:15	<input checked="" type="radio"/> Gymstick Workout*
	Swimming
12:15 - 13:45	<input checked="" type="radio"/> Burner Games
	Circus
	Ballroom/Society dance
	Indoor cycling*
	Streetworkout
12:15 - 14:15	Rowing
12:30 - 13:30	Ice skating
13:00 - 14:00	Pole dancing
	Yoga
16:00 - 17:30	<input checked="" type="radio"/> Handball
16:30 - 18:00	<input checked="" type="radio"/> Agrès
16:30 - 18:30	Indoor climbing
16:45 - 17:45	Dance/Stretching and strength training for dancers
17:00 - 18:00	Pilates
17:30 - 19:00	Kendo*
	<input checked="" type="radio"/> Volleyball*
17:45 - 18:45	Contemporary dance /Modern-jazz
18:00 - 19:30	Cuban salsa
18:15 - 19:15	<input checked="" type="radio"/> Zumba*
18:30 - 20:00	Taekwondo
18:45 - 20:00	Contemporary dance /Modern-jazz
19:00 - 20:30	<input checked="" type="radio"/> Floorball
19:15 - 20:15	<input checked="" type="radio"/> Zumba
19:30 - 21:00	Cuban salsa
20:30 - 22:30	<input checked="" type="radio"/> Basketball

Check the timetable online

Free

\* classes maintained during winter break (timetables may vary)

# Saturday

13:00 - 14:00  Football

# Sunday

09:00 - 10:00  Indoor cycling

→ Discover all activities from A to Z



→ Find out about daily activities



→ Book your room or field free of charge

**SPORT LIBRE**  
on weekends





# Water

Surf	26.08.2024 → 01.09.2024	Na
	02.09.2024 → 08.09.2024	Na

# Snow and Ice

## Courses and training

Course on the use of avalanche victim detector and rescue equipment	30.11.2024	60.-
Avalanche course SMT2 – avalanche risk management	11.01.2025 → 12.01.2025	105.-
Avalanche course SMT1 – security and avalanches	18.01.2025	60.-

## Outdoor climbing

Introduction to ice climbing	25.01.2025	69.-
	26.01.2025	69.-
Perfectionism of ice climbing skills	22.02.2025 → 23.02.2025	190.-

## Snowshoe trekking

Day	02.02.2025	60.-
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## Skiing

Days at Les Diablerets	26.01.2025	78.-
	01.02.2025	78.-
	02.02.2025	78.-
	09.02.2025	78.-
	16.02.2025	78.-
	23.02.2025	78.-
	01.03.2025	78.-
	02.03.2025	78.-
	08.03.2025	78.-
Weekends at Les Diablerets	15.03.2025	78.-
	07.12.2024 → 08.12.2024	185.-
	14.12.2024 → 15.12.2024	185.-
	25.01.2025 → 26.01.2025	185.-
	01.02.2025 → 02.02.2025	185.-
	08.02.2025 → 09.02.2025	185.-
	15.02.2025 → 16.02.2025	185.-
	22.02.2025 → 23.02.2025	185.-
	01.03.2025 → 02.03.2025	185.-
08.03.2025 → 09.03.2025	185.-	



Skiing, Weekends at Les Diablerets	15.03.2025 → 16.03.2025	185.-
	22.03.2025 → 23.03.2025	185.-
	29.03.2025 → 30.03.2025	185.-
Ski/snowboard camp at Les Diablerets	10.02.2025 → 14.02.2025	460.-
<b>Snowboarding</b>		
Days at Les Diablerets	25.01.2025	78.-
	08.02.2025	78.-
	22.02.2025	78.-
	15.03.2025	78.-
Weekends at Les Diablerets	25.01.2025 → 26.01.2025	185.-
	08.02.2025 → 09.02.2025	185.-
	22.02.2025 → 23.02.2025	185.-
	15.03.2025 → 16.03.2025	185.-
Ski/snowboard camp at Les Diablerets	10.02.2025 → 14.02.2025	460.-
<b>Skating</b>		
Evening	05.02.2025	40.-
	12.02.2025	40.-
	19.02.2025	40.-
Weekends	15.02.2025 → 16.02.2025	129.-
	01.03.2025 → 02.03.2025	129.-
	08.03.2025 → 09.03.2025	139.-

## Earth and Rock

<b>Agrès</b>		
Cours répétition ISSUL	06.01.2025	5.-
	07.01.2025	5.-
	08.01.2025	5.-
<b>Outdoor climbing</b>		
Outdoor courses	12.04.2025	63.-
	26.04.2025	63.-
	03.05.2025	63.-
	17.05.2025	63.-
Camp – Calanques de Marseille	10.02.2025 → 14.02.2025	610.-
Camp – Traversella, Vallée d'Aoste (Italy)	29.05.2025 → 01.06.2025	366.-
Camp – Wiwanni near Viège	08.07.2025 → 12.07.2025	510.-
<b>Golf</b>		
Outdoor courses	23.09.2024 → 26.09.2024	140.-
	14.10.2024 → 17.10.2024	140.-
	17.03.2025 → 20.03.2025	140.-
	07.04.2025 → 10.04.2025	140.-
	28.04.2025 → 01.05.2025	140.-



Outdoor courses	12.05.2025 → 15.05.2025	140.-
	16.06.2025 → 19.06.2025	140.-
	07.07.2025 → 10.07.2025	140.-
Training – France (A.P. required)	21.04.2025 → 26.04.2025	from 850.-
Lavaux training – Tall levels	18.08.2025 → 22.08.2025	from 500.-
<b>Massage</b>		
Course MC	11.11.2024 → 15.11.2024	110.-
Course MA	02.12.2024 → 05.12.2024	90.-
Course MC	10.03.2025 → 14.03.2025	110.-
Course MA	07.04.2025 → 10.04.2025	90.-
<b>Hiking</b>		
Summer hiking training	03.05.2025	60.-
<b>Trail</b>		
Weekend	20.09.2024 → 22.09.2024	92.-
	06.06.2025 → 09.06.2025	125.-

## Sales of sports equipment

Our partners regularly set up sales of sports equipment at slashed prices (up to 70% off). SOS2 “Salle colloque”.



### Yosemite



Monday-Wednesday  
4 → 6 November 2024

### François Sports

Monday-Friday  
30 September → 4 October 2024  
3 → 7 March 2025





## *Weight rooms*

- 600 m<sup>2</sup>
- Traditional machines
- Cardio areas
- Dumbbells
- Strength zone
- Body weights
- Press and pulley
- Bikes
- Rowing Machines
- Treadmills
- Steppers
- Stretching zones
- Smart weight training

Weight Training



## *Smart weight training*

Whether you're a beginner or an expert, make use of the advantages of new technologies in your training! Access in addition to the weight training membership. A compulsory 1-hour introductory session is included in your membership (upon registration).

Smart weight training





# UNIL+EPFL Nautical Centre

## Open from 01.04 to 31.10

Memberships (with various lengths) include lessons and free sailing. Hourly hire is also available.

Prices for the 2025 season are subject to change. Please refer to the information available on the website in March 2025.

Full season prices (CHF)	Student + SSUE	Public
Sailing	355.-	475.-
Windsurfing	205.-	325.-
All types of boats	445.-	565.-
SUP, Canoeing, Kayaking *	125.-	245.-

\* Included in other Nautical Centre memberships

Camps for children	Dates	Price CHF
Nautical training course I – Dorigny	30.06 → 04.07.2025	399.-
Nautical training cours II – Dorigny	11.08 → 15.08.2025	399.-

UNIL+EPFL Nautical Centre







**Health days**  
Be kind to your body & mind



**UNIL+EPFL  
Campus**  
30 Sept. au 10 Oct. 2024




**E-bou**  
19-20 October 2024



**Forcethon Talent**  
9 November 2024




**Dance Night**  
6 December 2024





**STUDENTS'  
GAMES**

**Students' games**  
12-13 April 2025



**Volleyball Night**  
23 May 2025





**POLY  
SPORTS**

**Polysports**  
Spring 2025



**Badminton Night**  
13 June 2025





## Sports hall opening times

	Mon-Fri	Weekends
Annual opening 17.09.24 → 29.06.25	7am – 10:30pm	8am – 7pm
July opening 30.06.25 → 27.07.25	7am – 4pm	Closed
August-September opening 11.08.25 → 21.09.25	7am – 10:30pm	10am – 6pm

## Closing dates

	Mon-Fri	Weekends
Christmas holidays 21.12.24 → 02.01.25	Closed	Closed
Easter 18.04.25 → 21.04.25	Closed	Closed
Ascension 29.05.25	Closed	Closed
Pentecost 09.06.25	Closed	Closed
Summer holidays 28.07.25 → 10.08.25	Closed	Closed





# Activity programs

Some activities have specific timetables – please refer to the information published on the website.

Autumn semester 23.09.24 → 15.12.24

Winter intersemester 13.01.25 → 09.02.25

Spring semester 24.02.25 → 25.05.25

June intersemester

Due to the Federal Gymnastics Festival, the June program of activities will be heavily impacted.

Summertime 30.06.25 → 21.09.25

Activity programs



## Contact Service Sport Santé UNIL+EPFL

Contact



Service Sport Santé UNIL+EPFL  
Centre sportif de Dorigny  
CH-1015 Lausanne

sportsanteunilepfl.ch



# Health and performance services

Competencies for innovation,  
performance and health

Whatever your level and whatever your objectives are, our team of experts in the field of training, performance and health is at your disposal. Whether you're looking to maintain, develop or regain your physical capacities, get in touch with us!

A range of packages are available, including sports, health and nutrition check-ups, personalised assistance, specific training programs and several types of massages.

**MEMBERSHIPS &  
PERSONAL TRAINING**

**FUNCTIONAL  
REHABILITATION**



**MASSAGES**

**SPORTS, HEALTH OR  
NUTRITION CHECK-UPS**

More information and  
registration

[centresportetsante.ch](https://centresportetsante.ch)





# FRANÇOIS SPORTS

PARTENAIRE DE VOTRE VIE SPORTIVE DEPUIS 1985

