
Università
della
Svizzera
italiana

Sport Service



Obiettivo

Sport as an opportunity to complement the study experience and promote the team spirit.



Our team

- **Giorgio Piffaretti**
- **Dalila Gervasoni**
- **Alessio Manfrè**
- **Géraldine Moretti (working also for the Study Advisory Service)**
- **Specialised instructors (tennis, climbing, dances, rowing, sailing, ...)**

Our users/audience

- **USI students and PhD**
- **USI administratives and professors**
- **Faculty of Theology**
- **SUPSI (for some products)**

Our products

- **Courses**
- **Activities at sports bases and rental sport equipment**
- **Fitness**
- **Summer and winter camps**
- **Team/individual games and attendance to Universities championships**
- **Agreements with public institutions and benefits with private institutions**

Indoor courses

- **Modern dances:** Salsa, Baciata, Tango, Country dance
- **Relaxing:** Yoga, Feldenkreis
- **Strengthening:** Pilates, Powerstreich, Flexi
- **Martial arts:** Aikido, Judo, Karaté
- **Aerobic:** Zumba, Step, Cardio dance



Outdoor courses

- Tennis
- Climbing, Bouldering
- Sailing, windsurf, SUP, canoe, rowing
- M'bike, Trekking
- Skiing, snowboarding, cross-country skiing, snowshoes



Activities at sports bases

- **Canottieri Ceresio (rowing, Stand up Paddle and canoe)**
- **Maroggia and Riva S.Vitale lidos (Stand up Paddle and canoe)**
- **Figino (Stand up Paddle and canoe)**
- **Arena sportiva Tesserete (M'bike)**
- **Winter equipment rental**
- **E-bike tours in the Lugano and Mendrisio areas**



Sports camps

- Winter camp from 2 to 14 days at the facilities of the Federal Office of Sport in Andermatt (ski, snowboard)
- Courses for beginners in Airolo (with and without overnight stay)
- Training camps and holidays at our nautical bases on the Como lake and in Greece
- Trekking in some alpine huts in a «self-managed» formula to promote the team spirit
- Project in progress «Conosci la Svizzera in bicicletta»



Team and individual games

- **Football, Basket, Volley, Unihockey, Badmington, Ping pong**
- **Led by instructors of the Sport Service**
- **Differentiated levels from beginner to competitive sector**
- **Attendance to the Swiss University Championships**



Vivi la Corte!

In line with the Covid-19 rules, the Sport Service proposed some free of charges outdoor activities in the new «Corte» of the East campus: running, outdoor workout and Aikido.

For the detailed programme: www.sport.usi.ch.

Registration through the *iCorsi platform* (Sport section).

Share your passions and meet friends!

On the new Forum on *iCorsi platform* get the opportunity to meet other fans of sport and share your passion of the sports world.

Exchange ideas, organising outings or simply talk about sport connect to www.icorsi.ch (Sport section).

Agreements and benefits

- **City of Lugano (Dicastero sport): agreements for several subscriptions for swimming (outdoor and indoor) and Ice Hockey Arena.**
- **City of Mendrisio (Dicastero sport): agreement for the Indoor Swimming pool «Canavée», and for rental the indoor tennis courts**
- **Reduced prices for: Skipass Airolo Pescium, Spa Rivera**

For further information on the Sport Service

www.sport.usi.ch

Follow us on the social channels:

- Facebook: USI Sport
- Instagram: @usisport
- YouTube: Servizio USI Sport

sport@usi.ch
+41 58 666 4797

Stay fit with us! Join us!

