

Sports benefits

Benefícios desportivos



Regular sports events

Prática regular de desporto



Yoga at CIIMAR

CIIMAR has yoga classes twice a week on the -1 floor. They happen every Tuesday and Friday between 12:00 and 13:00. More information via rita.jacome@gmail.com.

O CIIMAR tem aulas de ioga duas vezes por semana no piso -1. As aulas são todas as terças e sextas-feiras, entre as 12h00 e as 13h00. Mais informações para rita.jacome@gmail.com.



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Volleyball games

CIIMAR organises casual outdoor volleyball games in Parque da Cidade. You can find out when by checking your CIIMAR email or writing to sustentabilidade@ciimar.up.pt.

O CIIMAR organiza jogos informais de voleibol ao ar livre no Parque da Cidade. Podes saber quando irão decorrer no teu e-mail do CIIMAR ou em sustentabilidade@ciimar.up.pt.





Regular sports events

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Running club

CIIMAR Sport organises a Running Club, which is open to all levels and aims to have weekly 5km runs. More info on CIIMAR Sport on instagram @ciimar.sport or via sport@ciimar.up.pt.

O CIIMAR Sport organiza um Clube de Corrida, aberto a todos os níveis, com o objetivo de realizar corridas semanais de 5 km. Mais informações no Instagram @ciimar.sport ou para sport@ciimar.up.pt.



Regular sports events

Prática regular de desporto

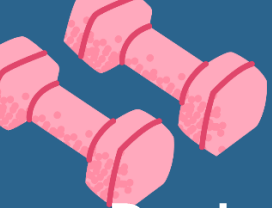


Football

CIIMAR has a whatsapp group to organise football practice. You can find out more by writing to sport@ciimar.up.pt.

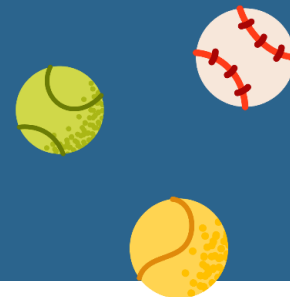
O CIIMAR tem um grupo de WhatsApp para organizar treinos de futebol. Podes saber mais ao escrever a sport@ciimar.up.pt.





Reduced price partnerships

Parcerias com preços reduzidos

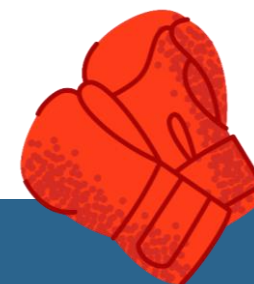


Proa Climbing Center

A bouldering gym a 15-minute walk away from CIIMAR.

Um ginásio de bouldering a 15 minutos a pé do CIIMAR.

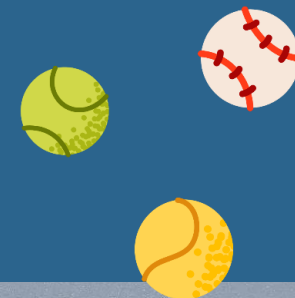
- 10€ Entrance and shoes
Entrada e sapatos
- 8€ Entrance only
Entrada sem sapatos





Reduced price partnerships

Parcerias com preços reduzidos



Surfing Life Surf School

A surf school in Matosinhos beach.

Uma escola de surf na praia de Matosinhos.

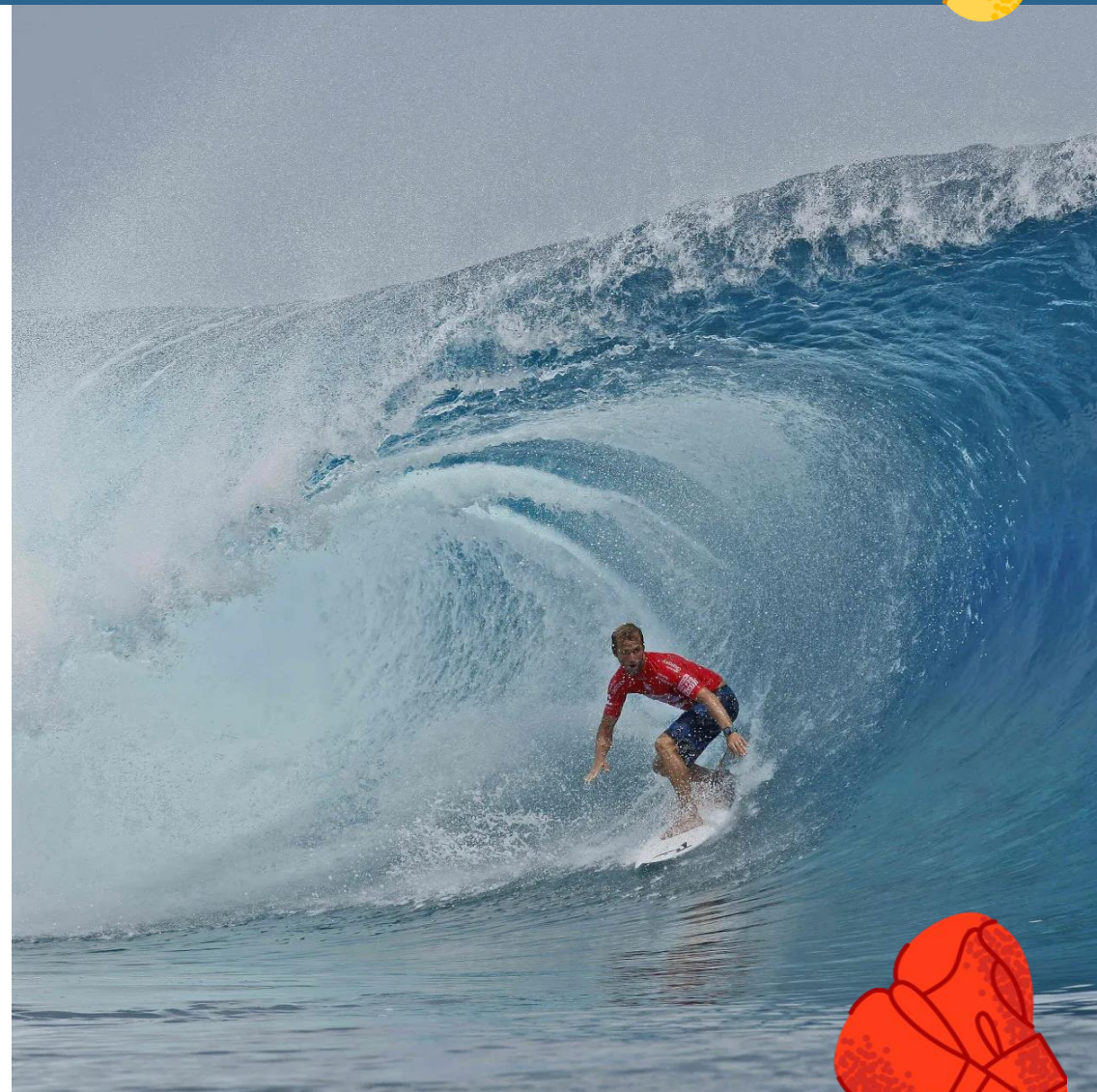
18€ Single class
Aula avulsa

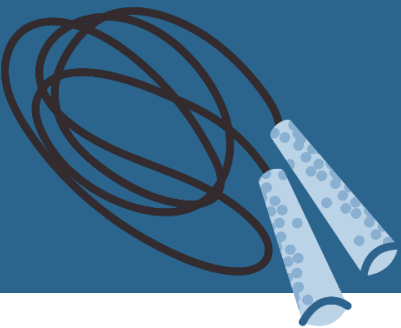
85€ 5 class pack
Pack 5 aulas

15€/person Group class (5+ people)
Aula grupo (+5 pessoas)

65€ Monthly pass 1/week
Mensalidade 1x semana

110€ Monthly pass 2/week
Mensalidade 2x semana





You can also join the “CIIMAR Community” whatsapp group to join the various chats that organize sports events.

Podes-te juntar ao whatsapp “CIIMAR Community” para entrarestes nos vários chats que organizam eventos desportivos.

Join here



If you have any doubts you can contact **CIIMAR Sport** at sport@ciimar.up.pt and the **Sustainability Office** at sustentabilidade@ciimar.up.pt.

Se tiveres alguma dúvida, podes contactar o CIIMAR Sport através do e-mail sport@ciimar.up.pt e o Gabinete de Sustentabilidade através do e-mail sustentabilidade@ciimar.up.pt.

