

SPORTS AT THE UNIVERSITY



SUAPSE GUIDEBOOK

2025-2026



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PRESENTATION

The SUAPSE is the sports department of the University of Orléans and its satellite campuses. Its mission is to provide all students and staff with:

- . The organization of physical and sports activities, recognized as an important factor for balance, health, and well-being.
- . The promotion of sport for all through the organization of activities on campus.
- . Teaching and organizing Physical, Sports, and Expressive Activities (PSEA) for all students and staff.



University teachers and part-time instructors lead around fifty physical, sports, and expressive activities across a wide range of weekly time slots. Our program combines diversity and quality!

How and where can you find information?

Head : Mr BISSONNIER – office 117

Administrative and financial agent : Mr BEGUIN – office 116

SUAPSE/ pôle STAPS de l'UFR ST

2 Allée du Château – BP 6237

45067 ORLEANS Cedex

Phone: 02 38 49 47 26

Email: suapse@univ-orleans.fr

Website: <https://www.univ-orleans.fr/fr/sport>

Facebook: Suapse Université Orléans

Instagram: [suapse_orleans](https://www.instagram.com/suapse_orleans)



Who is SUAPSE for?

For students of the University, ESAD, and Psychomotricity programs:

- A **certified training** for second-year students. Six SUAPSE UEOT courses are offered. Registration is done online at the beginning of each semester.
- A **bonus training**, thanks to practicing sports within our supervised activities. The "Sports Option" is offered to IUT students.
- **Personal practice**, which is not evaluated, allows everyone to participate according to their own interests.
- **Advanced practice**: special competitive sections are aimed at experienced students involved in competitive sports.

For staff member of:

- University of Orléans
- CNRS
- CROUS
- Radio Campus
- I'ESAD
- CCNO
- DREAL
- BRGM



REGISTRATION

1. Check the activities offered in this handbook or directly on Célène.
2. **Register via CELENE starting September 8, 2025:** You can register for up to 3 time slots, with a maximum of 2 slots for the same activity. Due to the high number of students unable to secure a spot in some activities, failure to respect these rules will result in removal from the registration lists. Adhering to the registration period is also a factor in your participation in our activities.
CELENE link: click [HERE](#).
3. **Start the courses** on Monday, September 15, 2025

WARNING: You must have your student ID card with you at every course!

By registering for an activity, you commit to regular attendance. After two unexcused absences, you will lose your place to someone on the waiting list.

How am I insured?

SUAPSE courses are covered by a group insurance policy; however, this does not cover your personal civil liability.

PRACTICAL INFORMATION

Some activities fill up quickly. In this case, you can register on the waiting list with the instructor in charge of the activity. The instructor will then inform the SUAPSE office (suapse@univ-orleans.fr).

• 1st Semester

Registration on CELENE from Monday, September 8, 2025.

Courses begin: **Monday, September 15, 2025.**

• 2nd Semester

Registration on CELENE from Monday, January 5, 2026

Courses begin: **Monday, January 12, 2026**



SUAPSE MEMBERSHIP

Students from ESAD and Psychomotricity:

Submission of files at office 116 in the STAPS building starting September 8, 2025.

Documents to provide:

- Completed MEMBERSHIP FORM to download
- A school enrollment certificate for the 2025-2026 academic year
- A health questionnaire confirming that you have no contraindications.

Membership fee: €45 by check payable to the « agent comptable de l'Université d'Orléans ».

Forms can be found by following [this link](#).

University, CROUS and Radio Campus staff :

Submit your files to: suapse@univ-orleans.fr or office 116, STAPS building.

Documents to provide:

- Completed MEMBERSHIP FORM to download
- A professional activity certificate indicating the index
- A health questionnaire confirming that you have no contraindications. Otherwise, a medical certificate will be required.

Forms can be found by following [this link](#).

Membership fee for University staff : €40 or €55 (index > 404), (interns - 6 months: €30) by check payable to the « agent comptable de l'Université d'Orléans ».

Membership fee for CROUS, Radio Campus, CNRS, DREAL, CCNO, CFA staff : 70 € by check payable to the « agent comptable de l'Université d'Orléans ».

WARNING: No membership fee will be refunded, even in case of a change of mind or absence from activities. The fee remains the same whether you register for the full year or for a single semester.



PRACTICE VENUES



Gymnase universitaire

Avenue du Parc Floral
45100 Orléans

Halle des sports

Rue de Vendôme
45100 Orléans

Stade de la Source

Avenue de la Recherche
Scientifique
45100 Orléans

Piscine

Complexe Nautique de La
Source
Rue de Beaumarchais
45100 Orléans

Aviron Club Orléans Olivet

Rue de La Source
45100 Orléans

Stade des Montées

Rue des montées
45100 Orléans

Golf de Limère

1411 allée de la Pomme de Pin
45160 Olivet

Base de Loisirs de l'Île Charlemagne

Levée de la Chevauchée
45650 Saint de Jean de Blanc

Make It Padel

970 Rue de la Bergeresse,
45160 Olivet

Écuries de Micy

1 Rue de Montauban
45750 St Pryvé St Mesmin

Balsané

Complexe Nautique
2 Boulevard Valéry Giscard d'Estaing
36000 Châteauroux

Stade Jeunes Abraysiens

Solidaires
110 Boulevard John Fitzgerald
Kennedy
45800 St-Jean-de-Braye



Plan du campus universitaire d'Orléans



Physical, Sports, and Expressive Activities



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1. Gymnastics Activities

Cheerleading :

Composed of dance, acrobatics, and gymnastics, cheerleading originated on American university sports fields with the goal of encouraging sports teams through various choreographed physical performances.

Day	Time	Place	Level	Number	Teacher
Monday	18h – 20h	Gymnase U - Gym	ALL	25	A. ROUSSANNE
Monday	20h-22h	Gymnase U – Gym	SSU	25	A.ROUSSANNE

Trampoline :

If you love thrills, turn your earthly limits upside down by defying gravity—come and give it a try!

Day	Time	Place	Level	Number	Teacher
Wednesday	18h – 20h	Gymnase U - Gym	ALL	20	O. PINAULT

Gymnastics :

Introduction to gymnastics and skill improvement on various apparatus. Basic acrobatic work with progression throughout the year (floor and tumbling track). Preparation for competitions and development of pre-competition routines.

Day	Time	Place	Level	Number	Teacher
Monday	12h-14h	Gymnase U - Gym	All	20	O.PINAULT
Tuesday	12h - 14h	Gymnase U - Gym	All	20	A. AUFFRET
Wednesday	12h - 14h	Gymnase U - Gym	All	20	O.PINAULT
Thursday	12h - 14h	Gymnase U - Gym	All	20	J. RIVAUX
Thursday	16h-18h	Gymnase U - Gym	SSU	20	O.PINAULT
Friday	12h-14h	Gymnase U - Gym	All	20	J.DURAND



2. Outdoor Sports

Rowing :

Introduction and advanced training in rowing on the banks of the Loiret River, from the Nautical Base of the Orléans Olivet Rowing Club located on Rue de la Source (just a short walk from the University President's Castle).

Day	Time	Place	Level	Number	Teacher
Thursday	13h30 - 16h30	ACOO	ALL	20	P. DESPORTES

Canoe-kayak :

Introduction and advanced training in canoeing and kayaking, covering all disciplines with a focus on whitewater, on the Loire River, from the Ile Charlemagne Nautical Base.

Meeting point: 1:45 PM at la Halle des Sports

Day	Time	Place	Level	Number	Teacher
Thursday	14h - 17h	Ile Charlemagne Nautical Base	All	35	D.CHAVRIER

Sports Sailing :

Introduction to and improvement of sailing from the Base Nautique de l'Ile Charlemagne. 6 sessions of 3h per semester. Discover the dates on Célène

Day	Time	Place	Level	Number	Teacher
Thursday	14h - 17h	Ile Charlemagne Nautical Base	All	12	ASPTT Voile

Climbing :

Indoor climbing on artificial walls.

Day	Time	Place	Level	Number	Teacher
Monday	18h-20h	Halle des Sports - Wall	ALL	40	A.LAMY
Tuesday	18h-20h	Halle des Sports - Wall	ALL	40	G.MIGNOT
Wednesday	18h-20h	Halle des Sports - Wall	ALL	40	A.LAMY
Thursday	18h-20h	Halle des Sports - Wall	ALL	40	G.MIGNOT



Golf :

Free access. Practice training and free access to the "Pitch and Putt" at Limère Golf. Equipment is provided. **You must be on-site at least 15 minutes before the start of the class.**

Day	Time	Place	Level	Number	Teacher
Thursday	15h - 16h	Golf de Limère	Beginners	12	J.P BIETH

Horseback Riding : * paid activity (negotiated rate)

Come discover or improve your horseback riding skills. Depending on your level, you can participate in one weekly session as part of SUAPSE. This is a paid activity, with fees payable directly to the Micy Stables (cost per semester = €150). Instructor in charge: Ms. Angélique Belouet, contact@belouet.fr

- Tuesday from 6:00 PM to 7:00 PM – 3 students – Level G3-G4
- Tuesday from 7:00 PM to 8:00 PM – 1 student – Level G6–G7
- Wednesday from 10:00 AM to 11:00 AM – 7 students – Level G5–G6
- Saturday from 5:15 PM to 6:15 PM – 5 students – Level G1–G2
- Monday from 6:15 PM to 7:15 PM – 2 students – Level G3

Orienteering:

Dive into a multifaceted sport where you'll use both your legs and your mind across varied terrains by creating your own route to find hidden checkpoints. You'll have the chance to develop your navigation skills, push your limits, and embrace the thrill of the unknown.

Day	Time	Place	Level	Number	Teacher
Wednesday	15h - 17h	Variable	ALL	40	Q. Fehrembach

Cycling – Learn to Ride

Learning to ride a bike, with the possibility of receiving a donated bike at the end of the course. Learn the basics of cycling and all the safety rules to be able to get around using this eco-friendly mode of transport. Meet at the Maison des Associations, 46 T Rue Sainte-Catherine in Orléans.

Day	Time	Place	Level	Number	Teacher
Thursday	14h30 - 16h30	Maison des associations	Beginners	12	1-Terre-Actions



3. Combat / Duel Sports

Judo :

Introduction designed for beginner students. Technical improvement, deepening, and development of skills in standing and ground combat. Participation in competitions is possible.

Day	Time	Place	Level	Number	Teacher
Monday	18h – 20h	Gymnase U - Dojo	Ranked	20	PM. TARADE
Monday	20h-22h	Gymnase U – Dojo	ALL	20	PM. TARADE

Karate :

Japanese martial art that focuses on striking techniques such as punches, kicks, knee strikes, and open-hand techniques. It emphasizes discipline, self-defense, physical fitness, and mental focus through a system of kata (forms), sparring, and conditioning exercises.

Day	Time	Place	Level	Number	Teacher
Tuesday	18h30-20h	Gymnase U – Dojo	ALL	20	V. COELHO

Taekwondo:

Everyone now knows this fun martial art, the Olympic combat sport where tradition filled with serenity coexists alongside a fierce, “makassi” spirit.

Day	Time	Place	Level	Number	Teacher
Thursday	15h-17h	Gymnase U – Dojo	ALL	20	M.CHESNEAU



Self Defense :

A very comprehensive discipline where you learn not only to strike or defend yourself, but also to use cunning to destabilize your attacker:

Day	Time	Place	Level	Number	Teacher
Thursday	18h-19h30	Gymnase U – Dojo	ALL	30	M.CAO

French Boxing :

Boxing in which fighters aim to strike their opponent with both fists and feet on certain parts of the body. French boxing is practiced using gloves for the fists and special shoes for the feet.

Day	Time	Place	Level	Number	Teacher
Friday	12h-14h	Gymnase U – Danse	ALL	20	N.POUPLOT

4. Racquet Sports

Badminton :

Practiced for leisure, skill improvement, or preparation for FFSU (French University Sports Federation) competitions.

Day	Time	Place	Level	Number	Teacher
Monday	18h-20h	Halle des Sports	ALL	40	D.BISSONNIER
Tuesday	12h-14h	Halle des Sports	ALL	40	D.BISSONNIER
Wednesday	18h-19h30	Halle des Sports	ALL	40	Q.FEHREMBACH
Wednesday	19h30-21h	Halle des Sports	ALL	40	Q.FEHREMBACH
Thursday	12h-14h	Halle des Sports	ALL	40	D.BISSONNIER



Tennis :

Day	Time	Place	Level	Number	Teacher
Thursday	16h30-18h	Halle des Sports	ALL	12	E.ROBERT
Thursday	18h-19h30	Halle des Sports	Ranked	12	E.ROBERT
Thursday	19h30-21h	Halle des Sports	ALL	12	E.ROBERT

Padel :

Played in doubles on a court smaller than a tennis court and enclosed by glass walls. It combines elements of tennis and squash, with simple rules and a ball that can bounce off the walls. Fun and accessible, it emphasizes strategy and coordination rather than power.

Day	Time	Place	Level	Number	Teacher
Thursday	14h30-16h	Make It Padel	ALL	12	E.JEMILI

5. Team Sports

Basketball :

Day	Time	Place	Level	Number	Teacher
Thursday	17h30-19h	Gymnase U	ALL	25	S. PATY
Thursday	19h-20h30	Gymnase U	ALL	25	S. PATY

Basket 3*3 :

Day	Time	Place	Level	Numebr	Teacher
Wednesday	12h – 14h	Gymnase U	Tous	18	E.JEMILI
Friday	12h – 14h	Gymnase U	Tous	18	E.JEMILI



Futsal :

Day	Time	Place	Level	Number	Teacher
Monday	12H-14h	Halle des Sports	Women	20	H.GARRIGUES
Monday	20h-22h	Gymnase U – Sport co	SSU	18	L.LOUVET
Wednesday	12h-14h	Halle des Sports	ALL	20	Y.BODIVIT
Friday	12h-14h	Halle des Sports	ALL	20	H.GARRIGUES

Handball :

Introduction to handball through games, matches, and tournaments. Technical and tactical skill development for all levels.

Day	Time	Place	Level	Number	Teacher
Tuesday	20h - 22h	Gymnase U - Sport Co	ALL	30	S.BROSSARD

Foot-Tennis :

A combination of football (soccer) and tennis. It is played on a specific court with a net in the middle. Players use only their feet, head, thighs, or chest to send the ball over the net.

Day	Time	Place	Level	Number	Teacher
Thursday	12h-14h	Gymnase U - Sport Co	All	20	E.JEMILI

Rugby :

Introduction, skill improvement, and preparation for university competitions. These sessions are open to everyone.

Day	Time	Place	Level	Number	Teacher
Monday	19h-21h	Stade St Jean de Braye	ALL	25	S. PATY
Thursday	14h-15h	Stade des Montées	SSU	25	S. PATY



Mixed Touch Rugby:

Day	Time	Place	Level	Number	Teacher
Thursday	12h15 – 14h	Stade des montées	ALL	30	N.POUPLOT

Volleyball :

In a friendly atmosphere and good spirit, different types of play are offered on three fields, depending on your motivation: pure gameplay, technical and tactical improvement (drills, themed games), and friendly tournaments.

Day	Time	Place	Level	Number	Teacher
Monday	18h - 20h	Gymnase U - Sport Co	ALL	36	J.SAUZET
Wednesday	12h15 - 14h	Gymnase U - Sport Co	ALL	36	F.CROS
Thursday	12h15-14h	Halle des sports	SSU / Competition	36	F.CROS
Thursday	14h - 16h	Halle des sports	ALL	36	A.AUFFRET

6. Athletics Activities

Track and field:

Place: Stade de La Source

Day	Time	Place	Level	Number	Teacher
Monday	18h-20h	University Team Training	SSU	20	N.QUEVAL
Monday	18h-20h	Sprint or Middle-Distance Running	ALL	20	ECO CJF
Wednesday	18h-20h	Sprint or Middle-Distance Running	ALL	10	ECO CJF
Thursday	12h30-14h	All except middle-distance running	ALL	20	N.QUEVAL
Thursday	14h-16h	University Team Training	SSU	20	N.QUEVAL
Thursday	18h30-20h	Throws + Long Jump	ALL	17	ECO CJF
Thursday	14h-16h	English Slot Erasmus	ALL	20	ECO CJF



Weightlifting :

Introduction and skill development in weightlifting and bodybuilding as part of group training. Possible continuation through university competitions.

Day	Time	Place	Level	Number	Teacher
Monday	20h-22h	Gymnase U – Salle Muscu	Advanced	15	D. FARINA
Wednesday	18h00 - 19h30	Gymnase U - Salle Muscu	Beginner	15	D. FARINA
Wednesday	19h30 - 21h30	Gymnase U - Salle Muscu	Advanced	15	D.FARINA
Friday	18h – 19h30	Gymnase U – Salle Muscu	Beginner	15	D.FARINA
Friday	19h30-21h30	Gymnase U – Salle Muscu	Advanced	15	D. FARINA

7. Aquatic Activities

Swimming :

WARNING: SESSIONS VALID FROM SEPTEMBER TO DECEMBER 1ST

Day	Time	Place	Level	Number	Teacher
Monday	12h-13h30	Piscine de la Source	ALL	45	JP. ELIZONDO Z.SYARIEF M.SIDOISNE
Tuesday	12h-13h30	Piscine de la Source	ALL	30	M.SIDOISNE Z.SYARIEF H.PEILLON
Thursday	12h-13h30	Piscine de la Source	ALL	30	M.SIDOISNE Z.SYARIEF H.PEILLON

SINGLE TIME SLOT FROM DECEMBER 1ST TO MARCH 1ST: REGISTRATION DIRECTLY WITH THE INSTRUCTORS

Monday	12h45-13h45	Piscine de la Source	Advanced	15	M.SIDOISNE Z.SYARIEF
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8. Expressive Activities

Dance Party – Zumba :

From beginner to advanced, come move to the rhythm and music to improve your fitness and burn calories.

Day	Time	Place	Level	Number	Teacher
Thursday	12h15-13h45	Gymnase U – Danse	ALL	50	E.EL MEHDAOUI

Hip-Hop dance :

Day	Time	Place	Level	Number	Teacher
Tuesday	18h-20h	Gymnase U – Danse	ALL	30	T.RAKOTOARIMANANA

Contemporary Dance:

This contemporary dance workshop is open to everyone. No prior experience is required. It allows us to express our feelings, feel comfortable with our bodies, regain self-confidence, and let go. After a warm-up, a group choreography is proposed to be learned, along with the possibility of creating choreography through improvisation exercises. Dancing is about connecting thoughts to movement.

Day	Time	Place	Level	Number	Teacher
Monday	18h-19h30	Gymnase U – Danse	ALL	30	C.MUNIER



9. Wellness Activities

Stress Management / Self-Massage

Relaxation and stress management focusing on identifying stress factors to develop strategies for calmly facing academic or sports deadlines. Self-massage techniques are offered. Multiple sessions held at various locations throughout the year — **check Célène for more information or contact suapse@univ-orleans.fr by email.**

Day	Time	Place	Level	Number	Teacher
Thursday	16h30 – 18h00	Variable	ALL	25	A. MARCADET

Mindfulness Practice Workshops / Stress Management: Stretching movements and meditation:

Mindfulness meditation is a practice that involves focusing attention on bodily sensations, emotions, and thought patterns. It is a secular approach based on experience and observation, cultivated by centering attention on the present moment with kindness and curiosity. These sessions, open to everyone, aim to develop skills that help better manage stressful situations, improve concentration, and enhance overall well-being.

Day	Time	Place	Level	Number	Teacher
Monday	12h15 – 13h30	Gymnase U – Danse	ALL	20	S.ONNEE

Yin Yoga :

Relaxation breathing. Stretching postures and meditation/sung mantras.

Day	Time	Place	Level	Number	Teacher
Tuesday	12h45 - 13h45	Gymnase U - Danse	ALL	20	I.SABATIER



Hypno-relaxation :

Activity dedicated solely to your well-being. Hypnosis is a natural state that everyone can experience several times a day, occurring when absorbed in a particular task: a good book, a beautiful landscape... During these sessions, there will be a guiding thread — the concept of vital energy from traditional Chinese medicine, breathing, elements, colors... Various ideas that will allow your imagination and subconscious to take you on a journey. These sessions will help improve your concentration, facilitate sleep, and combat stress and anxiety... promising total well-being!

Day	Time	Place	Level	Number	Teacher
Wednesday	17h-18h	Gymnase U - Danse	ALL	20	I. RENARD

10. Self-Care Activities

Core Health:

Understanding back pain through stretching and deep strengthening exercises for the back and abdominal muscles.

Day	Time	Place	Level	Number	Teacher
Tuesday	12h15 - 12h45	Gymnase U - Danse	ALL	20	I.SABATIER

Muscle Strengthening / Boxing

Day	Time	Place	Level	Number	Teacher
Thursday	12h – 13h	Gymnase U - Dojo	ALL	20	D.CHOUCHKOVSKY



Pilates / Stretching :

Practice based on specific exercises (posture), primarily aimed at strengthening the deep muscles of the abdominal core, with the goal of improving posture and balance.

Regular practice will also help relieve back pain, improve flexibility, slim the waist, and develop respiratory capacity and body awareness.

Day	Time	Place	Level	Number	Teacher
Monday	12h – 13h	Gymnase U – Dojo	ALL	20	F.TATINCLAUX
Thursday	13h – 14h	Gymnase U – Dojo	ALL	20	D.CHOUCHKOVSKY

Choreographed Cardio:

Come work on your cardiovascular fitness while letting loose with simple choreographed routines drawn from various activities like STEP, LIA, BODY Cardio, etc., set to a variety of music styles (salsa, afro, techno...).

Day	Time	Place	Level	Number	Teacher
Monday	12h – 13h30	Gymnase U – Sport co	Advanced	40	
Friday	12h30 -13h15	Gymnase U – Sport co	Beginner	40	

Body-Defense :

A mixed practice (fitness-martial arts, mainly focused on Tae Kwon Do) aimed at developing physical abilities, particularly endurance and speed, sprinkled with self-defense. It mainly involves interval training (HIIT: High Intensity Interval Training), muscle strengthening and proprioception in all forms, and striking on specific equipment (paddle, punching bag).

Day	Time	Place	Level	Number	Teacher
Monday	13h – 14h	Gymnase U - Dojo	ALL	15	F.TATINCLAUX

Cross-training :

Cross Training, a cousin of CrossFit, usually consisting of block training: sequences of exercises in a circuit format, interspersed with challenges. Mainly focused on cardio and strength training, aiming for proper posture during physical activity, self-improvement, and a high energy expenditure.



Day	Time	Place	Level	Number	Teacher
Vendredi	13h00 – 14h00	Gymnase U - Terrain	Tous	20	F. TATINCLAUX

Rehabilitation, fitness recovery, individual coaching

Rediscover the joy of physical effort through core, glute, and upper body strengthening. This session is also reserved for students and staff.

Day	Time	Place	Level	Number	Teacher
Thursday	12h30 – 14h	Gymnase U - Dojo	ALL	15	S.PARKOO

Weight / Strength Training / Weightlifting :

General or specific strength training. Adapted methodology. Conducted as circuit training with continuous rotation on different machines.

Attention: courses are very popular and require regular attendance and punctuality. TOWEL IS MANDATORY.

Day	Time	Place	Level	Number	Teacher
Monday	12h-14h	Gymnase U - Muscu	ALL	20	D.BISSONNIER
Tuesday	12h - 14h	Gymnase U - Muscu	ALL	20	N.POUPLOT
Tuesday	18h-20h	Gymnase U - Muscu	ALL	20	N.QUEVAL
Wednesday	12h - 14h	Gymnase U - Muscu	ALL	20	
Thursday	14h-16h	Gymnase U - Muscu	ALL	20	S.PARKOO
Thursday	18h-19h30	Gymnase U – Muscu	ALL	20	S.ROUSSEAU
Thursday	19h30-21h	Gymnase U – Muscu	ALL	20	S.ROUSSEAU
Friday	12h-14h	Gymnase U - Muscu	ALL	20	A.MARCADET



Sport Circuit ENDONORA :

Come discover our audio-guided sports circuits on campus and test your strength, speed, and endurance on various apparatuses and exercises! Demonstration video available at this [link](#).

Day	Time	Place	Level	Number	Teacher
Monday	12h-14h	Place du Bouillon	ALL	20	Q.FEHREMBACH

Fitness (downtown) :

Various exercises for body shaping, bodyweight muscle strengthening (no added weights), core strengthening, and flexibility.

Day	Time	Place	Level	Number	Teacher
Tuesday	12h-13h	Gymnase Eugène Mabire	ALL	20	D.COVERT

Muscle Strengthening – Cardio

Day	Time	Place	Level	Number	Teacher
Wednesday	20h-21h	Gymnase U – Gym	ALL	25	J.RIVAUX

11. Strategy Sports

Chess:

Day	Time	Place	Level	Number	Teacher
Monday	17h-19h	Maison des associations	ALL	20	A. RODRIGUEZ

Maison des Associations de La Source : Place Sainte-Beuve 45100 ORLEANS LA SOURCE



12. IUT Sport Options/ Qualification training

BNSSA Training (National Certificate for Aquatic Safety and Rescue)

Acquisition of the knowledge and behaviors necessary to ensure safety in supervised and legally authorized swimming areas. Completion of the PSE1 (First Aid in a Team, Level 1) certification is mandatory.

Issuance of the PSE1 and BNSSA diplomas at the end of the training.

A PSE1 session will be organized specifically for students who wish to obtain the BNSSA.

Registrations open on September 15, 2025, at 9 a.m. This training is in high demand, so prompt registration is essential.

Training for Weightlifting Instructor or Coach Certification

Acquisition of the knowledge and skills necessary to ensure the safety and supervision of weightlifting and bodybuilding activities.

For more information, please contact Mr. Didier Farina: dfarina@ffhalterero.fr

IUT Sports Option

IUT students can choose to be evaluated in one of the following disciplines offered by SUAPSE after a minimum of 24 hours of practice:

**Athletics / Badminton / Swimming / Futsal / Volleyball / Weight Training / Judo /
Trampoline / Handball / Climbing / Tennis / Gymnastics**

You must register in advance with the teacher responsible for the chosen activity, subject to availability.

Votre inscription administrative doit être effectuée auprès du secrétariat du SUAPSE et de l'IUT. Vous recevrez alors une fiche d'émargement et d'évaluation indispensable à la validation de l'option sport.



SUAPSE on other sites

- BOURGES :**

A recreational practice for all students and staff of the University: a varied program for participants of all levels, supervised by a qualified instructor

Contact : franck.flacheron@univ-orleans.fr

List of sports offered below: (days and times may change and should be checked on Célène)

Badminton

Basketball

Climbing

Football

Futsal

Volley

Handball

Rugby

- CHÂTEAUROUX :**

Badminton / Basketball : Contact : alexe.cassi@gmail.com

Day	Time	Place	Level	Number	Teacher
Thursday	18h30-20h	Gymnase Belle Isle	ALL	25	A.CASSI
Thursday	18h30-20h	Gymnase Belle Isle	ALL	15	A.CASSI

Weight-Training : Contact : Johann.Prost@ac-orleans-tours.fr

Day	Time	Place	Level	Number	Teacher
Monday	19h-20h30	Lycée Jean Giraudoux	ALL	20	J.PROST



Swimming : Contact : pascal.rebeix@univ-orleans.fr

Day	Time	Place	Level	Number	Teacher
Thursday	12h30 – 14h	Piscine Balsanéo	ALL	20	P.REBEIX

Danse : Contact : isabellemasse@yahoo.com

Innovative project offered to students from the Castelroussin eco-campus who wish to discover or develop their choreographic culture and creativity.

Coming from different backgrounds, with rich and varied experiences, participants would form a diverse group united by the desire to dance for pleasure.

Sharing an artistic approach means putting the body in motion (warm-up, stretching...), learning choreographic vocabulary, feeling rhythms and the group's energy.

It also means exploring, creating, and opening the imagination using digital media, texts, and photos.

Day	Time	Place	Level	Number	Teacher
Thursday	13h30-14h30	Salle des étudiants Eco-Campus	ALL	20	I.MASSE

• CHARTRES :

The SUAPSE and the University Center of Chartres (IUT, ESPE, Polytech Orléans, and the UFR Sciences) allow you to practice Badminton and Futsal at the gymnasium of Lycée Marceau.

Futsal : Contact : j.philippe@institution.stemarie.eu

Day	Time	Place	Level	Number	Teacher
Monday	20h-22h	Gymnase Lycée Marceau	ALL	25	J.PHILIPPE



STEP/Fitness : Contact : marieleconte45@hotmail.fr

Day	Time	Place	Level	Number	Teacher
Monday	20h-22h	Gymnase Lycée Marceau	ALL	25	J.PHILIPPE

• **ISSOUDUN :**

Contact : chancelchampion@yahoo.fr

Futsal :

Day	Time	Place	Level	Number	Teacher
Monday	19h30 – 21h	Gymnase J. Macé	ALL	25	C. TSIOMO-TSIOMO

Team Sports :

Day	Time	Place	Level	Number	Teacher
Monday	17h30-19h	Gymnase J. Macé	ALL	25	C. TSIOMO-TSIOMO



Association Sportive of the University of Orléans (ASUO)



ASSOCIATION SPORTIVE DE L'UNIVERSITÉ D'ORLÉANS

The ASUO organizes sports events and enables its registered members to participate in competitions governed by the French University Sports Federation (FFSU). Several “sports nights” are held throughout the year. A calendar of events will be established and posted at the beginning of the year on the ASUO notice boards in each department of the University. You can also consult it online.

Location

Ground Floor UFR STAPS (Office 019) ASUO / STAPS
2 Allée du Château – BP 6237 – 45062 ORLEANS CEDEX.

Contacts :

Phone : 02 38 49 24 83

Email : asuo45@gmail.com

Facebook : asuo45

Instagram : asuo45

Thursday Evening Events

Various activities are offered on Thursday evenings, such as matches in:

- Racket sports
- Team sports
- Dodgeball
- Outdoor activities

Location and schedule: University gymnasium, Thursdays from 8:30 PM until around midnight.



How and where to get informaiton ?

- On the University of Orléans website under « Students and Citizens »
- On ASUO's social media accounts
- From the activity coordinators
- Directly at the ASUO office near the STAPS cafeteria between 12 p.m. and 2 p.m.

Terms of enrollment

- A medical certificate authorizing either recreational or competitive practice.
- FFSU license registration form (available via the ASUO Instagram bio)
- A passport photo.
- A copy of the student ID card.
- Payment of the membership fee in the amount of €30, by cash, check, or YEP'S.

This membership allows you to take part in all weekly sports activities (Thursday tournaments and challenges), as well as weekend outings. In addition, it enables you to participate in all competitions organized by the French University Sports Federation (FFSU).

It is a MULTI-SPORTS license, meaning you can take part in all offered competitions, both in individual and team sports (over 40 disciplines), ranging from regional championships to world championships!

Participation fees for FFSU competitions are partially covered by the association, according to a predefined reimbursement scale. You are also covered by insurance during sports activities.



French University Sports Federation



The Regional Committee includes 2,100 license holders, of which one-third are women, who participate in various championships across the 35 offered sports disciplines.

The CRSportU is the regional branch of the French University Sports Federation.

CRSportU Orléans-Tours

1240 Rue de la Bergeresse

45160 OLIVET

Phone : 02 38 49 88 88

Fax : 02 38 49 88 89

crsportu.orleans@wanadoo.fr

www.sport-u-orleans.com et www.sport-u.com



Find out about the sports practice opportunities in all official university competitions, as well as the schedules for both team and individual sports.



SSU University Sports Sections

They offer dedicated student athletes, engaged in a federal and university sports career, the opportunity to train within a high-level university sports structure supervised by a SUAPSE instructor and/or a Federal Technical Advisor.

Track and Field

Coordinator: Nicolas QUEVAL – Office 126 – nicolas.queval@univ-orleans.fr

Day	Time	Place	Level	Number	Teacher
Monday	18h-20h	Stade de la Source	SSU	25	N.QUEVAL
Thursday	14h30-16h	Stade de la Source	SSU	25	N.QUEVAL

Judo

Coordinator : Pierre Marie Tarade – taradepierremarie@gmail.com

Competitions : individual and team (See the calendar at the beginning of the year)

Day	Time	Place	Level	Teacher
Monday	18h - 20h	Gymnase U – Dojo	SSU et ranked	PM. TARADE

Volley-ball

Coordinator : Frédéric CROS – fredcros85@gmail.com

Day	Time	Place	Level	Teacher
Thursday	12h15-14h	Gymnase U – Sport co	SSU	F. CROS

Gymnastique

Coordinator Olivier PINAULT – olivier.pinault@univ-orleans.fr

Day	Time	Place	Level	Teacher
Thursday	16h-18h	Gymnase U – Gym	SSU	O.PINAULT

Cheerleading

Coordinator : Axelle ROUSSANNE – axelle.roussanne@etu.univ-orleans.fr

Jour	Heures	Lieu	Niveau	Enseignant
Jeudi	12h15-14h	Halle des sports	SSU/ Compét	F. CROS



NOS PARTENAIRES

- **ECO ÉTUDIANT CLUB ORLÉANS**

The Étudiant Club of Orléans offers licensed students who want to deepen their sports practice access to the federal world with its structures, competitions, and training programs (coaches, referees, etc.). Everyone can be welcomed within the spectrum ranging from recreational sports, disability sports, to high-level competition. Access to University High-Level sports is facilitated by the reimbursement of the FFSU license fee.

ECO ATHLETISME Stade omnisport de La Source Aline QUEVAL : 02.38.23.65.99 email : secretariat@eco-cjf.com https://www.eco-cjf.com/	Ligue du Centre d'Haltérophilie Didier Farina email : didier.farina@drjscs.gouv.fr
ECO NATATION Stéphane THÉAULT : 06.95.95.80.49 email : ecorleans.natation@gmail.com www.ec-orleans-natation.fr	ECO VOLLEY (Volley / Volley Assis / BeachVolley) SECRETARIAT : 06 38 45 03 50 email : ecorleansvolley@gmail.com www.ec-orleans-volley.fr
ECO KARATE Dojo Universitaire Président S. CHAFFER Tél : 09 54 16 26 19 email : postmaster@fskorleans.asso.fr https://fskorleans.asso.fr/	Ligue Centre-Val de Loire de Football Rue Paul Langevin 45100 Orléans Benjamin CAVOISY email : bcavoisy@eure-et-loir.fff.fr foot-centre.fff.fr
ECO Fleury FLOORBALL Gymnase Universitaire - Sport Co 45100 Orléans la Source Présidente : C. KALLA Tél : 06 66 15 92 87 email : kalla.floorball@gmail.com www.lescoyotesdefleury.fr	Comité Départemental Handisport du Loiret Parc d'Activités des Vallées RD2020 45770 Saran Solène Chenuet email : handisport.animateur@gmail.com www.handisportloiret.fr



USO Échecs Jean Peniquaud email : contact@us-orleans-echecs.fr	Pôle France Judo Jujitsu Orléans Franch DECROIX email : francki.decroix@wanadoo.fr
Aviron Club Orléans Olivet ACOO Isabelle Lepetit Mail : acoo.aviron@gmail.com	Écuries de Micy Elisabeth Belouet Mail : contact@belouet.fr
ECO Handball Emmanuelle SUDUL : 06 11 27 37 96 Mail : emmanuelle@frontiertrading.dk https://www.facebook.com/ecosthilaireofficiel https://www.instagram.com/ecosthilaireofficiel	Golf de Limère Mail : enseignement@golflimere.cm https://gaiaconcept-centre.fr/golf-de-limere/



SUAPSE
Haut Niveau

