

## A WORD FROM THE PRESIDENT



"Faster, higher, stronger... " The Service Universitaire d'Activités Physiques et Sportives (SUAPS) at Jean Monnet University offers you a wide range of sports activities adapted to all levels, integrated into your curriculum thanks to the bonus scheme.

Four formulas enable you to practice the activity of your choice, while benefiting from top-quality infrastructures and equipment. Throughout the year, numerous events (championships, meetings, training courses, animations, wellness workshops, etc.) take place on our campuses, in the city or in the great outdoors.

In 2024-2025, the Opening and Awareness Teaching Unit (UEOS) "Physical Activity and Health" is evolving to bring you new stories on social responsibility and current environmental issues.

In this Olympic year, don't miss the two major events of the new academic year: the Village Sport, organized on September 26 as part of Fest'ive - the student life festival, and the Escapade Sportive, a major orienteering race in the Pilat region, which will take place on October 3 and bring together over 600 participants, students and staff from the University.

I wish you all a university year full of discoveries and sporting feats!

Florent Pigeon  
President, Jean Monnet University



## SUAPS TEACHERS



**Nathalie MATHIEU**

SUAPS Director  
Basketball, French boxing,  
Fitness, Bodybuilding

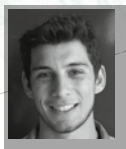


**Sibylle CHAZOT** Deputy  
Director of SUAPS  
Handisport,  
Swimming, Volleyball



**Séverine BOVERO**

Workshops Wellness,  
Climbing, Fitness, Body-  
building, Table tennis, Trail,  
Yoga



**Maxime DAL-GOBBO**  
Cardio Fit, Kick Boxing,  
Bodybuilding,  
Grip sports



**Jean-Philippe PUP**

Outdoor activities,  
Climbing, Badminton,  
Tennis



**Philippe LAVENNE**  
Badminton, Football,  
Bodybuilding,  
Swimming



**Romain JEROME**

Bodybuilding, Padel,  
Pickleball, Rugby, Tennis



**Florence AUBERT**  
Secretary



## SUAPS or S P O R T S DEPARTMENT

Maison de l'Université

2<sup>nd</sup> floor - door 213

10, rue Tréfilerie - CS 82301

42 023 Saint-Étienne CEDEX 2

Tel. 04 77 42 17 96

<http://suaps.univ-st-etienne.fr>



SUAPS St-Etienne UJM



suaps\_saint\_etienne



# SUAPS PLANNING

## 1st Semester



Classes start → 09/16/24

All Saints' vacation → from 26/10/24 to 03/11/24 End  
of classes → 20/12/24

## 2nd Semester



Course starts → 13/01/25

Winter vacations → from 01/03/25 to 09/03/25

Spring vacations → from 19/04/25 to 04/05/25 End  
of FQ courses → 18/04/25

Proposed reduced schedule excluding bonus :  
→ from 05/05/25

## PERMANENCES

Opening hours at the Maison are available on  
the SUAPS website.



# SUAPS and its VACATION WORKERS



ANDRIAMPARANY J.-D.

Jazz



BARO V.

Weight training,  
Rugby



CHAZOT C.

Golf



COULOT L.

Handball



CHOLAS C.

Badminton, Basketball



COLOMBET T.

French boxing



COURTEILLE M.

Soccer



DECECCO V.

Fitness, Gentle Gym



DIMIER X.

Paragliding



FAYOLLE J.-Y.

Latin dance



FERNANDEZ HUGON F.-E

Judo/Sambo



GARNIER C.

Badminton



GOUT J.

Taekwondo



IDIR H.

Karate



JOURNAL N.

Volleyball

# SUAPS and its VACATION WORKERS



LACOMBE R.  
Bodybuilding



LASSUS T.  
Volleyball



MANCEAU S.  
Soccer



MAUDRY T.  
Volleyball



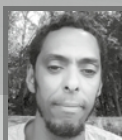
MAURIN F.  
Dance



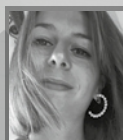
MORILLA J.  
Handball



PARREL N.  
Hip-Hop



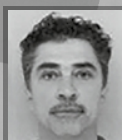
PEDIGREE  
Capoeira



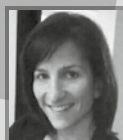
REMONTET A.  
Dance



QUINSON F.  
Shooting



RAVEL G.  
Badminton



SAURON S.  
Climbing, Bodybuilding



SMATI M.  
Gymnastics



YAYLARIAN D.  
Basket



YESSILI K.  
Table tennis

## NEWS

You'll find the answers to your questions right here at the University: the Sports Service, located on the 2<sup>e</sup> floor, Porte 213, at the Maison de l'Université, is the preferred resource for student athletes seeking information on SUAPS and Association Sportive de l'Université Jean Monnet (competitive sports) activities.

You can :

- find the schedule of activities by semester,
- to meet with PE teachers,
- take out your FFSportU license.

Among its missions, SUAPS must enable the greatest possible number of students and University staff :

- take part in sporting activities as part of personal training (PT) to develop their physical abilities, improve their life balance, and promote conviviality and group life.
- take part in a sports discipline as part of a Qualifying Training (QT) or Bonus Training (BG) program, enabling you to obtain a bonus on your semester average.

## FORMALITIES

With the aim of enabling as many Jean Monnet University students as possible to take part in physical and sports activities, the SUAPS (Service Universitaire des Activités Physiques et Sportives) offers a wide range of training courses, with 45 activities available in four different formats:

### ✓Formula 1(FQ)

→ "1 Sport/1 Niche" regular practice evaluated

### ✓Formula 2(FB)

→ "1 Sport/1 Niche" regular practice without assessment

### ✓Formula 3(FP)

→ "Multisports" in supervised personal practice

### ✓Formula 4

→ "Courses, outdoor activities and organized outings"

# SUAPS

Whatever the formula chosen, all students taking part in courses organized by SUAPS must go to the activity venue with their student card and a valid annual sticker.

Formulas 1 and 2 cannot be chosen simultaneously by the same student during the same semester. On the other hand, any student who has signed up for regular practice of a sport under either option 1 or 2 is perfectly free to take part in other activities offered under options 3 and 4.

Attendance rules apply to physical and sports activities in formulas 1 and 2, as they do to all other educational activities.

For formula 1, please arrive within 15 days of the course start date to validate your enrolment.

For formula 4, only one summer and one winter course are authorized.

## GENERAL PROVISIONS

- ✓ All activities are supervised.
- ✓ Insurance covers all activities, including training courses. (except paragliding - specific insurance)
- ✓ The student is entitled to a bonus, but not for a specific activity.
- ✓ Enrolment in assessed/graded courses is limited to one course per semester and per student.
- ✓ For Master's students, it is essential to respect the registration dates (IP Web) despite the late registration procedures.
- ✓ Participation in several FP sports activities is possible subject to availability.
- ✓ The bonus is not included in the ranking for the 1<sup>re</sup> year of medicine competition. However, if you are unsuccessful, this bonus may be granted as part of the "passerelles" system.
- ✓ Validation of sport points is subject to examination regulations. Any attempt at fraud will be punished.
- ✓ FB/FQ Web registration :
  - from 08/25 to 09/13/24 for semester S1
  - from 16/12 to 10/01/25 for semester S2



## h i g h - l e v e l athletes

To help students reconcile their studies with top-level sporting activities, they can apply for the status of "university top-level sportsperson" if they are registered on a ministerial list or if they can demonstrate a good national level (application examined by a commission). An application form can be downloaded from the SUAPS website < <http://suaps.univ-st-etienne.fr> > or collected from the SUAPS office (2<sup>e</sup> floor of the Maison de l'Université) and returned before **September 20, 2024**, together with supporting documents.

✓ Contact: [severine.bovero@univ-st-etienne.fr](mailto:severine.bovero@univ-st-etienne.fr)

## INTERNAL RULES and C L O T H I N G

- ✓ Enrolment in the physical and sports activities organized by SUAPS implies respect for the rules of proper operation and the course **timetable\***.
- ✓ Appropriate sportswear is mandatory for safe and hygienic participation in physical and sporting activities. Clothing and accessories that are inappropriate for sporting activities (hats, caps, etc.) are not permitted, veil...) are not **authorized\***.
- ✓ A towel is mandatory for access to the weight, cardio and fitness **rooms\*\***.
- ✓ The use of telephones for music and calls is forbidden (headphones)\*\*.
- ✓ Students must present and/or deposit their student card. Access to classes will not be granted to students who are unable to present this piece of university identification or the student card.  
proof of university **registration\*\***.
- ✓ The teacher in charge has full authority to enforce these rules. If they are not, the teacher may temporarily or permanently exclude the person **concerned\***.
- ✓ The university is not responsible for theft that may occur during sports activities.

Activities are semestered. The schedule will be available at **SUAPS**, on the website < <http://suaps.univ-st-etienne.fr> >

\* Study regulations (CFVU 2021)

\*\* Study regulations (Conseil des Sports 2015)

## E V E N T S

- ✓ Tournaments: basketball night, badminton night, futsal night, volleyball night
- ✓ "Escapade sportive" on 03/10/24 for staff and students
- ✓ One-off Shiatsu massage workshop

# SUAPS

## INTERNSHIPS and H O L I D A Y S

Please note that internships are limited to 2 per student.

- ✓ Alpine skiing course (07 to 09/01/25 and 10 to 12/01/25)
- ✓ Cross-country skiing course (from 10 to 12/01/25)
- ✓ Trail/running course (May 2025)
- ✓ Outdoor training (June 2025)
- ✓ Diving course
- ✓ Discover whitewater: rafting, whitewater swimming, canoeing
- ✓ Mountaineering weekend (June 2025)
- ✓ Paragliding course (2<sup>e</sup> semester)

## U N I V E R S I T Y   S T A F F

University teachers and staff who have paid the **SUAPS** sports fee have access to all activities offered by the Sports Department. The fee for staff of the University and partner establishments that have signed an agreement with the University is €40.

The fee for staff from the University and institutions that have not signed an agreement with the University is €110.

### What's more, courses are reserved exclusively for them

#### Fitness

Prof. DECECCO V., MATHIEU N.

Monday → 12:30 to 13:30 → Salle  
R. Martin IUT St-Étienne      Tuesday  
→ 12.15 pm to 1.15 pm →  
Salle A, Esp. D. Papin

#### Gym douce (Métare sector)

Prof. DECECCO V.

Tuesday → 12:15 to 13:15 → Métare Gymnase Michelon

#### Weight training (towel mandatory)

Prof. DAL-GOBBO M.

Monday → 5:15 p.m. to 6:15 p.m. →  
Halle Universitaire D. Papin

#### Mouv' et Zen

Prof. BOVERO S.

stress management and fitness enhancement through gentle physical practices (Qi Gong, pilates and stretching)

Monday → 12:15 p.m. to 1:15 p.m. →



## SPORT and H A N D I C A P

Many of the activities offered by SUAPS are accessible to students, teachers and staff with disabilities.

Don't hesitate to contact the Sports Office for more information.

✓ Information: [sibylle.thuel.chazot@univ-st-etienne.fr](mailto:sibylle.thuel.chazot@univ-st-etienne.fr)

## C O M P E T I T I V E S P O R T

All UJM students have access to competitions organized by the Fédération Française du Sport Universitaire (FFSU). The FFSU license is multi-sport.

For further information, please contact

- SUAPS for UJM students other than IUT and STAPS,
- at the IUT sports office (Centre de Vie),
- at CRSU\* - 04 77 48 50 24 for STAPS students,
- Competition information :  
< <https://sport-u-auvergnerrhonealpes.com/> >

\*Regional University Sports Committee

## S P O R T S F A C I L I T I E S

Espace DENIS PAPIN - 23, rue D. Papin (specific map p. 11)

Room A - Fitness activities - French boxing - Dances

Hall B - Ballroom dance - Jazz - Rock

Hall C - Wellness/Relaxation

workshop Judo hall - Combat

activities Halle Universitaire D. Papin

### GYMNASES

MICHELON - rue Paul Michelon (no. 21)

OMNISPORT - Plaine Achille (no. 24)

CLÉMENCEAU - imp. G. Clémenceau (no. 25)

FAURIEL - rue Étienne Mimard (no. 26)

JEAN GACHET - parking Gachet Jacquard (n° 27)

BOUSQUET - 3, bd des frères Gauthier (Pk Étivallière) (n° 28)

RIVIÈRE - 15, rue Berthelot (n° 29)

## SWIMMING POOLS

COTONNE P. Poty - rue P. Poty (n° 31)

R. SOMMET PLAINE ACHILLE - bd Jules Janin (n° 33)

## STADIUM

MÉONS - rue Paul Méchain (n° 41)

ÉTIVALLIÈRE - rue de la Tour (opposite G. Guichard) (no. 42)

VIRGILE - 16, rue Virgile (n° 43)

## SPECIALIZED ROOMS

Salle d'Escalade - Halle Universitaire D. Papin (n° 53)  
- Gachet Jacquard (n° 27)

Padel courts - PadelShot - 9, allée Jean Lauer (n° 54)

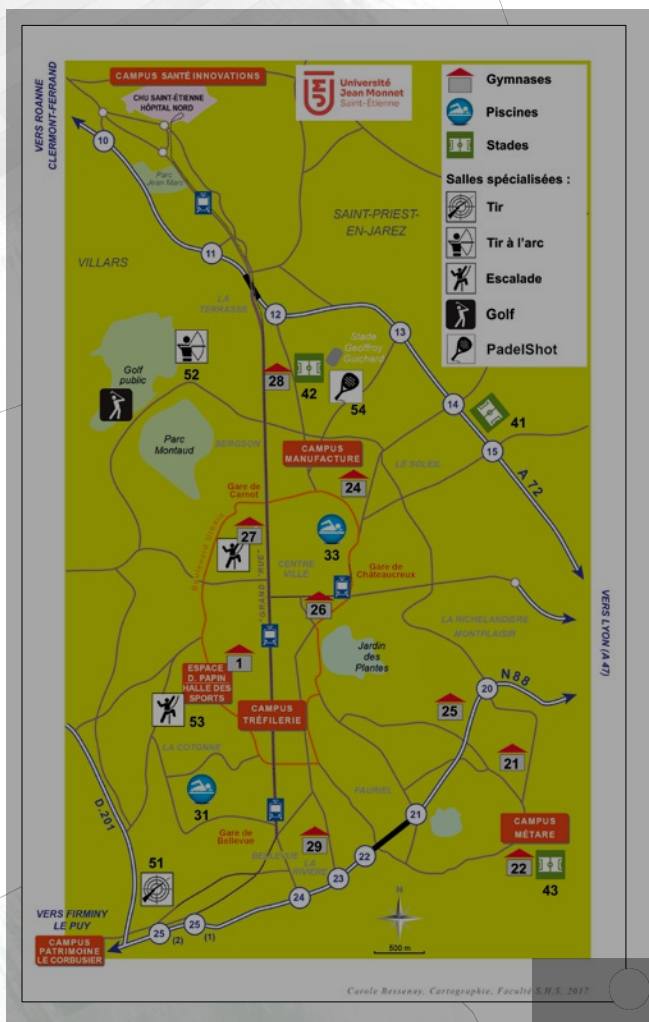
Salle de Tir - Solaure - 18, rue Bossuet (n° 51)

Salle de Tir à l'arc - Gymnase Les Champs - rue G<sup>al</sup> Delestreint (n° 52)

## GOLF

Golf de Saint-Étienne - 62, rue St-Simon





# SUAPS ACTIVITIES



## FITNESS - BUILDING ACTIVITIES

✓ Conditions: outdoor shoes not tolerated, towel mandatory.

### CARDIO FIT All levels

A combination of cardiovascular work and muscle strengthening.

Profs. BOVERO S., DAL-GOBBO M., MATHIEU N.

→ Salle A, Espace D. Papin

Monday → 4 p.m. to 5 p.m. FP - FB Cardio Fit Team

Tuesday → 5:00 pm to 6:00 pm FP - FB

Wednesday → 5:00 p.m. to 6:00 p.m.

FP - FB - FQ

### MUSCULATION

✓ Conditions: sportswear, towel compulsory from 1<sup>st</sup> session, phone for calls and music forbidden, headphones and earphones forbidden.

Profs. BARO V., BOVERO S., CHOLAS C., DAL-GOBBO M., JEROME R., LAVENNE P., LACOMBE R., MATHIEU N., SAURON S.

→ Gym, Halle Universitaire D. Papin



Monday → 12:00 to 13:45 FP - FB - FQ All levels

Monday → 6:15 p.m. to 7:45 p.m. FP - FB All levels

Monday → 7:45 p.m. to 9:15 p.m. FP - FB All levels

Tuesday → 12:15 pm to 2:00 pm FB - FQ Classes

Tuesday → 6:00 p.m. to 8:30 p.m. FP - FB

All levels

Wednesday → 12:15 pm to 2:00 pm FB - FQ Classes

Wednesday → 5:00 p.m. to 6:30 p.m. FB - FQ

Classes

Wednesday → 6:30 p.m. to 8:45 p.m. FP - FB All levels

Thursday → 12:15 pm to 1:45 pm FP - FB All levels

Thursday → 2:00 pm to 3:30 pm FP - FB - FQ Girls only

Thursday → 3:30 p.m. to 5:00 p.m. FB - FQ Classes

Thursday → 5:00 p.m. to 6:30 p.m. FB - FQ Classes

Thursday → 6:30 p.m. to 8:30 p.m. FP - FB

All levels



# SUAPS ACTIVITIES

## MUSCLE STRENGTHENING

Muscular strengthening performed to music with additional loads (elastics, weighted bands...).

Profs. BOVERO S., DECECCO V.

→ Salle A, Espace D. Papin

Thursday → 6:30 p.m. to 7:30 p.m.	FP - FB	All levels
Friday → 4:00 p.m. to 5:00 p.m.	FP - FB - FQ	All levels

## STEP

Use a STEP machine to choreograph to music. Cardiovascular and choreographic work.

Prof. MATHIEU N.

→ Salle A, Espace D. Papin

Monday → 5:30 p.m. to 6:30 p.m.	FP - FB - FQ	All levels
Wednesday → 6:00 p.m. to 7:00 p.m.	FP - FB - FQ	All levels
Thursday → 3:30 to 4:30 p.m.	FP - FB - FQ	All levels 1 <sup>er</sup> semester
Thursday → 2:00 pm to 3:00 pm	FP - FB - FQ	All levels 2 <sup>e</sup> semester

# WELLNESS ACTIVITIES

## WELL-BEING - RELAXATION WORKSHOP

This workshop will introduce you to various relaxation and body harmonization techniques. Practice includes breathing exercises, sophrology and gentle joint mobilization.

✓ Conditions: compulsory registration with [severine.bovero@univ-st-etienne.fr](mailto:severine.bovero@univ-st-etienne.fr)  
Limited activity

Prof. BOVERO S.

→ Salle C, Espace D. Papin

Monday → 7:45 p.m. to 8:45 p.m.	FP - FB - FQ	All levels
Tuesday → 6:00 p.m. to 7:15 p.m.	FP - FB - FQ	All levels



# SUAPS ACTIVITIES

## STRETCHING - PILATES

Gentle relaxation and toning of the body's deep muscles. Facilitates and improves posture and concentration.

Prof. BOVERO S.

→ Salle A, Espace D. Papin



Thursday → 12:15 p.m. to 1:15 p.m.

FP - FB - FQ

All levels

## YOGA

A session based on asanas (body postures) and pranayama (breathing) that brings calm and energy.

Prof. BOVERO S.

→ Espace D. Papin

Monday → 5:00 p.m. to 6:00 p.m.

FP - FB - FQ

Judo Hall

Tuesday → 4:00 pm to 5:00 pm

FP - FB - FQ

Room A

Friday → 5:00 p.m. to 6:00 p.m.

FP - FB - FQ

Room A

## DANCES

### MODERN DANCE

Prof. REMONTET A.

→ Salle B, Espace D. Papin

Tuesday → 7:45 pm to 9:00 pm

FP - FB

All levels

### LATINO DANCE (Bachata, Kizomba, Salsa)

Prof. FAYOLLE J.-Y., MAURIN F.

→ Salle A, Espace D. Papin



Tuesday → 7:00 p.m. to 8:15 p.m.

FP - FB

Salsa

beginners

Tuesday → 8:15 p.m. to 9:30 p.m.

FP - FB

Advanced Salsa

Thursday

→ 8:00

pm to 9:30 pm

FP - FB

Bachata/Kizomba  
Beginners

### CHOREOGRAPHIC HIP-HOP

Prof. PARREL N.

→ Salle B, Espace D. Papin

Tuesday → 6:15 p.m. to 7:45 p.m.

FP - FB

All levels



# SUAPS ACTIVITIES

## JAZZ

Prof. ANDRIAMPARANY J.-D.

→ Salle C, Espace D. Papin

Thursday → 7:30 pm to 9:00 pm FP - FB

All levels  
1<sup>er</sup> semester only

## MODERN JAZZ

Prof. REMONTET A.

→ Salle B, Espace D. Papin

Tuesday → 9:00 pm to 10:15 pm FP - FB

All levels

## ROCK

Prof. FAYOLLE J.-Y.

→ Salle B, Espace D. Papin

Thursday → 7:00 p.m. to 8:00 p.m.

FP - FB

All levels

## ACTIVITIES from A to Z

### ATHLETICS/RUNNING

✓ Conditions: It is important to be assiduous on this activity,  
3 absences allowed. Limited number of places.

Prof. Club Coquelicot 42

→ Étivallière stadium

Tuesday → 5:30 p.m. to 7:00 p.m.

FB Middle-distance

Tuesday → 6:00 p.m. to 8:00 p.m.

FB Sprint



Trail/Running :

✓ Conditions: Be able to run 45 min minimum,  
Outings in the park or on the trail, with a course planned for the end of the year.  
Registration and information: [severine.bovero@univ-st-etienne.fr](mailto:severine.bovero@univ-st-etienne.fr)

Prof. BOVERO S.

→ Meeting point: Denis Papin or Parc  
de l'Europe, depending on the  
season

Thursday → 5:30 pm to 7:00 pm FP - FB - FQ All levels

# SUAPS ACTIVITIES

## BADMINTON

- ✓ Conditions: shuttlecocks supplied, racket to be provided.  
Limited activity.



Prof. CHOLAS C., GARNIER C., LAVENNE P., PUP J.-P., RAVEL G.

→ A Gymnase Fauriel, B Halle Universitaire D. Papin,  
C Gymnase Michelin

Monday → 7:00 p.m. to 8:30 p.m.

FP - FB

→ A All levels Monday → 8.30 pm to 10.00 pm

FP - FB

→ A Tournaments Tuesday

→ 12.15 p.m. to 1.45 p.m.

FP - FB - FQ

→ B All levels

1<sup>er</sup> semester only

Wednesday → 6:30 p.m. to 8:15 p.m.

FP - FB

→ B All levels Wednesday → 8.15 pm to 10.00 pm

FP - FB

→ B All levels Thursday

→ 12.15 pm to 1.45 pm

FB - FQ

→ B All levels Thursday → 6.15 p.m. to 8.00 p.m.

FP - FB

→ C All levels Thursday

→ 7.00 p.m. to 8.30 p.m.

FP - FB

→ A All levels Thursday → 8.30 p.m. to 10.00 p.m.

FP - FB

→ A Tournaments Friday →

4.15 p.m. to 6.00 p.m.

FP - FB - FQ

→ B All levels  
2<sup>e</sup> semester only

## MIXED BASKET

Prof. CHOLAS C., MATHIEU N., YAYLARIAN D.

→ Halle Universitaire D. Papin



Monday → 6:30 p.m. to 8:00 p.m.

FQ Beginners' training

Monday → 8:00 pm to 10:00 pm

FQ Player training

Thursday → 8:30 pm to 10:30 pm FP

Leisure matches

Friday → 6:00 p.m. to 8:00 p.m. FP - FB

Training for all levels

## FRENCH BOXING All levels

Percussion combat sport.

- ✓ Conditions: gloves on loan against deposit. Contact SUAPS.

Prof. COLOMBET T., MATHIEU N.

→ B Halle Universitaire D. Papin, C Gymnase Michelin, E Espace D. Papin

Tuesday → 7:15 pm to 9:15 pm

FP - FB

→ C Salle de Boxe

Wednesday → 7:00 pm to 9:00 pm FP - FB - FQ → E Room A

Thursday

→ 2:00 pm to 3:30 pm

FP - FB -

FQ

→ E Room A

1<sup>er</sup> semester only

Thursday → 12:15 p.m. to 1:45 p.m.

FP - FB - FQ

→ E

Room B

2<sup>e</sup> semester only

## SUAPS ACTIVITIES

### CAPOEIRA

Prof. PEDIGREE

→ Salle C, Espace D. Papin

Tuesday → 7:30 p.m. to 8:30 p.m.

FP All levels



### CLIMBING

Monday → 8:00 to 10:00 p.m.

FP - FB

→ B All levels

✓ Conditions: climbing on SAE

Tuesday → 2:00 to 4:00 p.m.

FP - FB - FQ

→ B All levels

Prof. COURTEILLE M., LAVENNE P., MANCEAU S.  
→ Tuesday → 6:00 p.m. to 8:00 p.m.

FP - FB

→ B All levels

Tuesday → 8:00 to 10:00 p.m.

FB - FQ

→ B All levels

Wednesday → 6:00 p.m. to 8:00 p.m.

FB - FQ

→ B All levels

Wednesday → 8:15 to 10:15 p.m.

FP - FB

→ F All levels

Thursday → 3:30 to 5:30 p.m.

FB - FQ

→ B All levels

Friday → 12:15 to 2:00 p.m.

FP - FB - FQ

→ B All levels

### FOOTBALL All levels

Tuesday → 7:30 p.m. to 8:45 p.m.

FP - FB

→ H

Prof. COURTEILLE M., LAVENNE P., MANCEAU S.

Reserved for IUT

→ G Stade Etivallière, H Stade Virgile

Thursday → 7:15 p.m. to 8:45 p.m.

FP - FQ

→ G Vest. H Lux

Tuesday → 7:30 p.m. to 9:30 p.m.

FP - FB

→ G Vest.

TH Lux  
Wednesday → 6:15 p.m. to 7:30 p.m.

FB - FQ

→ H Reserved for IUT

Prof. LAVENNE P.

→ Halle Universitaire D. Papin

Friday → 4:15 p.m. to 6:00 p.m.

FP - FB - FQ

All levels  
1<sup>er</sup> semester only



### FUTSAL

Prof. LAVENNE P., COURTEILLE M.

→ Halle Universitaire D. Papin

Wednesday → 5:00 p.m. to 6:30 p.m.

FP - FB

All levels

Friday → 2:30 p.m. to 4:15 p.m.

FP - FB

All levels

# SUAPS ACTIVITIES

## GOLF

Access to workshops and courses (Pitch and Putt and/or 18 holes).

✓ Conditions: equipment provided (clubs, practice balls). Information: [claudine.chazot@univ-st-etienne.fr](mailto:claudine.chazot@univ-st-etienne.fr)

Prof. CHAZOT C.

→ Golf de Saint-Étienne. See you there.

Thursday → 1:45 p.m. to 3:15 p.m. FP - FB - FQ Beginners

Thursday → 3:15 p.m. to 4:45 p.m. FP - FB -

FQ Autonomous on the course



## GYMNASTIQUE SPORTIVE

✓ Number limited.

Prof. SMATI M.

→ Gymnase Bousquet

Thursday → 12:15 pm to 1:45 pm FP - FB All levels



## WOMEN'S HANDBALL

Prof. COULOT L.

→ Gymnase Clémenceau

Wednesday → 6:15 p.m. to 8:00 p.m. FP - FB - FQ All levels

## MEN'S HANDBALL

Prof. COULOT L.

→ Gymnase Clémenceau

Wednesday → 8:00 p.m. to 9:45 p.m. FP - FB - FQ All levels

## MIXED HANDBALL

Prof. MORILLA J.

→ Gymnase Clémenceau

Tuesday → 8:00 pm to 10:00 pm FP - FB All levels



## HANDISPORT - Raising awareness of disability

✓ Conditions: Course open to students, teachers and University staff with disabilities, but also to able-bodied people.

Raising awareness of several handisport activities.

Prof. CHAZOT S.

→ Halle Universitaire D. Papin

Tuesday → 6:00 pm to 7:30 pm FP - FB - FQ All levels

# SUAPS ACTIVITIES

## JUDO/SAMBO

✓ Conditions: kimono loaned against deposit.  
Please contact SUAPS.

Prof. DAL-GOBBO M., FERNANDEZ HUGON F.-E.

→ Judo hall, Espace D. Papin

Mon	→ 8:00 pm to 10:00	FP - FB - FQ	Sambo grads
day	pm	FP - FB	Judo all levels
Thur	→ 8:15 to 9:45 p.m.		

## KARATE

Prof. IDIR H.

→ Judo hall, Espace D. Papin



Thursday	→ 6:15 p.m. to 8:15 p.m.	FP - FB	All levels
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## KICK BOXING LIGHT

A foot-fist percussion sport open to all. Training sessions are "light", i.e. with controlled touches (power punches and KOs prohibited).

✓ Conditions: Shin guards and gloves on loan against deposit. Please contact SUAPS.

Prof. DAL-GOBBO M.

→ Judo hall, Espace D. Papin

Wednesday	→ 4:30 p.m. to 6:30 p.m.	FP - FB - FQ	All levels
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## WRESTLING/ADVANCED WRESTLING

Prof. DAL-GOBBO M.

→ Judo hall, Espace D. Papin

Monday	→ 6:30 p.m. to 8:00 p.m.	FP - FB - FQ	All levels
Thursday	→ 12:15 pm to 1:45 pm	FP	Confirmed 2 <sup>e</sup> semester only

## SWIMMING All levels, from beginners to competitors

✓ Conditions: bathing cap mandatory.  
Session duration 1 h minimum.

Prof. CHAZOT S., LAVENNE P.



Monday	→ 12:00 to 13:15	FP - FB - FQ	→ La Cotonne 1 <sup>er</sup> swimming pool
Monday	→ 12:00 to 13:45	FP - FB - FQ	→ La Cotonne 2 <sup>e</sup> swimming pool

# SUAPS ACTIVITIES

Tuesday → 12:00 to 13:45	FP - FB - FQ	→ La Cotonne swimming pool
Thursday → 11:45 a.m. to 1:45 p.m.	FP - FB - FQ	→ La Cotonne swimming pool
Friday → 12:00 to 13:45	FP - FB - FQ	→ Piscine R. Summit
Specific "non-swimmer" slot:		
✓ Conditions: Prior registration required. <a href="mailto:sibylle.thuel.chazot@univ-st-etienne.fr">sibylle.thuel.chazot@univ-st-etienne.fr</a>		
Tuesday → 4:00 p.m. to 4:45 p.m.	FP - FB	→ La Cotonne swimming pool
Tuesday → 4:45 p.m. to 5:30 p.m.	FP - FB	→ La Cotonne swimming pool

## PARAPENTE

Discovery-Initiation on a school slope in the form of an internship during the year.

No registration for 2<sup>nd</sup> semester.

✓ Conditions: equipment provided (glider, helmet, radio). Participation fee includes aviation liability insurance license.

compulsory. Pre-registration: [suaps@univ-st-etienne.fr](mailto:suaps@univ-st-etienne.fr)

Prof. DIMIER X.

## WOMEN'S RUGBY

Prof. JEROME R.

→ Monday	→ 6:30 p.m. to 8:00 p.m.	FP - FB - FQ
All levels		

## MEN'S 15-A-SIDE RUGBY

Prof. JEROME R.

→ Monday	→ 8:00 pm to 9:30 pm	FP - FB - FQ
All levels		

## TOUCH RUGBY

Prof. BARO V.

→ Stade de Méons

Thursday	→ 5 p.m. to 7 p.m.	FP - FB	All levels
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## SELF DEFENSE

Prof. DAL-GOBBO M.

→ Judo hall, Espace D. Papin

Monday → 12:15 p.m. to 1:45 p.m.	FP - FB - FQ	Judo Hall
Tuesday → 5:00 p.m. to 6:30 p.m.	FP - FB - FQ	Judo Hall



# SUAPS ACTIVITIES

## TAEKWONDO

Prof. GOUT J.

→ Judo hall, Espace D. Papin

Tuesday → 8:00 pm to 10:00 pm FP - FB



All levels

## TENNIS

✓ Conditions: balls supplied, racket to be provided. Limited number of players.

Prof. JEROME R, PUP J.-P.

→ Halle Universitaire D. Papin



Monday → 4:00 pm to 6:00 pm FP - FB - FQ

Beginners

Monday → 4:30 pm to 6:00 pm

FP - FB - FQ

Intermediate level: ability to return slow, spinless balls without difficulty.

Thursday → 2:00 p.m. to 4:00 p.m.

FQ Beginners

Thursday → 2:00 pm to 3:30 pm FP - FB

All levels

Thursday → 3:30 pm to 5:00 pm FP - FB

All levels

Thursday → 5:00 pm to 6:30 pm FB - FQ

Level 30 to 15/1

Padel/Tennis :

Come and discover a mix of tennis and squash. The fun is immediate and progress is rapid. Lessons will take place on 3 courts with homogeneous groups so that everyone progresses at their own pace.

✓ Conditions: Loan of equipment. Limited activity.

Prof. JEROME R.

→ PadelShot de Saint-Étienne

Thursday → 1:30 pm to 3:00 pm FP - FB - FQ

All levels

Pickleball :

Prof. JEROME R.

→ Halle Universitaire D. Papin

Tuesday → 12:15 p.m. to 1:45 p.m.

FP - FB - FQ

All levels

2<sup>e</sup> semester only

## TABLE TENNIS

✓ Conditions: balls supplied, racket to be provided. Limited number

of players.

Monday → 6:15 p.m. to 7:45 p.m. FB - FQ

All levels

→ Halle Universitaire D. Papin  
Tuesday → 6:00 p.m. to 7:30 p.m.

All levels

FP - FB

# SUAPS ACTIVITIES

## SHOOTING

✓ Conditions: on-site registration.  
Lesson duration: 1 h, materials provided.

Prof. QUINSON F.

→ Salle de Tir, Maison de quartier de Solaure

Wednesday → 4:00 pm to 7:00 pm FP - FB

All levels

Thursday → 2:00 pm to 4:00 pm FP - FB

All levels

Friday → 3:00 pm to 7:00 pm FP - FB

All levels

## MIXED VOLLEYBALL

Prof. CHAZOT S., JOURNAL N., LASSUS T., MAUDRY T.

→ B Halle Universitaire D. Papin, C Gymnase Michelon,  
I Gymnase Beaubrun, J Gymnase Clémenceau



### Training

Monday → 6:30 p.m. to 8:15 p.m. FB - FQ

→ C All levels

Tuesday → 7:30 p.m. to 9:15 p.m.

FQ → B Deb./medium

Tuesday → 9:15 pm to 11:00 pm FQ

→ B Intermediate/Confirmed

Wednesday → 8:00 p.m. to 9:30 p.m. FP - FB

→ I All levels

Thursday → 2:15 p.m. to 4:00 p.m.  
levels

FP - FB - FQ → J All

### Training + Matches

Monday → 8:15 pm to 10:00 pm FP - FB

→ C All levels

Wednesday → 9:30 pm to 11:00 pm FP

→ I All levels

Thursday

→ 6:30 pm to 8:30 pm

FP - FB → B All levels



# SUAPS ACTIVITIES

## OUTDOOR ACTIVITIES

Organized as outings  
(Via Ferrata, half-day climbing and full-day canyoning).

✓ Conditions: specific equipment provided, prior registration required with  
[jean.philippe.pup@univ-st-etienne.fr](mailto:jean.philippe.pup@univ-st-etienne.fr)

Prof. PUP J.-P.

→ Meet at Espace D. Papin, parking haut

	1 <sup>er</sup> semester	2 <sup>e</sup> semester
Canyoning	09/20/24 and 10/04/24	05/23/25 and 06/06/25
Climbing	11/10/24 and 25/10/24	09/05/25 and 13/06/25
Via Ferrata	09/27/24 and 10/18/24	04/04/25 and 16/05/25

