



[sports.ktu.edu](https://sports.ktu.edu)



KTU ACTIVATed



@ktuactivated



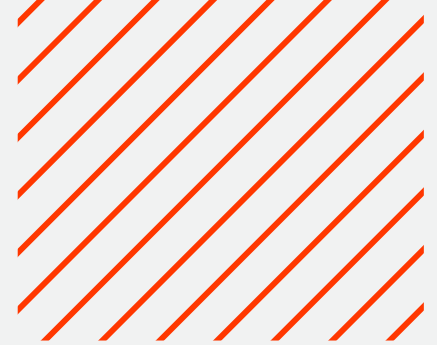
activat<sup>ed</sup>

***KTU SPORTS AND***



***WELLNESS CENTRE***

# sports and wellness centre

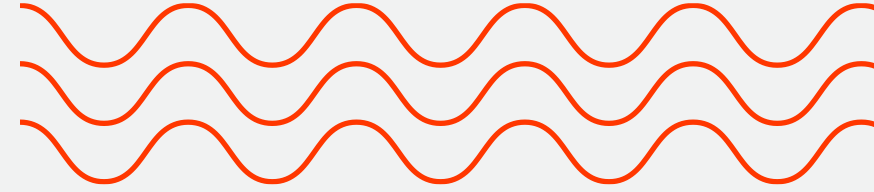


- Non-academic department of **Kaunas university of technology**
- Promoting an active and healthy lifestyle
- Training high-performance athletes - **national and international level**
- **Open to all** - students, staff and alumni
- **11 sports and exercise facilities** at all levels
- Multi-skilled coaching staff
- Wide variety of **sporting activities**
- Organising sports events and inside competitions

# sports facilities



# leisure sports activities



football



basketball



track and  
field



badminton



volleyball



tennis



cricket



rock climbing

registration [activated@ktu.lt](mailto:activated@ktu.lt)

# leisure sports activities timetable

sports.ktu.edu/leisure



registration:

[activated@ktu.lt](mailto:activated@ktu.lt)

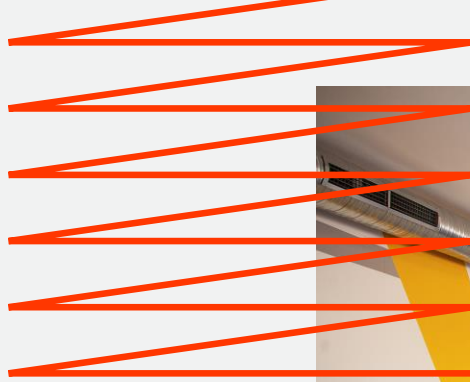


registration:

[sportoklubas.ktu.edu/](https://sportoklubas.ktu.edu/)

time limit: **1 hr 30min**

remember to follow [Rules of Procedure of the gym.](#)



# group workouts

- Pilates
- Callanetics
- Tabata
- Ball workout
- Strength training
- Circuit training
- TRX (suspension training)
- Body design

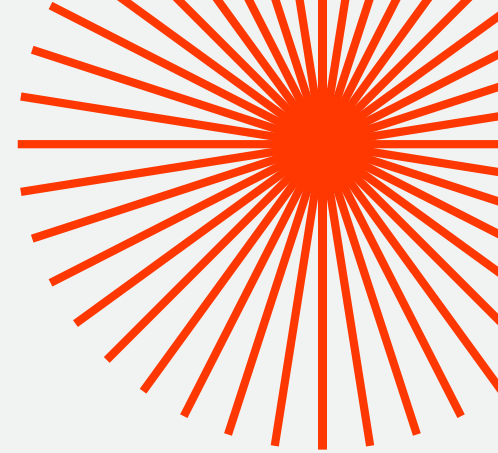
**registration:**

[activated@ktu.lt](mailto:activated@ktu.lt)

**remote workouts:**

**facebook group** [KTU AKTYViai](#)

**timetable**  
[sports.ktu.edu/leisure](https://sports.ktu.edu/leisure)



# sports teams

## 15 Sports

contact coaching staff for more information about each sports team

tryouts **September 12 - 16**

register via email:

[sporto.centras@ktu.lt](mailto:sporto.centras@ktu.lt)



basketball



track & field



badminton



greco-roman  
& freestyle  
wrestling



aerobic  
gymnastics



tennis



chess



football



volleyball



strenght  
sports



judo & sambo



table tennis



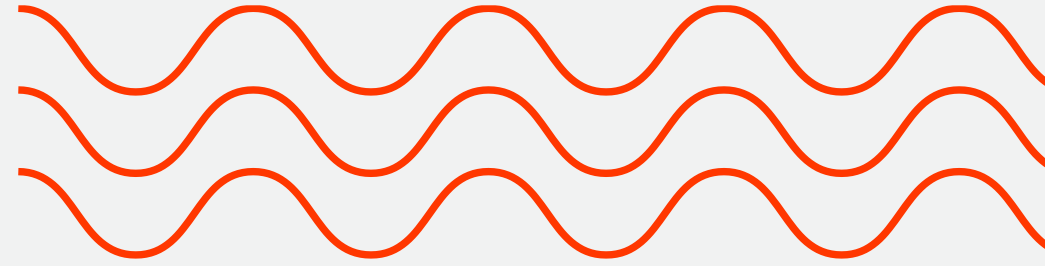
orienteering



radio sport



# upcoming events



ktu **activat**ed **Ateik ir įveik!** 100 Lietuvos universitetui 1922-2022

**ATEIK IR ĮVEIK**

**Bėgimo trasos**  
5 km bėgimas su kliūtimis, Ėjimo trasa,  
Virtuali trasa, Draugų trasa, Vaikų trasa

2022 09 24  
KTU studentų miestelyje

Daugiau informacijos  
[sportas.ktu.edu](http://sportas.ktu.edu)

→ **Ateik ir įveik'22** 24 September

- **Obstacle Course Run** - 5km run with a special obstacle course.
- **Friends Course** - 3km team running course with a special obstacle course.
- **Children's course** - 400m team run with an obstacle course for families.
- **Walking course** - 5km walking course with task stations.
- **Virtual course** - 5km distance remote running race.

→ **Student sport festival** November

→ **Tennis month** December

# contact information

webpage [sports.ktu.edu](https://sports.ktu.edu)

general inquiries [sporto.centras@ktu.lt](mailto:sporto.centras@ktu.lt)

fitness gym timetable/registration [sportoklubas.ktu.edu](https://sportoklubas.ktu.edu)

sports activities registration [activated@ktu.lt](mailto:activated@ktu.lt)

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activat<sup>ed</sup>



# ***ACTIVATE YOURSELF***

