

Judo principianti

Participation fee: €80.00

Course start date: 06/10/2026

Tuesdays and Thursdays, 8:00 PM – 9:30 PM

Instructors: Gianni Colombini, Samuel Picciafuochi, Giulio Muzzi
Sports facility: PalaNibbi CUS (Via Aldo Moro 1 – S. Miniato area)

Beginner course (men and women) – 12 lessons – twice-weekly attendance – 3 hours per week

Option to join the course at any point during the sports season

Option to continue the course after the initial 12 lessons

Scherma principianti

Participation fee: €50.00 (includes equipment rental)

Course starts: 19/10/2026

Mondays and Thursdays, 19:00–20:30

Instructors: Marco Tanfoni, Ginevra Bianciardi
Venue: CUS Fencing Hall (Via Luciano Banchi 3 – Acquacalda area)

Beginner course (men and women) – 12 lessons – twice-weekly sessions – 3 hours per week

Registration open throughout the sports season

Option to continue the course after the initial 12 lessons

Rugby principianti

Participation fee: €30.00

Course starts: 01/10/2026

Days and schedule to be determined

Sports facility: CUS "Tommaso Rizzi" Rugby Pitch

Men's university course – 12 lessons – 4 hours per week

Option to join the course at any point during the sports season

Option to continue the course after the initial 12 lessons

Pallavolo Misto

Participation fee: €30.00

1st COURSE – 12 lessons

Course starts: 27/10/2026

Men and Women

Tuesdays and Thursdays, 9:00 PM – 10:30 PM

Instructor: Federico Brizzi

Sports facility: CUS Sports Hall (Air-supported structure)

2nd COURSE – 12 lessons

Period: March–April 2027

Men and Women – 9:00 PM – 10:30 PM – days to be determined

Instructor: Federico Brizzi

Sports facility: CUS Sports Hall (Air-supported structure)

Squadra Basket universitari

Competes in the FIP Division 2 Championship

Squadra Calcio universitari

Competes in the UISP Championship

*PALESTRA R.U. SAN MINIATO

Opening: 01/10/2026 – See flyer at www.cussiena.it

*PISCINA ACQUACALDA

CUS special rate for 10-visit passes (recreational swimming) from 1 October 2026 to 31 May 2027

See details at www.cussiena.it under the "PISCINA" (Swimming Pool) section

*A.S.D. LA RACCHETTA SIENA

See flyer at www.cussiena.it under the "CONVENZIONI TENNIS" (Tennis Partnerships)

Fitness all'aperto

Participation fee: €20.00

Period: May–June 2027 (tentative)

Days and times: TBD

Instructor: Maria Bellusci

Facility: Outdoor area at the “Fortezza”

Padel principianti

Participation fee: €60.00

Period: May–June 2027 (tentative)

Days and times: TBD

Instructor: Francesco Mastromartino

Facility: CUS Acquacalda court

Tennis principianti

Participation fee: TBD

Period: May–June 2027 (tentative)

Days and times: TBD

Instructor: Francesco Mastromartino

Facility: A.S.D. La Racchetta Siena courts

What you need to get your CUSI membership card and sign up for courses:

You will need to come to the administrative office at Acquacalda (Via Luciano Banchi 3) and bring a

- MEDICAL CERTIFICATE FOR NON-COMPETITIVE SPORTS ACTIVITY (including an ECG). If you don't have one, here are the numbers for the CUS sports medicine unit (0577 52428) and the RESTART medical center in S. Miniato (320 3070320). If you mention it is for CUS, they will handle everything for a fee of €35.00 at the CUS center or €40.00 at RESTART; however, please note there may be a wait due to high demand. Once you have made your booking, please email me at gianna@cussiena.it with the details of when and—most importantly—where you booked; I will then send you the authorization for the student discount.
- Self-declaration of years of enrollment (you can download this from the university website, or I can explain how to do it when you come to see me).
- €15.00 fee for membership and insurance.

With the CUSI card, you will have access to all courses and benefits available to university students.