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LAU students, faculty, and staff have the opportunity to meet colleagues and friends with similar interests through the extracurricular activities and sports programs. Different sports offer instructional, recreational, and competitive activities throughout the academic year.

The wide range of activities that are offered cater well to the needs of LAU students and community at large and the qualified instructors are always available to make them most enjoyable.

Most activities are conducted in the main gymnasium, lower campus, next to Irwin Hall, unless otherwise stated.

The extracurricular activities offered at LAU – Beirut campus are:

**Aerobics**

It develops cardiovascular fitness and promotes health. The activity includes high and low impact workouts, strengthening of the abdominal and lower back muscles, and muscle toning by incorporating dumbbells and step-aerobics. All designed to train both the aerobic and anaerobic systems.

**Times**

- MWF 4:00 - 5:00 Students
- 5:00 - 6:00 Students, Faculty and Staff

**Place**

Multipurpose/Dance Room.

**Instructor**

Saad Semaan

**Basketball**

The most popular recreational sport on campus. Intramural tournaments are organized regularly and free play times are available for everyone to enjoy. Possibility to join the varsity teams (men & women).
Free play times: TTh 10 am - 11 pm, F 10 am - 2 pm
Practice times:
Women: MWF 6:00 - 8:00 pm
Men: MWF 8:00 - 10:00 pm
Place: LAU Indoor Court
Women’s Coach: Najib Chouity
Men’s Coach: Martin Mugharbil

Chess

For all those who believe in exercising while deep thinking!
Times: MTh 4:00 pm - 6:00 pm
Place: Old Fitness Room
Instructor: Hasan Jundi

Fitness Center

With the increase in the number of health and fitness conscious individuals, the Fitness Center is an ideal place to work out and establish a good exercise regimen. Fully equipped with world famous brands, the center is well suited to the needs of the community. Everyone must fill out an application form.

Opening Hours: M-F 7:00 am - 9:00 pm
Place: LRC Basement (Next to cafeteria)
Instructor: Samir Kadi, Rony El Hader

Folk Dance/ Dabké

To familiarize the student with the basic steps and concepts of the different folk dances of the world and to their better enjoyment, including our traditional Dabké.

Meeting Times: MWF 6:00 - 8:00 pm
Place: Multipurpose/Dance Room
Instructor: Mounir Malaeb
Football

Try-outs are open to all students (male and female) and those who make it on the varsity team get the opportunity to play in regularly scheduled games, intercollegiate leagues and represent LAU in local, regional, and international competitions (whenever possible). Varsity sport only.

Men : Times : MW  7:30 - 9:30 pm       Sat  4:00 – 6:00 pm
      Place : ACS                                  IC
      Coach : Hasan Chatila

Women : Times : TTh  7:30 – 9:30 pm
      Place : ACS
      Coach : Oscar Boustany

Handball

A sport of high intensity and one that helps develop fitness, stamina and love of the game. Try-outs are open to everyone and it is a varsity sport only.

Practice times : MWF  7:00 - 8:30 pm
Place : LAU Tennis Court or rented facility
Coach : Ziad Mansour

Hip-Hop Dance

Newly introduced, Hip-Hop dancing may find its enthusiasts.

Times : MWF  4:00 – 6:00 pm
Place : LRC Bldg., 1st floor
Instructor : Eman Shouman

Latin Dance

Students joining the activity get to enjoy the pleasures of Latin music and dance. Salsa, Merengue, Cha-Cha, there is a dance for everyone’s taste!
Rugby League

Has become quite a popular sport at LAU. Players selected to the team get the opportunity to compete in a National Championship. LAU has already won 6 national titles! Open to anyone who is interested.

Practice times : TTh 5:30 – 7:30 pm  Place : IC
                  Fri 7:30 – 9:30 pm  Place : ACS
Coach                   : Remond Safi

Swimming

The activity is for those interested in a team-like atmosphere while improving one’s swimming skills. Times have been made available for students, faculty, staff, and varsity use. Basic swimming skills required.

Times : TTh 5:30 P.M. - 6:30 P.M.  Faculty/Staff
        6:30 P.M. - 7:45 P.M.  Varsity
        7:45 P.M. - 8:45 P.M.  Students
        8:45 P.M. - 9:45 P.M.  Dorms/Girls
                 F 7:00 – 8:30 pm  Open to all
Place : LAU Indoor Pool
Coach: Mahmoud Arnaout, Adel Yamout, Abeer Yamout

Table Tennis

The activity promotes both recreational and competitive table tennis play on campus. Several tournaments are organized during the year with the purpose of developing competition at various skill levels. Students are encouraged to try-out for the varsity team.
Tennis

A modern martial art from Korea that is characterized by its fast, high and spinning kicks. A sport with a lot of ethical background. It has become very popular with the LAU student body. It is offered both on a recreational and competitive basis and is open to all students. Possibility to compete at the national and intercollegiate levels.

Practice times: MWF 12 – 2 pm
Place: Old Fitness Room
Coach: Mark Rjeily

Taekwondo

A modern martial art from Korea that is characterized by its fast, high and spinning kicks. A sport with a lot of ethical background. It has become very popular with the LAU student body. It is offered both on a recreational and competitive basis and is open to all students. Possibility to compete at the national and intercollegiate levels.

Practice times: TTh 12:00 – 2:00 pm Place: Old Fitness Room
Practice times: TTh 6:30 – 9:30 pm Place: Multipurpose/Dance room
Coach: Nabil Stouhi (men and women)

Tennis

Provides cardiovascular fitness and an opportunity for novice and advanced players to learn and enhance their tennis skills. A yearly tournament is held to give members a competitive edge. Possibility to join the varsity teams. Court reservation is required.

Free play times: M-F 10 am – 6 pm
Practice times: TBA with coach
Place: Tennis Courts
Coach: Said Karam

Thai-Kick Boxing

A combination of kicking and boxing, training provides students with a broad range of problem solving alternatives. Total fitness workouts are both aerobic and anaerobic, with an alliance of sport and self-defense. All levels of experience are welcome.
Times  :  MWF  12 – 2 pm  
Place   :  Multipurpose/Dance Room  
Instructor  :  Sami Kiblawi  

**Volleyball**

Players with the required skills can try-out for the team and later enjoy a good workout and play competitively. The activity is open for both females and males and is a varsity sport only.

Practice times : TTh  6:30 – 8:00 pm (Women)  
                 8:00 – 10:00 pm (Men)  
Place           :  Indoor Court  
Coach           :  Nazih Sleiman (men and women)  

PS: For all of the extracurricular activities, a valid LAU ID is required for participation.

**Intramurals**

Intramural sports are for those enthusiasts who wish to play competitive sports against fellow students within various activities throughout the academic year. Intramural championships are organized in: 3 on 3 and full court basketball, chess, swimming, table tennis, Thai kick-boxing and tennis. Volleyball and mini-football will also be considered.

**Varsity teams**

Students who are talented and skilful are always encouraged to try out for the different varsity teams. LAU officially sponsors the following varsity teams: basketball, football, volleyball, table tennis, tennis, swimming, Thai kick-boxing, tae-kwon-do (men and women); and handball and rugby league (men). Notices are always posted all over campus to that effect. So watch out for them!

For all your questions and queries about the various recreational and sports activities offered at LAU – Beirut campus, kindly contact Mr. Sami A. Garabedian, Director of Athletics, on 01-786456/464 ext. 1300 or 1167, or even stop by personally at the Athletics Office, next to Irwin Hall.