Welcome to the ahs website.

**Step 1**
Booking the ahs-Ticket

1.1 See our “Sports Programme” for the different courses.
You need to book the ahs-Ticket first of all.
Click on “Booking the ahs-Ticket” in the right-hand column.

1.2 The ahs-Ticket costs for:
- Students (JLU, THM, PUM) € 10
- Other members (JLU, THM, PUM) € 17
- Guests if capacity available € 35

To continue, click on “book”.

1.3 Complete the form.
Read the registration and participation terms and conditions, accept them and click on “go to booking”.

If in future you would like to register for ahs courses easily with your email address and password, enter a personal password here. Check your details on the next page and complete the booking by clicking on “book with fee”.

After completion, you will receive a booking confirmation. Always bring the confirmation to your course with photo ID. ahs makes regular checks.
How to sign up online

You will also receive a SEPA direct debit mandate.
Please sign it in person and send it to us by post within five days.

Step 2
Selecting a course

Select a course, e.g. badminton.

The page for your course will list the following information:

- Course description
- Course number
- Course name
- Day of the week
- Time
How to sign up online

Course duration

Instructor
Click on the name if you wish to contact the instructor by email.

Course fee for:
Students
Staff
External participants

Step 3
Booking the course

Click on the "book" button to sign up for the course.
If the course is already full, you can put your email address on the "waiting list" if you so wish.

Please complete the registration form.
Read the registration and participation terms and conditions, accept them and click on “go to booking” to proceed.
How to sign up online

Check your details on the next page and complete the booking by clicking on “book with fee”.

After completion, you will receive a booking confirmation. Always bring the confirmation to your course with photo ID. ahs makes regular checks.

Your booking has been successfully completed.

Thank you for joining us and we hope you enjoy the course.

Your ahs Team