



3.3.3 Shared sports facilities



CONTENTS

3.3.3 Shared sports facilities	1
Ajman University Promotes Public Well-being and Inclusive Joy through Shared Sports Facilities	1
Ajman University Hosts Promotes Aging Well for Senior Emiratis	1
Ajman University Promotes Community Health and Inclusion Through Shared Athletic Facilities	2
Ajman University Shares Sports Facilities to Promote Active Living and Inclusive Community Sports	3
Ajman University Empowers Youth Through Shared Sports Facilities	3

3.3.3 Shared sports facilities

Ajman University Promotes Public Well-being and Inclusive Joy through Shared Sports Facilities

In January 2024, Ajman University, in collaboration with the UAE Red Crescent in Ajman, promoted good health and well-being by organizing a special event, [Together We Make Joy](#), aimed at enhancing physical health and community well-being. Held at the University's sports complex, the event provided orphaned children with an opportunity to engage in fun, physical activities such as sports challenges and games, which encouraged active participation and well-being. This initiative, a joint effort between the Office of Student Life, Athletics Unit, the Red Crescent Club, and the White Hearts Club, exemplified the University's commitment to fostering community spirit, improving physical health, and promoting inclusive opportunities for joy and connection. Through such outreach, the University continues to contribute to the inclusive, social and physical well-being of the local community, reinforcing the importance of active living for community.

Please see the link below:

<https://www.ajman.ac.ae/en/education/ar/education/news/2024/a-day-for-orphaned-children-at-ajman-university>



Ajman University Hosts Promotes Aging Well for Senior Emiratis

In January 2024, the Athletics Unit at Ajman University, in collaboration with the Senior Emirati Happiness Center, organized a special event titled [An Hour of Sports Activities for Senior Emiratis](#). Held at the University's Sports Complex swimming pool and supervised by Captain Manal Al Katalbi, the initiative aimed to promote aging well, leading an active and healthy lifestyle for the senior members of the community.

The event featured warm-up exercises, Aqua Aerobics, and swimming games, all designed to encourage participants to adopt healthy habits, improve physical fitness, enhance mental well-being, and reduce the risk of chronic diseases. A photo session followed the activities, capturing joyful moments and celebrating the spirit of active aging.



Through such initiatives, Ajman University remains committed to fostering inclusive wellness programs that support physical activity, community engagement, and intergenerational happiness, contributing to a healthier, more resilient society.

Please see the link below:

<https://www.ajman.ac.ae/en/education/ar/education/news/2024/the-athletics-unit-and-senior-emirati-happiness-center-host-sports-event-for-senior-emiratis>

Ajman University Promotes Community Health and Inclusion Through Shared Athletic Facilities

In May 2024, Ajman University in collaboration with the Sharjah Roads and Transport Authority, organized [An Hour of Sports Activities](#) to promote health, wellness, and active lifestyles. The initiative specifically engaged taxi drivers, fostering community engagement and public-private partnerships. Held at Ajman University sports facilities, the event included fitness exercises, football, basketball, and team-building games like tug-of-war. The event aimed to raise awareness about the role of physical activity in improving mental and physical health, enhancing social inclusion, and building resilient communities. Through sharing its resources, inclusive and collaborative sports programs, Ajman University continues to promote sustainable well-being, community health empowerment, and the promotion of inclusive societies.



Please see link below:

<https://www.ajman.ac.ae/en/news/2024/the-unit-of-athletics-organizes-an-hour-of-sports-activities-for-taxi-drivers>

Ajman University Shares Sports Facilities to Promote Active Living and Inclusive Community Sports

In May 2024, Ajman University organized a series of inclusive sports and fitness activities for the community members. The Athletics Unit hosted at the Multipurpose Hall within the Sports Complex at Ajman Creative Hub, the initiative promoted physical activity, health awareness, and community engagement through a diverse range of events. Participants took part in fitness sessions, football matches, and interactive games such as tug-of-war, designed to enhance physical fitness, teamwork, and overall well-being. Among the highlights were the Sports Activities for Cleaning Heroes held in collaboration with the Ajman Municipality and Planning Department, and the Sports Activities for Ajman Creative Hub Heroes which educated participants on the importance of adopting healthy lifestyles. In total, 68 participants from various sectors engaged in the events. Through these initiatives, the Athletics Unit reinforced Ajman University's commitment to promoting wellness, inclusion, and active living, while fostering a sense of community, morale, and social cohesion across diverse groups.



Please see the link below:

<https://www.ajman.ac.ae/en/news/2024/the-athletics-unit-organizes-a-variety-of-educational-sports-activities-for-different-community-members>



Ajman University Empowers Youth Through Shared Sports Facilities

In September 2024, Ajman University's Athletics Unit, in strategic collaboration with the Ajman Youth Council, leveraged shared community resources to successfully organize the [Youth Futsal Championship](#), engaging over 80 young athletes from diverse emirates across the UAE. Hosted at the Ajman Youth Center. This inclusive and accessible event promoted equitable access to quality sports infrastructure, fostering physical health, teamwork, and social inclusion among youth aged 20-25.



This initiative advances sustainable development by promoting good health and well-being, enhancing inclusive and equitable quality education through active participation and skill development, and supporting economic growth by empowering youth with leadership and collaboration skills. Through effective multi-stakeholder partnerships and optimized public resource sharing, the championship exemplifies sustainable community development, encouraging lifelong learning, social cohesion, and resilience. This collective effort contributes to building vibrant, healthy communities aligned with global development priorities.



Please see link below:

<https://www.ajman.ac.ae/en/news/2024/au-athletics-unit-and-ajman-youth-council-organize-youth-futsal-championship>