



Maia International Acro Cup brings over 700 gymnasts from 17 countries to Maia. The International Competition shows all visitors movements where flexibility, balance and coordination of athletes is essential. It's 5 days in which Gymnastics shows up at the Municipal Gymnastics Complex.



The **Portugal Hip Hop Dance Championship** is considered the largest national artistic and competitive event in the area of urban dance. The Championship includes group and individual events, masterclasses, showcases, live performances, hosting, product fair, among others. An event that brings together about 150 groups and 1500 dancers from all over the country.



MAIA

Sorrir
para
a Vida.

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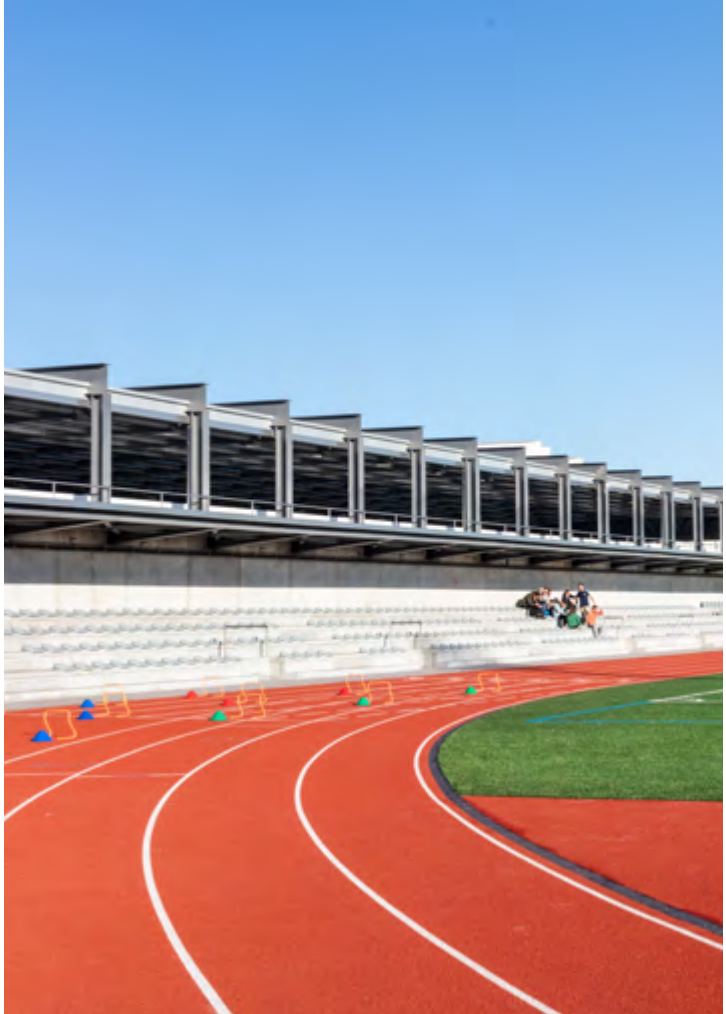
sports



Discover a sports territory.

ISMAI is a higher education establishment that has established and grown in Maia since 1990. On its Sports Campus you will find a multi-sports building. This central structure offers two indoor tennis courts, an athletic track and a football stadium. Infrastructures that reinforce ISMAI as a reference in northern Portugal.

The territory of Maia is also known for sports. The many clubs of different sports make it possible to get in touch with fitness at any age. Mountain biking, athleticism, horse riding, tennis, karate and acrobatic gymnastics are just some of the activities that can be practiced in Maia. The various complexes with swimming pools scattered throughout the county allow the practice of water sports. The High-Performance Center and its relationship with ISMAI put Maia on the route of the great national and international professional sports people.





1

The **Municipal Tennis Complex** is equipped with 10 tennis courts – 5 indoor and 5 outdoor – six of them with benches for the public. This is where the classes of the Maia Tennis School take place, with more than 600 students, between initiation, improvement, advanced and competition.



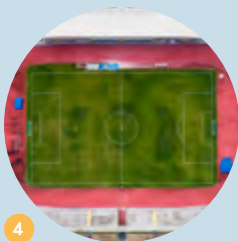
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The **Maia Gymnastics Complex** was created to meet all the needs of gymnastics practice. But its end does not finish in gymnastics. Other sports such as Pilates, fitness, bodybuilding, rock climbing or even contemporary dance are performed here.



3

Maia Climbing Club is used by many young people. Located in the Maia Tennis Complex, the Club offers an indoor block climbing training room. The team created by the Club regularly participates in championships, where they get great performances at various levels.



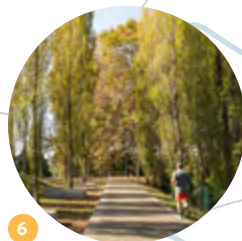
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The **High-Performance Center of Maia** is an important infrastructure in a municipality where it is intended to implement sports activity. Athletics, gymnastics and tennis are the central modalities. The partnership with ISMAI brings the monitoring of high-yield performance, regarding medical evaluation, to the heart of Maia.



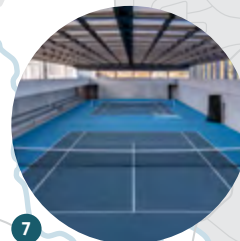
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Skate Park is a place where urban movements have their expression in the territory of Maia. Right in the city center, skateboarding enthusiasts find a complete infrastructure where knowledge and maneuvering take place every day. An agglutinating pole, once the scene of national championships.



6

The **Ecocaminho** is the conversion of an old railway line into a space for walking and cycling. The route displays different contrasts between tree types and urban landscape.



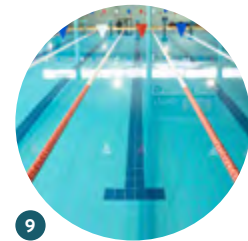
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8

The **Maia Municipal Racecourse** is the riding house in the county. This is where the Equestrian Center of Maia holds its classes and major events, such as the national championship days. The racetrack offers all the conditions for its users and a set of infrastructures for visitors.



9

Municipal Swimming Pool Complexes meet the needs of those looking to swim or perform water aerobics. Maia offers 3 Municipal complexes, which cover the area of the entire municipality. The infrastructures are in Águas Santas, Folgosa and Gueifães.

