



MONDAY

Swimming[^]
PRINCE REGENT SWIMMING COMPLEX,
KING ALFRED LEISURE CENTRE,
ST. LUKES SWIMMING POOL
For all adult open swim times
see www.freedom-leisure.co.uk

Badminton
COCKCROFT SPORTS HALL
15:00 - 16:30

Netball
FALMER SPORTS CENTRE
17:00 - 18:30
Starts 08/10/18.

Clubercise ^B
COCKCROFT SPORTS HALL
19:15 - 20:00

TUESDAY

Swimming[^]
PRINCE REGENT SWIMMING COMPLEX,
KING ALFRED LEISURE CENTRE,
ST. LUKES SWIMMING POOL
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Badminton
COCKCROFT SPORTS HALL
11:00 - 13:00

Cricket Nets
FALMER SPORTS CENTRE
17:00 - 18:00
Starts 09/10/18.

Volleyball
FALMER SPORTS CENTRE
18:00 - 19:00

Softball
COCKCROFT SPORTS HALL
19:00 - 20:00

Yoga ^B
GRAND PARADE ROOM 225
19:00 - 20:00

WEDNESDAY

Swimming[^]
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KING ALFRED LEISURE CENTRE,
ST. LUKES SWIMMING POOL
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Bouldering
BOULDER BRIGHTON
14:00 - 16:00
£3 plus £1 shoe hire

Beginner Run
UNIVERSITY OF SUSSEX-
SPORTS CENTRE MEET
14:00 - 14:30 FREE
With ActiveUS

Experienced Run
UNIVERSITY OF SUSSEX-
SPORTS CENTRE MEET
15:00 - 16:00 FREE
With ActiveUS

Basketball
COCKCROFT SPORTS HALL
15:00 - 16:30

Dance
FALMER SPORTS CENTRE -
STUDIO 2
18:00 - 19:00

Badminton
COCKCROFT SPORTS
19:00 - 21:00

THURSDAY

Swimming[^]
PRINCE REGENT SWIMMING COMPLEX,
KING ALFRED LEISURE CENTRE,
ST. LUKES SWIMMING POOL
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Badminton
COCKCROFT SPORTS CENTRE
14:30 - 16:30

Football (Turn-Up & Play)
FALMER SPORTS CENTRE - STP
16:00 - 18:00

Tennis
VIRGIN ACTIVE BUBBLE, FALMER
17:00 - 19:00
Enquire for ladder or league info

Tagged Rugby
FALMER SPORTS CENTRE - STP
18:00 - 19:00

Women's Cricket
SUSSEX UNIVERSITY - SPORT
CENTRE
19:00 - 20:00
With ActiveUS

Dodgeball
COCKCROFT SPORTS CENTRE
19:00 - 21:00

Judo
FALMER SPORTS CENTRE -
STUDIO 1
19:00 - 21:00

FRIDAY

Swimming[^]
PRINCE REGENT SWIMMING COMPLEX,
KING ALFRED LEISURE CENTRE,
ST. LUKES SWIMMING POOL
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Social Run
UNIVERSITY OF SUSSEX-
SPORTS CENTRE MEET
13:00 - 14:00 FREE
With ActiveUS

Football (Turn-Up & Play)
FALMER SPORTS CENTRE - STP
15:00 - 17:00

Men's Basketball
FALMER SPORTS CENTRE
16:00 - 18:00

Women's Basketball
FALMER SPORTS CENTRE
16:00 - 18:00

Women's Football
(Turn-Up & Play)
FALMER SPORTS CENTRE - STP
17:00 - 18:30

Badminton
FALMER SPORTS CENTRE
18:00 - 19:30

Lacrosse
FALMER SPORTS CENTRE - STP
20:00 - 21:00

SATURDAY

Swimming[^]
PRINCE REGENT SWIMMING COM-
PLEX, KING ALFRED LEISURE CEN-
TRE,
ST. LUKES SWIMMING POOL
For all adult open swim times
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Dodgeball League
COCKCROFT SPORTS CENTRE
13:00 - 15:00
Head to www.parklifeplay.co.uk
for more details

SUNDAY

Swimming[^]
PRINCE REGENT SWIMMING COM-
PLEX, KING ALFRED LEISURE CEN-
TRE,
ST. LUKES SWIMMING POOL
For all adult open swim times
see www.freedom-leisure.co.uk

Hockey
UNIVERSITY OF SUSSEX-
FALMER SPORTS COMPLEX
12:00 - 14:00
With ActiveUS

Women's Basketball
UNIVERSITY OF SUSSEX-
SPORTS CENTRE
13:00 - 14:00
With ActiveUS

Squash
UNIVERSITY OF SUSSEX-
SPORTS CENTRE
14:30 - 15:50
With ActiveUS

FOOTBALL LEAGUES

11 a-side and 5 a-side

Weekly football leagues take place all term. Sign up as an individual and we'll put you in a team or form a team yourself.

Details and entry at parklifeplay.co.uk

What is Parklife?

Parklife offers students and staff at the University of Brighton social, fun and fitness opportunities. With a large range of leagues, drop in sessions and one off events so you can 'play your way'.

All sessions are low cost at just £1 unless stated otherwise. See what is coming to a campus near you.

How do I get involved?

Turn-up - Check the programme opposite and see where the session takes place.

Pay - Pop along and pay £1.

Play - Enjoy yourself, try something new.

You can take part in as many Parklife sessions as you like and no membership is required to take part. Why not bring a few friends with you too!

B Some sessions require advance-booking online. See parklifeplay.co.uk

* All sessions are £1 unless stated.