

01 Oct 2018 - 14 Dec 2018

# PARKLIFE

## EASTBOURNE

### MONDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### Women's Football

UOB HILLBROW SPORTS CENTRE STP  
17:00 - 18:30 TURN UP & PLAY

#### Netball

UOB HILLBROW SPORTS CENTRE  
19:00 - 20:00

### TUESDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### Bouldering

UOB HILLBROW SPORTS CENTRE  
17:00 - 19:00  
Climb solo without ropes and harnesses See [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for induction information.

#### Social Run

UOB HILLBROW SPORTS CENTRE  
17:00 - 17:30 FOYER MEET, FREE

#### Lacrosse

UOB HILLBROW SPORTS CENTRE  
17:00 - 18:30

### WEDNESDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### Netball

UOB HILLBROW SPORTS CENTRE  
10:00 - 11:00

#### Stretch & Tone <sup>B</sup>

UOB HILLBROW SPORTS CENTRE  
12:00 - 12:30

#### BoxFit

UOB HILLBROW SPORTS CENTRE  
17:00 - 18:00

#### Football

UOB HILLBROW SPORTS CENTRE  
17:00 - 19:00 TURN UP & PLAY

### THURSDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### Yoga <sup>B</sup>

UOB HILLBROW SPORTS CENTRE  
17:00 - 18:00

#### Tag Rugby

UOB HILLBROW SPORTS CENTRE  
18:00 - 19:00

#### Table Tennis

UOB HILLBROW SPORTS CENTRE  
19:30 - 20:30

#### Badminton

UOB HILLBROW SPORTS CENTRE  
20:00 - 22:00

### FRIDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### Basketball

UOB HILLBROW SPORTS CENTRE  
17:00 - 18:00 12/10 no session

#### Volleyball

UOB HILLBROW SPORTS CENTRE  
17:00 - 18:30 12/10 no session

#### Spin <sup>B</sup>

UOB HILLBROW SPORTS CENTRE  
17:00 - 17:45

#### Badminton

UOB HILLBROW SPORTS CENTRE  
18:00 - 19:00 12/10 no session

#### Handball

UOB HILLBROW SPORTS CENTRE  
18:30 - 20:00 12/10 no session

### SATURDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### 5s Football League

UOB HILLBROW SPORTS CENTRE  
15:00 - 17:00  
Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more details & sign up

### SUNDAY

#### Swimming

UOB HILLBROW SPORTS CENTRE POOL  
All adult open swim times  
see [www.sport.brighton.ac.uk](http://www.sport.brighton.ac.uk)

#### 10s Football League

UOB HILLBROW SPORTS CENTRE  
10:00 - 15:00  
Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more details & sign up.

#### Badminton Ladder

UOB HILLBROW SPORTS CENTRE  
10:00 - 11:00  
Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more details & sign up.

#### Indoor Hockey

UOB HILLBROW SPORTS CENTRE  
11:00 - 12:00

#### Tennis

UOB WELKIN HARDCOURTS  
12:00 - 13:00



\* All sessions are £1 unless stated FREE.

#### 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!



\*Some sessions require advance booking online. See [parklifeplay.co.uk](http://parklifeplay.co.uk)

#### ^FREE SWIM WEEK 8th-14th October 18

For one week only students & staff can swim for FREE at the University of Brighton Sports Centre during open swim times. Missed out? Normal price is just £1 per swim students and £2 for staff.



University of Brighton

sportbrighton



BRIGHTON STUDENTS' UNION

# PARKLIFE

play your way  
[www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)