

PARKLIFE

play your way



Eastbourne Timetable
13 January - 03 April 2020



Visit
us
online 



University of Brighton

sportbrighton



BRIGHTON
STUDENTS UNION

sport.brighton.ac.uk/parklife

Eastbourne

13 January - 03 April 2020

Please bring your student card to each session

MONDAY

Spin **B**

Eastbourne
Sports Centre
07.45 - 08.55

Women's Football

Eastbourne Sports
Centre Artificial Pitch
17.00 - 18.30

Swimprover

Eastbourne
Sports Centre Pool
17.00 - 17.45

Netball

Eastbourne
Sports Centre
19.00 - 20.00

Wheelchair Basketball

Eastbourne
Sports Centre
20.00 - 21.30

TUESDAY

Lacrosse

Eastbourne Sports
Centre Artificial Pitch
17.00 - 18.30

Synchronised Swimming

Eastbourne
Sports Centre
19.00 - 20.00

WEDNESDAY

Netball

Eastbourne
Sports Centre
09.00 - 11.00

Bouldering

Eastbourne
Sports Centre
12.00 - 16.00

Badminton

Eastbourne
Sports Centre
11.00 - 13.00

BoxFit

Eastbourne
Sports Centre
17.00 - 18.00

Bodymax **B**

Eastbourne
Sports Centre
18.45 - 19.30

THURSDAY

Football - Turn Up & Play

Eastbourne Sports
Centre Artificial Pitch
17.00 - 19.00

Table Tennis

Eastbourne
Sports Centre
18.00 - 20.00

Badminton

Eastbourne
Sports Centre
20.00 - 22.00

FRIDAY

Basketball

Eastbourne
Sports Centre
17.00 - 18.00

Badminton

Eastbourne
Sports Centre
18.00 - 19.00

Spin **B**

Eastbourne
Sports Centre
18.45 - 19.30



Swimming

Every day of the week
Eastbourne Sports Centre Pool
All open swims see:
sport.brighton.ac.uk

Students £1 | UoB Staff £2



Some sessions require advance booking online as they have limited capacity. See parklifeplay.co.uk.

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How To Get Involved



Choose a session:
Select as many as you like. No membership required.

Turn up:
Pay your £1 at the Sports Centre reception.

Play:
All equipment provided.

Volunteer With Us



Searching for a way to boost your CV? Enjoy having fun and meeting new people? Join our Activator programme, help our Parklife sessions run smoothly and receive a range of perks in return. Please email e.donovan@brighton.ac.uk to find out more.



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StudentSports@brighton.ac.uk

01273 642871

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