

# PARKLIFE

*play your way*

Brighton Timetable  
13 January - 05 April 2020



Visit  
us  
online



University of Brighton

sportbrighton



BRIGHTON  
STUDENTS' UNION

[sport.brighton.ac.uk/parklife](http://sport.brighton.ac.uk/parklife)

# Brighton

13 January - 05 April 2020

## MONDAY

### Yoga **B**

Falmer Sports Centre  
07.45 - 08.45

### Badminton

Cockcroft Sports Hall  
15.00 - 16.30  
Starts: 27/01

### Table Tennis

Falmer Sports Centre  
17.00 - 18.30  
No session: 27/01

## How do I 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 Parklife

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. Email [e.donovan@brighton.ac.uk](mailto:e.donovan@brighton.ac.uk) to find out more.

## TUESDAY

### Ab Attack **B**

Cockcroft Sports HALL  
12.15 - 13.00  
First session: 28/01

### Football (Turn-Up & Play)

Falmer Sports Centre - STP  
17.00 - 18.00  
No session: 04/02

### Volleyball

Falmer Sports Centre  
18.00 - 19.00  
No session: 21/01

### Badminton

Falmer Sports Centre  
18.00 - 20.00  
No session: 21/01

### Yoga **B**

Grand Parade 225  
19.00 - 20.00

### Dance

Cockcroft Sports Hall  
19.00 - 20.00  
Starts: 28/01

### Ultimate Frisbee

Cockcroft Sports Hall  
20.00 - 21.00  
First session: 28/01

\* All sessions are £1 unless stated.

## WEDNESDAY

### Bouldering

Boulder Brighton  
10.00 - 16.00  
£3 plus £1 shoe hire

### Squash

Virgin Active, Falmer  
12.20 - 13.40  
Collect equipment from Falmer Sports Centre

### Basketball

Cockcroft Sports Hall  
15.00 - 16.30  
First session: 29/01

### Yogalates **B**

Falmer Sports Centre - Studio 1  
17.00 - 18.00

### Dance

Falmer Sports Centre - Studio 2  
18.00 - 19.00

### Wheelchair Basketball

Falmer Sports Centre  
19.00 - 20.00  
No session: 22/01

### Badminton

Cockcroft Sports Hall  
19.30 - 21.00  
First session: 29/01

**B** Some sessions require advance booking online as they have limited capacity. See [parklifeplay.co.uk](http://parklifeplay.co.uk)

## THURSDAY

### Strength & Tone **B**

Cockcroft Sports Hall  
12.15 - 13.00  
First session: 30/01

### Badminton

Cockcroft Sports Hall  
14.30 - 16.30  
First session: 30/01

### Football (Turn-Up & Play)

Falmer Sports Centre - STP  
16.00 - 18.00

### Tennis

Virgin Active, Falmer  
17.00 - 19.00  
Collect equipment from Falmer Sports Centre

### O2 Touch Mixed Rugby

Falmer Sports Centre - STP  
18.00-19.00

### Judo

Falmer Sports Centre - Studio 1  
19.00-21.00

### Dodgeball

Cockcroft Sports Hall  
19.00 - 21.00  
First session: 30/01



## FRIDAY

### Table Tennis

Cockcroft Sports Hall  
11.00 - 13.00  
First session: 31/01

### Spin **B**

Cockcroft Sports Hall  
13.05 - 13.50  
First session: 31/01

### Men's Basketball

Falmer Sports Centre  
16.00 - 17.30

### Women's Football

(Turn-Up & Play)  
Falmer Sports Centre - STP  
17.00 - 18.30

### Badminton

Falmer Sports Centre  
17.30 - 19.30

### Women's Basketball

Cockcroft Sports Hall  
18.00 - 19.00  
First session: 31/01

### Swimming

Every day of the week  
Prince Regent Swimming Complex, King Alfred Leisure Centre, St. Lukes Swimming Pool  
All adult open swims see:  
[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)  
Students £1 | UoB Staff £2

Please bring your student card to each session.

## SATURDAY

### Badminton

Cockcroft Sports Hall  
11.30 - 13.00  
First session: 25/01

### Table Tennis

Cockcroft Sports Hall  
13.00 - 14.30  
First session: 25/01

## SUNDAY

### Netball

Falmer Sports Centre  
13.00 - 15.00  
Sessions on Falmer hard-courts: 19/01, 26/01 & 02/02  
all other dates in the Sports Centre

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## Tasters, Leagues & Events

### This Student Can Week

A week of free\* Parklife activities and special events, kicking off with our Get Active ReFreshers Fair on Monday 3rd February in Cockcroft Hall.

See [www.brightonsu.com/this-student-can](http://www.brightonsu.com/this-student-can) for more information

\*excludes swimming and bouldering.

**3rd to the 7th February | Various Locations**



### Inner Warrior- Women's Rugby Taster

A fun-packed and commitment-free way to try rugby for the first time, helping you to step out of your comfort zone and unearth your Inner Warrior.

**Tue 4th February | Falmer Artificial Pitch | 17.00 - 18.30 | Free**



### Netball League

We enter a Parklife team into the local netball league that takes place on Tuesday nights at the Falmer Campus. Head along to a Sunday afternoon Parklife session to find out how you can get involved in league matches.

**All Year | University of Brighton Falmer Campus | Tuesday Nights**



### Roller Disco

Join us for an hour long session where you can skate to the music or grip on to the walls... you decide! Skates and tunes provided. Tickets available to purchase from the 10th February at 9am from [www.sportbrighton.ac.uk/rollerdisco](http://www.sportbrighton.ac.uk/rollerdisco).

**Sat 21st March | Falmer Sports Centre | 17.00 or 18.30 Sessions**



### Couch To 5K

Never run before? Or dusting off your trainers after some time out? No matter your previous experience, this 10 week programme will help you to run 5k. Please contact [g.lilley@brighton.ac.uk](mailto:g.lilley@brighton.ac.uk) if you have any questions.

**Starting February | Falmer Sports Centre**



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