

## ADDITIONAL ACTIVITIES

### Beginners Archery

Complete the beginners Archery course to learn the basics of how to shoot safely. Following on from this course you will be able to join the Archery club open shoot sessions. For more information, costs and how to register visit [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)

**Starts 14th January for 5 weeks**  
**Falmer Sports Centre, 17:00 - 19:00**

### Mountain Biking

We will once again be running sesison for both Beginners and Intermediate cyclists. Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more information.

**Starting on Saturday 17th February**  
**Beginners 10:00 -11:00, Intermediate 11:30 - 12:30**

£10 for 4 weeks

### Dodgeball Tournament

Dodge duck dip dive and duck your way to dodgeball success with our fantastic tournament. Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more informaiton

**Starting on Saturday 10th February**  
**Falmer Sports Centre, 15:00 - 17:00**

### Wheelchair Basketball Taster

A great oppotunity to try basketball on wheels with Sussex Bears. All abilities welcome. Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more informaiton.

**Starting on Saturday 10th March**  
**Falmer Sports Centre, 15:00 - 17:00**

### **Volunteer with Parklife**

Sport Brighton's Parklife has designed voluntary roles to provide you with various opportunities to tailor and develop your employability skills whilst at University in a fun and rewarding programme. Help to facilitate your favourite Parklife session, create your own event or promote and market the programme through the Activator or Media & Communications roles available. For more information visit [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) or contact [d.onions@brighton.ac.uk](mailto:d.onions@brighton.ac.uk).

## EVENTS

### Glow in the Dark Week

Break out the fluorescent colours for Parklife's Glow in the Dark week; UV lights will be set up for a number of your favourite Parklife sessions to give that party-feel to your activities!

**12th - 16th February 2018**



Returns for 2018!  
Further information to follow.  
Wednesday 25th April 2018

# PARKLIFE

play your way

### 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 to the Sports Centre Reception 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!

Please visit the website for further details on all activities, events, courses and updates

[www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)  
01273 642871



# PARKLIFE

play your way

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

## BRIGHTON

### Activity Timetable

8th January - 23rd March 2018

Here you will find the weekly timetable of Parklife activities for Brighton this term. Most sessions you can just turn-up and play any week throughout term. Full details and further information of all activities can be found at [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk).



University of Brighton

sportbrighton



BRIGHTON  
STUDENTS' UNION



sportbrighton & parklifebrighton



@sportbrighton



@sportbrighton



# PARKLIFE BRIGHTON

Here you will find the weekly timetable of Parklife activities for Brighton this term. Most sessions you can just turn-up and play any week throughout term. Full details and further information of all activities can be found at [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk).

\* All sessions are £1 unless stated.

**B** \*Some sessions require advance-booking online



## 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](http://www.freedom-leisure.co.uk)

*Badminton*  
COCKCROFT SPORTS HALL  
15:00 - 16:30 Exc: 15/01 & 22/01

*Netball (Turn-up & Train)*

FALMER SPORTS CENTRE  
17:00 - 18:30

Take part to join the Parklife Netball team

*Experienced Run*

SUSSEX UNIVERSITY -  
SPORT CENTRE

17:00 - 18:00  
Joint university activity

*Clubbercise* **B**

COCKCROFT SPORTS HALL

19:15 - 20:00 Starts 29/01

*Yoga* **B**

GRAND PARADE

19:00 - 20:00

## TUESDAY

*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](http://www.freedom-leisure.co.uk)

*Pilates* **B**

FALMER SPORTS CENTRE -

STUDIO 2

13:05 - 13:50

*Softball*

FALMER SPORTS CENTRE

18:00 - 20:00 Exc: 23/01

*Kettlebells* **B**

FALMER SPORTS CENTRE -

STUDIO 2

18:30 - 19:30

*Table Tennis*

COCKCROFT SPORTS HALL

19:00 - 21:00 Exc: 16/01 & 23/01

## WEDNESDAY

*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](http://www.freedom-leisure.co.uk)

*Beginner Run*

SUSSEX UNIVERSITY -  
SPORT CENTRE

14:00 - 14:30

Joint university activity

*Salsa*

VIRGIN ACTIVE, FALMER

14:00 - 16:00

Collect equipment from Falmer Sports Centre

*Bouldering*

BOULDER BRIGHTON

14:00 - 16:00 £3 plus £1 shoe hire

*Experienced Run*

SUSSEX UNIVERSITY -

SPORT CENTRE

15:00 - 16:00

Joint university activity

*Basketball*

COCKCROFT SPORTS HALL

15:00 - 16:30 Exc 17/01 & 24/01

*Body Max* **B**

FALMER SPORTS CENTRE -

STUDIO 2

16:05 - 16:50

*Tennis (Turn-up & Play)*

FALMER SPORTS CENTRE -

HARDCOURTS

17:00 - 19:00

Collect equipment from Falmer Sports Centre

*Dance*

FALMER SPORTS CENTRE -

STUDIO 2

18:00 - 19:00

*Zumba Step* **B**

FALMER SPORTS CENTRE -

STUDIO 2

19:00 - 20:00

*Badminton*

COCKCROFT SPORTS

19:30 - 21:00 Exc 17/01 & 24/01

*Pilates* **B**

GRAND PARADE

19:00 - 20:00

## THURSDAY

*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](http://www.freedom-leisure.co.uk)

*Badminton*

COCKCROFT SPORTS CENTRE

14:30 - 16:30 Exc: 18/01 & 25/01

*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

*Pound* **B**

FALMER SPORTS CENTRE -

STUDIO 1

18:05 - 18:50

*Tagged Rugby*

FALMER SPORTS CENTRE - STP

18:00 - 19:00

*Women's Cricket*

SUSSEX UNIVERSITY -

SPORT CENTRE

19:00 - 20:00

Joint university activity

*Dodgeball*

COCKCROFT SPORTS CENTRE

19:00 - 21:00 Exc: 18/01 & 25/01

*Judo*

FALMER SPORTS CENTRE -

STUDIO 1

19:00 - 21:00

## SUNDAY

*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](http://www.freedom-leisure.co.uk)

*Cricket Nets*

FALMER SPORTS CENTRE

12:30 - 14:00 Exc: 11/03

## FRIDAY

*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](http://www.freedom-leisure.co.uk)

*Table Tennis*

COCKCROFT SPORTS CENTRE

15:00 - 16:30 Exc: 19/01 & 26/01

*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

## SATURDAY

*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](http://www.freedom-leisure.co.uk)

*Zumba Strong* **B**

FALMER SPORTS CENTRE -

STUDIO 2

10:00 - 11:00

*Dodgeball League*

COCKCROFT SPORTS CENTRE

13:00 - 15:00

Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)

for more details

*Volleyball*

FALMER SPORTS CENTRE

15:00 - 17:00 Exc: 10/02 & 03/03