

EVENTS

UV Week

Week of 19th February
Hillbrow Sports Centre

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!

Dodgeball Tournament

Friday 9th February
Hillbrow Sports Centre
19:00 - 21:00

A chance to compete against the rest of the campus as you Dodge, Duck, Dip, Dive and Dodge your way to Dodgeball victory!

Kinball Tournament

Friday 16th March
Hillbrow Sports Centre
17:00 - 18:30

A chance to give this different team game a go and keep the ball off the ground!



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

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

www.parklifeplay.co.uk
Call: 01273 643958

Come and talk to us in the Eastbourne Sports Centre

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!

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 or contact s.leming@brighton.ac.uk

www.parklifeplay.co.uk
01273 642871



PARKLIFE

play your way

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EASTBOURNE

Activity Timetable

8th January - 23rd March 2018

Here you will find the weekly timetable of Parklife activities for Eastbourne 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



University of Brighton

sportbrighton



BRIGHTON
STUDENTS' UNION

PARKLIFE EASTBOURNE

Here you will find the weekly timetable of Parklife activities for Eastbourne 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.

* All sessions are £1 unless stated.

 We recommend booking these sessions online at [parklifeplay.co.uk](http://www.parklifeplay.co.uk)



MONDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

Table Tennis

HILLBROW SPORTS CENTRE
18.30 - 19.30
Basketball
HILLBROW SPORTS CENTRE
19.00 - 20.00

TUESDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

Aerobics

HILLBROW SPORTS CENTRE
16.30 - 17.30

WEDNESDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

Netball

HILLBROW SPORTS CENTRE
09.00 - 11.00

Just Play Football

HILLBROW SPORTS CENTRE
11.00 - 12.00 & 17.00 - 19.00

Tennis

MEADS TENNIS CLUB
15.30 - 16.30

A great opportunity to develop your skills, whatever level you play at, with a fully qualified coach.

Running

HILLBROW SPORTS CENTRE
18:00 - 19:00
A social run for all abilities. Pick up at Greynore 18:05 10/01 & 17/01

THURSDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

Dance

HILLBROW SPORTS CENTRE
17.00 - 18.00

Lacrosse

HILLBROW SPORTS CENTRE
18.00 - 19.00

Badminton

HILLBROW SPORTS CENTRE
20.00 - 22.00

FRIDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

Badminton

HILLBROW SPORTS CENTRE
17.00 - 19.00

Not including 16/03

Handball

HILLBROW SPORTS CENTRE
18.30 - 20.00

SATURDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

MMA

HILLBROW SPORTS CENTRE
12.00 - 13.00

Just Play Football

HILLBROW SPORTS CENTRE
15.00 - 17.00

SUNDAY

Swimming

HILLBROW SPORTS CENTRE
For Open Swim Times
See www.parklifeplay.co.uk
Students £1 Staff £2

ADDITIONAL ACTIVITIES

For more information or further details on how to book visit www.parklifeplay.co.uk

Sunday Football League

Our fantastic 10 a-side Sunday League returns this year. Join as a team or individual and we can allocate you to one.

Bouldering Taster

Tuesday 13th Feb - 6th March, Hillbrow Sports Centre, 1 hour bookings available 18:00 - 19:00 £1 per person. Book at www.parklifeplay.co.uk

Yoga Taster

Thursday 8th Feb - Thursday 1st March at Greynore Hall
17:00 - 18:00 £1 per person