

## EVENTS

### Colour Run

Wednesday 25th April, 5pm start,  
Falmer Sports Centre

Take part in the most colourful Parklife event of the year.

£13.00pp includes; race entry, colour run t-shirt, sunglasses and your colour powder.

Tickets are available from the Sport Brighton website. Contact [d.onions@brighton.ac.uk](mailto:d.onions@brighton.ac.uk) for more information



### 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.

We also partner with a variety of sporting national governing bodies to offer their respective volunteer programmes:

- University Tennis Ambassador
- University Netball Office
- Higher Education Volleyball Officer

For more information on any of the above roles contact; [d.onions@brighton.ac.uk](mailto:d.onions@brighton.ac.uk)

## ADDITIONAL ACTIVITIES

### Parklife Walk&Run

An 8-10 week programme designed to get you running over the summer term, through weekly sessions and support with a qualified instructor. Head to [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk) for more information.

£10. Sessions every Wednesday 1pm and 4pm, with extra sessions taking place throughout the course.

### Archery Tag

Stay tuned to test your aim in Archery Tag this term. The hybrid mix of Archery, Dodgeball and Paintball is great fun for your team.

Contact Sport Brighton for more information and to register your interest.

# 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

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## BRIGHTON

### Activity Timetable

16th April - 8th June 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

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# 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 otherwise



\*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 Last Session 30/4

**Cricknet Nets**  
FALMER SPORTS CENTRE  
17:00 - 18:30 Exc\*: 07/05 & 28/05

**Netball (Turn-up & Train)**  
FALMER SPORTS CENTRE  
18:30 - 20:00 Exc\*: 07/05 & 28/05

**Experienced Run**  
SUSSEX UNIVERSITY -  
SPORT CENTRE  
17:00 - 18:00

Joint university activity  
Exc\*: 07/05 & 28/05

**Clubberaise**  
COCKCROFT SPORTS HALL  
19:15 - 20:00 Last session 30/4

## 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

**Sauna**  
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 Last session 2/5

**Body Max**  
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 Exc\*: 16/05, 30/05  
& 06/06

**Zumba Step**  
FALMER SPORTS CENTRE -  
STUDIO 2  
19:00 - 20:00

**Badminton**  
COCKCROFT SPORTS  
19:30 - 21:00 Last session 2/5

**Pilates**  
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 Last session 3/5

**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

**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 Last session 3/5

**Judo**  
FALMER SPORTS CENTRE -  
STUDIO 1  
19:00 - 21:00

## 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)

**Football (Turn-up & Play)**  
FALMER SPORTS CENTRE - STP  
15:00 - 17:00

**Men's Basketball**  
FALMER SPORTS CENTRE  
16:00 - 18:00 Exc\*: 25/05

**Women's Basketball**  
FALMER SPORTS CENTRE  
16:00 - 18:00 Exc\*: 01/06

**Women's Football**  
(Turn-up & Play)  
FALMER SPORTS CENTRE - STP  
17:00 - 18:30

**Badminton**  
FALMER SPORTS CENTRE  
18:00 - 19:30  
Half Hall 25/05 & 01/06

## 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)

## 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**  
FALMER SPORTS CENTRE -  
STUDIO 2  
13:05 - 13:50

**Outdoor Bootcamp**  
FALMER SPORTS CENTRE -  
STUDIO 2  
17:00 - 18:00

Indoor session in poor weather

**Kettlebells**  
FALMER SPORTS CENTRE -  
STUDIO 1  
18:30 - 19:30

**Table Tennis**  
COCKCROFT SPORTS HALL  
19:00 - 21:00 Last session 1/5

**Yoga**  
GRAND PARADE  
19:00 - 20:00

## 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)

## SATURDAY

**Swimming**  
PRINCE REGENT SWIMMING COMPLEX,  
KING ALFRED LEISURE CENTRE,  
ST. LUKES SWIMMING POOL  
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