

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 for more information



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 Hillbrow 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 d.onions@brighton.ac.uk.

www.parklifeplay.co.uk
01273 642871



PARKLIFE

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EASTBOURNE

Activity Timetable

16th April - 8th June 2018

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



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 abilities, staff and students welcome



*some sessions require advance-booking online *all sessions are £1 unless stated otherwise



MONDAY

Swimming

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

Women's Football

HILLBROW SPORTS CENTRE
17.00 - 18.30 Exc' 07/05 & 28/05

Table Tennis

HILLBROW SPORTS CENTRE
19:00-20:00
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

Ab Attack

HILLBROW SPORTS CENTRE
16.45 -17.15

Bouldering

Hillbrow Sports Centre,
18:00 - 19:00
Climb without ropes and harnesses.
See www.parklifeplay.co.uk for induction info.

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

Handball

HILLBROW SPORTS CENTRE
18.30 - 20.00

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

Tennis

MEADS TENNIS CLUB
15.30 - 16.30
Turn up and play at our local club

Volleyball

HILLBROW SPORTS CENTRE
17:00 - 18:00

THURSDAY

Swimming

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

Yoga

HILLBROW G41

12.00 - 13.00

Always good to take a desk break!

Dance

HILLBROW SPORTS CENTRE
17.00 - 18.00

Yoga

HILLBROW SPORTS CENTRE
17:00-18:00

Lacrosse

HILLBROW SPORTS CENTRE
18.00 - 19.00

Climbing

HILLBROW SPORTS CENTRE
18:30-20:00

Badminton

HILLBROW SPORTS CENTRE
20.00 - 22.00

SUNDAY

Swimming

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

Just Play Football

HILLBROW SPORTS CENTRE
Sunday 09:00-11:00

ADDITIONAL ACTIVITIES

Walking

Wednesday 12.30 - 13.00
MEET AT HILLBROW SPORT CENTRE FOYER

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