

PARKLIFE

Social Sport & Physical Activity

SESSIONS START
FROM 4TH
OCTOBER 2021
SEE ONLINE TO
BOOK

FALMER

MONDAY

NETBALL | 17.00 - 18.30 | JUST PLAY

ZUMBA | 18.30 - 19.15 | JUST MOVE

VOLLEYBALL | 20.15 - 21.45 | JUST PLAY

TUESDAY

BASKETBALL MEN'S | 18.30 - 20.00 | JUST PLAY

WEDNESDAY

COUCH TO 5K | 13.00 - 14.00 | JUST MOVE*

DANCE | 18.00 - 19.00 | JUST MOVE

THURSDAY

FOOTBALL MEN'S | 16.00 - 18.00 | JUST PLAY

WHEELCHAIR BASKETBALL | 18.30 - 20.00 | JUST MOVE

TOUCH RUGBY | 19.30 - 21.00 | JUST PLAY

JUDO | 20.30 - 22.00 | JUST MOVE

FRIDAY

SPIN | 12.05 - 12.50

FOOTBALL WOMEN'S | 17.00 - 18.30 | JUST PLAY

BASKETBALL | 16.30 - 18.00 | JUST PLAY

BADMINTON | 18.00 - 19.30 | JUST PLAY

TENNIS | 18.00 - 20.00 | VIRGIN ACTIVE | JUST PLAY

ALL SESSIONS AT THE UNIVERSITY OF BRIGHTON FALMER
SPORTS CENTRE OR OUTDOOR FACILITIES UNLESS STATED.

*THESE SESSIONS ARE FREE!

PARKLIFE DROP IN SESSIONS LET YOU PLAY AND TRY SPORTS
ACTIVITIES FOR JUST £1. EQUIPMENT IS PROVIDED. BOOK SESSIONS
ONLINE. JUST PLAY ARE DROP IN SESSIONS. JUST MOVE SESSIONS
ARE COACHED OR INSTRUCTOR LED.

SPORT.BRIGHTON.AC.UK/PARKLIFE

COCKCROFT SPORTS HALL

MONDAY

BASKETBALL | 12.00 - 13.30 | JUST PLAY

INDOOR FOOTBALL | 16.00 - 18.00 | JUST PLAY

TUESDAY

BADMINTON | 13.00 - 14.00 | JUST PLAY

TABLE TENNIS | 17.00 - 18.30 | JUST PLAY

WEDNESDAY

RUNNING GROUP | 13.00 - 13.45 | JUST MOVE*

BADMINTON | 14.00 - 17.00 | JUST PLAY

BASKETBALL | 17.00 - 18.30 | JUST PLAY

THURSDAY

TABLE TENNIS | 12.00 - 14.00 | JUST PLAY

BOXING | 17.00 - 18.30 | JUST PLAY

DODGEBALL | 18.30 - 20.00 | JUST PLAY

FRIDAY

FIT FACTORY | 12.15 - 13.00 | JUST MOVE

DODGEBALL | 14.00 - 15.30 | JUST PLAY

DANCE | 17.00 - 19.00 | JUST MOVE



University of Brighton

sportbrighton

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SWIMMING FOR £1

SWIM FOR JUST £1 BY SHOWING YOUR UNI CARD AT FREEDOM LEISURE POOLS IN BRIGHTON & HOVE. YOU CAN ATTEND ANY OPEN SWIM SESSION WHICH ARE AVAILABLE 7 DAYS A WEEK.

PRINCE REGENT, KING ALFRED AND ST LUKES POOLS | ALL WEEK AT VARIOUS TIMES | COST £1

GYM CONFIDENCE COURSE

GYM BASED EXERCISE IS A GREAT WAY TO IMPROVE YOUR HEALTH AND WELLBEING, BUT WE KNOW THAT THE GYM ENVIRONMENT CAN FEEL DAUNTING. OUR GYM CONFIDENCE PROGRAMMES WILL HELP YOU LEARN THE BASICS, FROM SAFE AND EFFECTIVE MOVEMENT PATTERNS TO HOW TO PUT TOGETHER YOUR OWN EXERCISE SESSION SO THAT YOU CAN MAKE THE MOST OUT OF THE GYM. THIS 4 WEEK PROGRAMME WILL INTRODUCE YOU TO THE GYM ENVIRONMENT AND OUR FRIENDLY STAFF. THESE GROUP SESSIONS ARE DESIGNED FOR COMPLETE BEGINNERS, BUT EVERYONE WHO WANTS TO BOOST THEIR GYM CONFIDENCE IN A FUN AND FRIENDLY ENVIRONMENT IS WELCOME.

FALMER | MONDAYS 10-11:30AM | 04 OCT - 25 OCT | COST £12

RUNNING GROUPS

FALMER COUCH TO 5K – JOIN OUR RUN LEADERS AND BE GUIDED THROUGH THE COUCH TO 5K PROGRAMME. EVERYONE IS WELCOME AND THIS GROUP IS PERFECT FOR BEGINNERS. NO MATTER YOUR FITNESS LEVEL OR EXPERIENCE, OUR CAREFULLY DESIGNED SESSION WILL HELP YOU IMPROVE YOUR 5K.

FALMER SPORTS CENTRE | WEDNESDAYS 13.00-14.00 | FREE

MOULSECOOMB RUNNING GROUP – RUN AT YOUR OWN PACE AND FOLLOW THE COUCH TO 5K PROGRAMME WITH A GROUP OF LIKEMINDED PEERS. PERFECT BOTH FOR BEGINNERS AND THOSE WITH MORE EXPERIENCE, EVERYONE IS WELCOME TO JOIN THESE PEER RUNNING SESSIONS THAT WILL HELP YOU ON YOUR WAY TO A FASTER 5K.

MANOR LAWNS NEAR COCKCROFT, MOULSECOOMB | WEDNESDAYS 13.00-13.45 | FREE



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