

PARKLIFE

Social Sport & Physical Activity



EASTBOURNE | UOB SPORTS CENTRE

MONDAY

FOOTBALL WOMEN'S | 17.00 - 18.30 | JUST PLAY

NETBALL | 18.30 - 20.00 | JUST PLAY

SWIM: SWIMPROVER | 17.00 - 17.45 | JUST MOVE

TUESDAY

BASKETBALL WOMEN'S | 18.30 - 20.00 | JUST PLAY

WEDNESDAY

FOOTBALL MEN'S | 15.30 - 17.00 | JUST PLAY

WHEELCHAIR BASKETBALL | 18.30 - 20.00 | JUST MOVE

THURSDAY

BADMINTON | 20.00 - 22.00 | JUST PLAY

FRIDAY

RUNNING* | 09.00 - 10.30 | @ ST JOHN'S CHURCH | JUST MOVE

TOUCH RUGBY | 17.00 - 18.30 | JUST PLAY

TABLE TENNIS | 18.00 - 19.30 | JUST PLAY

SATURDAY

BASKETBALL MEN'S | 09.00 - 10.00 | JUST PLAY



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](https://sport.brighton.ac.uk/parklife)



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SWIMMING FOR £1

STUDENTS SWIM FOR JUST £1 AT ANY OF OUR OPEN SWIM SESSIONS. BOOK UP 48 HOURS IN ADVANCE ON OUR WEBSITE USING YOUR UOB LOGIN. [SPORT.BRIGHTON.AC.UK/BOOK](https://sport.brighton.ac.uk/book)

UNIVERSITY OF BRIGHTON SPORTS CENTRE | 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.

EASTBOURNE UOB SPORTS CENTRE | TUESDAYS 9.30-11:00AM | 05 OCT - 26 OCT | COST £12

RUNNING GROUP

EASTBOURNE RUNNING GROUP – GET OUT IN THE COMMUNITY AND IMPROVE YOUR RUNNING FITNESS WITH OUR LOCAL RUN LEADERS. ALL ARE WELCOME AT THESE LED SESSIONS WHICH WILL VARY WEEKLY, WITH A MIXTURE OF ROAD, HILL AND SCENIC RUNNING ROUTES DESIGNED TO BOOST YOUR RUNNING CONFIDENCE. YOU CAN EVEN ENJOY REFRESHMENTS AT ST JOHN'S CHURCH AFTER YOUR RUN. THIS GROUP IS FOCUSED ON EXERCISE AND CONVERSATION FOR IMPROVED MENTAL WELLBEING.

MEET OUTSIDE STJOHNS CHURCH, BN20 7ND | FRIDAYS 09.00-10.30 | FREE



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