

SPORT TASTERS & TRIALS

2022



PARKLIFE
Social Sport & Physical Activity

SPORT BRIGHTON
[SPORT.BRIGHTON.AC.UK/CLUBS](https://www.sport.brighton.ac.uk/clubs)
[SPORT.BRIGHTON.AC.UK/PARKLIFE](https://www.sport.brighton.ac.uk/parklife)

BRIGHTON CAMPUSES

AMERICAN FOOTBALL

SUN 02 OCT | 13.00-17.00 | TRIAL | ARTIFICIAL PITCH FALMER

ATHLETICS

CONTACT THE CLUB FOR FURTHER INFO

ARCHERY

SUN 02 OCT | 08.30-10.30 | TASTER | FALMER SPORTS CENTRE

BADMINTON **PARKLIFE**

SUN 02 OCT | 14.00-17.00 | TRIAL | FALMER SPORTS CENTRE

BASKETBALL MEN'S **PARKLIFE**

SAT 01 OCT | 11.00-13.00 | TRIAL | FALMER SPORTS CENTRE

BOXING

TUE 04 OCT | 17.00-18.30 | TASTER | FALMER STUDIO 1

CLIMBING **PARKLIFE**

CONTACT THE CLUB FOR FURTHER INFO

DANCE **PARKLIFE**

SUN 02 OCT | 11.00-15.00 | TASTER | FALMER STUDIO 2

DODGEBALL **PARKLIFE**

TUE 04 OCT | 19.00-20.00 | TASTER | FALMER SPORTS HALL

FOOTBALL MEN'S **PARKLIFE**

SAT 01 OCT | 11.00-17.00 | TRIAL | FALMER ARTIFICIAL PITCH

FOOTBALL WOMEN'S **PARKLIFE**

TUE 04 OCT | 19.00-20.30 | TASTER | FALMER ARTIFICIAL PITCH

FUTSAL WOMEN'S **PARKLIFE**

THUR 06 OCT | 17.00-18.30 | TASTER | FALMER SPORTS HALL

HOCKEY MEN'S

TUE 04 OCT | 19.30-21.00 | TASTER | UNI OF SUSSEX FALMER

HOCKEY WOMEN'S

MON 03 OCT | 18.30-20.00 | TASTER | LEWES HC (SOUTHDOWN)

JIU JITSU

TBC | TASTER | FALMER STUDIO 1

KARATE

MON 03 OCT | 20.00-21.30 | TASTER | FALMER STUDIO 2

KORFBALL

SUN 02 OCT | 08.30-10.30 | TASTER | FALMER SPORTS HALL

LACROSSE

SAT 01 OCT | 10.00-11.30 | TASTER | FALMER ARTIFICIAL PITCH

MOTORSPORT

CONTACT THE CLUB FOR FURTHER INFO

NETBALL **PARKLIFE**

SAT 01 OCT | 14.00-16.30 | TRIAL | FALMER HARCOURTS

POLO

CONTACT THE CLUB FOR FURTHER INFO

RUGBY LEAGUE MEN'S

MON 03 OCT | 18.30-20.00 | TASTER | FALMER ARTIFICIAL PITCH

RUGBY UNION MEN'S **PARKLIFE**

FRI 30 SEPT | 14.00-17.00 | TRIAL | FALMER RUGBY PITCH NEAR PAVILION

RUGBY UNION WOMEN'S **PARKLIFE**

FRI 30 SEPT | 17.00-18.30 | TASTER | FALMER ARTIFICIAL PITCH

SKI & SNOWBOARD

CONTACT THE CLUB FOR FURTHER INFO

SURF & WATER SPORTS

CONTACT THE CLUB FOR FURTHER INFO

SWIMMING FOR £2 **PARKLIFE**

SEE [SPORT.BRIGHTON.AC.UK/PARKLIFESWIM](https://www.sport.brighton.ac.uk/parklifewim) | FREEDOM LEISURE POOLS

TENNIS **PARKLIFE**

SAT 01 OCT | 13.00-16.00 | TRIAL | FALMER HARCOURTS

VOLLEYBALL WOMEN'S **PARKLIFE**

TUE 04 OCT | 19.00-20.30 | TASTER | FALMER SPORTS HALL

VOLLEYBALL MEN'S **PARKLIFE**

TUE 04 OCT | 20.30-22.00 | TASTER | FALMER SPORTS HALL

These sessions are open to all students that want to simply give them a go. Try one or more sports and find the right fit for you. If you miss these then see our website or app for weekly sessions you can attend. Some sessions are trials and this is noted next to the session.

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EASTBOURNE CAMPUS

ATHLETICS

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BADMINTON **PARKLIFE**

THURSDAYS 20.30-22.00 | PARKLIFE | EASTBOURNE SPORTS CENTRE

BASKETBALL MEN'S **PARKLIFE**

SAT 01 OCT | 11.00-13.00 | TRIAL | FALMER SPORTS CENTRE

BASKETBALL WOMEN'S **PARKLIFE**

WED 28 SEPT | 17.30-19.00 | EASTBOURNE SPORTS CENTRE

CHEERLEADING

MON 03 OCT | 20.00-22.00 | EASTBOURNE SPORTS CENTRE

CRICKET MEN'S

SUN 02 OCT | 15.00-17.00 | EASTBOURNE SPORTS CENTRE

DANCE **PARKLIFE**

SUN 02 OCT | 17.00-19.00 | EASTBOURNE HILLBROW DANCE STUDIO

FOOTBALL MEN'S **PARKLIFE**

WED 28 SEPT | 14.00-17.00 | EASTBOURNE SPORTS CENTRE STP

FOOTBALL WOMEN'S **PARKLIFE**

WED 28 SEPT | 12.00-14.00 | EASTBOURNE SPORTS CENTRE STP

FUTSAL MEN'S

WED 28 SEPT | 16.00-17.30 | EASTBOURNE SPORTS CENTRE

FUTSAL WOMEN'S

SAT 01 OCT | 14.00-16.30 | EASTBOURNE SPORTS CENTRE

GYMNASTICS

THU 29 SEPT | 20.00-22.00 | EASTBOURNE SPORTS CENTRE

HOCKEY MEN'S

TUE 04 OCT | 19.30-21.00 | TASTER | UNI OF SUSSEX FALMER

HOCKEY WOMEN'S

MON 03 OCT | 18.30-20.00 | TASTER | LEWES HC (SOUTHDOWN)

LACROSSE

MON 03 OCT | 18.30-20.00 | EASTBOURNE SPORTS CENTRE STP

NETBALL **PARKLIFE**

WED 28 SEPT | 13.00-16.00 | EASTBOURNE SPORTS CENTRE

POLE FIT

TUE 05 OCT | 18.30-21.30 | EASTBOURNE SPORTS CENTRE

RUGBY UNION MEN'S **PARKLIFE**

FRI 30 SEPT | 14.00-17.00 | FALMER RUGBY PITCH NEAR PAVILION

RUGBY UNION WOMEN'S **PARKLIFE**

WED 28 SEPT | 17.00-18.30 | EASTBOURNE SPORTS CENTRE STP

SWIMMING **PARKLIFE**

SUN 02 OCT | 15.00 - 16.30 | EASTBOURNE SPORTS CENTRE

TRAMPOLINING **PARKLIFE**

MON 03 OCT | 20.00-22.00 | EASTBOURNE SPORTS CENTRE

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The following sports have Brighton based clubs. Brighton Panther Club Members can claim back travel costs for validated club activity.

AMERICAN FOOTBALL | ARCHERY | BOXING | CLIMBING | JIU JITSU | KARATE | KORFBALL | MOTORSPORT | POLO
RUGBY LEAGUE MEN'S | SKI & SNOWBOARD | SURF & WATERSPORTS | TENNIS | VOLLEYBALL