

# SPORTICIPATE

FREE SPORTS AND ACTIVITIES FOR ALL  
AT THE UNIVERSITY OF MANCHESTER

25 HOURS, 14 ACTIVITIES, 6 VENUES  
TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BADMINTON (DOUBLES)						3.30-5.30pm <sup>22</sup>	SUGDEN CENTRE, HALL C
DODGEBALL			4.00-5.00pm <sup>AL</sup> ACTIVE LIFESTYLES CENTRE		7.00-8.00pm <sup>AL</sup> ACTIVE LIFESTYLES CENTRE		
FITNESS (WOMEN ONLY)	6.00-6.45pm <sup>106</sup> HULME HALL JCR		6.00-6.45pm <sup>106</sup> HULME HALL JCR				
TOUCH RUGBY				5.30-6.30pm <sup>120</sup> ARMITAGE CENTRE, ASTRO			
SWIMMING			8.00-9.00pm <sup>AC</sup> AQUATICS CENTRE, MAIN POOL				1.00-2.00pm <sup>AC</sup> AQUATICS CENTRE, TRAINING POOL
FITNESS - CIRCUITS	5.00-5.45pm <sup>31</sup> WELLBEING ROOMS, DUAL USE ROOM			4.00-4.45pm <sup>120</sup> ARMITAGE CENTRE, CONFERENCE ROOM			
INDOOR ROWING	6.00-8.00pm <sup>120</sup> ARMITAGE SQUASH COURT 4		3.00-5.00pm <sup>120</sup> ARMITAGE SQUASH COURT 4				
SQUASH AND RACKETBALL				6.00-8.40pm <sup>22</sup> SUGDEN CENTRE			
TABLE TENNIS					8.00-9.00pm <sup>22</sup> SUGDEN CENTRE, HALL B		
INDOOR CRICKET							*11.00-15.00 <sup>120</sup> ARMITAGE CENTRE
GYMFIT				8.00-9.00pm <sup>22</sup> SUGDEN CENTRE, HALL A			
FUTSAL				5.00-6.00pm <sup>22</sup> SUGDEN CENTRE, HALL B		3.00-5.00pm <sup>22</sup> SUGDEN CENTRE, HALL A	
VOLLEYBALL							1.30-3.30pm <sup>22</sup> SUGDEN CENTRE, HALL C

\*Times may vary, please refer to website and Facebook group for most up to date information. Sessions run during term-time only.

## FIND OUT MORE

[www.facebook.com/sporticipate](https://www.facebook.com/sporticipate)  
email: [SPORTICIPATE@manchester.ac.uk](mailto:SPORTICIPATE@manchester.ac.uk)

## REGISTER HERE

[www.sport.manchester.ac.uk/sport/sporticipate](http://www.sport.manchester.ac.uk/sport/sporticipate)

SPORTManchester

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**KICKBOXING**  
Several events throughout semester, please refer to website or facebook for more information.

