

MANCHESTER
1824

The University of Manchester

2015



students'
union
UNIVERSITY OF MANCHESTER

Sport at University

Your guide to SPORT
Manchester
Play Sport, Be Active



Content

- Why you should do sport
- What's on offer to you
- Location of sports
- How to stay update



Why you should do sport

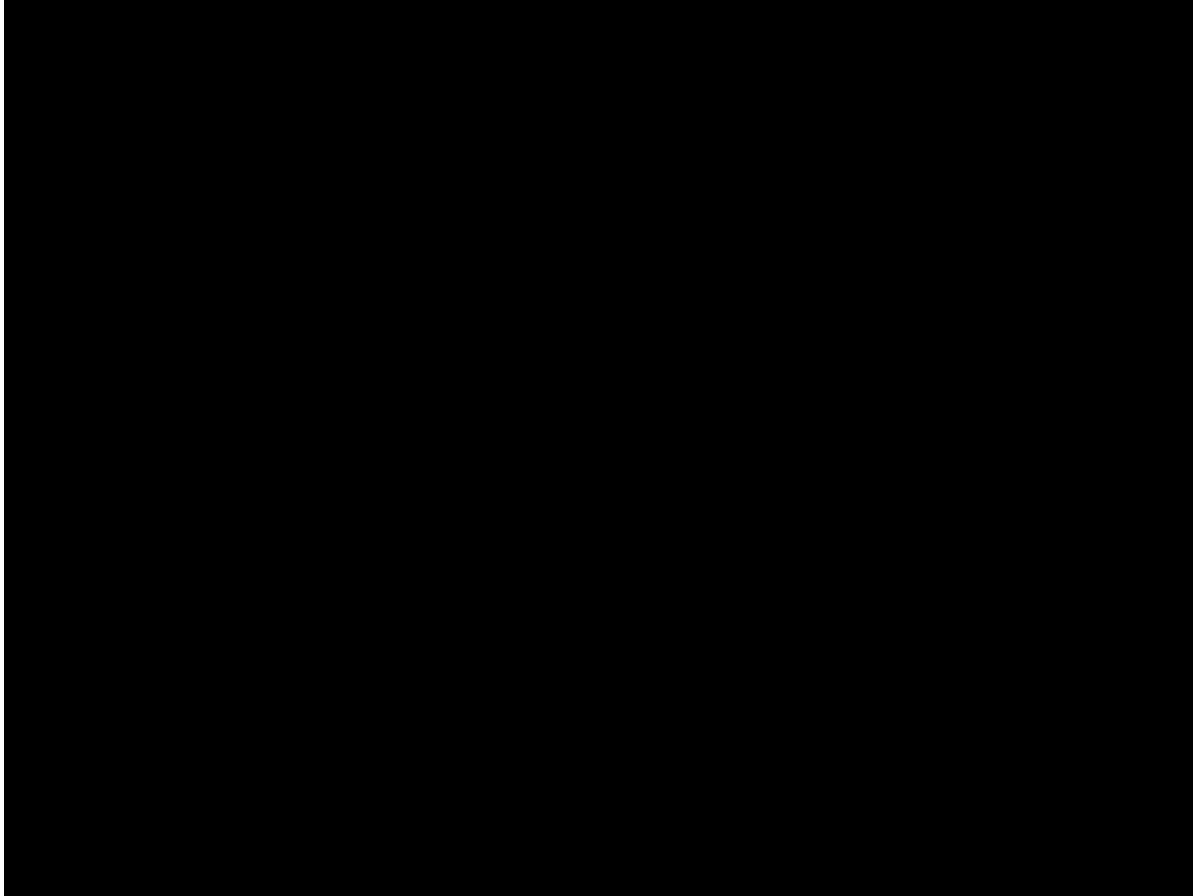
- Great to make friends
- Great way to lead an active lifestyle
- It's FUN!
- It's important to take a break from studying
- It teaches you valuable skills
- There are plenty of opportunities to try something new





SPORTICIPATE





www.facebook.com/sporticipate



SPORTICIPATE

- A FREE weekly sports programme
- Open to all abilities
- Drop in sessions for lots of different sports
- Exciting one off events throughout the year
- Exciting range of sports
- Opportunity to try new things



www.facebook.com/sporticipate



What sport is on offer?

**HALL
SPORT**

“The Hall Sport Scheme is absolutely fantastic - the range of sports is good and the coaches / volunteers are enthusiastic and personable. It is exactly what I hope I would find when I came to Manchester.”

(Student - SPORT Survey, March 2014)



www.facebook.com/hallsportUoM





Welcome to HALL SPORT

If you are moving into University accommodation you could be enjoying 45 hours of FREE sport and activity every week, see the timetable below!

The Hall Sport programme, aimed at beginners to sport or those that want to exercise on a social level! Sports equipment is provided however please make sure you wear suitable clothing and footwear.

How to register:
Register using your University IT login details, at www.sport.manchester.ac.uk/sport/hall.
You will then receive an email containing your free confirmation ticket.
Print out your ticket or bring the image on your phone to every session you attend. There is no limit to the number of sessions you can attend, just make sure you bring your ticket!

SPORT Manchester

JOINT AWARD WINNER 2014

Excellence in Student Sport Experience

cubo

Victoria Park Campus | Fallowfield Campus | City Campus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SQUASH	6-8pm SQUIRRELS BAR SQUASH COURTS	7-8pm SUGDEN SPORTS CENTRE	Salsa 4-5.30pm WHITWORTH PARK	6-8pm WHITWORTH PARK SQUASH COURTS	7-8pm HULME HALL SQUASH COURTS		1-3pm WHITWORTH PARK SQUASH COURTS
BADMINTON	Breakdance 6-7pm OWENS PARK MAIN HALL		8-10pm ARMITAGE CENTRE	Salsa 4-5.30pm DALTON ELLIS BAR	Salsa 4-6.30pm WHITWORTH PARK BAR		1-3pm SUGDEN SPORTS CENTRE
DANCE	Salsa 12.30-2pm OWENS PARK MAIN HALL						
BASKETBALL	7-8pm HULME HALL GAMES ROOM	7-9pm OWENS PARK MAIN HALL	1.30-12.30pm WHITWORTH PARK BAR				
TABLE TENNIS		5-6pm DALTON ELLIS BAR	5-6pm OWENS PARK MAIN HALL				
BODY CONDITIONING						5.30-6.30pm OWENS PARK MAIN HALL	
HANDBALL	5-6pm SUGDEN SPORTS CENTRE	6-8pm ARMITAGE CENTRE					
RUSH HOCKEY							
CARDIO TENNIS		6-8pm HULME HALL MUGA					
5-A-SIDE FOOTBALL							
NEW VOLLEYBALL							
NEW SOFTBALL							

CAMPUS SPORT

Want to play socially? Have fun with friends playing in a league against other University staff and students. Campus sport has 357 teams from Academic Schools, Faculties and Halls of Residence as well as groups of friends who want to get together weekly and play as team. Leagues run from October to March. We run Campus Sport Leagues for **Basketball (Mixed)**, **Football, Hockey (Mixed)**, **Netball** and **Rugby Union**. All you need to do is visit our website A-Z list of sports to sign up, you can register as a team or an individual.

Coach or Official?

Campus Sport actively recruit and aim to develop individuals who want to coach or officiate the above sports. Email campus.sport@manchester.ac.uk if this is you.



The University of Manchester Men and Women's Lacrosse Club working in partnership with **Timperley Lacrosse Club** to develop and enhance your Lacrosse Experience.





www.pitchero.com/clubs/timperleylacrosse

ATHLETIC UNION (Sports Clubs)


Like being part of a community? Join one of our 43 sports clubs across sports. Run by students for students and affiliated to represent the University against other Universities across the UK in the British Universities and Colleges Sports (BUCS) league (placed 10th in 2013 – 14), you will have access to training, great coaching and regular competition.

Visit the Sports Fair in the Students' Union during Welcome Week to meet student committees and sign up or search training times and venues on our list of sports on our website.

American Football	B R I A	Korfball	B I A
Athletics & Cross Country	B R I A	Lacrosse	B I A
Badminton	B R I A	Mountaineering	B R I A
Basketball	B R I A	Netball	B R I A
Boat (Rowing)	B I A	Rugby League	I A
Boxing	B R I A	Rugby Union	BW I A
Canoe	B R I A	Sailing	B I A
Cricket	B R I A	Ski & Snowboard	B I A
Cycling	R I A	Snooker & Pool	B R I
Equestrian	B R I A	Squash	R I A
Fencing	B R I A	Surf	R I
Football	BW R I A	Swimming	B R I A
Futsal	I A	Table Tennis	B R I A
Golf	B R I A	Tennis	B R I A
Gymnastics	B R I	Trampoline	B I A
Hockey	B R I A	Ultimate Frisbee	B R I A
Jiu Jitsu	B I A	Volleyball	B R I A
Judo	B I A	Waterpolo	B I A
Karate (Shotokan)	B I A		



The University of Manchester Men's Hockey Club working in partnership with **Brooklands Manchester University Hockey Club** to develop and enhance your Hockey Experience.

www.brooklandshockey.co.uk

 @SPORTManchester

#PurpleAndProud

www.manchester.ac.uk/sport

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www.manchester.ac.uk/sport

SPORT CENTRES

There are three sport centres with fitness suites on campus offering discounted gym membership for students and staff.

TOP TIP

Buddy up having a friend to exercise with helps you stick to your workout plan.

HOW FIT ARE YOU?

Find out what your body fat is or improve your VO2 max with our Fitness Testing Service at the Armitage Sports Centre.



Armitage Sports Centre

120

Conveniently located for Owens Park and Fallowfield residents, the Armitage Sports Centre fitness suite is fully equipped with the latest cardiovascular and resistance equipment and there is also a designated free weights area. There are also discounted special deals for drop in fitness classes.



Sugden Sports Centre

22

The perfect location for access from the Oxford Road campus, the Sugden Sports Centre fitness suite has over 100 pieces of cardiovascular and resistance equipment and dedicated free weights area. Unlimited fitness classes are also included in the gym membership.



Manchester Aquatics Centre

AC

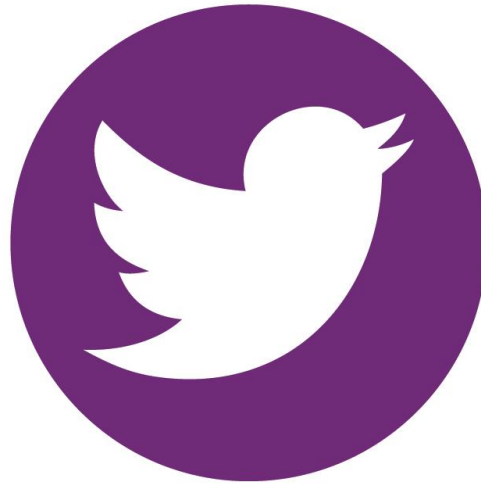
A stone throw from the main campus, Manchester Aquatics Centre fitness suite is well equipped with cardiovascular and resistance equipment, complimented by 2 x 50 metre swimming pools and a 25 metre diving pit. All inclusive membership available including fitness classes and pool membership.



DROP-IN FITNESS CLASSES AVAILABLE AT ALL THREE SPORTS CENTRES

For full timetable information visit the Facilities pages of our website:
www.manchester.ac.uk/sport/facilities





SPORT MANCHESTER

www.manchester.ac.uk/sport

#PurpleAndProud











