

MANCHESTER
1824

The University of Manchester

2017/18

NEW TO SPORT



SEMESTER 2

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www.manchester.ac.uk/sport

SPORTICIPATE

FREE
TO ALL AT THE
UNIVERSITY

SPORTICIPATE is our beginner-level sport programme. It's designed to make participating in sport that much easier, with a range of different activities available across campus and even on your doorstep in Halls. If you're new to sport, or want to try something different, Sporticipate is for you, with over 50 hours of free or low cost activities each week. To access these sessions from any of the timetables on this flyer, just register now on the UoM Sport website!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton		7 - 8pm Sugden Sports Centre		1 - 2pm Sugden Sports Centre		11am - 1pm Armitage Centre	
Basketball					6 - 7pm (Women only) Armitage Centre		10.30am - 12.30pm Sugden Sports Centre
Boxing	5.15 - 6.15pm Sugden Sports Centre						
Breakdance					6.30 - 7.30pm Wellbeing Rooms		
Dodgeball	5 - 7pm Active Lifestyles Centre						
Futsal		7.30 - 8.30pm (Men only) Sugden Sports Centre		5.30 - 6.30pm (Women only) Sugden Sports Centre			
Handball		6.30 - 7.30pm Sugden Sports Centre					
High Board Diving*			8.30 - 10pm Manchester Aquatics Centre				
Hockey		6 - 8pm Armitage Centre					
Interval Training	6.45 - 7.45pm Wellbeing Rooms	7.10 - 8pm (Women only) Wellbeing Rooms					
Kickboxing				7 - 8pm Sugden Sports Centre			
Lacrosse		6 - 8pm Armitage Centre					
Mindful Movement and Meditation		12 - 12.30pm St Peter's House					
Netball	6 - 8pm Armitage Centre						
Suba Diving (Try Dives)*					8 - 10pm Manchester Aquatics Centre		
Softball	5 - 6pm Sugden Sports Centre						
Squash		12.20 - 1.40pm Sugden Sports Centre		6.20 - 7.40pm Sugden Sports Centre			
Street Dance			7.20 - 8.20pm Wellbeing Rooms				
Swimming			1.30 - 2.30pm (Women only) Aquatics Centre				3.30 - 4.30pm Aquatics Centre
Table Tennis	13.15 - 2.15pm Sugden Sports Centre		8 - 9pm Aquatics Centre		8.30 - 10pm Armitage Centre		
Touch Rugby			6.15 - 8.15pm Sugden Sports Centre	6 - 8.00pm Armitage Centre			
Ultimate Frisbee				5 - 7pm Armitage Centre			
Volleyball				5 - 6pm Sugden Sports Centre		1 - 3pm Armitage Centre	
Women's Football	6 - 7pm Armitage Centre						
Yoga			7.45 - 8.30am St Peter's House				

* These sessions are not free and require a pre-registration. Please check the Sporticipate Facebook page for details on how to register and pay for these sessions.

Sessions run from 29 January - 23 March 2018 Register now on the UoM website to play and keep updated!



DROP-IN

Drop-In sessions on these timetables run weekly from the 2nd October during term time and with such a variety on offer, there's no reason why you can't stay active during your time at university. Even if you've got the busiest academic timetable, Sporticipate runs sessions at various times throughout the week at convenient locations across campus. Best of all, they're **FREE**.



LEARN-TO

Learn-To sessions are designed to give you a structured introduction to a sport. Many students take up new hobbies at university, and this is the perfect way to do it. With structured coaching sessions throughout term time, it's a great way to learn some new skills and make some friends along the way! Check out our Learn-To offers on the UoM Sport website!

SPORT IN HALLS

SPORT AND ACTIVITY ON YOUR DOORSTEP



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BodyFit Workout			1.30-2.15pm Whitworth Park 5.30-6.15pm Owens Park		
Boxercise (Ki-Box Fit)			6.15-7pm Owens Park		
Capoeira				7-8.30pm Whitworth Park	
Free Running (Beginner's Parkour)		6.30-7.30 Hulme Hall MUGA			
Gymfit (Beginner's Gymnastics)	5.30-6.30pm Hulme Hall JCR			7-8pm Wellbeing Rooms	
Korean Karate (non-contact Martial Art)				6.30-7.30pm Owens Park	
Personal Training (Residential Gyms)		7-8pm St Anselms Gym	7.30-8.30pm Hulme Hall Gym	7-8pm Whitworth Park Gym	
Salsa			4-6pm Whitworth Park		4-6pm Whitworth Park
Self Defence		7-8pm Owens Park			
Squash	6-8pm Oak House Squirrels Bar				
Table Tennis				7.30-9.30pm Owens Park	
Yoga				5-6pm Hulme Hall JCR	6-7pm Owens Park



ONE-OFF

Every semester we aim to run events that give a taster of various activities available throughout the City such as horse-riding, Skiing, Go-Karting and the Manchester 10k!

Keep your eyes peeled to the UoM Sport website to see whats coming up this year.

For more information on all activities go to www.manchester.ac.uk/sport

Venue Locations



- 22 Sugden Sports Centre**
Grosvenor Street
- 32 St Peter's House/Chaplaincy**
Oxford Road
- 37 University Place**
Oxford Road
- 51 Old Quadrangle**
John Owens Building, Oxford Road
- 59 Wellbeing Rooms – Simon Building**
Brunswick Street

- 69 UoM Sport Head Office**
Oxford Road
- 83 Whitworth Park**
Dilworth Street
- 107 St. Anselms**
Fallowfield
- 106 Hulme Hall, outdoor court and Junior Common Room**
Wilmslow Road
- 108 St. Gabriel's**
Oxford Place
- 114 Owen's Park**
Fallowfield
- 115 Oak House**
Fallowfield
- 120 Armitage Sports Centre**
Moseley Road, Fallowfield
- AC Manchester Aquatics Centre**
Oxford Road
- AL Active Lifestyle Centre**
Oxford Road

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