




MANCHESTER
1824

The University of Manchester

2017/18

NEW TO SPORT



 @UoMSport  UoMSport  uomsport  uom_sport

www.manchester.ac.uk/sport

SPORTICIPATE

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		7.30 - 8.30pm Sugden Sports Centre		1 - 2pm Sugden Sports Centre		11am - 1pm Armitage Centre	
Basketball					6 - 7pm (Women only) Armitage Centre		12 - 1pm Sugden Sports Centre
Breakdance	7.10 - 8pm Wellbeing Rooms						
Dodgeball	5 - 7pm Active Lifestyles Centre						
Futsal				5.30 - 6.30pm (Women only) Sugden Sports Centre 7 - 8pm (Men only) Sugden Sports Centre			
Hockey		6 - 8pm Armitage Centre					
Interval Training	6.45 - 7.45pm Wellbeing Rooms	7.10 - 8pm (Women only) Wellbeing Rooms					
Lacrosse		6 - 8pm Armitage Centre					
Netball	6 - 8pm Armitage Centre						
Softball	5 - 6pm Sugden Sports Centre						
Squash		12.20 - 1.40pm Sugden Sports Centre		6.20 - 7.40pm Sugden Sports Centre			
Swimming			1.30 - 2.30pm (Women only) Aquatics Centre 8 - 9pm Aquatics Centre				3.30 - 4.30pm Aquatics Centre
Table Tennis	13.15 - 2.15pm Sugden Sports Centre		6.15 - 8.15pm Sugden Sports Centre				
Touch Rugby				6 - 8.00pm Armitage Centre			
Ultimate Frisbee				6 - 7pm Armitage Centre			
Volleyball				5 - 6pm Sugden Sports Centre		1 - 3pm Armitage Centre	
Women's Fitness				7 - 8pm Wellbeing Rooms			
Women's Football	6 - 7pm Armitage Centre						

Sessions start w/c 2 October – 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

FREE
TO ALL AT THE
UNIVERSITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BodyFit Workout			1.30-2.15pm Whitworth Park 5.15-6pm Owens Park		5.30-6.15pm Owens Park
Boxercise (Ki-Box Fit)			6-6.45pm Owens Park		
Dance Fitness			6.30-7.30pm (Womens only) St Gabriel's Hall		
Free Running (Beginner's Parkour)		6.30-7.30 Hulme Hall MUGA			
Gymfit (Beginner's Gymnastics)	5.30-6.30pm Owens Park		7-8pm Wellbeing Rooms		
Personal Training (Residential Gyms)		7-8pm St Anslems 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			
Soo Bahk Do (Non-Contact Martial Art)				6.30-7.30pm Owens Park	
Street Dance		6-7pm (Womens only) St Gabriel's Hall			
Squash	6-8pm Whitworth Park				
Table Tennis				7.30-9.30pm Owens Park	
Yoga				4-5pm Hulme Hall JCR	6.30-7.30pm Owens Park



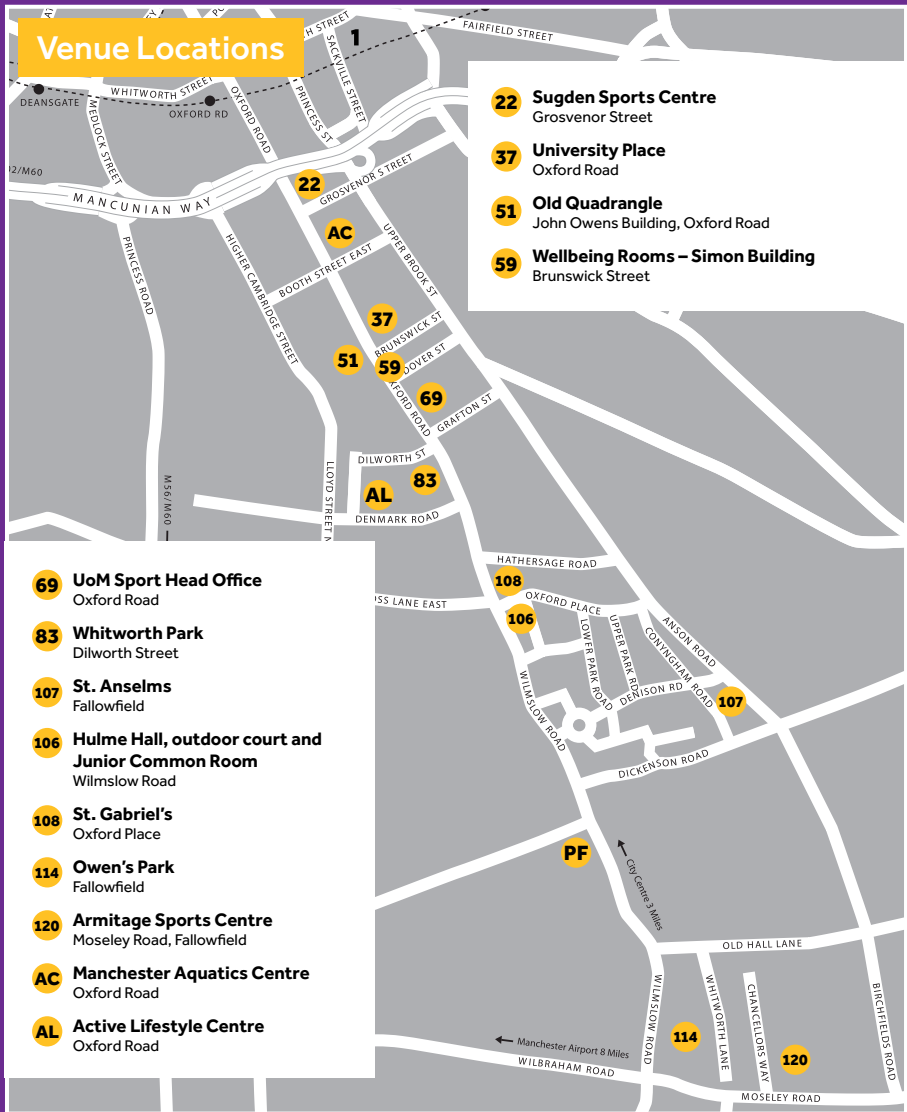
ONE-OFF

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
- 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
- 120** **Armitage Sports Centre**
Moseley Road, Fallowfield
- AC** **Manchester Aquatics Centre**
Oxford Road
- AL** **Active Lifestyle Centre**
Oxford Road

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