

The University
of Manchester

MANCHESTER
1824

SPORT MANCHESTER

A guide to sport, health and fitness

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www.manchester.ac.uk/sport

Facilities — YOU GET DISCOUNTED RATES!



The Armitage Site

Home of SPORT



The Sugden Centre

In the heart of central campus



The Aquatics Centre

Commonwealth Games facility

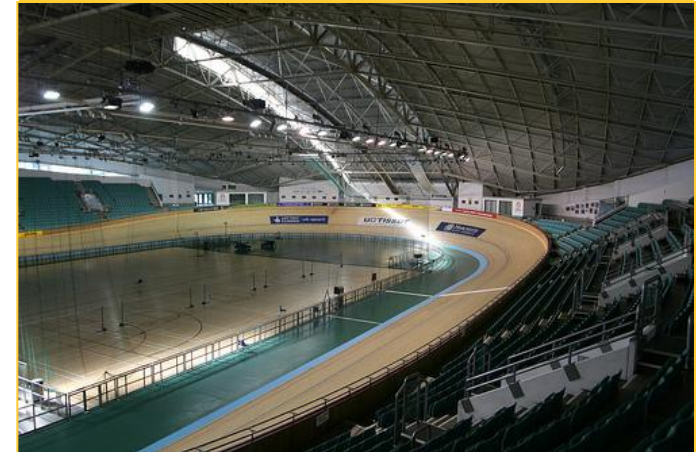


Wythenshawe

90 acre sports ground

On your doorstep!

- Manchester Velodrome
- National Squash Centre
- Regional Tennis Centre
- Etihad Stadium
- Regional Athletics Centre
- The Watersports Centre
- Chill Factore



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Health, Fitness & Wellbeing

- New for September 2011 - newly extended fitness suite at the Armitage Sports Centre
- Recently refurbished fitness suite at the Sugden Sports Centre
- Over 80 health, fitness and wellbeing classes every week
- Dedicated Wellbeing Room for holistic exercises
- Discounted gym memberships and fitness classes for students
- FREE Activities include - Jogging Club / Parkrun / Campus Walks
- All classes available to book online

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Classes include:

Aerobics - Bootcamp

Bums & Tums - Circuits - Yoga

Pilates - Martial Arts - Tai Chi

Street Dance - Zumba Dance Belly
Dance - Cheerleading



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Hall Sport

- Free sport and fitness coached activities for students living in halls
- New M.U.G.A (Multi-Use Games Area) at Hulme Hall
- Beginners level
- Friendly and fun with a little competition
- Meet people in your hall and surrounding halls
- Using facilities within the halls of residence where possible
- On your doorstep – literally!

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Year 1 focus sports:

- Basketball
- Badminton
- Dance
- Running
- Squash

Campus Sport

- 3500 students take part every week
- All abilities welcome
- Try something new or brush up on your skills
- Emphasis on fun and exercise
- Meet new people
- Join a team or start your own
- Opened September 2011 - resurfaced 3G 5-a-side pitches at the Armitage Sports Centre
- Register online via our website

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Current Leagues include:

- 11-a-side Football
- Netball
- Rugby Union
- 5-a-side Football
- Hockey (mixed)
- Basketball (mixed)

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Coached Sport

- Based at the Armitage and Sugden Centre
- Learn something new
- Improve your technique
- Advice and guidance from qualified coaches
- Suitable for beginners
- New social ladders
- New for 2011 – Mixed Lacrosse and Handball
- Book online via our website



Coached Sport Sessions:

- Beginners Squash
- Squash social ladder
- Beginners Badminton
- Badminton social ladder
- Mixed Lacrosse
- Handball

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Sports Volunteer Scheme

- Pursue your interest in sport
- Engage with the local community
- Reward and recognition – certification
- Enhance your employability - added to University transcript
- Develop your skills for the future
- Receive funding for sport courses
- Gain National Governing Body qualifications
- Rewarding and satisfying
- Have fun and meet new people!
- Register your interest at www.sportsworkforce.manchester.ac.uk/

If you have time to spare you could get involved with:

- Coaching
- Officiating
- One-off sports events
- After school programmes
- Local sports club
- Administration



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Scholarships

Talented and high performance athletes



“Our aim is to provide structured support to individuals to enable them to excel in both their sporting and academic careers whilst raising the profile and standard of University sport.”

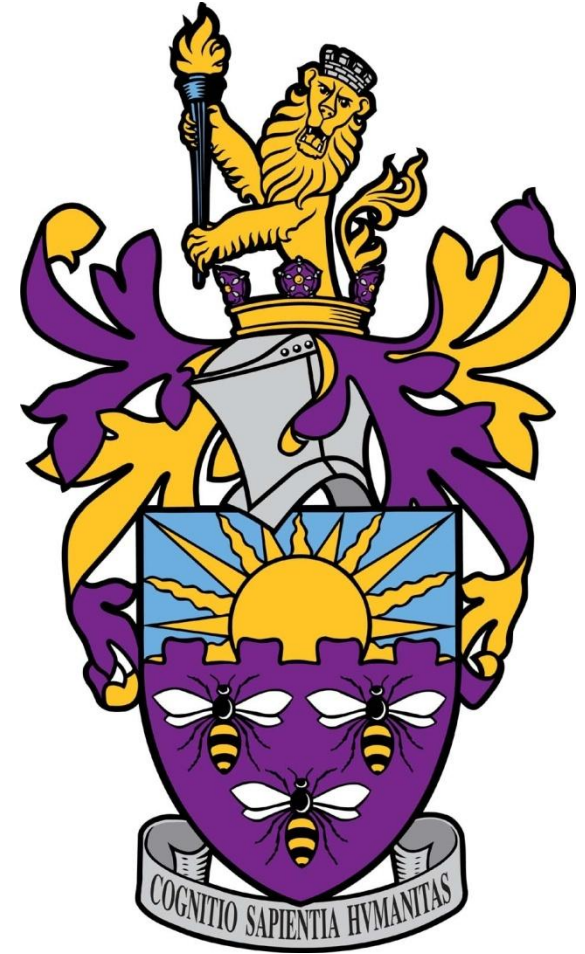
Objectives

- Increase performance levels of the athlete
- To improve BUCS ranking
- To provide an athlete centred service
- To provide a wide range of support services to our athletes
- Working with internal and external partners to provide the best support and training environment
- To enable students to balance a successful sporting career with academic success

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The Athletic Union

- 40+ different clubs
- Beginners to elite athletes
- Represent the University every week
- Ranked top ten University in BUCS - league and championships points
- High quality training and coaching
- Gain valuable skills
- Widen your social circle
- Improve your health and fitness
- Club development, coaching and equipment support
- The famous weekly AU Social!



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Athletic Union Sports

TEAM SPORTS		Badminton	Basketball
Cricket	Fencing	Football	Golf
Hockey	Korfball	Lacrosse	Netball
Rowing	Rugby League	Rugby Union	Squash
Swimming	Table Tennis	Tennis	Ultimate Frisbee
Volleyball	Water Polo		

INDIVIDUAL & RECREATIONAL SPORTS		Athletics	Boxing
Canoe	Cross Country	Cue	Cycling
Jiu Jitsu	Judo	Karate (Shotokan)	Mountaineering
Riding	Sailing	Ski & Snowboard	Surf
Ten Pin Bowling	Trampoline		

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For Further Information

Email Us:

All enquiries:

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Telephone:

For general enquiries:

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Have a look at our website:

www.manchester.ac.uk/sport



Or you can ask us a question via our Facebook page and keep up with all the latest news and events from Sport! Search for [‘SPORT Manchester’!](#)

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