



UNIVERSITY OF
PORTSMOUTH

SPORT AND RECREATION 2017/18



sportportsmouth.co.uk

WELCOME

WELCOME TO THE HOME OF SPORT AT THE UNIVERSITY OF PORTSMOUTH

Sport is an intrinsic part of University life and is an unmissable opportunity, creating lifelong friends for most. Sport and exercise not only provides a fantastic opportunity to develop teamwork and leadership skills, to socialise across different social and ethnic networks and to inspire and motivate, but it also delivers the health benefits associated with exercising regularly.

The Department of Sport and Recreation aims to support you so that you can thrive in both your studies and your health, providing opportunities for all levels of ability, from those who want to try something for the first time to those who have Olympic ambitions. So, whatever your interest or level of ability, there is undoubtedly something for you, so get active and stay active!

MISSION STATEMENT

‘To provide our students, our staff and the community with first-class sporting facilities; to promote participation and excellence in sport, coaching, exercise and volunteering, ensuring a quality-driven customer experience; to promote the health and wellbeing of the University community; to continue the development of facilities and to support academic courses in sport-related subjects.’

DOWNLOAD OUR MOBILE APPS

[Appsanywhere.port.ac.uk](https://apps.apple.com/gb/app/uopsport/id1488888888)

SIGN UP FOR YOUR MEMBERSHIP ONLINE

sportportsmouth.co.uk/join

CONTACT US


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FIRST-CLASS FACILITIES

Whatever your ability, our wide range of gym and sports facilities means that we have something to suit everyone.

ST PAUL'S GYM

A quirky four-floor gym with the latest in modern fitness equipment to meet all your fitness goals and requirements.

- **Free weights** including Olympic platforms, half racks, smith machines, benches, dumbbells (ranging from 2–50kg), Olympic bars, hex bars and a range of plate weights.
- **Cardio machines** including Wattbikes, Cybex bikes, Arc trainers, treadmills and rowers, including the new dynamic rowers and stairmaster.
- **Resistance machines** covering every muscle group you could wish for.
- **Cable machines** including the award-winning Cybex Bravo.
- **Functional equipment** including Powerplate, TRX, Kettlebells (ranging from 4–20kg) and corebags.
- **Ab zone** with Bosu's, swiss balls, an ab cradle and plenty of space to stretch.

SPINNAKER SPORTS CENTRE

- Over 70 classes a week in our air-conditioned studios.
- A range of classes to suit beginners through to seasoned athletes.
- Two squash courts available for hire in either 40 or 80-minute sessions.
- Overflow gym space available, complete with equipment and punch bags.

LANGSTONE SPORTS SITE

- IRB and FIFA-certified full-size 3G pitch, recently refurbished in July 2017.
- FIH-certified full-size sand dressed Synthetic Turf Pitch (STP).
- Multi-Use Games Area (MUGA) for county standard netball, football, basketball and tennis.
- Full and small-sided grass pitches for football, rugby, lacrosse and American football.



GET ACTIVE, STAY ACTIVE

Keep active and healthy at University with your FREE Get Active membership, giving you access to social drop-in sessions at reduced costs, or even for free.

Our social sport participation programme offers up to 50 drop-in sessions a week across 20 types of sport. All sessions are either student-led or delivered by our external partners, and are either free or start from £1 per session. The programme is available all year round and is suitable for all levels of ability. You can also learn a new

skill with 'learn to' lessons, starting from £10 per course.

Both students and staff can take advantage of this free membership. Activate in person at one of our facilities, or online, where you can also find our complete timetable of activities.

DROP-IN SESSIONS

If you want to try a sport before joining a sports club, are unable to commit to weekly sessions or just want to have fun while getting active with friends, then our

free and cheap drop-in sessions are for you. Book sessions quickly and easily through our mobile app to secure your place.

DROP-IN TO:

- Badminton
- Basketball
- Dodgeball
- Football
- Futsal
- Golf
- Handball
- Kayaking
- Paddleboarding
- Rugby

- Rounders
- Squash
- Swimming
- Tennis

LEARN TO LESSONS

Learn to lessons are available so you can learn a new sport. They are led by qualified instructors and students. Why not take this opportunity and have a go.

LEARN TO:

- Play golf
- Play tennis
- Play volleyball
- Row
- Swim

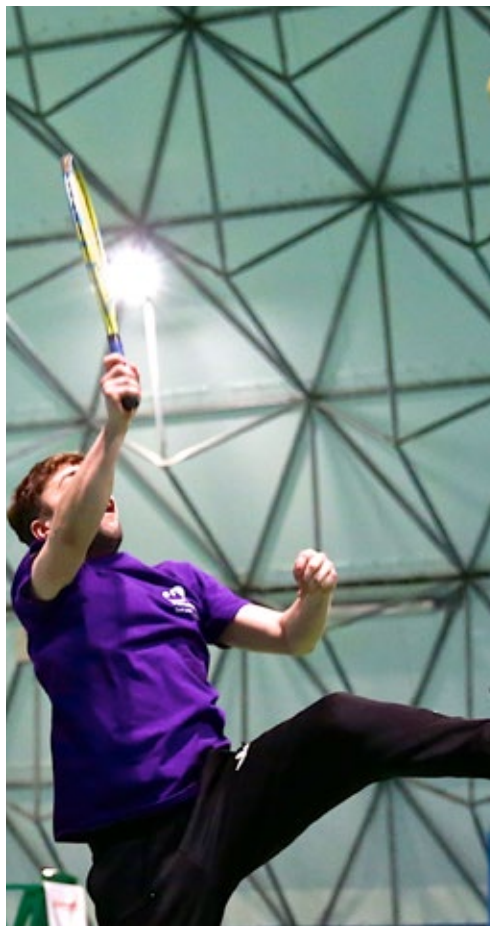
MEMBERSHIPS

All our memberships are great value for money, including unlimited gym use, unlimited classes and unlimited racket sports as standard.

A year's all-inclusive student membership is only £99. Other payment plans are available.

Student memberships from only £8.25 per month
Staff memberships from only £11.50 a month
Associate memberships from only £13.25 a month
Community memberships from only £14 a month

- Safe, student focused environment (facilities fully staffed at all times)
- Brilliant value for money – cheapest multi-activity gym membership in Portsmouth
- Central campus location, close to halls of residences and all University buildings
- Access to over 70 fitness classes per week in term time
- Use our app 'UOP Sport' to book any class or activity at the push of a button
- Access to a range of drop-in sport sessions including swimming, paddleboarding, and much more
- Sky Sports and BT Sports are available in our gyms
- Newly refurbished changing rooms at all sites
- Discounted use of our sports halls, courts and pitches
- Free unlimited racket sports (table tennis, badminton, squash and short tennis)
- Free access to unlimited court time at Portsmouth Tennis Centre
- Access to 20 virtual fitness classes per week in term time
- NEW: Complimentary account to our new app 'UOP Gym' to help you log workouts and track progress – worth £60.



FITNESS CLASSES

We have more classes than ever before, covering a wide range of exercise methods and amazing workouts we know you will love.

OVER 70 FITNESS CLASSES A WEEK

Most classes are conducted in our air-conditioned studios by our highly qualified and experienced instructors, who are always on hand to give

advice and motivation. You can view our full class programme on our website but here is a small selection of what we have on offer:

- Yoga
- Piloxing
- Cardio cycling
- Kettlebells
- Arms, legs, bums and tums
- BoxFit
- Pilates
- Zumba
- Cardio combat
- Aerobics

LES MILLS PROGRAMMES

We also subscribe to two Les Mills programmes, providing our members with the latest workouts in the fitness industry.

Les Mills GRIT: a series of high-intensity interval training workouts, for members with an advanced level of fitness

Les Mills Virtual: Bodycombat, Bodypump, Bodybalance, Cxwork and Sh'Bam are all available in our virtual studio. Follow the instructor on screen for a fully immersive virtual workout

FITNESS TRAINING PROGRAMMES

We offer a variety of options if you want to take your training to the next level or need extra motivation to reach your goals, such as:

- Personal training
- 1-2-1 sessions
- Bespoke programmes

SPORTS DEVELOPMENT

Enhance your CV with our sports opportunities in coaching and volunteering within the local community and beyond.

COACHING

Our Coach Education programme offers a range of nationally recognised coaching qualifications, workshops and training opportunities for students, staff and members

of the community. The programme aims to develop your sports knowledge and skills, and provide additional qualifications to enhance your CV.

OFFICIATING AND REFEREEING

Students are offered the opportunity to join our Referee Hub, where you can complete your FA Basic Referee qualification for free, in return

for voluntary officiating hours. If you're already qualified, we can help you access paid work through our sports programmes.

BURSARIES

Students are eligible to apply for a bursary to help towards the cost of additional coaching or referee qualifications.

Bursaries are granted on a case-by-case basis, with up to £100 available for each application.

SPORTS VOLUNTEERING

Take part in our sports volunteering hub to enhance your employability by gaining valuable hands-on experience. We offer volunteering opportunities in community

groups, school placements, sports events and local clubs. Volunteering can equip you with relevant skills for your future career.

SPORTS SCHOLARSHIPS

The University of Portsmouth has a proud tradition of supporting our most talented and dedicated athletes to help them to fulfil their potential whilst studying.

If you are competing at a regional or international level in your sport, you could be eligible for support and funding through our Sports Scholarship scheme. The scheme is open to all students, irrespective of nationality, year of study or academic course.

Our aim is to help you balance a demanding training and competition schedule with the pressures of achieving a high quality degree. Over the years we have supported many athletes who have gone on to compete at the highest level, including taking part in the Paralympics.

Available in three different tiers, each scholarship includes a bursary of up to £3,000 for competitions and training costs. All scholars will also benefit from free access to our facilities, physiotherapy, expert sports advice and analysis, strength and conditioning coaching, mentor support and an athletic kit.

For eligibility and how to apply, please see our website.



ATHLETIC UNION

Our student-led sports clubs are a great way to make new friends while competing at local and national levels with other universities.

The Athletic Union (AU) is coordinated and funded by the Students' Union. As a central point on campus for club sport, the AU includes over 40 sports clubs to choose from.

With more than 3,100 members across the teams, sports clubs are a great place to meet new people – so you'll be sure to make some new friends.

Beginners are welcome, even if you have no previous experience in sports. If you are advanced in your sport, you may be able

to compete for your team in the British Universities and Colleges Sports league (BUCS), plus there are other opportunities to play against other universities from around the country.

You can meet most sports clubs at Freshers Fayre in September, but they can be contacted on the link below all year round.



CAMPUS SPORT

If you want to enjoy competitive sport in a more relaxed and social environment then our Campus Sport programme could be for you.

Campus Sport provides the opportunity for students and staff to take part in weekly fixtures across a number of sports. We host regular leagues in various sports each semester, along with one-off tournaments throughout the academic year.

You can enter a team with your friends, or register your interest as an individual and we will try to help you find a team.

THE FOLLOWING LEAGUES ARE ON OFFER THIS YEAR:

- Badminton
- Dodgeball
- Football (5, 6, 7 and 11-a-side)
- Futsal
- Hockey
- Netball
- Squash
- Tennis

To find out the latest league and tournament dates, or to register your team for our next Campus Sport league, please visit our website below.

If you would like to take part but don't have a team, please register via the link below and

we will help you to find other players. We also have Facebook groups where you can meet other students who also want to form a team – search for 'UOP Campus Sport – find a team' on Facebook for more information.



PARTNERSHIPS AND COMMUNITY OPPORTUNITIES

We are affiliated with various partners to offer our members access to more sports opportunities within the city.

SOUTHSEA PARKRUN parkrun.org.uk

Southsea parkrun is a FREE weekly 5km event for runners of all abilities and ages. It takes place every Saturday at 9am on Southsea seafront. This all-inclusive running environment is great for a social run, or used as a personal training run. See the website above for details on how to register for your first run.

PORTSMOUTH TENNIS ACADEMY sportportsmouth.co.uk/tennisdome

Students and staff with a full membership can access the Tennis Dome for FREE as part of their membership. You can even admit a guest for just £1.50. All equipment is provided if required, or bring your own racket. For full details on how to book a court, please see the website above.

BH LIVE SWIMMING sportportsmouth.co.uk/get-active

Through our Get Active, Stay Active programme, staff and students can access discounted swimming in the city at various sites. For full details, locations and available times, see our website above.

COMMUNITY FOOTBALL SESSIONS FOR GIRLS

Working in partnership with local schools and community groups, we host regular 'girls only' drop-in football sessions for girls between the ages of 7 and 15. Thanks to funding from the Football Association, we are working to get more females active. Please visit our website for locations and the latest sessions.

CHARITY FOOTBALL MATCH

Held at Fratton Park and run in partnership with the University of Portsmouth Students' Union, this annual event raises important funds for chosen charities. Last year over £6,000 was raised. The student and staff teams are selected from January – follow us online to find out when we make the call out.

NIKE KITLOCKER kitlocker.com/portsmouth

You can purchase high-performance Nike branded training kit from our partners, Kitlocker. All clothing is branded with the University of Portsmouth logo, and can even be customised to your specific club.

OPENING TIMES

TERM-TIME

Mon–Fri: 7.00am–10.00pm
Weekends: 8.30am–6.00pm

VACATION

Mon–Fri: 7.30am–9.00pm
Weekends: 8.30am–1.30pm (St Paul's only)

TERM DATES

18 September–17 December 2017
8 January–1 April 2018
23 April–1 June 2018

VACATION DATES

18–23 December 2017
2–7 January 2018
2–20 April 2018
5 June–16 September 2018

CLOSURES

24 December 2017–1 January 2018
Good Friday and Easter Monday
All bank holidays

CONTACT US

SPINNAKER SPORTS CENTRE

Cambridge Road
Portsmouth
PO1 2ER

ST PAUL'S GYM




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LANGSTONE SPORTS SITE

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