



STRESSLESS

WITH SPORT AND RECREATION

UNIVERSITY OF
PORTSMOUTH

29 April - 31 May

Fun activities to help you keep active, stay healthy and be happy. Sessions open to all students - even if you're not a member of our gym. Get involved.



MON	TUE	WED	THU	FRI	SAT	SUN
Swimming 07:00 - 09:00 Pyramids £2	Swimming 07:00 - 09:00 Pyramids £2	Swimming 07:00 - 09:00 Pyramids £2	Swimming 07:00 - 09:00 Pyramids £2	Swimming 07:00 - 09:00 Pyramids £2	Swimming 08:00 - 08:45 Pyramids £2	Swimming 08:00 - 08:45 Pyramids £2
Pop-up Rackets 12:00-14:00 Waterhole Bar FREE	Pop-up Rackets 12:00-14:00 Waterhole Bar FREE	Pop-up Rackets 12:00-14:00 Waterhole Bar FREE	Pop-up Rackets 12:00-14:00 Waterhole Bar FREE	Pop-up Rackets 12:00-14:00 Waterhole Bar FREE	parkrun 09:00 start Speakers Corner, Southsea FREE	Swimming 12:00-12:45 Charter £2
Swimming 17:00 - 18:45 Charter £2	Swimming 17:00 - 18:45 Charter £2	Swimming 18:00 - 19:45 Charter £2	Guided Relaxation* 14:10 - 14:20 Library 0.12 FREE	Swimming 19:00 - 20:00 Charter £2	Swimming 12:00 - 12:45 Charter £2	Swimming 14:00 - 14:45 Charter £2
Swimming 20:00 - 21:45 Charter £2	Swimming 20:30 - 21:45 Charter £2	Swimming 21:00 - 21:45 Charter £2	Guided Relaxation* 14:30 - 14:40 Library 0.12 FREE	7 a-side Football League** 20:00 - 21:00 Langstone 3G £70 per team	Swimming 17:00 - 17:45 Charter £2	Swimming 17:00 - 17:45 Charter £2

Guided
Relaxation*
14:50 - 15:00
Library 0.12
FREE

*Guided relaxation sessions use breathing exercises to help reduce stress and improve concentration. Remember to bring your student card to access the library.

**League runs from 3 - 31 May. Team entry covers all fixtures.

Swimming
20:00 - 21:45
Charter
£2

[sportportsmouth.co.uk/
stressless](http://sportportsmouth.co.uk/stressless)