

# Guide To Your Free



## Membership

Semester 2&3 2025-26

studentsport@uea.ac.uk  
01603 593567  
www.ueasport.co.uk



uea+sport

## UEA+MOVES

### Earn rewards by getting active!

Track your steps, earn points and swap them for free coffee, snacks, UEA+Moves clothing and more!

Download the FREE app and sign up with your UEA email.



Scan the QR code or visit [www.ueasport.co.uk/activity-and-sport/uea-moves-app/](http://www.ueasport.co.uk/activity-and-sport/uea-moves-app/) to download the app and get moving!



## Adventure Afternoons

Join an Adventure Afternoon with transport included, all for a heavily subsidised price of £5!



Activity	Date and Time	Location
Tomahawk Throwing	11/02/26 14:45-16:15	Eaton Vale
Roller Disco	25/02/26 Slots between 13:00-18:00	Sportspark
High Ropes	11/03/26 13:00-13:45, 14:45-15:30	Hautbois Activity Centre
Canoeing	18/03/26 14:15-15:00	Whitlingham Adventure

NAVIGATE NORFOLK



Only  
£5.00  
per ticket

Date	Time	Location	Distance
24/01/2026	10:30-15:00, 12:30-17:00	Horsey	3 miles
07/02/2026	11:00-16:00	Potter Heigham & Hickling Broad	6 miles
21/02/2026	11:00-16:00	Cromer	2.5 miles
07/03/2026	11:00-16:00	Blickling Estate	4 miles
21/03/2026	10:30-16:30	Dunwich to Southwold	6.5 miles
25/04/2026	11:00-15:45	Beccles Marsh Trail	4 miles
09/05/2026	11:00-16:00	Sheringham Park	4 miles
23/05/2026	11:00-16:00	Heacham to Hunstanton	2 miles

Search 'Navigate Norfolk' on the SU website for day trips:  
[www.ueasu.org](http://www.ueasu.org)

## FREE Bike Hire Scheme

We are proud to offer students the use of a bike completely free of charge!  
Scan the QR code to sign up.



### What do you get?

- Bicycle
- Helmet
- Rechargeable lights
- D-Lock
- Safety guidance
- Route maps



## Walking and Cycling Trails

Explore six walking trails through our green spaces, rich in wildlife and heritage, or cycle along four routes from campus into Norwich.



A3 pocket maps are available to collect from the uea+sport office!



## Ziggurat Challenge

Come and participate in the Ziggurat Challenge in its 23rd year! It's a free programme of events open to all students, alumni and staff!

Date	Time	Activity
27/01/2026	17:00-19:30	Netball
03/02/2026	17:00-19:30	Kwik Cricket
10/02/2026	17:00-19:30	Sitting Volleyball
18/02/2026	14:00-16:00	Mini Golf
24/02/2026	17:00-19:30	Ultimate Frisbee
03/03/2026	17:00-19:30	Cornhole & Bench Ball
11/03/2026	13:30-15:30	Rounders
11/03/2026	13:30-15:30	Sports Day
29/04/2026	18:00-21:00	Ziggurat Dinner



## Inclusive Sport

The uea+sport inclusive programme ensures all students can participate in sport, with our student activators ready to adapt sessions to meet your needs.



We also host inclusive sport events throughout the year so stay updated through our socials and uea+sport website.

## Working Groups

Our working groups give students the chance to shape programmes, share ideas and get more involved with uea+sport. Current groups focus on Women in Sport, Sustainability, Inclusivity and Active Campus.

This year, we're launching a new format for the Women in Sport working group, meeting on the first Friday of each month for an inspiring walk and discussion.

Each walk will centre on a question brought by members, encouraging conversation and connection with like-minded individuals.  
If you'd like to join any of our working groups, email [studentsport@uea.ac.uk](mailto:studentsport@uea.ac.uk).



SP  
Sportspark

## Sportspark Student Memberships



### STUDENT GOLD

**Price: £320**

Any time Gym  
Any time Group Exercise  
Any time Swim  
Any time Track access

### STUDENT SILVER

**Price: £230** | or £24.50/m + £50 at sign up

Off-peak Gym  
Off-peak Group Exercise  
Any time Swim  
Any time Track access

### STUDENT OFF PEAK GYM & SWIM

**Price: £157.50** | or £15.50/m + £50 at sign up

Off-peak Gym  
Any time Swim  
Any time Track access

### STUDENT OFF PEAK GROUP EX & SWIM

**Price: £157.50** | or £15.50/m + £50 at sign up

Off-peak Group Exercise  
Any time Swim  
Any time Track access

### Peak times:

16:00 - 20:30 Monday to Friday

### Off-peak times:

All other times including weekends

**Sign up at Sportspark Reception.**

Please note membership to sports clubs is not included in the Active Campus membership.

# Active Campus Membership

Every student at UEA is automatically enrolled on a free Active Campus membership for the duration of their studies.



The membership gives you access to a variety of free and heavily subsidised programmes designed to benefit your physical and mental wellbeing. Enclosed in this brochure are details of all the programmes included in the Active Campus membership. Keep reading to find out more.

## Just Join In

Looking for a fun, friendly way to get active? Just Join In sessions are open to everyone with no experience needed!

Whether you are joining on your own or bringing some friends, these sessions are a great way to try something new, meet people and have fun!



## Welcome Week 2026

### STUDENT ESSENTIAL FAIR

THURSDAY 22 JANUARY | 11:00-13:00 | THE HIVE

### JANUARY WELCOME TALK

FRIDAY 23 JANUARY | 9:45-11:00 | LECTURE THEATRE 1

### NAVIGATE NORFOLK £5

SATURDAY 24 JANUARY | 10:30-15:00 OR 12:30-17:00 | HORSEY, NORFOLK COAST

### CLUBS AND SOCIETIES FAIR

TUESDAY 27 JANUARY | 12:00-17:00 | THE LCR

### UV ZUMBA

WEDNESDAY 28 JANUARY | 20:30-21:30 | THE LCR

## Active Campus Feedback

Got a suggestion for our Active Campus programme? Scan this QR code to give us feedback!



# SEMESTER 2/3 TIMETABLE

SP & PG activities are bookable at Sportspark reception, via the SP App, or at [www.sportspark.co.uk](http://www.sportspark.co.uk)

uea+sport

Timetable subject to change

MONDAY	Indoor Cycle 7:00-7:30 Spin Studio £2	Circuits 13:00-13:40 Functional Studio £2	Body Pump Heavy 13:10-13:55 Dance Studio £2	Zumba 17:30-18:30 Dance Studio	Boxercise 19:00-19:45 Functional Studio £2	Body Balance 19:35-20:35 Dance Studio £2	Just Join In! Swimming 20:00-21:00 SP Swimming Pool	Indoor Cycle 20:30-21:15 Spin Studio £2		
TUESDAY	GRITT 7:15-7:45 Functional Studio £2	Pilates 12:15-13:00 Dance Studio £2	Body Sculpt 13:00-14:00 Dance Studio £2		Circuits 13:00-13:40 Dance studio £2	Aerobics 17:30-18:30 Dance Studio £2	Register your campus card! Register your campus card by scanning the QR code and filling out the form to gain access to the Sportspark!		Restorative Yoga 19:30-20:30 Dance Studio £2	
WEDNESDAY	Les Mills Shapes 8:15-9:00 Dance Studio £2	Circuits 9:30-10:30 Functional £2	Body Pump 10:30-11:30 Dance Studio £2	Vinyasa Flow Yoga 13:00-14:00 Dance Studio £2	Just Join In! Climbing 13:00-15:00 SP Climbing wall £1	Just Join In! Swimming 16:00-17:00 SP Swimming Pool	Body Combat 17:30-18:30 Dance Studio £2	Just Join In! Gymnastics 19:00-20:30 SP Spring £1	5k Charity Run Save the Date! 20/03/26 The Square £5 donation Derby Day 22 <sup>nd</sup> April University of Essex	
THURSDAY		Indoor Cycle 11:00-11:30 Spin Studio £2	Les Mills Shapes 13:00-13:45 Functional Studio £2	Just Join In! Pickleball 17:00-17:40 SP Hall 5 £1	Just Join In! PG Pickleball 17:40-18:20 SP Hall 5 £1	Just Join In! Football 17:00-18:00 SP 7-aside £1	Just Join In! Basketball 21:00-21:40 SP Hall 4 £2	Aerobics 17:30-18:15 Dance Studio £2	 Body Balance 19:30-20:30 Dance Studio £2	
FRIDAY		Indoor Cycle 12:00-13:00 Spin Studio £2	Body Pump 12:45-13:30 Dance Studio £2	<b>Volunteer with us!</b> Receive perks such as Continuing Professional Development				Step and Tone 17:30-18:30 Dance Studio £2	Escape Across Campus 11:30-14:30 20 <sup>th</sup> February	Body Balance 18:30-19:15 Dance Studio £2
SATURDAY		Les Mills Shapes 9:15-10:00 Dance Studio £2	Indoor Cycle 9:45-10:30 Spin Studio £2					<b>PG Off-Peak Swim Cards</b> Postgraduate and mature students can purchase an off-peak swim card from the Sportspark for £1. Swim cards are limited to one per week per person. Please head to Sportspark and buy from Reception.		
SUNDAY		Triple Challenge 10:15-11:15 Dance Studio £2	Body Pump 11:30-12:30 Dance Studio £2		uea+sport are proud supporters of LGBTQ+ and Women's History Month Liberation Campaigns. Keep an eye on our social media and website for details on events running across February and March.		<b>Just Join In! Volleyball</b> 21:00-21:40 SP Hall 4/5 £1			