

GUIDE TO YOUR FREE



MEMBERSHIP

Semester 1
2026-27

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



uea+sport

Adventure Afternoons

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



Activity	Date and Time	Location
Paddleboarding	30/09/2026 14:15-17:30	Whitlingham Adventure
WalkFit Silent Disco	14/10/2026 13:00-17:30	Cromer
Padel	28/10/2026 13:15-16:30	Court de Padel
Trampoline Park	11/11/2026 15:00-17:30	Gravity Trampoline Park
Ice Skating	09/12/2026 15:30-18:30	Norfolk Showground

NAVIGATE
NORFOLK



Only
£5.00
per ticket

Date	Time	Location	Distance
19/09/2026	11:00-15:30	Horsey	3 miles
26/09/2026	11:00-15:30	Horsey	3 miles
10/10/2026	10:30-16:00	Wells-next-the-Sea	2 miles
24/10/2026	11:00-16:00	Thetford Forest	4 or 7.5 miles
07/11/2026	10:30-16:30	Blakeney to Cley next the Sea	4 miles
21/11/2026	11:00-16:00	Oxburgh Hall	4 miles
05/12/2026	11:00-15:15	Winterton on Sea	4.5 miles

Search 'Navigate Norfolk' on the SU website for day trips: www.ueasu.org

Ziggurat Challenge

Come and participate in the Ziggurat Challenge in its 24th year! It's a free programme of events open to all students, alumni and staff!



Date	Time	Activity
07/10/2026	14:00-16:00	Cross Country & Lake Walk
14/10/2026	17:00-19:30	Mini Golf
20/10/2026	17:00-19:30	Badminton
27/10/2026	17:00-19:30	Pool and Darts
02/11/2026-08/11/2026		Tour de Ziggurat
10/11/2026	17:00-19:30	Table Tennis and Short Tennis
17/11/2026	17:00-19:30	Boccia
25/11/2026	14:00-15:30	Ten Pin Bowling
02/12/2026	17:30-19:30	Christmas Quiz

Contact your school's Academic Sports Activators to take part in your school's team, or email studentsport@uea.ac.uk to get involved.

Events are held mostly on campus and the location will be emailed out to participants!



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.



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.

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!



Our 55 sport clubs deliver a range of FREE taster sessions throughout the year!



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

Sportspark Student Memberships

SP
Sportspark



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.



Scan the QR code or visit www.ueasport.co.uk/active-y-and-sport/uea-moves-app/ to download the app and get moving!



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 2026

SPORTS FAIR

WEDNESDAY 16 SEPTEMBER | 11-16:00 | SPORTSPARK

FREE

COLOUR RUN

THURSDAY 17 SEPTEMBER | 10:00-14:00 | UEA BROAD

FREE

ROLLER DISCO

FRIDAY 18 SEPTEMBER | 3PM, 4PM, 5PM, 6PM | SPORTSPARK

£5

NAVIGATE NORFOLK

SATURDAY 19 & 26 SEPTEMBER | 11:00-16:00 | HORSEY BEACH

£5

PICKLEBALL MASTERCLASS

THURSDAY 24 SEPTEMBER | 17:00-18:20 | SPORTSPARK

£1

THEMED INDOOR CYCLE

FRIDAY 26 SEPTEMBER & 2 OCTOBER | 19:15-20:00 | SPORTSPARK

£2

UV ZUMBA

WEDNESDAY 30 SEPTEMBER | 20:30-21:30 | LCR

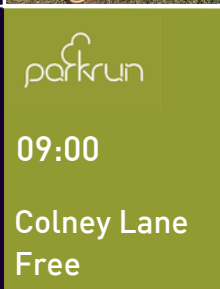
FREE

SEMESTER 1 TIMETABLE

SP & PG activities are bookable at Sportspark reception, via the SP App, or at www.sportspark.co.uk

uea+sport

Timetable subject to change

MONDAY	Indoor Cycle 07:00 - 07:30 Indoor Cycle Studio £2	Circuits 13:00-13:40 Functional Studio £2	BodyPump Heavy 13:10-13:55 Dance Studio £2	Zumba 18:36-19:35 Dance Studio £2	Boxercise 19:00-19:45 Functional Studio £2	Body Balance 19:35-20:30 Dance Studio £2	Just Join In! Swimming 20:00 - 21:00 Swimming Pool £1	Indoor Cycle 20:30 - 21:35 Indoor Cycle Studio £2		
TUESDAY	GRIT Stength 07:15 -07:45 Dance Studio £2	Pilates 12:15 - 13:00 Dance Studio £2	Body Sculpt 13:00 - 13:45 Dance Studio £2		Circuits 13:00 - 13:40 Arena £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 08:15 -09:00 Dance Studio £2	Circuits 09:30 -10:30 Functional Studio £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 Climbing Wall £1	Just Join In! Swimming 16:00 - 17:00 Swimming Pool £1	Body Combat 17:30 - 18:30 Dance Studio £2	Just Join In! Gymnastics 19:00 - 20:30 Gymnastics Centre £1	SPORTS FAIR 16/09/26 11:00-16:00 Sportspark 	
THURSDAY		Indoor Cycle 11:00 - 11:30 Indoor Cycle Studio £2	Colour Run 17/09/2026 On campus FREE	Just Join In! Pickleball 17:00 - 17:40 Hall 5 £1	Just Join In! Football 17:00 - 18:00 7 -a-side Pitches £1	Just Join In! PG Pickleball 17:40 - 18:20 Hall 5 £1	Just Join In! Basketball 21:00 - 21:40 Hall 4 £1	Aerobics 17:30 - 18:15 Dance Studio £2		Body Balance 19:30 - 20:30 Dance Studio £2
FRIDAY		Indoor Cycle 12:00 - 12:30 Indoor Cycle Studio £2	Body Pump 12:45 - 13:30 Dance Studio £2	Volunteer with us! Receive perks such as Continuing Professional Development 			Step & Tone 17:30 - 18:30 Dance Studio £2	ROLLER DISCO 18/09/26 3PM, 4PM, 5PM, 6PM Sportspark	Body Balance 18:30 - 19:15 Dance Studio £2	Body Pump Heavy 19:20 - 20:05 Dance Studio £2
SATURDAY	 09:00 Colney Lane Free	Les Mills Shapes 09:00 - 09:45 Dance Studio £2		PG Off-Peak Swim Cards 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	UV ZUMBA 30/09/26 20:30-21:30					Just Join In! Volleyball 21:40 - 22:20 Hall 4/5 £1	