

Guide To Your Free



Membership

Semester 1
2023 - 24

@ueasport f t i YouTube d

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

uea sport

Adventure Afternoons

Take the opportunity to try something new with our UEA+Sport Adventure Afternoons. We provide transport from campus to the designated outdoor activity centre and back, all within the ticket price of £5.00 which is heavily subsidised by our Active Campus funding.

Activity	Date and Time	Location
River Canoeing	Wednesday 27th September 14:30-17:30	Whitlingham Adventure
*Trail Biking	Saturday 14th October 11:00-16:00	Thetford Forest
Paintball	Wednesday 25th October TBC	Combat Paintball

* Linked with Navigate Norfolk Day Trip



www.ueasport.co.uk/
adventure-
afternoons/

Only costs
£5.00
per ticket

Paddleboard Drop-In

New for 2023/24 we are running paddleboard drop-ins on campus, meeting in the square before walking down to the river to get on our SUPs. Sessions are running 14:00-16:00 on the following days:

-25th October
-8th November
-22nd November
-6th December

www.ueasport.co.
uk/activity-and-
sport/



Only costs
£5.00
per ticket

Date	Time	Location	Distance
30/09/23	10:30-16:00	Wells-next-the-Sea	2 miles
14/10/23	11:00-16:00	Thetford Forest	4.5 miles
28/10/23	10:30-16:00	Blakeney to Cley	4 miles
11/11/23	11:00-16:00	Oxburgh Hall	4 miles
25/11/23	11:00-16:00	Horstead Mill	6 miles
09/12/23	11:00-16:00	Felbrigg Estate	2.5 miles

Navigate Norfolk is a low-level physical activity, health and wellbeing programme that enables UEA students to get outside and explore the stunning county that is Norfolk. All trips take place on Saturdays. Transport is included in the ticket price.

£1 Wellbeing Dog Walks

Take a 'paws' from your studies and enjoy a relaxing walk with some furry friends. The walks start at the security lodge (opposite sportspark) and will take place 2pm-3pm on the following dates:

-4th October
-18th October
-1st November
-15th November
-29th November
-13th December



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

Ziggurat Challenge

Come along and participate in the Ziggurat Challenge in its 21st year! It's a free programme of events open to all students, alumni, staff and faculty of the University and is unique to UEA.



Activity	Date and Time	Location
Cross Country	Wednesday 11th October 2023 14:00-16:00	UEA Lake or Virtual
'Everybody Counts' Walk around the lake	Wednesday 11th October 2023 14:00-16:00	UEA Lake or Virtual
Walking Football	Tuesday 17th October 2023 17:00-19:30	Sportspark Halls 4&5
Ultimate Frisbee	Tuesday 24th October 2023 17:00-19:30	Sportspark Halls 4&5
Badminton (Doubles)	Tuesday 31st October 2023 17:00-19:30	Sportspark Halls 4&5
Tour de Ziggurat	Monday 6th - Sunday 12th November 2023	Sportspark Spin Studio or Virtual
Table Tennis (Doubles)	Tuesday 14th November 2023 17:00-19:30	Sportspark Hall 4
Short Tennis (Doubles)	Tuesday 14th November 2023 17:00-19:30	Sportspark Hall 5
Boccia	Tuesday 21st November 2023 17:00-19:30	Sportspark Hall 4
Sitting Volleyball	Tuesday 28th November 2023 17:00-19:30	Sportspark Hall 4

Contact your school's Academic Sports Activators to take part for your school's team, or email studentsport@uea.ac.uk if you aren't sure who they are.



Active Campus Membership

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

The membership gives students 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!

Walking Trails

These six trails have been installed to help you explore more of the University's beautiful green campus, and learn more about its wildlife and heritage.



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

Sportspark Pay & Play

You can simply use Sportspark on a Pay and Play basis as and when you want, but taking out membership makes things easier, cheaper and provides additional benefits.



Full time undergraduate and postgraduate students on a taught degree course will have their campus cards upgraded free of charge to an Educational card for the length of their course. Go to reception to complete registration.

Sportspark Pay & Play prices can be found here www.sportspark.co.uk/sports/ or by scanning the QR code above.

Sportspark Membership

Sportspark currently offers UEA Students multiple excellent Student Membership packages; which are all designed to help you save money on the classes and facilities that you use the most.

There are options to pay the upfront cost annually, or to spread the cost over 8 instalments via direct debit.

Scan the QR code or visit www.ueasport.co.uk/facilities/sportspark-memberships/ for more information and costs.



Prices from
£150
per year

UEA MOVES

The Moves app provides a positive physical activity culture at UEA. The app allows both students and staff to record how active they are and to connect with other individuals who also want to increase their physical activity levels. In addition, the app will allow users to exchange the points they build up by doing physical activity to redeem a wide range of rewards across campus.

The app is FREE and is downloadable from your device's app store, where you can sign up with your UEA email address. If you have any questions or queries about UEA+Moves, please contact us using the details below.

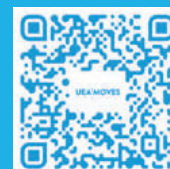
ueamoves@uea.ac.uk



Download Now



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



Our 57 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.

For information on how to join a club and for further details of club training times please visit our website.

Welcome to uea sport



The uea+sport team are offering a wide-ranging programme of sport, recreational and health promoting activities through our Active Campus and club sport provisions. Active Campus activities come heavily subsidised to help you keep active and social during your time here at UEA.

Inclusive Sport at UEA

The UEA Sport & Physical Activity offer is fully inclusive for all students to access. Our student activators are on hand to help adapt sessions and cater for your needs. Just let them know if you require adjustments and they will accommodate wherever possible. The sports facilities where the sessions are held are all fully accessible. UEA Sport also offer Inclusive Sport Events throughout the year. Keep up-to-date on our socials and the UEA Sport webpage for the latest information.

In 2023/24 we have launched our new inclusive strategy to steer the department for the next three years. If you have any questions about inclusive sport, or want to get involved please email studentsport@uea.ac.uk.

UEA Santa Run/Walk

Taking place in December, the event is open to all staff and students regardless of fitness level. Everyone who comes along will receive a mince pie, and the first 50 people to enter will receive a free Santa hat! Follow @ueasport on Instagram for event updates including ticket release dates.

TIMETABLE SEMESTER 1

SP & PG activities bookable at Sportspark reception or at www.sportspark.co.uk

Book the fortnightly dog walks by visiting www.ueasu.org

MONDAY	Indoor Cycle 07:00-07:30 Spin Studio £2	Circuits 13:00-13:40 SP Astro £2	Badminton 17:00-18:00 SP Hall 3 £1	Zumba 18:45-19:45 Dance Studio £2		PG Football 18:00-19:00 SP 7-aside £1	Body Balance 19:45-20:45 Dance Studio £2	Swimming 20:00-21:00 SP Pool £1		
	Pilates 12:15-13:00 Dance Studio £2	Circuits 13:00-13:45 SP Astro £2	Body Sculpt 13:15-14:00 Dance Studio £2	Men's Football 17:00-18:00 SP 7-aside £1		Aerobics 17:30-18:30 Dance Studio £2	Indoor Cycle 19:15-20:00 Spin Studio £2	Body Combat 19:30-20:30 Dance Studio £2	Restorative Yoga 20:30-21:30 Dance Studio £2	
TUESDAY	Body Pump 10:30-11:30 Dance Studio £2	Vinyasa Flow Yoga 13:00-14:00 Dance Studio £2	Climbing 13:00-15:00 SP Climbing £1	Wellbeing Dog Walk 14:00-15:00 Fortnightly £1	Swimming 16:00-17:00 SP Pool £1	Body Combat 17:30-18:30 Dance Studio £2	HIIT 18:00-18:30 Functional Studio £2	PG Yoga 18:00-19:00 SP Kiff Matheson £2	Gymnastics 19:00-20:00 SP Spring £1	Zumba 19:30-20:30 Dance Studio £2
				Indoor Cycle 11:00-11:30 Spin Studio £2	Badminton 17:00-18:00 Hall 4 £1	Men's Football 17:00-18:00 SP 7-aside £1	Body Blitz 17:30-18:15 Dance Studio £2	PG Badminton 18:00-19:00 Hall 5 £1	Body Combat 19:30-20:30 Dance Studio £2	Zumba 20:30-21:30 Dance Studio £2
WEDNESDAY		Indoor Cycle 12:15-12:45 Spin Studio £2	Body Pump 12:45-13:30 Dance Studio £2				Step/Tone 17:30-18:30 Dance Studio £2	PG Football 18:00-19:00 SP 7-aside £1	Body Balance 18:30-19:15 Dance Studio £2	
			Indoor Cycle 09:45-10:30 Spin 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 1 per week per person. Please head to Sportspark and buy from the reception.						
THURSDAY	Colney Lane Free		Triple Challenge 10:15-11:15 Dance Studio £2	Body Pump 11:30-12:30 Dance Studio £2						Volleyball 21:00-22:20 Hall 4 £2
FRIDAY										
SATURDAY										
SUNDAY										