

# Guide To Your Free

## ACTIVE CAMPUS

Membership  
Semester 2  
2023 - 24

@ueasport     

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 outdoor activity and back, all within the ticket price which is heavily subsidised by our Active Campus funding.

Activity	Date and Time	Location
Tubing	Wednesday 6th March 15:30-17:30 and 16:45-18:45	Norfolk Snowsports Club
Tomahawk Throwing	Wednesday 20th March 12:45-15:00 and 14:15-16:30	Eaton Vale
Raft Building	Wednesday 15th May 14:30-17:30	Whitlingham Adventure
SOT Kayaking	Wednesday 29th May 14:30-17:30	Whitlingham Adventure
Paddleboarding	Wednesday 12th June 14:30-17:30	Whitlingham Adventure



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

Only costs  
**£5.00**  
per ticket

### Paddleboard Drop-In

COMING SOON: New for 2024 we are running paddleboard drop-ins on campus, meeting in the square before walking down to the river to get on our SUPs. Taking place in the afternoon on weekdays and some weekends. Scan the QR code for more information.

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



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

Only costs  
**£5.00**  
per ticket

Date	Time	Location	Distance
27/01/2024	11:00-15:30	Horsey	3 Miles
27/01/2024	12:00-16:30	Horsey	3 Miles
10/02/2024	11:00-15:30	Beccles Marsh Trail	4 Miles
24/02/2024	11:00-16:00	Cromer	8 Miles
09/03/2024	11:00-16:00	Blickling Estate	4.5 Miles
23/03/2024	10:30-16:30	Dunwich to Southwold	6.5 Miles
27/04/2024	11:00-16:00	Potter Heigham & Hickling Broad	6 Miles
11/05/2024	11:00-16:00	Sheringham Park	4 Miles
25/05/2024	11:00-16:00	Heacham to Hunstanton	2 Miles

### £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:

- 31st January
- 14th February
- 28th February
- 13th March
- 24th April
- 8th May
- 22nd May
- 5th June
- 18th June



Search 'Navigate  
Norfolk' on the  
SU website for  
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
Netball	Tuesday 30th January 2024 17:00-19:30	Sportspark Halls 4&5
Kwik Cricket	Tuesday 6th February 2024 17:00-19:30	Sportspark Halls 4&5
Ten Pin Bowling	Wednesday 14th February 2024 14:00-16:00	Namco Funscape
Pool	Wednesday 21st February 2024 17:00-19:30	SU Bar
Mini Golf	Tuesday 28th February 2024 14:00-17:00	Congo Rapids
Cornhole	Tuesday 5th March 2024 17:00-19:30	Sportspark Hall 4
Darts	Tuesday 5th March 2024 17:00-19:30	Sportspark Hall 4
Tug 'o' War	Tuesday 12th March 2024 13:30-14:30	Sportspark Athletics track
Sports Day	Tuesday 12th March 2024 14:30-16:30	Sportspark Athletics Track
Ziggurat Dinner	Wednesday 15th May 2024	Invite via School

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.

## UEA Colour Run Saturday 18th May 2024

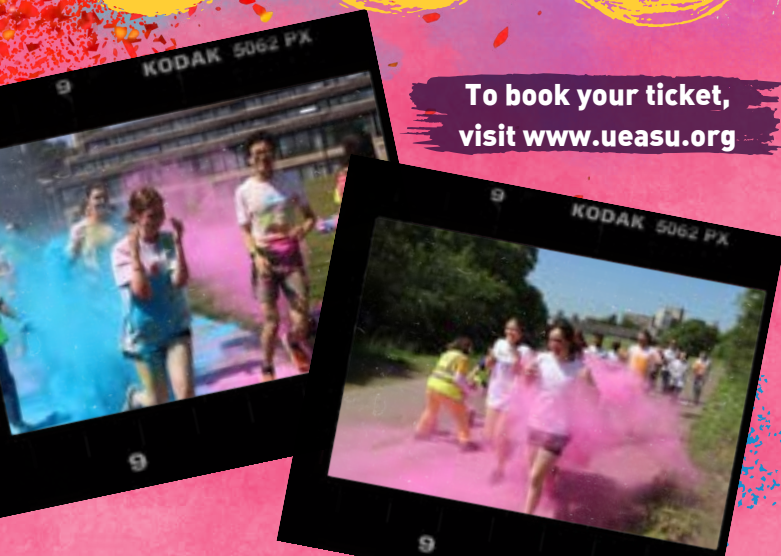
See campus through a multi coloured lens at our annual colour run.

Register  
from 11 am

Warm-up  
at 11:30

Run starts  
at 11:45

To book your ticket,  
visit [www.ueasu.org](http://www.ueasu.org)



### 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.

Prices from  
**£150**  
per year

### 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/](http://www.ueasport.co.uk/facilities/sportspark-memberships/) for more information and costs.



## 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



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!



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.





# 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.

## Welcome to uea+sport



## Active Campus Feedback

Got a suggestion for our Active Campus program? Something you'd like to see more of? We'd love to hear from you! Scan this QR code to give us feedback on our Active Campus program to help us keep our student population active.



# TIMETABLE SEMESTER

# 2&3

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

Book the fortnightly dog walks by visiting [www.ueasu.org](http://www.ueasu.org)

<b>MONDAY</b>	<b>Indoor Cycle</b> 07:00-07:30	<b>Circuits</b> 13:00-13:40	<b>Badminton</b> 17:00-18:00	<b>Zumba</b> 18:45-19:45		<b>PG Football</b> 18:00-19:00 SP 7-aside £1	<b>Boxercise</b> 18:45-19:30	<b>Swimming</b> 20:00-21:00 SP Pool £1				
	<b>Spin Studio</b> £2	<b>Functional Studio</b> £2	<b>SP Hall 3</b> £1	<b>Dance Studio</b> £2		<b>Functional Studio</b> £2	<b>SP Pool</b> £1					
<b>TUESDAY</b>	<b>Pilates</b> 12:15-13:00	<b>Circuits</b> 13:00-13:40	<b>Body Sculpt</b> 13:00-14:00	<b>Men's Football</b> 17:00-18:00	<b>Aerobics</b> 17:30-18:30	<b>Indoor Cycle</b> 18:00-18:45	<b>Body Combat</b> 19:30-20:30	<b>Restorative Yoga</b> 20:30-21:30				
	<b>Dance Studio</b> £2	<b>Functional Studio</b> £2	<b>Dance Studio</b> £2	<b>SP 7-aside</b> £1	<b>Dance Studio</b> £2	<b>Spin Studio</b> £2	<b>Dance Studio</b> £2	<b>Dance Studio</b> £2				
<b>WEDNESDAY</b>	<b>Body Pump</b> 10:30-11:30	<b>Vinyasa Flow Yoga</b> 13:00-14:00	<b>Climbing</b> 13:00-15:00	<b>Wellbeing Dog Walk</b> 14:00-15:00 Fortnightly £1	<b>Swimming</b> 16:00-17:00 SP Pool £1	<b>Body Combat</b> 17:30-18:30	<b>HIIT</b> 18:00-18:30	<b>PG Yoga</b> 18:00-19:00	<b>Gymnastics</b> 19:00-20:00	<b>Zumba</b> 19:30-20:30		
	<b>Dance Studio</b> £2	<b>Dance Studio</b> £2	<b>SP Climbing</b> £1			<b>Dance Studio</b> £2	<b>Functional Studio</b> £2	<b>SP Kiff Matheson</b> £2	<b>SP Spring</b> £1	<b>Dance Studio</b> £2		
<b>THURSDAY</b>				<b>Indoor Cycle</b> 11:00-11:30	<b>Badminton</b> 17:00-18:00	<b>Men's Football</b> 17:00-18:00	<b>Aerobics</b> 17:30-18:15	<b>PG Badminton</b> 18:00-19:00	<b>Body Combat</b> 19:30-20:30	<b>Zumba</b> 20:30-21:30		
				<b>Spin Studio</b> £2	<b>Hall 5</b> £1	<b>SP 7-aside</b> £1	<b>Dance Studio</b> £2	<b>Hall 5</b> £1	<b>Dance Studio</b> £2	<b>Dance Studio</b> £2		
<b>FRIDAY</b>				<b>Indoor Cycle</b> 12:15-12:45	<b>Body Pump</b> 12:45-13:30	 Volunteer at events with us! Email student sport for info.			<b>Step/Tone</b> 17:30-18:30	<b>PG Football</b> 18:00-19:00	<b>Body Balance</b> 18:30-19:15	
				<b>Spin Studio</b> £2	<b>Dance Studio</b> £2				<b>Dance Studio</b> £2	<b>SP 7-aside</b> £1	<b>Dance Studio</b> £2	
<b>SATURDAY</b>	 09:00 Colney Lane Free			 <b>Indoor Cycle</b> 09:45-10:30	 <b>Borrow Bank (SIZ)</b> You can borrow a range of sports and fitness equipment from the SIZ on the street for FREE! The borrow bank is run in partnership with the Student Information Zone, so head there to borrow some equipment!							
				<b>Spin Studio</b> £2								
<b>SUNDAY</b>	 <b>Triple Challenge</b> 10:15-11:15			<b>Body Pump</b> 11:30-12:30	 <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 1 per week per person. Please head to Sportspark and buy from the reception.			 <b>Volleyball</b> 21:00-22:20 <b>Hall 4</b> £1				
				<b>Dance Studio</b> £2								