

# Guide To Your Free



**Membership**  
Semester One  
2024-25



**uea+sport** studentsport@uea.ac.uk  
01603 593567  
www.ueasport.co.uk

## 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
Laster Tag	October	Sportspark Halls
High Ropes	October	Thetford
Tubing	November	Norfolk Snowsports Club
Indoor Archery	November	Snetterton

Keep an eye on our socials and the ueasu.org website for more information coming soon.



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

Only costs  
**£5.00**  
per ticket

## Paddleboard Drop-In

After great success launching in 23-24, we will be running paddleboard drop-ins on campus! Meet in the Square before walking down to the river to get on our SUPs. 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
28/09/2024	10:30-16:00	Wells Next-To-The-Sea	2 miles
12/10/2024	11:00-16:00	Thetford Forest	5 miles
26/10/2024	10:30-16:30	Blakeney to Cley	4 miles
09/11/2024	11:00-16:00	Oxburgh Hall	4 miles
23/11/2024	11:00-15:30	Winterton-on-Sea	4.7 miles
07/12/2024	10:30-16:30	Felbrigg Estate	6.5 miles
13/12/2024	15:30-21:00	Helmingham Christmas Lights	2 miles
25/01/2025	10:30-15:00	Horsey Beach	3 miles
25/01/2025	12:30-17:00	Horsey Beach	3 miles

## £1 Wellbeing Dog Walks

Take a 'paws' from your studies and enjoy a relaxing walk with some furry friends. Walks start at the Security Lodge (opposite Sportspark) and will take place 2pm-3pm on the following dates:

-18th September  
-2nd October  
-16th October  
-30th October  
-13th November  
-27th November  
-11th December



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 22nd 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 9th October 2024 14:00-16:00	UEA Lake
Walking Football	Tuesday 15th October 2024 17:00-19:30	Sportspark Halls 4&5
Badminton (doubles)	Tuesday 22nd October 2024 17:00-19:30	Sportspark Halls 4&5
Pool	Tuesday 29th October 2024 17:00-19:30	SU Bar
Tour De Ziggurat	Monday 4th-Sunday 10th November 2024	Virtual or in the Spin Studio
Table Tennis (doubles)	Tuesday 12th November 2024 17:00-19:30	Sportspark Hall 4
Short Tennis (doubles)	Tuesday 12th November 2024 17:00-19:30	Sportspark Hall 5
Boccia	Tuesday 19th November 2024 17:00-19:30	Sportspark Hall 4
Ten Pin Bowling	Wednesday 27th November 2024 14:00-16:00	Namco Funscape
Christmas Quiz	Wednesday 4th December 2024 17:30-19:30	Lecture Theatre 1

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

## FREE Bike Hire Scheme

After incredible success in its first year, we are extremely proud to be offering students the use of a bike completely free of charge!

Scan the QR code now to sign up!

### What Do You Get?

- Bicycle
- Helmet
- Rechargeable lights
- D-Lock
- Safety guidance
- Route maps around Norwich and campus



Visit [www.ueasport.co.uk/cycling](http://www.ueasport.co.uk/cycling) for more information.

## Inclusive Sport at UEA



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 webpage.

## Activate Your Student Card Now

Activate your student card to enter Sportspark free of charge and unlock student discounts.

Scan the QR code and complete the form to activate your card.



## 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 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 you to record how active you are and connect with other individuals also wanting to increase their physical activity levels. In addition, the app will allow you to redeem the points you build up with a wide range of rewards across campus.

The app is FREE and downloadable from your device's app store, where you can sign up with your UEA email address. If you have any questions 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 56 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 further details on training times please visit our website.



# 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.

## Walking and Cycling Trails

We have six walking trails across campus to help you explore more of the university's beautiful green space and learn more about its wildlife and heritage.

We also have four cycling routes that cover the UEA campus and extend into Norwich city centre too.



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 programme? 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 programme to help us keep our student population active.

# TIMETABLE SEMESTER

# 1

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

Book our 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 Functional Studio £2	<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>TUESDAY</b>	<b>GRIT</b> 07:15-07:45	<b>Pilates</b> 12:15-13:00	<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>Restorative Yoga</b> 19:30-20:30		<b>Santa Run</b> Save the Date! 04/12/24 On campus FREE		
	<b>Functional 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>Dance Studio</b> £2				
<b>WEDNESDAY</b>	<b>Les Mills Shape</b> 08:15-09:00	<b>Body Pump</b> 10:30-11:30	<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 Dance Studio £2	<b>Les Mills Tone</b> 17:55-18:25 Functional Studio £2	<b>PG Yoga</b> 18:00-19:00 SP Kiff Matheson £2	<b>Gymnastics</b> 19:00-20:00 SP Spring £1	<b>Zumba</b> 19:30-20:30 Dance Studio £2
	<b>Functional Studio</b> £2	<b>Dance Studio</b> £2	<b>SP Climbing</b> £1							
<b>THURSDAY</b>		<b>Indoor Cycle</b> 11:00-11:30	<b>Les Mills Shape</b> 13:00-13:45	<b>Badminton</b> 17:00-18:00	<b>Men's Football</b> 17:00-18:00	<b>PG Badminton</b> 18:00-19:00 Hall 5 £1	<b>Zumba</b> 19:15-20:00 Kiff Mattheson Suite £2	<b>Body Combat</b> 19:30-20:30 Dance Studio £2		
	<b>Spin Studio</b> £2	<b>Functional Studio</b> £2	<b>SP Hall 5</b> £1							
<b>FRIDAY</b>		<b>Indoor Cycle</b> 12:15-12:45	<b>Body Pump</b> 12:45-13:30	<b>Volunteer at events with us! Email student sport for info.</b>		<b>Step and Tone</b> 17:30-18:30 Dance Studio £2	<b>PG Football</b> 18:00-19:00 SP 7-aside £1	<b>Body Balance</b> 18:30-19:15 Dance Studio £2		
	<b>Spin Studio</b> £2	<b>Dance Studio</b> £2								
<b>SATURDAY</b>		<b>Les Mills Tone</b> 09:15-10:00	<b>Indoor Cycle</b> 09:45-10:30			<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 one per week per person. Please head to Sportspark and buy from Reception.				
	<b>Colney Lane Free</b>	<b>Functional Studio</b> £2	<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>UEA are proud supporters of the Movember campaign. Keep an eye on our social media and website for details on fundraising events run throughout November.</b>		<b>Volleyball</b> 21:00-22:20 Hall 4 £1			
	<b>Dance Studio</b> £2	<b>Dance Studio</b> £2								