

# Guide To Your Free



**Membership**  
Semesters 2 & 3  
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
Valentines Roller Disco	Wednesday 12th February 2025	Sportspark Halls
Air Rifle Shooting	Wednesday 26th February 2025	Eaton Vale
High Ropes	Wednesday 12th March 2025	Go Ape, Thetford
Canoeing	Wednesday 19th March 2025	Whittingham Adventure

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
25/01/2025	10:30-17:00	Horsley	3 miles
08/02/2025	11:00-16:00	Potter Heigham & Hickling Broad	6 miles
22/02/2025	11:00-16:00	Cromer	2.5 miles
08/03/2025	11:00-16:00	Blickling Estate	4 miles
22/03/2025	10:30-15:30	Dunwich to Southwold	6.5 miles
26/04/2025	11:00-15:45	Beccles Marsh Trail	4 miles
10/05/2025	11:00-16:00	Sheringham Park Multi Activity Day	4 miles
24/05/2025	11:00-16:00	Heacham to Hunstanton	2 miles

## £3 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 13:00-14:00 on the following dates:

Wednesday 15th January  
Wednesday 22nd January  
Monday 27th January

More dates tbc!

Search 'Dog Walk' on the SU website for tickets.



## 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
Netball	Tuesday 28th January 2025 17:00-19:30	Sportspark Halls 4&5
Kwik Cricket	Tuesday 4th February 2025 17:00-19:30	Sportspark Halls 4&5
Sitting Volleyball	Tuesday 11th February 2025 17:00-19:30	Sportspark Halls 4&5
Mini Golf	Wednesday 19th February 2025 14:00-16:00	Congo Rapids
Ultimate Frisbee	Tuesday 25th February 2025 14:00-17:00	Sportspark Halls 4&5
Cornhole	Tuesday 4th March 2025 17:00-19:30	Sportspark Hall 4
Darts	Tuesday 4th March 2025 17:00-19:30	Sportspark Hall 5
Tug O'War	Wednesday 12th March 2025 13:30-14:30	Sportspark Athletics Track
Sports Day	Wednesday 12th March 2025 14:30-16:30	Sportspark Athletics Track

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.



## Sportspark Membership

Sportspark currently offers UEA Students a number of excellent Student Membership packages, 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 eight 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 spaces 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 2&3

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

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

MONDAY	<b>Indoor Cycle</b> 07:00-07:30 Cycle Studio £2	<b>Circuits</b> 13:00-13:40 Arena £2	<b>Badminton Drop-In</b> 17:00-18:00 SP Hall 3 £1	<b>Zumba</b> 18:35-19:35 Dance Studio £2		<b>Boxercise</b> 18:45-19:30 Functional Studio £2	<b>Body Balance</b> 19:45-20:45 Dance Studio £2	<b>Swimming Drop-In</b> 20:00-21:00 SP Pool £1		
	<b>GRIT Strength</b> 07:15-07:45 Dance Studio £2	<b>Pilates</b> 12:15-13:00 Dance Studio £2	<b>Body Sculpt</b> 13:00-13:45 Dance Studio £2	<b>Men's Football</b> 17:00-18:00 SP 7-aside £1	<b>Aerobics</b> 17:30-18:30 Dance Studio £2	<b>Restorative Yoga</b> 19:30-20:30 Dance Studio £2		<b>Colour Run</b> Save the Date! 17/05/25 On campus FREE		
TUESDAY	<b>Les Mills Shapes</b> 08:15-09:00 Dance Studio £2	<b>Body Pump</b> 10:30-11:30 Dance Studio £2	<b>Climbing Drop-In</b> 13:00-15:00 SP Climbing Wall £1	<b>Vinyasa Flow Yoga</b> 13:00-13:45 Dance Studio £2	<b>Swimming Drop-In</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>Gymnastics Drop-In</b> 19:00-20:00 SP Spring £1		<b>Zumba</b> 19:30-20:30 Dance Studio £2
		<b>Indoor Cycle</b> 11:00-11:30 Cycle Studio £2	<b>Les Mills Shapes</b> 13:00-13:45 Functional Studio £2	<b>Badminton Drop-In</b> 17:00-18:00 SP Hall 5 £1	<b>Men's Football</b> 17:00-18:00 SP 7-aside £1	<b>PG Badminton</b> 18:00-19:00 SP Hall 5 £1	<b>Zumba</b> 19:15-20:15 Kiff Matheson Suite £2	<b>Basketball Drop-In</b> 21:00-22:20 SP Hall 5 £1		
WEDNESDAY		<b>Indoor Cycle</b> 12:00-12:30 Cycle Studio £2	<b>Body Pump</b> 12:45-13:30 Dance Studio £2	 Volunteer at events with us! Email <a href="mailto:student.sport@uea.ac.uk">student.sport@uea.ac.uk</a> for info.	<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>parkrun</b> 09:00 Colney Lane Free	<b>Les Mills Tone</b> 09:15-10:00 Dance Studio £2	<b>Indoor Cycle</b> 09:45-10:25 Cycle 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.				
THURSDAY		<b>Triple Challenge</b> 10:15-11:15 Dance Studio £2	<b>Body Pump</b> 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>Volleyball Drop-In</b> 21:00-22:20 SP Hall 4 £1				