

## Guide To Your Free



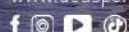
## Membership

Semester 1 2025-26

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
Tubing & Accessible Skiing	November, date TBC	Norfolk Snow Sports
Laser tag	Wednesday 19 <sup>th</sup> November	Congregation Hall

NAVIGATE  
NORFOLK



Only  
£5.00  
per ticket

Date	Time	Location	Distance
13/09/2025	10:00-16:00	Hersey	3 miles
27/09/2025	10:30-16:00	Wellis-next-the-Sea	2 miles
11/10/2025	11:00-16:00	Theford Forest Multi Activity Day	7.5 or 4.5 miles
25/10/2025	10:30-16:30	Blakeney to Cley-next-the-Sea	4 miles
08/11/2025	11:00-16:00	Oxburgh Hall	4 miles
22/11/2025	11:00-15:15	Winterton-on-Sea	4.7 miles
06/12/2025	11:00-16:00	Felbrigg Estate	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 23rd year! It's a free programme of events open to all students, alumni and staff!

Date	Time	Activity
08/09/2025	14:00-16:00	Cross Country Everybody Counts 1 lap stroll around the lake
14/10/2025	17:00-19:30	Walking Football
21/10/2025	17:00-19:30	Badminton (Doubles)
28/10/2025	17:00-19:30	Pool
03-09/11/25	Inclusive	Tour de Ziggurat
11/11/2025	17:00-19:30	Table Tennis (Doubles)
11/11/2025	17:00-19:30	Short Tennis (Doubles)
18/11/2025	17:00-19:30	Boccia
26/11/2025	14:00-16:00	Ten Pin Bowling
03/12/2025	17:00-19:30	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!



## 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 webpage.

## 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!



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



## 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.



## 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 Week 2025

### SPORTS FAIR

WEDNESDAY 17 SEPTEMBER | 11:00-4:00PM | SPORTSPARK

### UV ZUMBA

WEDNESDAY 17 SEPTEMBER | 8:30-9:30PM | LCR

### ROLLER DISCO

£5

THURSDAY 18 SEPTEMBER | 4:00-9:00PM (45MIN SLOTS) | SPORTSPARK

### PADDLEBOARDING

£1

FRIDAY 19 SEPTEMBER | 12:00-2:15PM OR 1:45-4PM | MEET OUTSIDE SU (BALCONY OVERLOOKING SQUARE)

### COLOUR RUN

FRIDAY 19 SEPTEMBER | 11:45-2:00PM | ON CAMPUS

## Active Campus Feedback

Got a suggestion for our Active Campus programme? Scan this QR code to give us feedback!




## SEMESTER 1 TIMETABLE

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

uea+sport

Timetable subject to change

MONDAY	<b>Indoor Cycle</b> 7:00-7:30 Spin Studio £2	<b>Circuits</b> 13:00-13:40 Functional Studio £2	<b>Just Join In! Badminton</b> 17:00-18:00 SP Hall 3 £1	<b>Zumba</b> 18:35-19:35 Dance Studio £2	<b>Boxercise</b> 19:00-19:45 Functional Studio £2	<b>Body Balance</b> 19:45-20:45 Dance Studio £2	<b>Just Join In! Swimming</b> 20:00-21:00 SP Pool £1	<b>Indoor Cycle</b> 20:30-21:15 Spin Studio £2		
TUESDAY	<b>Circuits</b> 13:00-13:40 Functional Studio £2	<b>Pilates</b> 12:15-13:00 Dance Studio £2	<b>Body Sculpt</b> 13:00-14:00 Dance Studio £2		<b>Aerobics</b> 17:30-18:30 Dance studio £2	<b>Restorative Yoga</b> 19:30-20:30 Dance Studio £2	<b>Register your campus card!</b>  Register your campus card by scanning the QR code and filling out the form to gain access to the Sportspark! 			
WEDNESDAY	<b>Les Mills Shapes</b> 08:15-09:00 Dance Studio £2	<b>Body Pump</b> 10:30-11:30 Dance Studio £2	<b>Just Join In! Climbing</b> 13:00-15:00 SP Climbing Wall £1	<b>Vinyasa Flow Yoga</b> 13:00-14:00 Dance Studio £2	<b>Just Join In! Swimming</b> 16:00-17:00 SP Pool £1	<b>Body Combat</b> 17:30-18:30 Dance Studio £2	 <b>Santa Run</b> Save the Date! 03/12/25 On campus FREE	<b>Just Join In! Gymnastics</b> 19:00-20:00 SP Spring £1		<b>Zumba</b> 19:30-20:30 Dance Studio £2
THURSDAY		<b>Indoor Cycle</b> 11:00-11:30 Spin Studio £2	<b>Les Mills Shapes</b> 13:00-13:45 Functional Studio £2	<b>Men's Football</b> 17:00-18:00 SP 7-aside £1	<b>Just Join In! Badminton</b> 17:00-18:00 SP Hall 5 £1	<b>Just Join In! PG Badminton</b> 18:00-19:00 SP Hall 5 £1	<b>GRIT</b> 17:00-18:00 Dance Studio £2	<b>Aerobics</b> 17:30-18:15 Dance Studio £2	<b>Zumba</b> 19:15-20:15 Kiff Matheson Suite £2	<b>Body Combat</b> 19:30-20:30 Dance Studio £2
FRIDAY		<b>Indoor Cycle</b> 12:00-13:00 Spin Studio £2	<b>Body Pump</b> 12:45-13:30 Dance Studio £2	<b>Volunteer with us!</b> Receive perks such as Continuing Professional Development 			<b>Step and Tone</b> 13:45-14:30 Dance Studio £2	<b>Just Join In! PG Football</b> 18:00-19:00 SP 7-aside £1	<b>Body Balance</b> 18:30-19:15 Dance Studio £2	<b>Colour Run</b> Save the Date! 19/09/25 On campus FREE
SATURDAY	 09:00 Colney Lane Free	<b>Les Mills Shapes</b> 09:15-10:00 Dance Studio £2	<b>Indoor Cycle</b> 09:45-10:30 Spin 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.			
SUNDAY		<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 November and will be running events throughout November! Keep your eyes peeled on our socials!			 <b>Just Join In! Volleyball</b> 21:00-22:20 SP Hall 4 £1			