



SportBU

# Personal Training



From only £20 per session\*

Personalise your workouts and achieve your goals, your way. Industry-recognised expertise from only £20 per session.\*

\*Based on the purchase of 10 sessions up front

For more information or to book a free consultation please email [harrisj@bournemouth.ac.uk](mailto:harrisj@bournemouth.ac.uk)

## Parking

Free parking is available for SportBU members. Other customers will have free access to car parks after 4.30pm Mon-Fri and all day at weekends.\*

\*With the exception of BU event and open days.

## Contact Us

### SportBU Reception

Bournemouth University  
Talbot Campus, Fern Barrow  
Poole, Dorset  
BH12 5BB

**Tel:** +44 (0)1202 965012

**Email:** [sportbu@bournemouth.ac.uk](mailto:sportbu@bournemouth.ac.uk)

**Website:** [www.bournemouth.ac.uk/sportBU](http://www.bournemouth.ac.uk/sportBU)

Join and book on the iBU app, and connect with us via social media for up-to-date news and offers:



## Opening Times

### Term-time

Mon-Fri 07.15-22.30

Sat-Sun 08.00-20:00

### Out of term-time

Mon-Fri 07.15-20.30

Sat-Sun 09:00-18.00



Bournemouth University

# SportBU

## Culture and sport in the community



# Join in

## Get Active. Your Way.

[www.bournemouth.ac.uk/sportbu](http://www.bournemouth.ac.uk/sportbu)

# Memberships

Memberships	Price
<b>Annual Community</b>	£250
<b>Annual Family Membership</b> (includes 2 adults and 2 children between 8-14yrs)	£400
<b>Quarterly</b> (3 months)	£75
<b>10 days pass</b> (new members only)	£10

From as little as £16\* per person per month, you get unlimited access to our state of the art gym, access to all of our group fitness classes, all of our drop-in sport sessions, and 50% discount on off-peak facility hire. There are plenty of activities to keep you occupied and in shape.

\*Based on an adult on the family membership.

## Family membership includes\*:

- All of the above for two adults
- Access for up to two children to the Super Saturday programme
- 25% discount off of all Kids' Holiday Camps bookings
- 25% discount of birthday parties for your child

\*Kids must be between 4 and 14 for Super Saturdays and 5 and 14 for kids camps.



## Group Fitness Classes

Our programme offers a range of sessions such as yoga, pilates, spinning and zumba. In total we have over 50 classes running which are all suitable for beginners and any fitness level as well as being led by qualified instructors.

GET ACTIVE

## Welcome

At BU, we're proud of the fantastic facilities, activities, opportunities and sports that we offer to the whole community. Anyone is welcome to pop in and talk to our friendly team to learn more about what we can offer the local community.

## SportBU facilities

Our SportBU facilities include a 50-station gym, four-court multi-use sports hall, two large studios, treatment rooms and spin studio, as well as two all-weather five-a-side 3G astro pitches. Visit [www.bournemouth.ac.uk/sportbu/facilities](http://www.bournemouth.ac.uk/sportbu/facilities) for a virtual tour and updated list of prices.

[www.bournemouth.ac.uk/sportbu/facilities](http://www.bournemouth.ac.uk/sportbu/facilities)

[www.bournemouth.ac.uk/sportbu/memberships](http://www.bournemouth.ac.uk/sportbu/memberships)

# Health and wellbeing services

## AECC Chiropractors

The Anglo European College of Chiropractic (AECC) run a satellite clinic at SportBU. This clinic is run by student interns with a Senior Clinical Tutor supervising treatment given to patients. The clinic runs within the academic semesters on Tuesday and Friday afternoons. Free triage appointments are available to assess your injury/problem.

## Massage

Allow us to relieve general aches and pains through a session of sports massage. This therapy breaks down scar tissue and realigns muscle fibres to aid muscle related recovery. Holistic and alternative therapies are also available.

## How to book

- If you have any concerns about your current health and fitness level, we recommend you speak to a member of staff before booking.
- Visit SportBU reception to book or phone +44 (0)1202 965012.

## Rehabilitation services prices

	Duration	Community
Massage (sport/body)	30/60 min	£20/£32
AECC chiro triage session	15 min	Free
Initial consultation	60 min	£27.50
Treatment	30 min	£19.50
Rehabilitation session	30 min	£10

# Academy of Performance Coaching

Up to  
**50%**  
cheaper than  
other training  
providers

At SportBU we are recognised training centre of the nationally recognised ActiveIQ fitness qualifications.

Our experienced team deliver the same qualifications as top training providers, so utilise your connection with Bournemouth University and get qualified for a fraction of the cost.

Get  
qualified  
in fitness

## Courses we offer:

- Level 2 Fitness Instructing (Gym)
- Level 2 Exercise To Music\*
- Level 3 Personal Training\*
- Level 3 Sports Massage Therapy
- Level 4 Sports Massage Therapy\*\*
- Additional CPD courses\*
- 1st4sport Strength and Conditioning

Part time and Intensive courses available. Spaces strictly run on a first come first serve basis. For full course information and to apply please visit [www.bournemouth.ac.uk/apc-booking](http://www.bournemouth.ac.uk/apc-booking)

\*must hold a level 2 certificate in Fitness Instructing (Gym)

\*\*must hold a level 3 certificate in Sports Massage Therapy

[www.bournemouth.ac.uk/sportbu/rehabilitation](http://www.bournemouth.ac.uk/sportbu/rehabilitation)

[www.bournemouth.ac.uk/apc-booking](http://www.bournemouth.ac.uk/apc-booking)

# SportBU Kids' Camps

# SportBU Super Saturdays



Includes free SportBU T-shirt

From £22 a day

For children aged 5\* to 14 years old

**Join us on our popular Kids' Camps over the Christmas, Easter and Summer holidays!**

Many activities to keep your children entertained and great for all interests and abilities. Sign up for our fun-filled camps, run by experienced SportBU, DBS checked staff.

We offer a variety of sports and games including:

- Multisport activities
- Badminton
- Volleyball
- Football
- Capture the flag
- Basketball

**Our Super Saturdays programme offers a variety of children's activities and courses to keep the children entertained on Saturday mornings. These sessions are delivered by a highly qualified coach and are an excellent way of engaging your children in sporting activities.**

Sports and activities available:

- Gymnastics
- Ballet
- Street dance
- Trampolining
- Badminton

From £4.50 per session

Please check our website for offers and booking forms.  
\*half days available for 5-8 year olds focussed on skills development.

**Free Parent Pass** when your child attends Super Saturdays. Use the gym or enjoy one of our exercise classes on a Saturday morning for **free**. Coffee shops also available.

[www.bournemouth.ac.uk/sportbu/kids](http://www.bournemouth.ac.uk/sportbu/kids)

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# SportBU kids' parties



## Have you heard of our new 'perfect party packages'?

SportBU is able to host a variety of party packages for children using our state of the art facilities and renowned entertainers and coaches.

### Party package includes:

- One hour with a specialised, fully qualified coach/entertainer
- A complimentary gift for the Birthday child
- One hour in an air conditioned studio
- Tables and chairs for party food
- Free car parking at weekends
- Personalised party invitations
- Coffee shops available on campus.

### General Sports Parties

- Multisports
  - Football
  - Badminton
  - Basketball
- (other sports available upon request)

### Specialist Sports Parties

- Trampolining
- Kapow (Martial Arts Party)
- Gymnastics

### Alternative Parties

- PB animal adventures
- Circus skills & more with Jules
- Neon Nerf Wars
- Inflatable's Party



## Coaching packages

Our new coaching packages are an ideal gift or group team building activity. You can choose from several sports. A 3 hour fun filled activity session including a match/competition to finish.

**Parties and Packages available from £110.**

For bookings, prices and discounts please go to the SportBU Kid's website.

[www.bournemouth.ac.uk/sportbu/kids](http://www.bournemouth.ac.uk/sportbu/kids)

# SportBU outreach



**Our campuses are already open to the community, but we are also working within the local region to foster wider relationships.**

## SportBU outreach and engagement

SportBU now offers a comprehensive engagement and outreach programme for local schools and community groups. Using the latest sports science equipment and activity inflatables, BU students, supported by SportBU staff, can deliver workshops to suit the needs of your group or larger event at any location of your choosing.

## Activities we can provide range as follows:

- Inflatable 3v3 skills arenas
- Inflatable speed shot radar gun
- Electronic reaction agility wall
- Speedsmart sprint testing
- Fitlight agility lights system
- Children's bouncy castle
- Outdoor Games.

Through our collaboration with RELAYS student volunteer programme, these opportunities are continuously being developed to enhance the student learning experience as well as provide active engagement opportunities for the wider community. For more information about booking a workshop please email Barry Squires on [bsquires@bournemouth.ac.uk](mailto:bsquires@bournemouth.ac.uk)

[www.bournemouth.ac.uk/sportbu/community](http://www.bournemouth.ac.uk/sportbu/community)

# Art at BU



Fine art is an important part of BU. We aim to display artwork that is thought-provoking and engaging.

Members of the community can all enjoy the artwork displayed on campus. Artwork by professional, regional artists is hosted on site to encourage creativity and to educate and inspire the viewer.

## Atrium Art Gallery and Balcony Lounge

The Atrium Art Gallery is available to exhibit your research – or work generated by your professional and personal interests. Email [atrium-gallery@bournemouth.ac.uk](mailto:atrium-gallery@bournemouth.ac.uk) for more information on how to book the space.

[www.bournemouth.ac.uk/students/things-do/art-bu](http://www.bournemouth.ac.uk/students/things-do/art-bu)

# Music at BU



## You can get involved!

Music is central to the life of BU and AUB and there are many opportunities for members of your local community to get involved. If you enjoy singing you are welcome join our choral society which meets weekly on Thursday evenings to rehearse for large scale concerts in venues such as Christchurch Priory and Winchester Cathedral. There are no auditions and with a membership of over 100 you'll be assured of an exciting and rewarding singing experience. If you are an experienced instrumentalist then please consider joining our Orchestra or Big Band which both rehearse on a weekly basis and perform regularly in the local area and beyond.

## Do you prefer listening to music?

There is a full programme of concerts and recitals both on and off campus featuring world renowned musicians along with our own extremely talented students and staff. You can attend many of these events free of charge and without prior booking so please do come along and bring your friends.

Full details of all opportunities are available at the link below or by calling 01202 965108

[www.bournemouth.ac.uk/music](http://www.bournemouth.ac.uk/music)