

SportBU Reception

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

Tel: +44 (0)1202 965012

Email: sportbu@bournemouth.ac.uk

Website: www.bournemouth.ac.uk/sportBU



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

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UNIVERSITY
BOURNEMOUTH

SportBU



SportBU memberships

	Premium £180 per academic year	Starter From £45	Month £25 per month
Unlimited gym	•	•	•
Unlimited classes	•	•	•
Unlimited social sport	•		
Universal gym (Access to over 50 other facilities around UK)	•		
Free health and fitness workshops	•		
Access to free health check drop-ins	•		
Access to free sports massage drop-ins	•		
Half-price facility hire*	•		
Monthly health and fitness support	•		
14 day advance booking for fitness classes	•		
Bring a Friend for Free days	•		
Discounted membership for a referred friend**	•		



* Only for off-peak bookings
** Valid after two weeks of active member use

Price list 2018/19

	BU*	Community
Pay as you go (PAYG) activities		
Group fitness classes 30 mins/55 mins	£2.50/£4.50	£3/£5
Gym (per session)	£5	£6
Campus Social Sport	£2.50	£2.50
Health check	£5	£5
Facility hire		
Badminton (per court)	£9	£10
Sports hall half court/full court	£18/£28	£20/£35
Studio 1 (group)/Studio 2 (group)	£22.50/£18	£27.50/£20
Studio (individual or up to 5 people)	£8	£9
Table tennis (per court)	£7	£8
5-a-side 3G pitches (off-peak)	£20	£25
5-a-side 3G pitches (peak) Mon – Fri 5-10pm	£30	£40
Massage therapy		
Massage (sport/body) 30 mins	£18	£20
Massage (sport/body) 60 mins	£30	£32
AECC Chiropractors		
Triage session 15 mins	FREE	FREE
Initial consultation 60 mins	£17.50	£27.50
Treatment 20 mins	£15.50	£19.50
Rehabilitation 30 mins	£8	£10
A variety of SportBU merchandise is available – visit the website for our full range.		

*These prices are available to BU and AUB students & staff, alumni and partner college students. Terms and Conditions apply to all memberships. BU annual membership price will reduce monthly from November.

Join in at www.bournemouth.ac.uk/sportbu

Health and fitness support

Rehabilitation services

AECC Chiropractors

Duration: 20minutes – 1 hour

The Anglo European College of Chiropractic (AECC) runs a satellite clinic at SportBU. It's run by students from the college, with a senior clinical tutor supervising – so you'll be in great hands. It runs during term-time on Tuesdays and Fridays between 12 noon and 4pm. Free triage sessions are available to help assess your injury/problem.

Physiotherapy

Physiotherapy is also available on request. SportBU works closely with Physiotherapists to provide external support for injuries both sport related and domestic.

Massage

Duration: 30 / 60minutes

A soothing body massage can help chase away those aches and pain – while a deep sports massage can break down scar tissue and realign muscle fibres to aid recovery. Check the website or call us to make an appointment.

www.bournemouth.ac.uk/sportbu/rehabilitation

Fitness services

You can get 'Personal Training'; bespoke 'Exercise Programmes' and 'Nutrition Support' designed to work towards your goals with one of our highly qualified staff members. These services aim to give you the support you need to achieve your fitness goals. **For more information please see our website.**



From **£22** per hour

Train with a friend and save money

Personal training



Only **£25**

Bespoke exercise programmes
(includes technique session with a trainer)



From **£30**

Personalised nutritional plan
(includes follow up appointments).

We offer free consultations before all bookings. Please contact our Health & Fitness Manager Josh to arrange an appointment on harrisj@bournemouth.ac.uk or **01202 961677**

Join in at www.bournemouth.ac.uk/sportbu

Academy of Performance Coaching

From
£450

At SportBU we are an accredited training centre of the nationally recognised ActiveIQ fitness qualifications. Our experienced team deliver the same qualifications as other top training providers, so utilise your connection with Bournemouth University and get qualified for a fraction of the cost.

Part time and Intensive courses available. Spaces strictly run on a first come first serve basis.

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.

Group fitness programme



Our group fitness programme offers over 50 classes a week to help you keep fit, healthy and active. There is a wide variety of classes to suit all tastes and fitness levels.

Our SportBU memberships give you free access to all classes every week at both the Talbot and Lansdowne Campuses. Alternatively, you can attend classes on a casual pay-as-you-go (PAYG) basis with prices starting from £2.50. We do operate a reduced timetable outside of term time so please check the website for updated information.

For more information on how to book and to view the group fitness/campus sport timetables go to the website below or download the iBU app.

over
50
classes per week
across both Talbot
and Lansdowne.

Book here: www.bournemouth.ac.uk/apc-booking

Active iQ

Join in at www.bournemouth.ac.uk/sportbu/classes

Performance Sport

Welcome to our performance programme at BU. We offer students the opportunity to excel and grow within a large comprehensive sports programme.

We have over 55 teams across more than 20 sports alongside many individual disciplines that represent BU in British Universities and Colleges Sport (BUCS) National and Regional competitions. Our performance programme is supported by a wide variety of partnerships with local professional and semi-professional clubs. This enables athletes to compete at high quality facilities as well as provide opportunities for local and national league competitions.

Within our performance programme our current team sports include:

- American Football
- Athletics
- Badminton
- Basketball
- Beach Volleyball
- Cricket
- Football
- Futsal
- Golf
- Hockey
- Lacrosse
- Netball
- Rugby
- Squash
- Swimming
- Table Tennis
- Tennis
- Trampolineing
- Ultimate Frisbee
- Volleyball.

Each team has a Level 2 (or higher) coach for weekly or twice weekly sport specific training with additional access to fitness and physical development training. All performance teams, associate teams and individual athletes are supported and led by the Sport Development Unit in SportBU.

The majority of performance sport matches take place on Wednesday afternoons with individual sports running at various times throughout the year. Our main team sports venue is Bournemouth Sports Club along with our facilities on Talbot Campus.

To be selected for a performance team student athletes are required to attend trials – these are held by each team during arrivals week and again in January. For dates and times of Trials please visit the website.



Sports Scholarships available

SportBU is proud and passionate in supporting the development of High Performance athletes along their chosen sporting career whilst achieving this alongside your academic commitments. We create personal supportive scholarship packages that are directed by your needs and performance goals. See below of some of the support and financial aspects that can be applied for.

BU Sports Scholarships (UG & PG)	
Monetary value	£500 - £5,000 (Coaching, equipment, competition entry fees, travel expenses &/or additional support services)
And/or other services may include	Strength & Conditioning support, lifestyle workshops, entry into BUCS individuals and travel/accommodation costs, gym membership, sports massage (30 minutes per week), chiropractic treatment
Eligibility	See website for details



Campus Sport

Just
£60
for an annual
Campus Sport
membership

Social Sport	Campus Courses	Campus Clubs
Campus Adventure	Campus Leagues	Campus Colleagues

Our Campus Sport programme offers a wide range of participation 'opportunities'.

Most activities are based on our Talbot Campus, and you don't need experience or a high level of fitness to take part, so there are plenty of reasons to get involved.

Social Sport sessions allow people to get involved for just £2.50 per head. As an added benefit of purchasing a premium membership, gym-members can access all Social Sports for free. Badminton, netball and basketball are on offer amongst other sports.

Campus Courses include martial arts and dance. Taught by qualified instructors, you'll learn and develop over five, six or nine weeks.

Campus Adventure offers extreme sports such as skiing, snowboarding, canoeing, kayaking, paddleboarding and surfing. For all the extreme sport enthusiasts out there, or those wanting to try something new.

Campus Clubs offer a structured element to your sports experience, with coaches on hand to offer advice and help – and joining one is a great way to make new friends.

Campus Leagues offer organised sport to players of all abilities and fitness levels. Five-a-side and eleven-a-side football and Netball leagues are available with refereed matches, venues and league tables provided.

Campus Colleagues is specifically for BU Staff, whilst all other strands are open to everyone. Campus Social Sport Membership is also open to the Community.



Book here: www.bournemouth.ac.uk/sportbu/campusport

Volunteering

Our sports outreach and volunteering programme RELAYS offers students the opportunity to volunteer as an ambassador. The programme provides valuable industry experience connecting students with practical opportunities to compliment theoretical aspects of their degree.

Ambassadors can log their hours to a personal and professional development bursary to help take the next step with industry related qualifications.

To engage with the RELAYS programme please email relays@bournemouth.ac.uk



Sports Development Adventure Expedition (SDX)

Our Sports Development Adventure Expedition (SDX) is an exciting voluntary opportunity that has been developed in partnership with Camps International. It gives you a unique opportunity to get hands-on experience of coaching and developing others through sport in less fortunate rural communities and schools in Africa.



SDX gives you the chance to directly contribute your effort and inspiration, enjoying the benefits of your own education under the umbrella of sport whilst experiencing some truly amazing cultural trips and a safari. This four week trip includes hands on sports coaching, authentic bush camps locations, R&R trips and pre-expedition training.

Contact Barry Squires via email at bsquires@bournemouth.ac.uk for more details.



See highlights video here:



Join in at www.bournemouth.ac.uk/sportbu