

Staff only

BU & AUB staff
activities this summer



Contents

| | |
|-------------------------------|----|
| <u>Campus adventure</u> | 4 |
| <u>Social sport</u> | 5 |
| <u>Summer tennis sessions</u> | 6 |
| <u>Campus courses</u> | 8 |
| <u>Running</u> | 10 |
| <u>Fitness services</u> | 12 |
| <u>SportBU Kids</u> | 18 |
| <u>Offers</u> | 20 |

Staff only gym offers:

FREE 10days gym offer
Unlimited Group Fitness classes & /gym use for 10days!

*Each staff member is entitled to a single use of this offer

Summer beach buddy
Your friends can get staff rates! £45 for 3month

*Available until the 31 July

Staff salary scheme
Your family members can now access staff rates through subsidising from a staff member's salary.

Summer watersports special offer
Sign up with a friend and both receive £15 off EACH!

*Available until the 31 May

10% Off Summer Kids Camps' for children aged 5-14yrs
Summer Camps: 29 July – 30 August 2019

Campus adventure

Paddleboarding/ surfing

Tuesdays, 6-8pm
Shaka Surf, Branksome
Tuesdays 04, 11
and 18 June

£75
for a
3 week
course

Canoeing/ kayaking

Tuesdays, 6-8pm
Hengistbury Head Outdoor
Education Centre
Tuesdays 30 April,
14 and 28 May

£75
for a
3 week
course

Book at SportBU reception

More info at: www.bournemouth.ac.uk/campus-colleagues

Social sport

Badminton

Thursdays
12-1pm
SportBU Sports
Hall

Free
for annual
members/gym
members/£2.50
to non-gym
members

Football

Tuesdays
12-1pm
SportBU astros
Free to all



Book at SportBU reception

More info at: www.bournemouth.ac.uk/campus-colleagues

Summer tennis sessions



**19, 26 June &
10, 17, 24 July
(5 weeks)
6.30pm**

**£6
per person
per week**

**25 Victoria
Avenue,
Bournemouth
Dorset, BH9 2RJ**

All equipment provided.
Qualified coaching.

No booking required

More info at: www.bournemouth.ac.uk/campus-colleagues

Campus courses

£25
for
5 weeks

Karate

**Mondays 29 April-
27 May**

**Thursdays 02-30 May
8-9pm**

**SportBU
Studio 2**

Self-defence

Tuesdays

30 April-28 May

7:30-8:30pm Studio 1

8:30-9:30pm Studio 2

SportBU Studios

£25
for
5 weeks

Shaolin kung-fu

**Thursdays 2-30 May
8:30-9:30pm**

SportBU Studio 1

Salsa dancing

Tuesdays

30 April-28 May

7:30-8:30pm

SportBU

Studio 2

£25
for
5 weeks

Book at SportBU Reception

More info at: www.bournemouth.ac.uk/campus-colleagues

Running

Couch to 5K

Wednesdays

7:30-8:30am

Talbot Campus

Wednesdays 15 May –

10 July

£36 for 9 weeks

Couch to 5K

Thursdays

7:30-8:30am

Lansdowne Campus

Thursdays 16 May –

11 July

£36 for 9 weeks

Book at SportBU Reception

More info at: www.bournemouth.ac.uk/campus-colleagues

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 pains – 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.

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, or to make a booking, visit: www.bournemouth.ac.uk/sportbu/rehabilitation



Group Fitness timetable*

Talbot Campus

| | | | | | | | | | |
|------------------|---|--|---|--|---|--|--|---|--|
| Monday | 8-8.45am Tone Circuits Studio 1 Kenny | 12.30-1pm Xpress Spin Spin City Helen | 1-1.30pm HIIT Studio 1 Helen | 5-5.55pm Pump Studio 2 Nikki | 5-5.25pm Xpress Spin Spin City Emma | 5.30-6.25pm Zumba Studio 1 Emma | 6-6.55pm Total Body Conditioning Studio 2 Nadia | 6.30-7.25pm Trim and Tone Studio 1 Emma | 7.30-8.25pm Yoga Studio 1 Sharon |
| | 12-12.45pm Pilates Studio 1 Nikki | 12-12:30pm Xpress Spin Spin City Rachel | 12.30-1pm Xpress Abs & Core Studio 2 Rachel | 1-1.55pm Legs, Bums & Tums Studio 1 Rachel | 4.30-5.25pm BoxFit Studio 1 Josh | 5.30-6.30pm Yoga Studio 1 Mirja | 5.30-6.25pm Bootcamp Blitz Studio 2 Helen R | 6-6.25pm Xpress Spin Spin City Liz | 6.30-7.25pm Zumba Studio 1 Rosy |
| Tuesday | 8-8.30am Xpress Spin Spin City Helen R | 12-12.30pm Xpress Spin Spin City Helen | 12.30-1pm Xpress Abs & Core Studio 1 Helen | 1-1.45pm ★ Staff only Yoga Studio 1 Melsia | 1-1.55pm Pump Studio 2 Rachel | 4.30-5pm Xpress Spin Spin City Emma | 5-5.30pm PIYO Studio 1 Emma | 5.30-6.25pm Legs, Bums & Tums Studio 1 Emma | 6.30-7.25pm Pilates Studio 1 Nikki |
| | 12.30-1pm Xpress Spin Spin City Rachel | 1-1.55pm Pump Studio 1 Rachel | 5-5.55pm Total Body Conditioning Studio 2 Emma | 5.30-6.25pm Zumba Studio 1 Rosy | 6-6.55pm Trim & Tone Studio 2 Helen R | 6.30-7.25pm Yoga Studio 1 Rebecca | 7.30-7.55pm Xpress Spin Spin City Helen R | 8-8.25pm Xpress Abs & Core Studio 1 Helen R | |
| Wednesday | 8-8.30am Xpress Spin Spin City Rosie | 12-12.30pm Xpress Spin Spin City Nikki | 12.30-1pm Xpress Abs & Core Studio 2 Nikki | 1-1.45pm Pilates Studio 2 Nikki | 5.30-6.25pm Pump Studio 2 Helen R | 6-6.45pm Bounce & Burn Studio 1 Kirsty | 6.30-7.25pm Legs, Bums & Tums Studio 2 Helen R | | |
| | 10-10.25am Xpress Spin Spin City Rachel | 10.30-11am Xpress Abs & Core Studio 1 Rachel | 11-11.55am Full Body Fitness Studio 1 Rachel | 12-12.55pm Zumba Studio 1 Rosy | | | | | |
| Thursday | 10-10.55am Yoga Studio 1 Sharon | 11-11.55am Strength Circuits Studio 1 Kenny | | | | | | | |
| | | | | | | | | | |
| Friday | | | | | | | | | |
| | | | | | | | | | |
| Saturday | | | | | | | | | |
| | | | | | | | | | |
| Sunday | | | | | | | | | |
| | | | | | | | | | |

* valid until 31st May

Lansdowne Campus

| | |
|----------------|---|
| Tuesday | 12.45-1.30pm Yoga BG17 Rebecca |
| | 12.45-1.30pm Pilates BG17 Nikki |
| | 5.15-6.10pm Pilates BG17 Mel |

★ = Staff only

| |
|-------------------------|
| Relax and Recover |
| Spinning |
| Cardio and Conditioning |
| Muscle Toning |

Book online or come into SportBU

Bookings: sportbu.bournemouth.ac.uk/Horizons

Pay as you go and facility hire

| | BU* |
|--|-------------|
| Pay as you go (PAYG) activities | |
| Group fitness classes 30 mins/55 mins | £2.50/£4.50 |
| Gym (per session) | £5 |
| Campus Social Sport | £2.50 |
| Health check | £5 |
| Facility hire | |
| Badminton (per court) | £9 |
| Sports hall half court/full court | £18/£28 |
| Studio 1 (group)/Studio 2 (group) | £22.50/£18 |
| Studio (individual or up to 5 people) | £8 |
| Table tennis (per court) | £7 |
| 5-a-side 3G pitches (off-peak) | £20 |
| 5-a-side 3G pitches (peak) Mon – Fri 5-10pm | £30 |
| Massage therapy | |
| Massage (sport/body) 30 mins | £18 |
| Massage (sport/body) 60 mins | £30 |

*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.

Book online or come into SportBU
Bookings: sportbu.bournemouth.ac.uk/Horizons

SportBU memberships

| | Premium £180 per academic year £15pm Salary deduction*** | Month £25 per month |
|---|--|------------------------|
| Unlimited gym | • | • |
| Unlimited classes | • | • |
| Unlimited social sport | • | |
| 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** | • | |

Included with
SportBU
PREMIUM
Membership

Staff salary offers available!

* Only for off-peak bookings
** Valid after two weeks of active member use
*** membership is minimum of 12months

SportBU Kids

SportBU offers a wide range of kids' activities for the local community including holiday sport camps, Super Saturdays and Birthday parties:

Parent Pass included

From
£5

Super
Saturday
sports and
activities clubs

Our Super Saturday sports and activities clubs are weekly morning activities (badminton, ballet, gymnastics, girls football, wildcats and trampolining) for 2-14 year olds. Sessions are delivered by qualified coaches and include a free parent pass to access the gym or fitness classes whilst your child participates in one of these activities.

New for 2019:

Midweek Gymnastics after school programme

From
£9.90

Multisport
Holiday
Camps

Christmas, Easter and Summer Multisport Holiday Camps are a fun way for your child to participate in a variety of activities which promote a positive, fun and sporting environment. Activities include tag games, team and individual sports and weekly favourites such as chaos tag and more.

From
£125

Bespoke
birthday
party
service

We offer a bespoke birthday party service including: Sports, Neon Nerf Wars, Kids Entertainer, Biscuit Decorating, Inflatables, Craft Mania, PB Animal Adventures. We have optional extras to personalise and tailor your party to exactly how you would like it.

“ Mahlie, and all her friends, had a great birthday experience and really enjoyed themselves, especially on the trampoline! The mums and dads also had a good time (mainly as we didn't have to do anything!), and this was down to your great team who were all helpful and really engaged with the kids, which makes a huge difference. ”

Mahlie's Mum

For more information and to book online:

www.bournemouth.ac.uk/campus-colleagues

External offers for staff

everyone
ACTIVE

£25 for
3 months

Book at
SportBU
reception

Everyone Active swimming membership
Rossmore or Dolphin Leisure Centre