

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



@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**

ARTS
UNIVERSITY
BOURNEMOUTH

SportBU

Campus Sport

**New
courses,
Clubs and
Leagues
on offer!**

**Variety of
sports
for as little
as £2.30
per person**

**Campus
Social Sport
membership
just £60
for the year!**



www.bournemouth.ac.uk/sportbu/campusport



@sportBU

Get Active. Your Way.

Campus Social Sport

Just **£60** for an annual Campus Social Sport membership

Want more flexibility to enjoy a variety of sports? Then why not try Campus Social Sport?

There's no need to book as these drop-in sessions give anyone the chance to play different sports, with all equipment provided.

Sports include badminton, basketball and netball. These are free to gym members and £3 to non-members.

Arabella Perry, second year Marketing Student, from a Social Sport Netball session, said: "Sessions are fun and enjoyable for all"

Campus Social Sport sessions start Monday 7 October, and run each term up until 15 May. Sessions are delivered by Campus Sport Activators.

Be sure to pick up your Social Sport Loyalty Card. Attend 5 sessions, get your 6th free.



Campus Social Sport



Badminton



Basketball



Men's Football



Netball



Women's Football

Included with SportBU PREMIUM Membership

Campus Clubs



Badminton



Men's futsal



Netball



Tennis



Lacrosse



From just **£40**

Campus Clubs

Want the expertise of a coach but in a relaxed and social environment?

Campus Clubs provide the opportunity for students to be part of something bigger. Our structured sessions aim to get you involved in sports such as lacrosse, badminton, netball or tennis from a beginner level up to a high standard. All equipment is provided and a coach is on hand to provide expert tips or advice. We also offer the potential for you to move from the campus club into the performance side of sport through our talent ID programme.

George Laurence, from Badminton Club said, "It's easy going and relaxed yet it still

requires you to push yourself to become better."

Club members will benefit from fully qualified coaches, two-hour sessions and termly tournaments.

To get involved please book by 6 October.

For dates and prices for 2019-20, please email campussport@bournemouth.ac.uk, or visit SportBU Reception.

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



Campus Courses

Couch to 5K, CrossFit, girl power and racket sport courses new this year!

From £4.70 per week

Live uni life to the full and learn a new skill!

Campus Courses feature a diverse range of activities from gymnastics and karate to thai boxing and pole fitness. New to our 2019-2020 programmes we have cross fit and girl power courses.

One jiu-jitsu participant surveyed said: "The course has helped me progress and made me want to continue jiu-jitsu after I've finished."

Campus Adventure

Indulge in a variety of alternative sports including canoeing, kayaking, paddle boarding, surfing, snowboarding and skiing. Instructors and equipment are included, and where possible, transport to and from the venues.



Booking deadline dates:

Autumn term

Courses 10 October
Adventure 4 November

Spring term

Courses 30 January
Adventure 24 February

Summer term

Courses 2 April

Start dates:

Autumn term

Courses 14 - 17 October (nine-week courses)
Adventure wc 18 November

Spring term

Courses 3 - 6 February (nine-week courses)
Adventure wc 09 March

Summer term

Courses 27 - 30 April (five-week courses)

Campus Adventure



Kayaking



Skiing



Snowboarding



Surfing

Campus Courses



Gymnastics and trampolining



Couch to 5K



Karate



Badminton



Pole fitness



Squash



Boxing



Self defence



CrossFit



Thai boxing



Girl power

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

Campus Leagues

The Campus Leagues offer students the chance to be part of a team and compete in one of our organised leagues. We will organise everything including the venue and referees for you and your team.

If you're keen to get involved but aren't quite able to fill a team or even if it's just you as an individual, come along to our "Free Transfer Evening" where we can put like-minded footballers together to build new teams.

- Sports leagues available to all students, with matches close to the Talbot Campus.
- Organised and refereed competitions throughout the academic year.
- Includes the iPro player of the year awards.
- No trials, fitness tests or affiliation fees.
- Live cup draws and sports massage on match days.
- **New for 2019:** 'Astro booking package' for teams to buy. 3 Hours = £30*

Don't miss the key booking deadline dates for Campus Leagues below.

For more information about any of our Campus Leagues, please email our Campus Sport team on CampusLeagues@bournemouth.ac.uk

Please note, some of the above is only applicable to the football leagues

*Off peak bookings only

From
£2.30
per person,
per match



Badminton,
Football and
Netball leagues
new this
year!



Campus Sport Deadlines

Autumn Term:

11-a-side football: **11 October 2019**

5-a-side football (Men's and women's Leagues): **18 October 2019**

Netball and Badminton: **23 October**

Spring Term:

5-a-side football (Men's and women's leagues): **31 January**

Netball and badminton: **5 February**

League Dates

Autumn Term:

11-a-side football: **16 October – 4 December**

5-a-side football: (Men's and women's leagues): **23 October - 4 December**

Netball and badminton: **27/28 October - 02/03 December**

Spring Term:

5-a-side football (Men's and women's leagues): **12 February – 25 March**

Netball and badminton: **9 February - 22 March**

Campus Leagues



5-a-side men's football



11-a-side men's football



Women's netball



5-a-side women's football



Singles badminton

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

NEW Women-only activities for 2019/20

To book onto any of the activities above please contact SportBU on +44 (0) 1202965012 or come to SportBU Reception, Talbot Campus.

Girl Power

This is a 6 week course covering introduction to weights; fixed resistance machines; targeted cardio workouts and even Programming & Nutritional advise!



Campus Events

Autumn term:

American pool
Raveminton (UV badminton)
Ravepong (UV table tennis)

Spring term:

Rugby 7s
Kin Ball (Giant football)
Step Up (Mixed sport tournament)

Summer Term:

Volleyball

For more information regarding dates and prices, as well as to register yourself and/or your team, visit **SportBU (Talbot Campus)** or call **01202 965012**.



Running activities

Weekly & Themed runs

Throughout the year we are running large scale running events. These are open to anyone that would like to 'give it a go'. These themed runs will include colour runs, beach, heathland and woodland runs and even get the athletics club experience at Bournemouth Athletics Ground.



Colour Run

2 October



ResLifeBU



ResLifeBU and Campus Sport at SportBU have teamed up over the past three years to form a partnership that ensures your physical, emotional and mental wellbeing can be kept in tip-top condition.

ReslifeBU 5-a-side football leagues new for 2019-20!
Benefits include:

- Discounted entry fee
- Free branded football shirts
- Monthly social activities on offer
- Dedicated Facebook group

Book your place for just £25 per person.

Call SportBU on +44 (0)1202 965012 to book on.

RELAYS

The Regional Educational Legacy in Arts and Youth Sport (RELAYS) Programme is an innovative and ambitious project with the aim of inspiring young people and their communities to participate in, create and promote cultural and sporting activities.

RELAYS provides university students with practical opportunities designed to complement academic aspects of their chosen degree. We are person centred, and our primary goal is to develop key employability skills in a variety of roles such as sports coaching, leading Campus Sport Social Sport sessions, media, events management, performance analysis, officiating and more. We offer a number of different pathways and links such as primary and secondary schools coaching, sports clubs and involvement in



the local community via youth services, as well as many events throughout the academic year. RELAYS collaborates with partner organisations such as AFC Bournemouth, ActiveDorset and NCS delivering diverse sessions to all ages and abilities.



Find us on Facebook: RELAYS Dorset & RELAYS BU. Email us: relays@bournemouth.ac.uk

Students' Union at Bournemouth University (SUBU)

StepUp
Mixed Sports
Tournament:
07 March
2020



SUBU and the Activities Department are a couple more great places to get involved in sport.

The Campus Sport team work closely with SUBU's Activities department to promote their programme of sports and activities. 'Give it a Go' week, 'Re-Freshers Fayre' and 'University Mental Health Day' are just some of the events that we work with SUBU on.

*register at SportBU Reception



£30 for three months of swimming
That's 33p per day

Usually £4.95 per swim, saving you money!

Participating Leisure Centres:

Dolphin Swimming Pool:
Kingland Road,
Poole, BH15 1TN

Rossmore Leisure Centre:
Herbert Ave, Parkstone,
Poole, BH12 4HR

everyone
ACTIVE

Register now at SportBU Reception