



AIM HIGH

Welcome to active life at Bristol
#WeAreBristol

~~IT'S RAINING~~
~~IT'S TOO COLD~~
~~IT'S LATE~~

LET'S GO

~~IT'S TOO EARLY~~
~~I'LL GO TOMORROW~~
~~I'M TIRED~~

- Over 70 sports clubs and societies to choose from
- Flexible memberships to suit your needs
- Huge variety of classes to keep fit and have fun
- Leadership, volunteering and coaching schemes
- Support for top athletes on our Performance Sport programme

"You'll never leave a sports session wishing you hadn't gone"

Alex, MSc Engineering

WE ARE BRISTOL

University of Bristol Sport and Bristol Students' Union work together to provide a wide range of opportunities for our students, so whether you want to represent the University in a competition, or simply take a yoga class with your friends after lectures, you'll find something here for you.

You don't need us to tell you about all the benefits of sport and activity; it's well known how positive an effect it can have on your mental and physical wellbeing, and doing extracurricular activities also looks good on your CV. Taking part in sport can help you settle into university life, it's a great way to meet new people and make lasting friendships. You can also further develop your employability skills with our leadership, volunteering and coaching programmes.

Joining one of our many sports clubs and societies, and competing in the BUCS (British Universities and Colleges Sport) leagues is a source of pride for many of our students, and we are absolutely delighted to have finished 8th in the BUCS league in 2017/18. Many of our clubs receive support from professional coaches to help them achieve their full potential.

Here at Bristol, sport and activity are more than just a one off session; it's about belonging to a community of students, passionate about living life well. We are keeping active, we are winning, we are Bristol.

Matt Birch - Director of Sport, Exercise and Health

Ginny Troughton - Sport & Student Development Officer, Bristol SU



B:ACTIVE

Student life is busy and can sometimes be a little intense, so we understand it's not always easy to fit sport or activity into your day. Here at the University of Bristol there are lots of ways to be active that don't need a lot of time, a membership, specialist equipment, or committing to a team's training sessions. We want you to stay happy and healthy whilst you study, so we've come up with a varied programme of classes and activities designed to suit even the busiest of schedules.

Intramural

Don't fancy yoga? How about playing football, netball, hockey, badminton or basketball on a casual basis? They're all part of our Intramural programme. Anyone can play, just find yourself a team among your friends, hall or course and apply online: www.bristolsu.org.uk/intramural



Our activities

- B:Active Residences - A programme of free activities exclusively for those living in University accommodation, based in or near your Halls.
- B:Active Campus - Free or low cost large capacity classes and social sports sessions held at Bristol SU or the Indoor Sports Centre.
- B:Active Pulse - Wide range of classes for those with the appropriate sports membership. Over 95 sessions a week to choose from during term time and online booking to reserve your space.
- Fit & Fabulous - Classes for those who identify as women and held at Bristol SU.



B:ACTIVE CAMPUS

With a £5.99 a month #WeAreBristol sports membership, you can get unlimited access to all the timetabled B:Active Campus sessions. Or you can pay-as-you-go for £2 per session and some are even free! From boxercise to swimming, dance fit to social badminton, you can try something different every day.



"I think the fact that this University offers free exercise for everyone is a brilliant and incredibly unique aspect of Bristol, and it's something that I can't recommend enough to other students! It's how I've met a lot of my friends, how I've coped with the stress of my course and improved my physical strength too".

Amelia, BSc Psychology

CLUBS + SOCIETIES

With over 70 student-led sports clubs and societies, Bristol is a great place to continue your hobbies or pick up new ones.

Love lacrosse? Fancy fencing? Crazy about cricket? With so many sports to choose from, we recommend heading to our SU Welcome Fair on Friday 28 September to meet the clubs and see what's on offer.

> #WeAreBristol Welcome 29 & 30 September

Our welcome events will enable you to try out for a club, jump in to a new activity, and experience the community in a friendly social atmosphere.

Find out more and register: bristol.ac.uk/sport/welcome



- Aikido
- American Football
- Archery
- Athletics & Cross Country
- Badminton
- Basketball
- Boat (rowing)
- Boxing
- Canoe
- Cheerleading
- Clay Pigeon
- Climbing
- Cricket
- Cycling
- Dance
- Darts
- Dodgeball
- Fencing
- Football (women's/men's)
- Futsal
- Gliding
- Golf
- Hockey (women's/men's)
- IceSoc
- Ju Jitsu
- Judo
- Karate
- Kickboxing
- Kitesurfing
- Korfball
- Krav Maga
- Kung Fu (Shaolin Temple)
- Kung Fu (Wing Chun)
- Lacrosse (ladies)
- Lacrosse (men's & mixed)
- Lifesaving
- Mixed Martial Arts
- Muay Thai
- Muscle & Athletic Sports Society (MASS)
- Netball
- Orienteering
- Pilates
- Pole fitness
- Polo
- Quidditch
- Referees
- Riding
- Rugby (women's/men's)
- Rugby League
- Rugby (touch)
- Sailing
- Skydiving
- Snowsports
- Squash
- Surf
- Swimming & Water polo
- Synchronised Swimming
- Table tennis
- Taekwondo
- Tennis
- Trampoline & Gymnastics
- Triathlon & Pentathlon
- Ultimate Frisbee
- Underwater
- Volleyball
- Windsurfing
- Yoga

PERFORMANCE SPORT

We're here to help you train, compete and achieve your sporting goals during your time at Bristol. As one of the top 10 universities for sporting achievement in the UK, we have a dedicated team of coaches and support staff to help you to reach your full sporting potential.

Competing at the top level?

Get in touch with performance-sport@bristol.ac.uk



"I've really enjoyed getting to know my fellow Performance Squad athletes and seeing how successful they are both at sport and academically is really inspiring and drives me to do the same".

Lucy Attwood, BSc Maths

UBWRFC / England Seniors / Bristol Bears Women



TOP 10 UNIVERSITY

"We're absolutely delighted to have finished 8th in the BUCS (British Universities Colleges Sport) league in 2018, and we will support our clubs to continue their success in 2018/19 and beyond".

Matt Paine

Performance Sport Manager



Eboni Beckford-Chambers, LLB (hons). Netball Gold Medallist, Commonwealth Games 2018

Squad

The Performance Squad is set up to support and develop the journey of our most-talented athletes who are combining sporting excellence with their studies.

Benefits include:

- Free Active Plus sports membership worth £225 pa
- Specialist Strength & Conditioning coaching/facilities
- Individual Nutritional and Sports Psychology services
- Personalised athlete development plan
- Personal mentor for academic and sport
- Annual Squad residential and events throughout the year
- Financial support bursaries available to help fund training and competition costs (on application)

SCHOLARSHIPS

10 VC Scholarship packages available for new students ranging from £1,500-£3,000 per annum. Applications from September 2018 - March 2019.

More details on the squad and scholarships are available on our website.

COACH, LEADERSHIP + VOLUNTEERING



Timeout

Our tailored support programme for students undertaking a leadership position (captain or committee member) within a sport club or society. Time Out is a programme to help you make the most of the leadership opportunity you have.



Coaching

We offer various levels of support for those already involved in coaching, and for those interested in learning how. Coaching sport is all about helping players to reach their full potential and can be a hugely rewarding experience. We can even provide financial support to help you to undertake qualifications.



Game Changers

Game Changers is an award winning teaching programme that allows you to pick up a wide range of new skills and boost your employability through the medium of sport. This offers flexible and rewarding opportunities that will sit perfectly alongside your studies. Volunteer at events such as the Festival of School Sports, Varsity Series, and This Girl Can.

University of Bristol and Bristol SU | Sport



GET INVOLVED



"This programme massively boosted my confidence and I thoroughly enjoyed myself. I've learnt how to actively engage young people of different age ranges and think on my feet. It's given me some great ideas of what I could be good at in the future."

Emma, MSc Health & Nutrition

bristol.ac.uk/sport/participate

#WeAreBristol Colour Run



Take part!

#WeAreBristol Colour Run

Saturday 29 September

Coombe Dingle Sports Complex

bristol.ac.uk/sport/welcome

OUR FACILITIES

> Indoor Sports Centre

In 2018 the Indoor Sports Centre underwent a £4.9 million pound redevelopment, increasing the capacity of the Gym by 30% and making it one of the best equipped gyms in the South West. Complete with cardiovascular stations, stretching area, free weights room and new CrossFit style rig.

Qualified personal trainers are on hand to offer support.

Our three studios host over 95 different classes per week.

The Sports Hall is available to book for club use or just for fun.

Our Sports Medicine Clinic offers free drop in sessions and discounted treatment services to all students.



< Swimming Pool

Situated within the Students' Union Building, our Swimming Pool is 32m long at its full length (usually set to 25m), with 6 lanes and ranging from a depth of 1.2 to 4m.

The Pool is open to students, staff and the general public, with membership and PAYG options available.

Students wishing to learn to swim or improve their skills can enrol on classes for beginners and intermediate swimmers.



^ Coombe Dingle Sports Complex

Outdoor grass and artificial pitches, Tennis Centre and the home ground of our outdoor-based sports clubs.

In 2017 we unveiled a new 3G artificial pitch, new changing facilities and resurfaced our hockey pitches.

The Tennis Centre houses 4 indoor and 10 outdoor courts.

The Olympic weight-lifting gym and erg room are exclusively for student use and club training sessions.

> Students' Union

Along with the Swimming Pool, the SU also houses three large studios for dance and exercise classes.

✓ Boat House

The University Rowing Club is based at Saltford Rowing Centre, halfway to Bath along the beautiful river Avon.



MEMBERSHIPS

#WeAreBristol

- Casual bookings (outdoor tennis, sports hall & squash)
 - Access to club training sessions (& BUCS)
 - Attend B:Active Campus sessions

Active #1

#WeAreBristol benefits +
Choose **one** of the following:

- Off-peak Gym
- Off-peak B:Active Pulse Classes
- Swimming

Active #2

#WeAreBristol benefits +
Choose **two** of the following:

- Off-peak Gym
- Peak Gym*
- Off-peak B:Active Pulse Classes
- Swimming

Active #3

#WeAreBristol benefits +
All of the following:

- Off-peak Gym
- Off-peak B:Active Pulse Classes
- Swimming

Active Plus

- #WeAreBristol benefits +
 - Anytime Gym
 - Anytime B:Active Pulse Classes
 - Swimming
 - Discounted indoor tennis court hire
- Free access to 50+ UK universities' Gyms with BUCS UNiversal (only with annual payment)

*Peak Gym can only be combined with Off-peak Gym on Active #2
Off-peak = weekdays between opening and 3:30pm + all weekend
Peak = 3:30pm until close on weekdays

Student memberships

As a student, you're welcome to take out any one of our five flexible memberships at any time. The #WeAreBristol pass is the foundation of all our memberships, and a must for those that want to train with a sports club and attend lots of fun B:Active Campus sessions. You can then choose to combine it with swimming, gymming, B:Active Pulse classes or all three, just pick the right package for you.

Our memberships are really flexible; you can join at any time of the year, choose to pay by monthly direct debit or single annual payment and upgrade whenever you fancy.

If paying by direct debit, you'll have the option to cancel at any time with no cancellation fee, you'll just need to give us 30 days notice that you wish to leave. A non refundable joining fee of one month's membership is applied to all monthly direct debit memberships.

Want to save money? Take out an annual membership. There's no joining fee and you'll get 12 months for the price of 9. Annual memberships are valid for 12 months from date of purchase and are non-refundable**.

Finally, annual Active Plus members now get free access to 50+ Gyms across the UK at participating universities with the BUCS UNiversal scheme, great for staying fit in the holidays.

Student memberships	Monthly direct debit	Annual payment
#WeAreBristol	£5.99	£54
Active #1	£15.99	£144
Active #2	£19.99	£180
Active #3	£21.99	£198
Active Plus	£24.99	£225

**Except in exceptional circumstances, please see website for terms & conditions

SPORTS MEDICINE CLINIC

Our multi-disciplinary sports medicine team provides a range of services to improve performance and prevent injury, with free drop in assessment sessions and discounts on treatments for students with memberships.

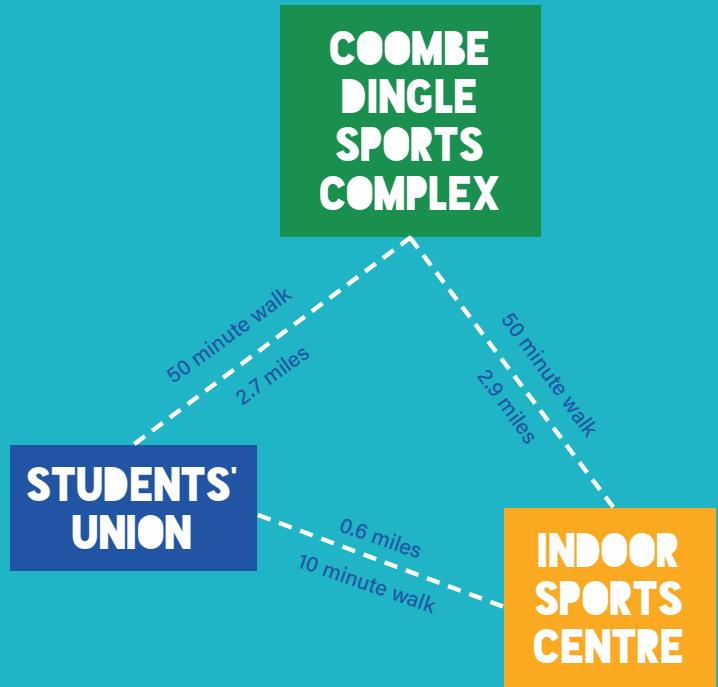
- Physiotherapy
- Osteopathy
- Sports Massage
- Acupuncture



GET CONNECTED

#WeAreBristol

@bristolunisport



No.3 bus to Coombe Dingle from The Triangle
21 minute journey, up to every 20 mins

Indoor Sports Centre

Tyndall Avenue
Clifton
BS8 1TP
0117 928 8810

Swimming Pool

Richmond Building,
Queen's Road
BS8 1LN
0117 331 8577

Coombe Dingle

Coombe Lane
Stoke Bishop
BS9 2BJ
0117 962 6718

The Boathouse

Saltford Rowing Centre
Bath Road
BS31 3JN