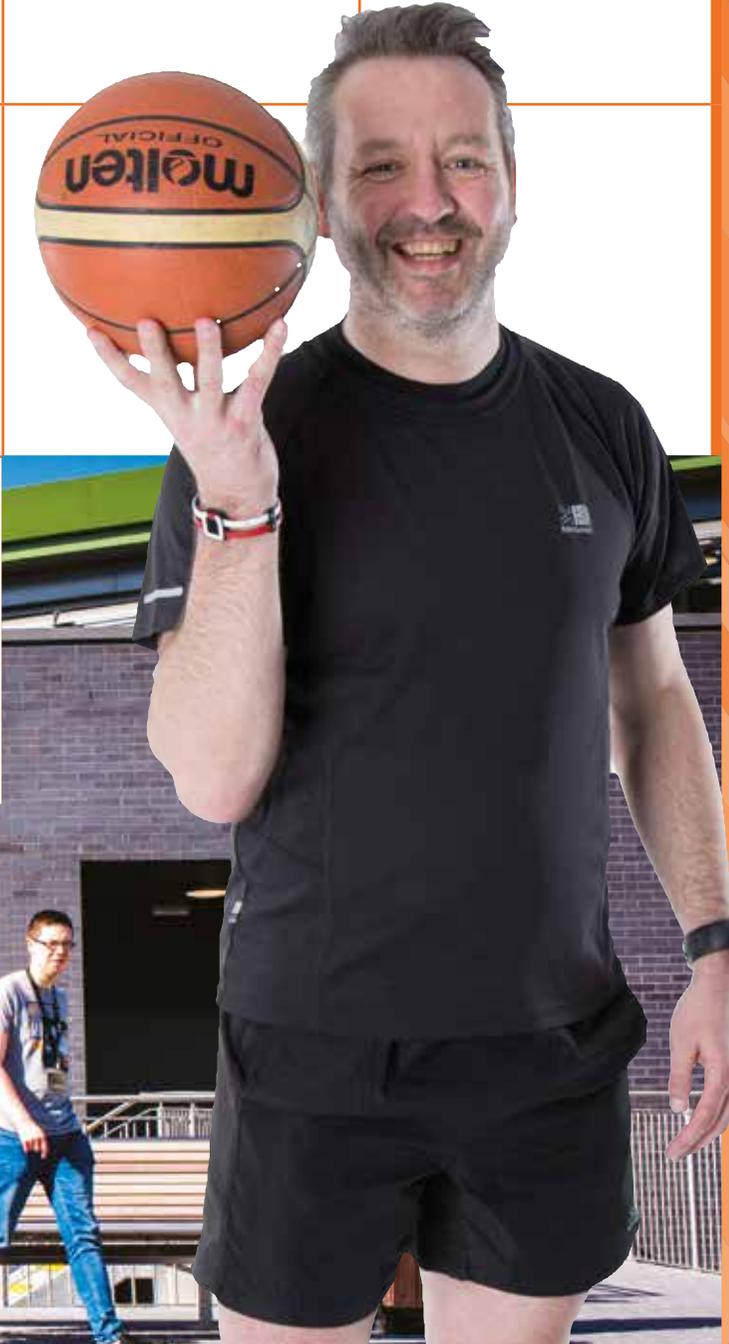


TIMETABLE—Derby campus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Archery 12.30pm-1.30pm Sports Centre, Sports Hall £3 per session</p>	<p>Football 12pm-1pm Sports Centre £2 per session</p>	<p>Climbing 5.30pm-6.30pm Sports Centre, Climbing Wall £3 per session</p>	<p>Running 12.30pm-1.30pm Meet in Sports Centre FREE SESSION</p>	<p>Indoor Football 12pm-1.30pm Sports Centre, Sports Hall £2 per session</p>	<p>Skiing/ Snowboarding 1pm-3pm Stoke Ski Centre £10 per session</p>
<p>Badminton 4pm-5.30pm Sports Centre, Sports Hall £2 per session</p>			<p>Badminton 1pm-2pm Sports Centre, Sports Hall £2 per session</p>		
<p>Squash 4pm-6pm Sports Centre, Squash Courts £2 per session</p>			<p>Men's Basketball 5pm-6.30pm Sports Centre, Sports Hall £2 per session</p>		

For more information on how to get involved:

Call: 01332 592804

E-mail: sportscentre@derby.ac.uk

Visit: Udo or ID

FAQ'S

WHAT IS SOCIAL SPORT?

Activities that are available to **ALL** University of Derby students and staff members. You can be active in a fun and social environment, and it doesn't matter whether you are a complete beginner or a seasoned pro! If you cannot attend for the full duration just come for as long as you please

HOW TO BOOK

Sessions on-campus don't require pre-booking. Sessions off-campus require at least 24 hours advance booking

COST

Full members get all on-campus activities included in their membership

WHAT TO WEAR

Most of our sessions are really laid back and no specific clothing is needed. Please just be aware that footwear must adhere to the Sports Centre regulations.

Skiing:

We ask that you wear weather appropriate clothing. However, these must be long sleeved

CHANGING ROOMS

We have changing rooms in the Sports Centre available for you to use. We also have lockers for you to keep your belongings safe

TRANSPORT

Free transport is available for the following sessions:

- Skiing

This will need to be pre-booked when paying for the session

OTHER

*Please note that sessions are subject to change throughout the year

SOCIAL SPORT

Archery

This ancient sport of warriors provides a change of pace where skill, judgment and a level head count for more than adrenaline. Our qualified instructors will give you a full brief on the correct technique to ensure you hit the gold bullseye every time!

Badminton

This is the low cost way to play badminton for relaxed, social game-play for players of all abilities. Grab the opportunity to enjoy convenient weekly court time that gets you swinging a racket for fun and fitness with people like you.

Climbing

Reach new heights by taking on the climbing wall. It's a great challenge that will get support levels rising, healthy competition brewing and a chance to see the University from a different perspective.

Football

Come and join our social kick around and enjoy our fun and informal way to play the game. Our session is great for those that want to just play without committing to a team or league.

Indoor Football

Fast, tactical, fun and intense. This session will have you sprinting from one end of the sports hall to the other in a matter of seconds.

Skiing/ Snowboarding

This is a great introduction to snow sports and will have you ready to take on the Alps in no time! Aimed at getting you skiing and snowboarding confidently on slopes and over some of the varying terrain. By the end of the programme you should be able to parallel or even carve your skis, which would open up most of the worlds ski slopes to you.

Men's Basketball

Bounce back into action in our fun and social basketball sessions. It's a great way to get active and learn or develop your skills.

Table Tennis

Come and have a go at table tennis in the Sports Centre. Situated on level 1 of the centre, just ask for bats and balls at reception. This activity is available during the Sports Centre opening hours and is free of charge.

Running

If you are considering stepping out and taking up running for the first time, then we've got the perfect opportunity to kick-start your journey! No matter what your level is, the activators will be able to choose the route and pace and match it according to your ability.

Squash

Squash is a fast and fun racket sport played by two (singles) or four players (doubles) in a four-walled court with a small, hollow rubber ball. Social Squash provides weekly sessions for students who want to try the game or play regularly in a cheap, safe, non-competitive and social environment.

