



Autumn Term 2017 EASTON CAMPUS - EXTRA CURRICULAR ACTIVITIES

MONDAY				
ACTIVITY	STAFF	VENUE	SART	FINISH
Rugby: Open session for all students, all abilities welcome	Nick Greenhall	3G Pitch – Meet outside the outdoor changing block.	1.00pm	1.45pm
Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor.	Rui Rodrigues	Gym - SC001	1.00pm	2.00pm
Badminton: Four courts available and all equipment provided social session with some structure (not available for sports students)	Hayley Collison	Sportshall - SC002	1.00pm	2.00pm
TUESDAY				
ACTIVITY	STAFF	VENUE	SART	FINISH
Basketball: Open session for all students, all abilities welcome	Paul Loveday	Sportshall - SC002	1.00pm	2.00pm
This Girl Can Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor.	Rui Rodrigues	Gym - SC001	1.00pm	2.00pm
Table Tennis: Open session for all students, all abilities welcome	CSF coach	Sportshall - SC002	1.00pm	2.00pm
WEDNESDAY				
ACTIVITY	STAFF	VENUE	SART	FINISH
Ninja Warrior Easton: Sign up to take part in a series of challenging and fun obstacle courses.	Deer House park – this will start 20 th September 2017		1.10pm	2.00pm
5-A-Side Football: Turn up and play 5 aside, quick rotational games. Teams allocated on the day. Open for sports and public students only	Paul Loveday & Peter Silvester	Sportshall - SC002	1.00pm	2.15pm
Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor.	Hayden Daniels	Gym - SC001	1.00pm	2.00pm
Yoga: Open session for all students, all abilities welcome	SC111- this will start 20 th September 2017		1.15pm	2.00pm
Netball: Team training, structures practices and matches.	Zoe Groves	Sportshall – SC002 / MUGA	2.15pm	3.15pm
Basketball: Team training, structures practices and matches.	Matt Robinson	Sportshall – SC002 / MUGA	2.15pm	3.15pm
Tennis: Two courts available and all equipment provided social session with some structure.	Steve Breese	Dome	2.15pm	3.15pm
Ninja Warrior Easton: Sign up to take part in a series of challenging and fun obstacle courses.	Deer House park – this will start 20 th September 2017		2.15pm	3.15pm
Strength & Conditioning Session: A structured support session delivered by a qualified instructor.	Rui Rodrigues	PCA - SC007	2.15pm	3.15pm
Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor. Open for Sports and Public service students only.	Hayden Daniels	Gym - SC001	2.15pm	3.15pm
Volleyball: Combination of structured practices and fun games.	Matt Robinson	Sportshall - SC002	3.15pm	4.15pm
Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor. Open for Sports and Public service students only.	Hayden Daniels	Gym - SC001	3.15pm	4.15pm
Boxercise: An exercise class that aimed at full body conditioning.	Rui Rodrigues	PCA - SC007	3.15pm	4.15pm
Running Club: Structured training to increase speed and endurance running over a variety of distances. Open for Sports and Public service students only.	Paul Evans/Karl Chapman	Meet outside the outdoor changing block	3.15pm	4.15pm
THURSDAY				
ACTIVITY	STAFF	VENUE	SART	FINISH
Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor.	Rui Rodrigues	Gym - SC001	1.00pm	2.00pm
Unihoc: Open session for all students, all abilities welcome	Hayley Collison	Sportshall – SC002	1.00pm	2.00pm
FRIDAY				
ACTIVITY	STAFF	VENUE	SART	FINISH
Gym Session: Students can book an induction at the sports centre and then access the gym with support from a qualified instructor.	Rui Rodrigues	Gym - SC001	1.00pm	2.00pm
Dodgeball: Open session for all students, all abilities welcome	Matt Robinson	Sportshall – SC002	1.00pm	2.00pm