Welcome to active life at Bristol

#WeAreBristol

www.bristol.ac.uk/sport   @bristolunisport
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

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 in the top 10 in the BUCS league in 2016/17. 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, Sport, Exercise and Health
John House - Sport and Student Development Officer, Bristol SU

www.bristol.ac.uk/sport
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.

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/course and apply online at www.bristolsu.org.uk

Intramural

University of Bristol and Bristol SU | Sport

B:Active Residences - A programme of free activities exclusively for those living in University accommodation.

B:Active Campus - Free or low cost large capacity classes held at Bristol SU or the Indoor Sports Centre.

B:Active Fit & Fabulous - Classes for those who identify as women and held at Bristol SU.

B:Active Pulse - Classes for those with the appropriate sports membership. Over 50 sessions to choose from and online booking to reserve your space. Some classes available on pay as you go basis.

B:Active Clubs - Sessions for sports clubs and societies training.
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 Welcome Fair on Friday 22 September to meet the clubs and see what’s on offer.

Fresh Sport

Sign up for pre-arrival information on our try-outs events at the start of term.

www.bristol.ac.uk/sport/fresh

www.bristolsu.org.uk/sports-societies

Lacrosse (men’s & mixed)
Lifesaving
Mixed Martial Arts
Muay Thai
Muscle & Athletic Sports Society (MASS)
Netball
Orienteering
Paddleboarding
Pilates
Pole fitness
Polo
Referees
Riding
Rugby (women’s/men’s)
Rugby League
Rugby (touch)
Sailing
Skydiving
Snowsports
Squash
Surf
Swimming & Water polo
Table tennis
Taekwondo
Tennis
Trampoline & Gymnastics
Triathlon & Pentathlon
Ultimate Frisbee
Underwater
Volleyball
Wakeboard & Waterski
Windsurfing
Yoga
Performance Sport, Squad and Scholarships

**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

---

**TOP 10 UNIVERSITY**

“We’re absolutely delighted to have come 9th in the BUCS (British Universities Colleges Sport) league in 2017, and we will support our clubs to continue their success in 2017/18 and beyond.”

Matt Paine, Performance Sport Manager

---

**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
- Specialist Strength & Conditioning coaching/facilities
- Nutritional and Sports Psychology services
- Personalised athlete development plan
- Year-round support from team
- Annual Squad residential and events throughout the year
- Financial support bursaries available to go towards training and competition costs (on application)

---

**Scholarships**

10 VC Scholarships of £1,500 per annum available for new students. Applications from September 2017.

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

---


---

www.bristol.ac.uk/sport/performance
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 undertake qualifications.

Meet a volunteer

“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

Leadership

Through our institutionally recognised Leadership Programme we provide experience, skills and knowledge to give you the confidence to help us make sport and physical activity accessible to all Bristol students. The programme is open all year round and fits flexibly with your studies.

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 undertake qualifications.

Volunteering

Supporting student sport or volunteering within the community is a fantastic way to increase your employability and add to your student experience while at Bristol. The Bristol PLUS Award, offered by the Careers Service, is a superb way to record these interests and reflect on what you have achieved.

University of Bristol and Bristol SU | Sport

www.bristol.ac.uk/sport/participate

The Varsity Series

Each year over 2000 students from the University of Bristol and the University of the West of England (UWE) go head to head over a series of sporting events running from October to May.

www.bristol.ac.uk/sport/varsity
Indoor Sports Centre
The Health and Fitness Suite is one of the best equipped gyms in Bristol, with cardiovascular stations, stretching area and free weights room.
Qualified personal trainers are on hand to offer support.
Our three studios host over 50 different classes, the perfect opportunity to try something new.
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, 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 or PAYG options available.
Students wishing to learn to swim or improve their skills can enrol in 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 brand 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 is exclusively for student use and club training sessions.

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

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

#WeAreBristol = £5.99
• Casual bookings (outdoor tennis, sports hall & squash)
• Access to club training sessions (& BUCS)
• Access to B:Active Campus programme

Active #1 = £15.99
#WeAreBristol benefits +
Choose one of the following:
• Standard Gym
• Standard Classes
• Swim

Active #2 = £19.99
#WeAreBristol benefits +
Choose two of the following:
• Standard Gym
• Premium* Gym
• Standard Classes
• Swim

Active #3 = £21.99
#WeAreBristol benefits +
All of the following:
• Standard Gym
• Standard Classes
• Swim

Active Plus = £24.99
• #WeAreBristol benefits +
• Standard & Premium Gym
• Standard & Premium Classes
• Swim
• Discounted indoor tennis court hire

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 access loads of fun B:Active Campus sessions. You can also combine it with swimming, gymming, B:Active Pulse classes or all three, just pick the right Active package for you.

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

If paying by monthly 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 if 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 yourself money? Take out an annual membership. There’s no joining fee and you’ll get 12 months membership for the price of 9. Annual memberships are valid for 12 months from date of purchase.

### Monthly direct debit

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly direct debit</th>
<th>Annual payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>#WeAreBristol</td>
<td>£5.99</td>
<td>£54</td>
</tr>
<tr>
<td>Active #1</td>
<td>£15.99</td>
<td>£144</td>
</tr>
<tr>
<td>Active #2</td>
<td>£19.99</td>
<td>£180</td>
</tr>
<tr>
<td>Active #3</td>
<td>£21.99</td>
<td>£198</td>
</tr>
<tr>
<td>Active Plus</td>
<td>£24.99</td>
<td>£225</td>
</tr>
</tbody>
</table>

*Premium Gym can only be combined with Standard Gym on Active #2
Indoor Sports Centre
Tyndall Avenue
Clifton
BS8 1TP
0117 928 2210

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

Coombe Dingle
Coombe Lane
Stoke Bishop
BS9 2BJ
0117 962 6718

GET CONNECTED
@bristolunisport
@uobsport
#WeAreBristol

No.16 bus to Coombe Dingle from The Hawthorns = 27 minute journey