



University of  
BRISTOL



# Sport, Exercise and Health

Public Memberships



# Bristol's best kept secret

## The Indoor Centre

The University of Bristol is the place to be if you have an interest in sport or physical activity. We have wonderful facilities, in superb locations offering the chance to take part in a huge range of healthy pursuits. A wide range of exercise classes, courses and activities for all ages, designed to help you to get the most from your leisure time, get fit, stay healthy **and lots more!**

**“we value your health - come and join us”**  
University of Bristol,  
Sport, Exercise and Health



### The Pulse

The health and fitness suite contains state of the art equipment for fitness training and conditioning, ideal for the person exercising for health or individual fitness goals. Personal training and fitness MOT's are available from our qualified instructors. Members can use the free weights area. New users to the health and fitness suite must complete an induction/screening session which is included in the membership fee.



### Studios One and Two

Studios One and Two are spacious and well equipped and are used for a variety of exercise classes, including spinning, circuits, yoga and Pilates. There are classes available to suit everyone's wants and needs, which are fun and a great way to enjoy exercise. A detailed list of exercise classes can be found on [www.bris.ac.uk/sport/facilities/indoor/classes/](http://www.bris.ac.uk/sport/facilities/indoor/classes/)



### Sports Hall

The double-court sports hall is used for Five-a-side Football (2 courts), Basketball (2 courts), Volleyball (2 courts), Badminton (6 courts), Netball (2 courts), Cricket nets, Circuit training and Table Tennis (6 tables). With viewing gallery overlooking the sports hall why not organise an event and get your friends to come and support you.



### Jogging Track

An elevated jogging track is situated above the sports hall and doubles up as a balcony for spectators. Members can use the jogging track to warm up before using the gym or playing sport in the sports hall.



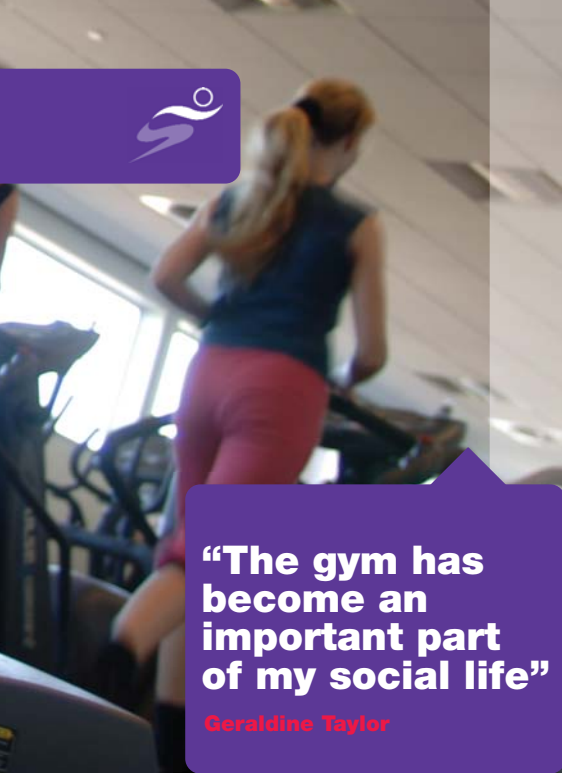
### Squash Courts

The University has access to 4 glass backed courts at the nearby Bristol Grammar School situated 2 minutes from the indoor centre and also has access to 2 courts at the Kingsdown Sports Centre situated 5 minutes from the indoor centre.



### Sports Medicine Clinic

The Sports Medicine Clinic provides professional physiotherapy, sports massage therapy, osteopathy, acupuncture, running gait analysis, injury prevention and rehab and free open clinics by appointment. Insurance Company approved (BUPA, AXA, PPP).



**“The gym has become an important part of my social life”**

**Geraldine Taylor**



# The exerciser

One visit to ‘The Pulse’ will give you all the motivation you need to achieve your goal, whether that is to get fit, lose weight, or just stay healthy.

Our staff members are professional, friendly and will offer you personal advice ranging from a structured personal training session to simple technical correction. Your needs will always be approached in a positive and understanding manner.

Sport, Exercise and Health at the University of Bristol offers a range of exercise classes taught to a very high standard. Classes vary throughout the year and timetables are available on our website and at the reception desk.

[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

# The swimmer

The Swimming Pool is situated in Clifton and has the reputation of being the best 'swimmers' pool in Bristol. We offer a wide and varied programme to cater for all standards of swimmers from beginners to improvers.

We offer swimming lessons and tailored 1-2-1 coaching for adults and children, and offer flexible membership payment schemes to suit all members of the public.



**“It’s a very good way to relax and de-stress at midday”**

**Janice Bigwood**



**“Coombe Dingle is a first class sporting venue set in beautiful grounds with friendly and professional staff who are always happy to help.”**

**Bob Chandler**

# The tennis player

The Coombe Dingle Sports Complex is a superb sporting facility which provides a unique atmosphere, set in a tranquil residential area of Bristol serving the community. Emphasis is placed on quality and the combination of a wide range of outdoor and indoor opportunities for all ages and abilities.

Not just sport! Coombe Dingle has an on-site rehabilitation centre providing massage and physiotherapy and specialist exercise classes for parents and toddlers providing something for everyone.


On site bar and catering facilities provide an excellent way to unwind either after sport or for those who just want to spectate.

# The all-rounder

Just starting out, returning from injury - just not quite sure of what is best for you? This is a great place to start your fitness quest.

A truly multi disciplinary team of highly trained, professional staff on hand to assess your individual needs.

We now have 2 clinics: one at our well established Tyndall Avenue site, and one at the University's outdoor sports facility at Coombe Dingle.



**“I am now living a normal life, completely free of pain, solely due to the help, advice and treatment received from this team of professionals who have worked in unison to effect my full recovery”**

**Sarah Sampson**





**“The classes are extraordinary good value for money, exercises are graded to meet our individual needs and provides an opportunity to make new friends.”**

**Sylvia Butterfield**



# The community

Our facilities and services are open to all members of the public. Are you an early bird exerciser, mum on the run, silver but sporty? We are open from 7.00am Monday to Friday and at weekends so you have no excuse not to pop in on your way to work, after the school run or if you're retired with time on your hands! We offer a wide range of activities to suit all ages from individual community exercise programmes, general and post natal pilates classes, exercise to music classes and supervised gym sessions with experienced highly qualified instructors, who will support, encourage and assist in achieving your personal goals.

Late starter? It's never too late to start a new sport or personal exercise programme whilst having some fun. Our 'Just Sport' programme promises no hassles, no barriers and requires absolutely no experience, so why not come along and find out what we can offer you.

Our highly trained physiotherapist, sport massage therapists and osteopath can treat people of all ages, from the non exerciser to the elite athlete, with free open clinics held twice a week. Registered for all health insurance claims – BUPA, AXA and PPP.

**Visit our website [www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport) or telephone 0117 928 8810 for further information and prices**

Memberships	Universal	Gym Only	Vacation	Tennis Only	Squash Only	Swimming Only
<b>Free Entry Indoor Centre, Squash &amp; Pool</b>	✓	Gym Only	✓	Tennis Only	Squash Only	Swimming Only
<b>Advance Booking Days (courts)</b>	7	N/A	7	8	7	N/A
<b>Unlimited Swimming</b>	✓	N/A	✓	N/A	N/A	✓
<b>Inductions</b>	✓	✓	✓	N/A	N/A	N/A
<b>Unlimited Gym</b>	✓	✓	Vacations Only	N/A	N/A	N/A
<b>Course Discounts</b>	✓	✓	✓	✓	✓	✓
<b>Sports Hall Advance Bookings</b>	✓	N/A	✓	N/A	N/A	N/A
<b>Discounted Sport Medicine Services</b>	✓	✓	✓	✓	✓	✓
<b>Discounted Exercise Classes</b>	✓	✓	✓	N/A	N/A	N/A
<b>Discounted Tennis Courts</b>	✓	N/A	✓	✓	N/A	N/A

\*Flexible payment options available for Gym, Swimming and Universal memberships.

# Facilities at a glance



## Gym, Studios and Sports Hall

**A wide range of exercise classes, courses and activities for all ages, designed to motivate and help you get the most from your leisure time.**

### Opening times:

#### Gym

7.00am – 10.00pm Mon-Fri  
8.00am – 8.00pm Sat & Sun

#### Sports Hall

7.30am – 10.00pm Mon-Fri  
8.00am – 8.00pm Sat  
8.00am – 10.00pm Sun

#### Studios

Refer to programme on the website for further information.

Centre for Sport, Exercise and Health  
Tyndall Avenue, Bristol, BS8 1TP

**[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)**

All enquiries and bookings  
0117 928 8810



## Sports Medicine Clinic

**Expert professional advice in a supportive and friendly environment: Offering the services for physiotherapy, osteopathy, massage, Pilates and acupuncture. Registered for all health insurance claims.**

### Opening times:

8.00am – 10.00pm Mon – Fri

### Free Open Clinics

12.15pm – 1.00pm Mon  
12.30pm – 1.15pm Weds  
10.30am – 11.15am Thurs

Centre for Sport, Exercise and Health  
Tyndall Avenue, Bristol, BS8 1TP

**[www.bristol.ac.uk/sport/sportsmedicine](http://www.bristol.ac.uk/sport/sportsmedicine)**

All enquiries and bookings  
0117 928 8810



## Swimming Pool

**The pool has 6 lanes, is 32m long and has a moveable bulkhead to enable maximum use of the pool. The depth ranges from 1.2m to 4m and is open 7 days a week.**

### Opening times:

6.00am – 10.00pm Mon – Fri  
8.00am – 4.10pm Sat  
7.00am – 10.00pm Sun

Refer to swimming programme and timetable on the website.

University Swimming Pool  
Queen's Road, Clifton, Bristol, BS8 1LN

**[www.bristol.ac.uk/sports/facilities/swimmingpool](http://www.bristol.ac.uk/sports/facilities/swimmingpool)**

All enquiries and bookings  
0117 954 5803



## Coombe Dingle Sports Complex

**Outdoor and indoor tennis courts, netball courts, artificial and grass pitches for hire. Sports Pavilion for hire for all special occasions.**

**Highly rated junior and senior tennis coaching programme available. For further details contact Reception.**

### Opening times:

8.45am – 11.00pm Mon – Fri  
8.30am – 9.00pm Sat & Sun

Coombe Dingle Sports Complex  
Coombe Lane, Bristol, BS9 2BJ

**[www.bris.ac.uk/sport/facilities/coombe](http://www.bris.ac.uk/sport/facilities/coombe)**

All enquiries and bookings  
0117 962 6718  
or email  
[coombe-dingle@bristol.ac.uk](mailto:coombe-dingle@bristol.ac.uk)

# 10 Days for £10

### Terms and Conditions

Valid for any 10 consecutive days during vacation periods only  
[www.bris.ac.uk/sport/memberships/vacation.html](http://www.bris.ac.uk/sport/memberships/vacation.html)  
Only one offer per person  
No refunds given  
Defaced, torn or photocopied vouchers will not be accepted.

Call 0117 928 8810 to book



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**BRISTOL**

# 2 for 1 Tennis Session

### Terms and Conditions

This voucher entitles you to Buy a 1 hour court session and get a consecutive court hour free (subject to availability at the time of booking)  
Pre booking is essential  
Valid for outdoor courts only all year round.  
Only one voucher per transaction  
Not to be used in conjunction with any other offer  
Not exchangeable for cash  
Defaced, torn or photocopied vouchers will not be accepted

Call 0117 962 6718 to book



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Special introductory offer  
Centre for Sport,  
Exercise and Health



**10 DAYS FOR £10** (GYM ONLY)

Call 0117 928 8810 to Book



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All standard membership discounts apply (Off Peak and Vacation Membership only)



Coombe Dingle  
Sports Complex



**2 for 1 Tennis Session (save £7)**

Buy a 1 hour outdoor session and get a 2nd hour free

Call 0117 962 6718 to Book

Valid all year round



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**BRISTOL**



[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)



INVESTOR IN PEOPLE