

Please note that sessions are subject to change, in line with University and Government guidance. Please keep an eye on our social media, app, and website for updates.

# ACTIVE CAMPUS

## AUTUMN TERM TIMETABLE

### 19 October – 18 December 2020

#### MONDAY

12.00 – 12.45pm	1.00 – 1.45pm	7.15 – 8.00pm
3v3 Football	3v3 Football	Netball Fitness
STP Free / £3	STP Free / £3	Sports Arena Free / £3

#### TUESDAY

1.00 – 1.45pm	5.00 – 5.45pm	5.00 – 5.50pm	6.00 – 6.50pm	6.00 – 6.45pm	7.00 – 7.45pm	7.15 – 9.00pm	8.00 – 8.45pm
Staff Basketball	3v3 Football	Tennis Xpress	Cardio Tennis	Men's Basketball	Badminton	3v3 Futsal League	Badminton
Sports Arena Free / £3	STP Free / £3	Hard Courts 8 Weeks / £40	Hard Courts Free / £4	Sports Arena Free / £3	Sports Arena Free / £3	Sports Hall / £45 per team	Sports Arena Free / £3

#### WEDNESDAY

6.15 – 8.00pm
3v3 Futsal League
Sports Hall / £45 per team

#### THURSDAY

1.00 – 1.45pm	5.00 – 5.45pm	5.00 – 5.45pm	5.00 – 5.50pm	6.00 – 6.50pm	7.00 – 7.50pm	7.15 – 8.00pm
Staff Badminton	3v3 Football	Female Basketball	Tennis Intermediate	Active Tennis	Active Tennis	Yoga
Sports Arena Free / £3	STP Free / £3	Sports Arena Free / £2	Hard Courts 8 Weeks / £40	Hard Courts Free / £3	Hard Courts Free / £3	Activity Studio 2 4 Weeks / £20

#### FRIDAY

12.00 – 12.45pm	1.00 – 1.45pm	1.00 – 1.50pm	5.00 – 5.50pm	6.15 – 8.00pm
Teqball	Table Tennis	Tennis Xpress	Tennis Advanced	3v3 Basketball League
Sports Arena Free / £2	Sports Arena Free / £2	Hard Courts 8 Weeks / £40	Tennis Courts 8 Weeks / £40	Sports Hall / £45 per team

#### KEY

Social Sessions

Learn To Courses

Leagues and Tournaments

#### NEW

### ACTIVE CAMPUS SOCIAL RUNNING

As part of the Active Campus programme we are starting a running community for staff and students through England Athletics Run Together App.

For more information visit the Essex Sport website or drop us an email.

Scan the QR code for more information, or get in touch [sportsdevelopment@essex.ac.uk](mailto:sportsdevelopment@essex.ac.uk)

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## PLEASE REMEMBER

- Must book in advance
- All equipment provided
- Social sessions free for Essex Sport members
- Discount on Learn To courses for Essex Sport members
- Timetable subject to change, download the app to stay up to date



University of Essex

**MOVE MORE | BE WELL | MAKE FRIENDS**

# ACTIVE



**SOCIAL SESSIONS  
LEAGUES AND  
TOURNAMENTS  
LEARN TO COURSES  
VOLUNTEERING  
OPPORTUNITIES**  
**BOOK IN TO JOIN IN**

**FREE SOCIAL SESSIONS AND DISCOUNTS ON LEARN TO COURSES FOR ESSEX SPORT MEMBERS**

## WORK WITH ESSEX SPORT

Fancy working with our Sports Development team during your studies? We have several activator roles available across a range of sports.

Activators play a huge part in making sure students are at the heart of our planning, helping to ensure sessions are fun, welcoming, and inclusive and give students at Essex a fantastic experience through sport. They are also a great way to boost your CV, so why not drop us an email at the address below!

### FOR MORE INFORMATION




Scan the QR code for or get in touch  
[sportsdevelopment@essex.ac.uk](mailto:sportsdevelopment@essex.ac.uk)

## HOW TO BOOK

To take part in one of our social sessions or learn to courses, please book in advance to guarantee your space by using the Essex Sport app, which you can download for free on the App Store and Google Play. You can alternatively call our Essex Sport reception team on 01206 873250.

To book onto one of our campus leagues please visit the Essex Sport website for more information or find us on social media.

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