

SPORT & PHYSICAL ACTIVITY OPPORTUNITIES NEWSLETTER

VOLUME 2: SEPT 2008



student **ONLINE**

sports

survey

Have your say!

visit: www.northamptonshiresport.org/student-sport-survey - to complete the survey

Playing Volunteering Coaching



<http://www.northamptonshiresport.org/he-fe>



University Walking Group

All Students & Staff are invited to join in with regular health walks based at park campus

Next walks taking place on;

Monday 8th September @ 12noon
Monday 22nd September @ 12noon
Monday 6th October @ 12noon
Monday 20th October @ 12noon
Monday 3rd November @ 12noon
Monday 17th November @ 12noon
Monday 1st December @ 12noon

Meet on the courtyard between the Students Union and Sports Hall on Park Campus

All abilities welcome, sensible & comfortable shoes recommended, walks will take place over grass as well as paths.

For more information contact: Dan Burns, College Sports Coordinator on 07894 622475 or dan.burns@northampton.ac.uk



Badminton & Table Tennis

Free!!!
Student Badminton and Table Tennis Sessions
Just turn up and play!
All abilities welcome!

Monday Evenings
6pm til 7pm
Everdon Sports Hall
Park Campus

Starts Monday 6th October
Ends Monday 8th December

For more information contact Dan Burns, College Sports Coordinator on 07894 622475 or dan.burns@northampton.ac.uk



The University of Northampton Gym

Welcome to the University of Northampton Gym! The gym is available exclusively for staff and students of the University and is based within the Everdon Sports Hall complex at Park Campus.

The gym is equipped with state-of-the-art TECHNOGYM® equipment, including cardio-vascular, modular and free-weights. With fully qualified, friendly and helpful staff, your goals are easily achievable. We can help you get the most out of your training sessions whether you are a marathon runner in training or a complete novice. Why not pop down and take a look around, or check out the website at www.northampton.ac.uk/gym or call us on 01604 893523 (ext 3532 if you're already on campus)

- ◆ Pay as you train: £3.50
- ◆ Monthly: £20
- ◆ Quarterly: £55
- ◆ Annual: £200

All memberships include a personalized programme to help you gain the best results.



Everdon Sports Hall
Park Campus
Boughton Green Road
Northampton
NN2 7AL

01604 893532
gym@northampton.ac.uk

Bring along this coupon to get a free session at the gym!

One Free Session

THE UNIVERSITY OF NORTHAMPTON
gym@northampton.ac.uk
01604 893532

Keep an eye out for future opportunities in Rowing & Trampoline!

<http://www.northampton.ac.uk/gym>

Activities

@

Kingsthorpe College

Tuesdays

9:30am

Health Walk Group

(45 minute walk around Bradlaugh Fields)

Free to all

Meet at Main Reception

Tuesdays

23rd September onwards

4:30pm - 5:30pm

Tai Chi

£5 per session (£35 for 10 sessions)

Kingsthorpe College Dance Studio

Kingsthorpe College is located next to the University Park Campus and is a 5 minute walk from the Students Union
Contact Debbie Groom on
Deborah.Groom@kingsthorpecollege.org.uk or
01604 716106 Ext 1219



Beat Division

A BEGINNERS STREET DANCE CLASS FOR ADULTS (16+)

All abilities welcome, for fun, fitness and footwork!

When: Thursday 9th October - 13th November

Time: 6-7pm

Where: Dance Studio - University of Northampton
(Park Campus, Boughton Green Road, NN2 7AL)

Cost: £2.50 a class

Contact: katie.media@northampton.ac.uk or 01921 092771



30 minutes of moderate intensity activity, like dancing for fitness, five times a week is the recommended level of activity and will significantly benefit your health

www.northamptonshiresport.org

Moulton Student Sports Opportunities

October 2008

FREE! To all resident students

Indoor Football @ Holcot

Wednesday 1st October: 9pm til 10pm

Badminton @ Holcot

Wednesday 8th October: 9pm til 10pm

Indoor Tag Rugby @ Holcot

Wednesday 15th October: 9pm til 10pm

2-on-2 Basketball @ Holcot

Wednesday 22nd October: 9pm til 10pm

These sessions are open to all Moulton Resident Students no matter how good you are so bring your friends along as well!

Visit

www.northamptonshiresport.org/he-fe

Fitness @ Moulton

Moulton Fitness Suite

@ Holcot

Open Evenings & Weekends

Spinning Classes

@ Holcot

Mondays 5:15pm & 6:30pm

Powerlifting

@ Pitsford

Mondays/Wednesdays/Fridays

5pm til 7pm

Why not try fencing, dodgeball, kickboxing, karate or dancescene?

Ask at Holcot Sports Hall for more details!

For more information contact Dan Burns, College Sports Coordinator on 07894 622475 or dan.burns@northampton.ac.uk

Tresham Sports Enrichment

**Wednesdays
2:30pm til 4:30pm**

Sports Hall @ Windmill Avenue Campus

Check out the Students Union notice boards for more information

Coaching Opportunities

Are you a coach? Do you think you can coach? Do you want to be a coach?

Then register your interest to subscribe to a coaching database which may lead to opportunities to coach, provide coach education information and courses and even coach employment

Volunteer Opportunities

Volunteering in sport is fun and can be a great way to gain valuable experience that can be put on your CV and help you into your chosen career. Volunteering can also lead to employment in holiday activities as well as a variety of training opportunities.

There are currently lots of opportunities for volunteers across Moulton, Tresham, the University and the local community.

We are currently looking for coaches and sports leaders to increase the range of activities for students.

If you are interested in any of these opportunities and to see a wide range of others go to the Sporting Volunteers section of

www.northamptonshiresport.org

<http://www.northamptonshiresport.org/he-fe>

Sports Leadership Award Courses

The following courses will be running throughout the academic year, to book your place contact
Dan.Burns@Northampton.ac.uk
or text/call 07894 622475

Day Certificate in Sports Leadership @ University of Northampton
Sunday 26th October, 10am til 5pm, Cost: Free

Day Certificate in Sports Leadership @ University of Northampton
Sunday 16th November, 10am til 5pm, Cost: Free

Day Certificate in Sports Leadership @ Moulton College
Novemebr 2008, Cost: Free

Day Certificate in Sports Leadership @ Tresham Institute
Novemebr 2008, Cost: Free

Level 2 Award in Community Sports Leadership
(Including First Aid Qualification)
University of Northampton
Cost: TBC

Sunday 7th December 2008, 10am til 5pm
Sunday 14th December 2008, 10am til 5pm
Sunday 18th January 2009, 10am til 5pm
Sunday 25th January 2009, 10am til 5pm
Sunday 1st February 2009, 10am til 5pm

Dan Burns
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