



Sign up now to get fit, get healthy, get active

Buy a gold or silver annual student membership before the 23rd September 2013 and be entered into a prize draw to get your membership free. The prizes will be one free gold and one free silver membership.

Welcome to Sussexsport

Our facilities are available from the moment you start at Sussex and even after you graduate. Our facilities, classes and courses programmes are tailored to your fitness level (whether you are a complete beginner or a sports fanatic). You can take advantage of our excellent fitness rooms, racket sports, courses and group exercise classes with one of our memberships. Or if you want a more flexible approach you can use our facilities on a play-and-pay basis.

Student memberships

Our gold, silver and bronze memberships offer great value for money. You get the following great benefits:-

Annual Gold Membership (£165)

- unlimited use of fitness rooms
- a fitness room introduction
- one fitness programme
- unlimited group exercise classes*
- free court hire for all racket sports at peak and off peak times
- 10% discount on courses throughout the year
- and up to two weeks advance bookings including online

3 Month Gold Membership (£85)

- unlimited use of fitness rooms
- a fitness room introduction
- one fitness programme
- unlimited group exercise classes*
- free court hire for all racket sports at peak and off peak times
- and up to two weeks advance bookings including online

Annual Silver Membership (£130)

- unlimited use of fitness rooms at off peak times only. Access to fitness rooms during peak times will cost £4.20 per session
- a fitness room introduction
- one fitness room programme
- unlimited group exercise classes*
- free court hire for all racket sports at off peak times only
- and up to 10 days advance bookings including online

Annual Bronze Membership (£20)

- discounted access to our facilities
- a fitness room introduction
- and up to one weeks advance bookings including online

Non-members

You can still access our facilities and classes as a non-member by paying full prices.

*Number of group exercise classes booked at any one time are limited to 10 for gold members, 7 for silver members and 5 for bronze members.

Racket sports

Sussexsport have the following racket sport facilities: six outdoor hard tennis courts, nine badminton or short tennis courts, table tennis courts and four glass-backed championship squash/racketball courts.

Fitness rooms

Our two fitness rooms are located at the Falmer Sports Complex (FSC) and Sport Centre (SC). Both facilities are being upgraded for the start of term and will include the latest innovations and designs in the fitness industry. The FSC, which is the main gym, will include the latest CV equipment boasting the latest technology/interface such as TV/iPod/Android compatibility and networking options; the CV offer will include both treadmills, cross trainers and bikes and in addition there will be resistance machines covering all the core muscle groups.

The Sport Centre fitness room is smaller but will boast a good range of bikes and cross trainers, plus a broad range of resistance machines; it also hosts the studio cycling and circuit type classes which run throughout the week.

Peak times for the fitness rooms are Monday to Friday 2.30-10pm and weekends from 2.30-6pm (Sunday 2.30-9pm at the Sport Centre during term time). All other times are off peak.

Free weights room

The free weight room is at the FSC and is situated just outside of the main fitness room and will also be updated for September and should include a number of lifting platforms, Olympic benches and a range of dumbbells from 2-50kg.

Separate strength and conditioning room

There is also a strength and conditioning facility, located at the FSC, which is equipped to meet the needs of users from the beginner to athlete. The room benefits from 3 combination lifting platforms that can be used for a variety of exercises at the same time. There is a separate space for core work, movement training and stretching. The room is used for classes, courses, club training and supervised sessions with qualified staff. There is a separate timetable for the opening of this room which is subject to change, see www.sussexsport.com for further details.

Facilities

We also have two large multi-purpose halls (for basketball, football, uni-hoc, netball etc.), a dance studio, four grass soccer pitches, a rugby pitch, a cricket pitch, artificial cricket wicket and a floodlit artificial turf pitch (for hockey and football).

Our therapy room offers clinical/deep tissue massage, clinic massage therapy with MyoFascial Release, a chiropractic clinic, holistic massage, sports massage, Swedish massage, beauty and waxing treatments and a sports injury clinic. For more detail on all our facilities, visit www.sussexsport.com

Buy a gold or silver annual student membership before 23rd September and you will be entered into a prize draw to get your membership free. If you are one of the lucky winners you will be notified by Friday 27th September.

Visit www.sussexsport.com for membership details

Booking form for Sussex students only

Mr Miss Mrs Other (please state)

Name: (Please print) Contact telephone no:

Contact address:

..... Post code: Date of birth:

Email: School of study:

I would like to sign up for the following membership:

Student gold (year) £165 Student gold (3 month) £85

Student silver (year) £130 Student bronze (year) £20

Grand total to pay £

- If paying by cheque please make payable to **The University of Sussex**
- If paying by debit/credit card then please fill in the details below

Card number:

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Valid from:

Expiry date:

Issue no:

Security no:

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Please return this form (and any payment) to Sussexsport, The Sport Centre, University of Sussex, Falmer, Brighton BN1 9RB, T 01273 678228, F 01273 671309, E sussexsport@sussex.ac.uk

Please note

*Please ensure you read the membership terms and conditions found at www.sussexsport.com Your membership details are attached to your name on our booking system. No membership cards are sent out.

Drop-in group exercise classes

Drop-in group exercise classes are an excellent way to maintain and improve your fitness, health and well-being. With a gold or silver membership you get unlimited access to all group exercise classes* or you can access these on a pay-and-play basis. We run over 25 group exercise classes a week including spinning, step, kickboxercise, yoga, H.I.T, hooping, metabolic and core training and the very popular Zumba classes. Details of all our classes can be found at www.sussexsport.com from 1st September.

Courses

We also offer courses including trapeze, pilates, dance (including swing, ballet and contemporary dance) and yoga. Visit www.sussexsport.com from 1st August for full details. If you would like to sign up for one of our courses then contact either the Sport Centre or Falmer Sports Complex reception on 01273 678228 or 877125. Also, if you take out a gold year membership you receive 10% off courses during the year.

Taster sessions

Unsure about signing up for the whole course? Then sign up for one of our tasters which are priced per session as follows; Sussex student members £3.50, Sussex staff members £4, public members £4.50 and non-members £6.50. It is advisable to sign up in advance for these as there are limited places available. Taster sessions are only offered during the first two weeks of term, go to www.sussexsport.com for details on when these sessions take place. However, please note that signing up for a taster session does not guarantee you a place on the actual course.

Course refunds

If you have a lecture or commitment that clashes with the course we will give you a full refund providing you let us know at least a day before the course commences. So sign up as soon as possible to ensure you get a place on the course you want.

Join our

facebook
Group

Become a fan of the new Sussexsport facebook page and get all the latest information on classes, courses, events, special offers etc. Just go to www.facebook.com/sussexuniversitysport and become a fan.

Visit www.sussexsport.com for membership details