



Sport & Wellness Centre

Full timetables available on the myBolton app or visit:

 www.uob.ac/sport



Find 'UniSportBolton' on:



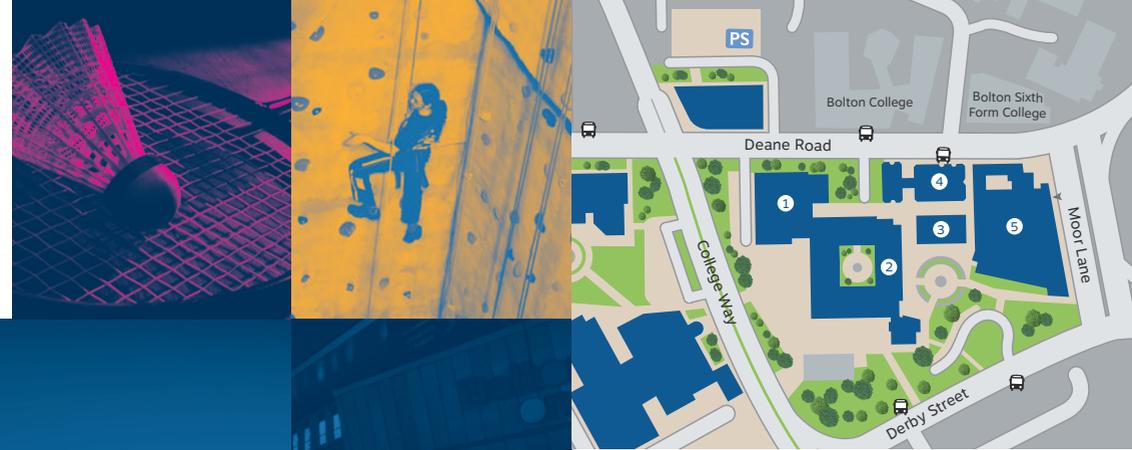
Welcome to Sport @ the University of Bolton

We boast a multi-use 4 court sports hall available for great activities; badminton, table tennis, 5-a-side football, volleyball and much more. We also have a 50ft climbing wall and range of activities both recreational and competitive with sessions FREE for University of Bolton students. If you are a little more serious about your sport and fancy having the opportunity to compete for the university in competitive leagues this can be done by joining the club at the University Sports Centre Reception.

Whether you want to compete, engage in sport for fun, or make new friends, come and try us out.

Remember sport welcomes all!

2



- 1 Innovation Factory
- 2 Senate House
- 3 The Calderwood Building
- 4 Lecture Theatre & Classrooms
- 5 Bolton One/Sports Centre
- PS Parking students

Opening hours

(Term-time)

WEEKDAYS

09:00 - 22:00

SATURDAYS

10:00 - 17:00

SUNDAYS

10:00 - 20:00

@ sportscentre@bolton.ac.uk

📞 01204 903 172



Sports centre activity timetable

Fun, friendly sessions with no commitment, no experience necessary.

Students
FREE

Staff
£1

KEY:



Unless otherwise stated, sessions for UoB Students, Staff and Alumni (aged 18+, or 16+ years with valid Bolton College ID)



Sessions open to ALL 18+ years (16+ years with valid Bolton College ID)

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Archery				17:15 - 18:00 18:00 - 18:45 (Throughout February)	
Active Life (Fitness sessions)	Toning: 12:45 - 13:15	Yoga: 12:45 - 13:15 (From 14 January)	Pilates: 12:45 - 13:15	Yoga: 12:45 - 13:15 Boxing Fitness: 17:15 - 18:00	
Badminton	20:00 - 21:00 21:00 - 22:00				20:00 - 21:00 21:00 - 22:00
Basketball	Club Sports session (See page 7)				18:00 - 19:00 19:00 - 20:00
Climbing (Instructor lead - strictly 18+ years)	18:00 - 19:30 19:30 - 21:00 (From 13 January)	17:00 - 18:30 18:30 - 20:00		17:00 - 18:30 18:30 - 20:00 20:30 - 22:00	
Climbing (Competent climbers - strictly 18+ years)		Social climb 20:00 - 22:00			
Cricket					Club Sports session (See page 7)
Football (Indoor)					12:30 - 13:30 (Staff)
Football (Outdoor)	Club Sports session (See page 7)				Club Sports session (See page 7)
Hockey	Club Sports session (See page 7)	Additionally Bolton Hockey Club welcomes UoB students for more details email ewilkes@bwct.org.uk			
'Give Sport a Go'	A range of come and try activities, follow us on social media for upcoming details				
Netball (14+ years)		Club Sports session (See page 7)			17:00 - 18:00 (Beginners/Returners Taster sessions 7 and 14 February)
Outdoor Adventure Activities	Follow us on social media for upcoming outdoor adventure activities*				
Rugby Union	Bolton RUFC welcomes UoB students for more details email play@boltonrugby.co.uk (Male and female sessions)				
Softball				TBC please check social media	
Swimming	Enquire within Bolton One, Jason Kenny Centre for university free swimming times				
Triathlon	Bolton Tri Club welcomes UOB students, more details available: www.boltontri.com				
Volleyball	Bolton Volleyball Club welcomes UoB students, find club info on social media				
Weightlifting	Enquire with Adam Hargreaves (email: a.hargreaves@bolton.ac.uk)				



*Specialist activity costs may apply

Activities may be subject to change, booking advised

Your University clubs *need you!*



Players needed for upcoming fixtures, get involved! We have teams in Men's Basketball, Football, Cricket and Hockey and Women's Netball contact the Club Captains or clubsports@bolton.ac.uk

Save the date!
Sports Awards Dinner

Friday 3 April 2020

Fancy having the opportunity to compete for the university these are the sessions for you! Join the Student Club at the University Sports Centre Reception to access these sessions. You must join the relevant club to participate.

Exclusively for
UOB Students

CLUB SPORTS SESSIONS W/C 20 JANUARY - 20 MARCH 2020

	WHEN	WHERE	CONTACT
Basketball (From W/C 6 Jan)	Mens: Mondays: 18:30 - 20:00	UoB Sports Centre	Likando: lks1aes@bolton.ac.uk
Cricket	Commencing February (Check social media/contact captain)	Venue TBC (Check social media/contact captain)	Daniyal: dk7aes@bolton.ac.uk
Football (Mens)	Mondays: 20:30 - 22:00	ESSA Academy, Bolton, BL3 3HH. Or UoB Sports Centre (1 hour before for transport*)	1sts Adam: ajc2ess@bolton.ac.uk
	Fridays: 18:00 - 19:30	Ladybridge High School, BL3 4NG Or UoB Sports Centre (1 hour before for transport*)	2nds Ryan: rc4ess@bolton.ac.uk
Hockey (Ladies & Mens)	Mondays: 18:00 - 19:00	Bolton School Astro, Leverhulme Pavilion, Chorley New Road, Bolton, BL1 5BP. Or UoB Sports Centre (1 hour before for transport*)	Matthew: mw2ess@bolton.ac.uk
Netball (From W/C 06 Jan)	Tuesdays: 17:00 - 18:30	UoB Sports Centre	Angharad: avj1ess@bolton.ac.uk
Rugby	Interested in Rugby Union? Bolton RUFC welcomes students email play@boltonrugby.co.uk or contact our student committees for sessions dates		Club: play@boltonrugby.co.uk Womens Nicole: nc4eps@bolton.ac.uk Mens Matthew: ms8ess@bolton.ac.uk

CLUB MEMBERSHIP 2020 - £20 Or £12.50 per term

@ clubsports@bolton.ac.uk | Join at the Sports Centre Reception

*Transport is limited to 1st come 1st served basis, please book weekly, call 01204 903 172.

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Don't put a limit on anything.
The more you dream **the**
further you get.

Michael Phelps

Multiple Gold Medal Olympic Swimmer

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For more information visit:

 www.uob.ac/sport

#UniAsItShouldBe

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