

Join in.
Sport and Wellbeing
for life





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Disclaimer

The University of Southampton will use all reasonable efforts to deliver advertised programmes and other services. All information is correct at the time of going to print and is subject to change.

Welcome to the University of Southampton. Sport and Wellbeing are delighted to introduce you to the sports facilities at the University of Southampton where you can enjoy a wide range of activities throughout the year.

This brochure provides an overview of our facilities, membership, activities and events. For more detailed information visit our website at www.southampton.ac.uk/sportandwellbeing.

Our programme enables you to make lifestyle choices to enhance your wellbeing. We offer a comprehensive range of courses and classes to suit your specific needs, including watersports, swimming and fitness.

We work closely with the Students' Union (SUSU) to support club activities and to ensure the success of interuniversity competitions. For more details about the Students' Union visit www.susu.org

We strive to take care of all your sporting needs, so if you don't see what you want or need, then come and talk to us, our doors are always open.

Student Services

If you are interested in joining a sports club or team or in finding out more, don't miss the bunfight in September in the Jubilee Sports Centre. More information can be found at www.susu.org

Sports Facilities at Southampton

Indoor Facilities

Jubilee Sports Centre

150-station Fitness Suite
25m 6-lane Swimming Pool
8-court Sports Hall
Sports Injuries Clinic
Spinning Room

Level 1 Students' Union

4-court Sports Hall
4 Squash Courts
Martial Arts Studio
Indoor Bouldering Wall

Glen Eyre Halls

Glen Eyre Gym – 15 Station Fitness Suite
1 Squash Court

Wessex Lane Halls

Connaught Gym – 12 Station Fitness Suite

Wide Lane Sports Ground

Team Southampton Gym – Strength and Conditioning Facility
Sports Performance Centre (available to TASS and Bursary athletes only)
Pavilion
Meeting Rooms

Mayflower Gym

60 Station Fitness Suite
Studio

Outdoor Facilities

Wide Lane Sports Grounds

2 Floodlit Synthetic Turf Pitches
20 Grass Pitches
8 Floodlit Tennis Courts
26 Changing Rooms
Car/Coach Parking

University Watersports Centre

Boathouse
Classroom
Indoor Rifle/Archery Range
Access to River Itchen

Avenue Campus

2 Tennis Courts

Southampton Outdoor Sport Centre *

Athletics Track
Ski Slope

Partnership Facilities

The Quays Swimming & Diving Complex

Bitterne Leisure Centre

Chamberlayne Leisure Centre

Sport and Wellbeing is responsible for running the sports facilities at the University of Southampton.

*Facilities provided in partnership with Active Nation. Members must register a "Consent to Share" with Sport and Wellbeing in order to access these facilities. Please see our website for more information

Use of Sports Facilities

Our Membership Scheme includes access to the sports facilities, details can be found on pages 16/17. Courts, pitches and courses must be booked in advance. Terms and Conditions can be found on our website.



Weight lifting at the Mayflower Gym

Non-Members

Members of the University and local community who do not wish to join the Sport and Wellbeing Membership Scheme can pay a non-member guest fee for selected activities, including swimming, racket/ball sports, and fitness classes. The guest fee varies per activity – please see our website for further information. Non-members are not able to use the Fitness Suites. Non-members are also not able to access the Active Nation facilities other than as a member of Public.

Hire of Sports Facilities

Indoor Sports Halls, the Swimming Pool and Wide Lane Sports Grounds are available to hire for sporting events. These superb facilities are available all year round for events ranging from a friendly game of football to an international competition.

For Sports Facility bookings contact:
Email: facilitybooking@southampton.ac.uk
Telephone: +44 (0)23 8059 6878.

Sports Facility Opening Times

Jubilee Sports Centre and Mayflower Gym

Monday to Sunday	07:00–22:00
Bank Holidays	08:00–20:00

Open every day, excluding Christmas Day, Boxing Day and Easter Sunday.

Students' Union Facilities

Monday to Sunday	08:00–22:00
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The Students' Union Facilities will be closed on Bank Holidays and University closure days

Wide Lane Sports Ground

Monday to Friday	08:00–22:00
Saturday and Sunday	08:00–18:00

Team Southampton Gym

Monday to Friday	08:00–21:45
Saturday and Sunday	09:00–17:00

Wide Lane Sports Ground and Team Southampton Gym will be closed on Bank Holidays and University Closure Days.

Glen Eyre and Connaught Gyms

Monday to Sunday	07:00–22:00
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Disclaimer

Standard opening times may vary during University holidays and closure days. The Sports Hall will be closed during the University Exam Periods and from time to time for necessary maintenance.

Fitness and Wellbeing

Fitness

The 150-station Fitness Suite in the Jubilee Sports Centre is designed for those who wish to keep fit and healthy. A wide selection of cardio and resistance machines, free weights and functional training equipment is available.

The Mayflower Gym, newly built in 2015 offers over 60 stations plus a range of free weights & a class area. This facility is a show site for SportsArt who provide our fitness suit equipment, featuring digital display equipment and interactive media.

Fitness Induction – Free

Those who have no recent experience of using fitness equipment have the option of attending a free group induction. You will be shown how to get started on all of the machines with a tutorial on machine function. Experienced gym users do not need to attend an induction but will be required to sign a Health Commitment Statement.

Free Weight Inductions - Free

Those who are new to working with free weights can choose to book onto a Free Weight Induction. These are offered free of charge to those holding valid Sport & Wellbeing membership. Conducted in small groups these sessions will introduce you to free weight training and teach safe lifting techniques.

Booking Inductions

For full details of inductions, including booking availability, please contact the JSC Reception.

Halls of Residence Fitness Suites

Fitness Suites are located at Glen Eyre, Connaught and Mayflower Halls of Residence. These are open to all those with valid Sport and Wellbeing membership. Please note that no parking is available at the Halls of Residence fitness facilities.

Team Southampton Gym

A dedicated strength and conditioning facility located at our Wide Lane Sports Ground. The gym offers a multifunctional place with a variety of free weights catering for team training sessions and Olympic lifting. Dedicated to the Athletic Union teams who have the ability to hire this facility it is also open to everyone with a valid Sports and Wellbeing membership.

Fitness Assessment

Fitness Assessment sessions are aimed at all levels of participant, from elite athletes to those new to exercise. The assessment will measure:

- Cardiovascular Fitness (VO₂ max)
- Grip Strength and Flexibility
- Height and Weight
- Blood Pressure
- Body Fat
- Metabolic Rate
- Lean Muscle Mass
- Water Levels and Hydration Status

Fitness Programming

A friendly, informal consultation will highlight your strengths and weaknesses and an exercise programme will be designed for your own personal benefit with a follow-up practical session in the gym.



Our classes offer an enjoyable way to keep fit

Personal Training

Through Delta Nutrition & Fitness we offer one to one Personal Training sessions. The trainers are highly qualified with a wealth of experience and are passionate about helping you get the most from your work out, whatever your personal training goals are. Sessions can be purchased as a one off, or in blocks of five or ten.

Fitness during pregnancy

Pregnancy can be a difficult time as your body changes. We can provide a specific programme of exercise to suit all levels of fitness. This could include a one-to-one pilates session or personal training to meet the individual's requirements. We also offer a weekly *Pre-Natal Fitness Class.

Book a free consultation to discuss your needs.

Physiotherapy and Massage

At Jonathan Clark Physiotherapy, we recognise that pain can have a significant effect on your daily life and whether acute or chronic, you should seek our specialist opinion straight away. The injury may well be more severe than you realise and could potentially lead to further damage if left untreated.

We offer the services of dedicated, qualified and experienced Physiotherapists and Swedish, Sports and Remedial Massage Therapists to assist in the prevention, diagnosis, treatment and rehabilitation of a variety of complex musculoskeletal and sporting injuries. At Jonathan Clark Physiotherapy you can be sure that the treatment you receive will be individualised and of the utmost quality.

Fitness Classes

Sport and Wellbeing run a varied fitness class programme. Booking is required for all classes. You may be excluded from the class if you cannot show your valid Sport and Wellbeing card. Classes run throughout the year. During exam periods and student holidays a reduced Fitness Class Timetable will take place.

Classes include:

- Aerobics
- Aerotone
- *AquaFit
- Body Conditioning
- Circuits
- Core Fitness
- *Pilates
- Salsa Aerobics
- Step
- Step and Tone
- Spinning
- Stretch and Flex
- *Yoga

* Additional charges may apply

Customers wishing to attend the free Fitness Classes require an adult Sport and Wellbeing Membership.

Information, including prices, can be found on our website at

www.southampton.ac.uk/sportandwellbeing



“Since joining Southampton I have learnt to swim and have joined a team.”

2nd Year Student

Swimming

Swimming Pool Opening Times

Swimming sessions are available every day of the week. Each session includes lanes for Slow, Medium and Fast swimmers. Timetables are subject to change throughout the academic year. Current versions are available from the JSC Reception and on the Sport and Wellbeing website. You can view our pool timetable at www.splashpath.com or via the speedofit, gymjam or MySouthampton apps.

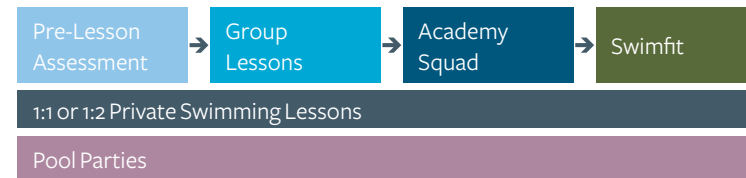
Use of the swimming pool for general sessions and lane swimming is included for Sport and Wellbeing members. Prices for non members can be found on our website.

Jubilee Swimming Academy

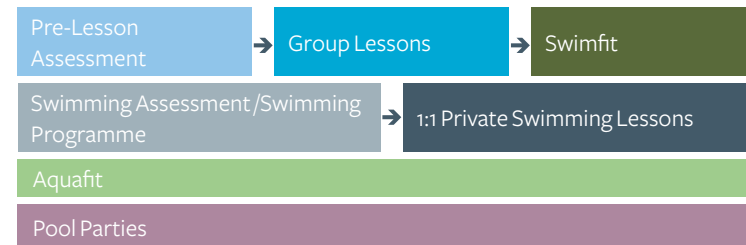
The Jubilee Swimming Academy (JSA) offers a wide range of services for all age groups including: children and adult group swimming lessons, private 1:1 sessions, swimfit, aquafit, pool parties and individual swimming assessments and programmes. Our lessons cater for all abilities ranging from a non-swimmer to a competitive swimmer. All our instructors are Amateur Swimming Academy (ASA) or Swim Teacher Association (STA) qualified and have undergone an enhanced Disclosure and Barring Service (DBS) check.

For more details of the Jubilee Swimming Academy programme please visit www.southampton.ac.uk/sportandwellbeing, email sportandwellbeing@southampton.ac.uk or pick up one of our JSA brochures from the Jubilee Sports Centre.

Children’s Swimming Pathway



Adult’s Swimming Pathway



Performance Sport

Sports Bursaries at Southampton

Sport and Wellbeing offer an excellent Sports Bursary to high level athletes who have represented their county, region or country of origin in competition or have the potential to do so whilst studying at the University of Southampton.

Successful applicants must be endorsed by the relevant National Governing Body for their sport, and students must have the ability to manage the relationship between academic and sporting demands.

Benefits of the Scheme:

- Financial Assistance
- Guarantee of first choice of accommodation within University Halls
- Free Sport and Wellbeing Membership
- Strength and Conditioning Coaching
- Access to the Sports Performance Centre
- Scientific Testing
- Emergency Lifestyle Support
- Performance Workshops
- Access to Physiotherapy

Talent ID Bursary

This level of assistance is aimed at those competing at regional level with the potential to reach national level in the forthcoming year and for elite international performance long-term.

Silver Bursary

This level of assistance is aimed at those who have been recognised by their relevant National Governing Body, and are currently on their Performance or Talent ID pathway. This is also aimed at those who are close to or have just started competing at international level, or have the potential to compete at World or European Championships.

Gold Bursary

This level of assistance is aimed at those who are competitive at an international level for their country and/or major national/international events.

If you think you fit the criteria of either the Talent ID, Silver or Gold bursary and would like to receive the support of a dedicated team of professional staff, whatever your sport, please email sportandwellbeing@southampton.ac.uk for more information.

The Talented Athlete Scholarship Scheme (TASS)

The Talented Athlete Scholarship Scheme (TASS) is a Government funded programme to support and fast-track young sporting talent, the potential medal winners of the future. Students are selected by the National Governing Body for their sport and the funding is channelled through the university where students are based or where the support structure is in place. Visit the TASS website www.tass.gov.uk for more information. For advice about TASS at the University of Southampton, email sportandwellbeing@southampton.ac.uk.

Sports Performance Centre

The Sports Performance Centre at the Wide Lane Sports Grounds provides a fully equipped strength and conditioning facility. The Sports Bursary and TASS athletes have exclusive use of this facility for training sessions as part of their funding and support. The strength and conditioning rooms are fully equipped with lifting platforms, a large selection of free weights and plated machines.





“Very patient and reassuring instructors! Plenty of opportunity to practice... really, really enjoyed it”

Participant in sailing course

University Watersports Centre

The University of Southampton Watersports Centre is a Royal Yachting Association (RYA) and British Canoe Union (BCU) approved centre offering internationally recognised courses in watersports. In addition we offer courses in engine maintenance and first aid to complement your professional certification. Courses are programmed throughout the year.

The Watersports Centre is also the site of the University Rifle Range where alongside air rifle shooting sessions we offer a variety of activities for individuals and groups aimed at improving skills and team building. You can arrange a bespoke course or activity day by contacting sportandwellbeing@southampton.ac.uk

For more information visit the Sport and Wellbeing website at www.southampton.ac.uk/sportandwellbeing/watersports

Activities take place at one of three locations:

- University Watersports Centre, Swaythling on the River Itchen
- Southampton Sailing Club, Woolston on Southampton Water
- The National Oceanography Centre, Dock Gate 4, Southampton

Courses Available

Canoeing and Kayak Courses

CEVNI – European Code for Inland Waterways (The University Watersports Centre provides the facility to practice and complete this online test)

Dayskipper Theory

Diesel Maintenance

First Aid

Instructor training (Sailing, Powerboating and Windsurfing)

Motor Cruising

Outboard Maintenance

Powerboating

PPR – Professional Practices and Responsibilities

Sailing

VHF/SRC leading to Maritime Radio Operating Certificate of Competence

Windsurfing

Yachtmaster Theory

Recreational Watersports

Kayak evening sessions

Taster Days

Recreational Sailing – free to all sport and wellbeing members who hold an RYA Level 2 sailing award



Sailing, Windsurfing, Kayaking,
Improvised Rafting, Open Canoeing
Confirm on: Tel 029 2075 5715



A specific Watersports brochure is also available from the JSC reception and to download from our website

Activities

Tennis Coaching

Tennis is one of the best sports for stamina, body conditioning, flexibility, functional strength and honing your reactions with those high-speed serves. It's also good for your coordination and mental agility, encouraging quick reactions and strategic thinking. If you are keen to exercise outdoors and want to try a new sport, then give tennis a try.

Air Rifle Shooting – Recreational Sessions

Sport and Wellbeing will be running recreational air rifle sessions for complete beginners to those who want to hone their skills. Sessions will be run by qualified National Small-bore Rifle Association instructors. The sessions will take place in our 25 yard range, where we shoot anywhere between 10 and 25 yards.

Children's Activities

During the holidays sport and wellbeing offer a range of different activities to children through our Sports Camps. Children aged 8 – 14 can partake in land and water based activities lasting for the whole day. For more information please visit our website.

Visit our website at www.southampton.ac.uk/sportandwellbeing for more information and details of how to book or register.



As well as organised sessions, we offer tailored rifle shooting experiences for private groups and team building parties.

Membership Scheme

Sport and Wellbeing membership is available to members of the University of Southampton and local communities. Membership is valid for 12 months from the date of purchase unless otherwise stated on the application form.

Sport and Wellbeing membership benefits:

- Use of the swimming pools
- Use of our 4 fitness suites, Jubilee, Team Southampton Gym, Glen Eyre & Connaught
- Fitness and Aquafit classes
- Use of indoor courts
- Use of outdoor courts and pitches (some restrictions apply)
- Use of Ski Slope and Athletics Track
- Court/pitch bookings up to 7 days in advance
- Discounts on sports courses and Spinning classes
- Easy access to sport facilities using your Smart ID Card
- Access to Active nation partner sites

Sport and Wellbeing membership is required to participate in any Intra Mural sport or University Sports Club training session held at University of Southampton sports facilities. Sport and Wellbeing membership does not include AU or University Sports Club membership fees.

Full terms and conditions of membership can be found on the Sport and Wellbeing website.

How do I apply?

Students, staff, retired staff and alumni holding a valid University ID card:

- Complete an application form and take it with your ID card and payment to the JSC reception for processing. Forms are available at Reception or as a download on the Sport and Wellbeing website.
- Freshers and PGCE students can apply for membership via the online ID card application. Students can also apply via the ID card services website.

Non University Card Holder:

- Your photograph will be taken on your first visit to the Jubilee Sports Centre and saved on our database for identification purposes. ID application forms are available at our receptions, after which we can create a membership card for you which you will be able to collect at a later date.
- Complete an membership form and take it with your payment to the JSC reception for processing. Forms are available at Reception or as a download on the Sport and Wellbeing website.
- External Students and Emergency Services and NHS staff and Lloyds Register staff will need to provide proof of their status.

Payment Methods

- Cash, cheque (made payable to University of Southampton) and credit/debit card.
- Salary deduction – members of staff paid via monthly salary may be able to take advantage of tax efficiencies under the University’s enhanced employee benefits scheme by opting to pay for Sport and Wellbeing membership for themselves, partners and children by monthly salary deduction. Details are available on request from the JSC reception or Payroll.
- Repetitive Card Payment, Sport and Wellbeing are able to take monthly payments from non Univeristy members for payment of Sport and Wellbeing membership. Application forms are available from reception.



Our sports facilities are among the best of any UK university

Cancellations and Refunds

You cannot cancel your membership and/or payments made by monthly instalments, or request a refund of membership fees paid fully or in part, during the membership period as part of the terms and conditions you sign.

Exceptions only where the member is:

- unable to take part in sporting activities on proven medical grounds; or
- university staff leaving post; or
- a student leaving the University before completion of their studies; or
- moving out of the Southampton area

Applications to cancel membership should be submitted to sportandwellbeing@southampton.ac.uk.

Confirmation from the appropriate professional will be required (i.e. medical certificate, letter from the Faculty etc). All refunds agreed under the above criteria are subject to a £10 administration fee.

Terms and Conditions of the Membership Scheme are available on the website www.southampton.ac.uk/sportandwellbeing/membership

‘Course Cancellation’ 7 days before the course

We are happy to offer a full refund or transfer your booking to another date upon request. 48 hours before the course: We will give a 50% refund or a full refund upon the presentation of a current doctor’s note. No transfers are available at this point 24 hours before the course: We are not able to offer a refund or transfer

How to find the Sports Facilities

Wide Lane Sports Grounds, Sports Performance Centre and Team Southampton Gym

Leave the M27 at Junction 5 and take the A335 towards Eastleigh. At the roundabout take the first left into Wide Lane. The University Sports Grounds can be found on the left 180 metres from the roundabout, 50 metres past the entrance to the Parkway Railway Station and just beyond the pelican crossing. The Unilink bus service runs regularly from Highfield Campus to Wessex Lane and to Southampton Airport, which is immediately behind Parkway Railway Station.

Highfield Campus and the Watersports Centre

From the M27 Junction 5 take the A335 towards Southampton. Follow the A335 dual carriageway (Stoneham Way) through 2 sets of traffic lights. At the 3rd set of lights the road divides, for the Watersports Centre take the left-hand lane and for Highfield Campus take the right-hand Lane.

Watersports Centre & Connaught Gym

At the traffic lights bear left. At the next set of lights turn left into Woodmill Lane. For the Connaught Gym take the first turning left into Wessex Lane, Connaught Gym is located 100m down the road on the right-hand side.

For the Watersports Centre, follow Woodmill Lane around to the right (past the turning for Wessex Lane Halls of Residence) and take the next right hand turn into Oliver Road (just before the narrow bridge). Follow Oliver Road to the T-junction and turn left, the Watersports Centre gates are straight ahead of you. Please enter carefully as the entrance/exit is very narrow with room for only one vehicle at a time.

Mayflower Gym

The Mayflower Gym is based within the Mayflower Halls on Commercial Road in the centre of town. There is a multi-story car park opposite the facility and there are regular bus services running from Highfield campus.

Highfield Campus & Glen Eyre Gym

At the traffic lights bear right into Burgess Road. Follow Burgess Road to the top of the hill, through the pelican crossing and a set of traffic lights.

For Glen Eyre Gym turn right at the 3rd set of traffic lights into Glen Eyre Road. Follow the road up and turn left at the mini-roundabout. Continue up the road and turn right into the Glen Eyre Halls of Residence, the Gym is situated 50m past the reception building on the right-hand side.

For the Highfield Campus, turn left at the 2nd set of traffic lights into University Road. The Pay and Display car park is immediately on your left. The Jubilee Sports Centre can be found 300m further down University Road on the right-hand side.



Car Parking

Customers may park in all University car parks free of charge only between 17.00-08.00 Monday to Friday or any time at weekends.



Main Office

Sport and Wellbeing
Jubilee Sports Centre
University of Southampton
University Road
Highfield
Southampton
SO17 1BJ
023 8059 2119

Wide Lane Sports Grounds

Sport and Wellbeing
University of Southampton
Wide Lane
Eastleigh
Southampton
SO50 5PE
023 8059 8085

Watersports Centre

Sport and Wellbeing
University of Southampton
Oliver Road
Swaythling
Southampton
SO18 2JL
023 8067 6875

www.southampton.ac.uk/sportandwellbeing
sportandwellbeing@southampton.ac.uk
+44 (0)23 8059 2119