



University of
Southampton

ACTIVE FOR ALL

at Southampton Sport



SOUTHAMPTON SPORT

Our team is dedicated to offering the best student sporting experience possible, providing opportunities for all, across a multitude of sports and activities. We regularly assess our service to ensure that we continue to be inclusive and accessible to all our students.

At Southampton Sport we offer a variety of membership and facility usage options to suit everyone. Memberships can be paid annually, monthly or on a pay as you go basis for the more infrequent users.

Our annual and monthly student memberships include access to all our facilities, free booking on fitness classes and courts, as well as use of Active Nation facilities. With our annual membership, you will also get the added benefits of 12 free guest passes, discounts on personal training and use of 70+ higher education gym facilities across the UK.

Access to 5 gyms

A variety of fitness classes

Personal training

Swimming facilities

Watersports facilities

Over 90 sports clubs

Free activities with our
Be Active programme

Active Nation facility access



SOUTHAMPTON CITY

Southampton is a vibrant and exciting city, bursting with cultural diversity. You can explore our 14 unique sites all over the city and indulge in an extraordinary variety of sports and activities.

Southampton Sport is all about opportunities. If you have never used a gym before, never gone to a fitness class or participated in watersports, now is your time to explore in an inclusive environment. Our mission is to develop a healthy, happy, successful community at the university.

“The price for students is more than perfect and it provides you with the opportunity to build a great regime after your classes and lectures. You can just stroll down a couple of metres and enter a beautiful facility with a great gym and incredible swimming pool. Very worth it and I recommend it wholeheartedly.”

Emir Kassim Dal

Former University of Southampton
Student.



WATERSPORTS

Our facilities extend far further than what you will find on campus. Located just a 15-minute walk from Highfield campus, Southampton Sport offers a variety of watersports opportunities, from a beginners recreational level, all the way to elite performance.

Private Yacht Use

The University of Southampton take pride in being the only higher education institute in the UK to have a private yacht, specifically purposed for student use, priced at an extremely affordable rate.

Activities we offer

Sailing

Powerboating

Kayaking

Paddle boarding

Yachting

Windsurfing

Rowing

Canoeing



PERFORMANCE SPORT

The University of Southampton offer individual support for high performing athletes through our scholarship programme. We provide performance support services such as academic flexibility, cash awards, strength & conditioning and lifestyle support to student athletes who are competing at a high level in their chosen sport. This support assists students in reaching their sporting potential whilst completing their studies here at the University of Southampton.



Cash awards



Academic flexibility



Strength & conditioning



Lifestyle support



SWIMMING

Fancy a swim?

The 25-metre-long swimming pool at the Jubilee Sports Centre is open for all our members. Whether you are a beginner, intermediate or elite swimmer, there is space for all within our 6-lane facility.

Use of the swimming pool is included in a monthly or annual gym membership, but for those who are only interested in swimming, swim passes can also be purchased on an individual basis or as a bundle. Swimming lessons are also available for adults as well as children, offering guidance from beginner to elite level swimming.

Activities we offer

SwimFit

Aqua zumba

Lane swimming

Water polo

Canoe polo

Lifesaving



PERSONAL TRAINING

Southampton Sport offer their own team of experienced personal trainers who can design personalised programmes to suit your needs. Whether you are looking to lose weight, improve your fitness or you are new to the gym, our team can help. Personal consultations to discuss your goals, your previous training history, any injuries or areas of concern, will ensure an individually tailored programme for you.

Why not use our Boditrax machines at the Mayflower Gym or Jubilee Sports Centre? With Boditrax, you can set goals to your personal profile and keep track of your progress, by analysing data such as muscle fat, water weight and fat mass. Just speak to any of our personal trainers and they will help you get set up.

We specialise in

GP referrals

Strength and conditioning

Dietary management

Injury recovery

Team sport training

FACILITIES

The University of Southampton has 14 sites across the city, offering access to 3 swimming pools, 10 gyms, 76 acres of outdoor playing fields, watersports at 3 sites, 2 sports halls, 3 squash courts and an athletics track! We also have our very own Yacht which we berth in the city centre of Southampton!

At Southampton Sport there is an opportunity for everyone to participate.

American football

Archery

Badminton

Baseball

Basketball

Boxing

Cricket

Fencing

Football

Futsal

Gym

Gymnastics

Hockey

Judo

Korfball

Netball

Lacrosse

Rugby

Volleyball

And much more!

Active Nation Partnership

Our partnership with Active Nation entitles members to use the Active Nation gyms and swimming pools at the Quays Swimming and Diving complex, the Bitterne Leisure Centre and the Chamberlayne Leisure Centre for no additional fee. This also includes access to an athletics track and the Alpine Snowsports Centre.





FITNESS CLASSES

Included with a membership, you will have access to our wide range of fitness classes ran daily at no extra cost. Our classes range from low impact, to high intensity, or even mind and body focused. Whatever class you choose, our experienced instructors will guide you through every step of the way.

If you don't feel ready to commit to a membership, classes are also offered on a pay as you go basis.

Indoor cycling

Take a journey through the hills or flat roads with our experienced and friendly instructors, mimicking an outdoor cycle ride in our group cycling sessions.

Fitness classes

Offering something for everyone from mind and body to intense workouts, our classes include Zumba, Strong Nation, Pound Fit, Latin Aerobics, Dance Fit, LBT, Circuits, Yoga and Pilates.

Pool classes

Have the support of the water as you perform high intensity moves in Aqua Zumba or Aqua Fit.

Les Mills classes

Offering some of the most popular and highly regarded fitness programmes, such as the Les Mills Bodypump.

Classes in the gym

High intensity in short interval periods hit major muscle groups for a full body workout.

Never attended a class before?

No worries, our instructors will help you settle in, just let them know!



Our unique Be Active programme offers a range of weekly social sports and activities free of charge for all students, allowing you to try out activities, meet new people or just participate in a fun and non-competitive environment. Sessions are open to all students who want to get involved, whatever your ability, and are supported by our Be Active Student Ambassadors.

Be Active also hosts unique events throughout the year such as:

Colour fun run

UV table tennis

Social runs

Stretch and unwind

Yoga

➤ **For more information about BeActive:**

Visit - Southampton Sport - Be Active

Email: beactive@southampton.ac.uk

SUSU (University of Southampton Students' Union) run the sports and Intramural clubs at the University of Southampton. Sitting under the name Team Southampton there are hundreds of sports clubs that students can get involved in from the traditional sports such as cricket, football, netball, and hockey to quidditch and Korfball. SUSU also run campaigns throughout the year to help tackle barriers to activity and encourage sports participation, such as a sports bursary for low-income students and women in sport week.

➤ **For more information about Team Southampton:**

Visit SUSU - Activities - Sports

Email: activities@susu.org

Sports Clubs are also given the chance to apply for a Performance Sport package, which aims to help student teams improve their performance in competitions. Successful applicants will receive strength & conditioning sessions, recovery sessions, gift towards kit & wellbeing training.

Don't forget to download a Team Southampton Sports Pass when you join and book on to your training sessions that take place within our facilities.

The University of Southampton is very excited to be investing over £40million in our sports facilities.

This programme will include a new extension to the Jubilee Sports Centre. The new building will house:

- Five new sports studios including dedicated martial arts and indoor cycling spaces.
- Speed climbing
- Top rope climbing
- A new modernised and improved gym including mixed weight and cardio zones

The building has been designed to be inclusive to all potential users, to connect to the outdoors, increase natural light, and to help meet our Low Carbon Target. The new sports facility is due to be open to users in 2024.



Scan to find out more
www.southampton.ac.uk

INVESTING IN SPORT





Find out more:

<https://joinin.soton.ac.uk>

southamptonsport@soton.ac.uk



uos_southamptonsport



UoS_Sport



Southampton Sport



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