### Sport at Kent

**One-off events**
- All invited
- Fun with friends
- Approximately 800 participants
- No need for membership

**Inter College**
- Six colleges on campus
- Approximately 500 participants
- Weekly competitions
- One-off competitions
- Coaching and Officiating courses

**Varsity**
- One-off events
- All invited
- Fun with friends
- Approximately 800 participants
- No need for membership

**Let’s Play**
- Approximately 1,000 participants
- Varied activities for beginners
- Coach/instructor led
- No need for a Kent Sport membership
- Play for £1!

### Intramural
- Approximately 1,000 participants
- Seven weekly team competitions
- Weekly drop-in sessions

### Term 1 – Inter College

<table>
<thead>
<tr>
<th>Activity</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
<th>Frequency</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOOTBALL</td>
<td>28 Oct 2015</td>
<td>6 Apr 2015</td>
<td>Mon</td>
<td>4:45pm KO</td>
<td>Weekly</td>
<td>3G Pitch – Pavilion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Wed</td>
<td>12:30pm, 2:30pm and 4:30pm KO</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Thurs</td>
<td>8:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NETBALL</td>
<td>28 Nov 2015</td>
<td>19 Mar 2016</td>
<td>Sat</td>
<td>2pm to 5:30pm</td>
<td>Three tournaments over the first two terms</td>
<td>Hall 3</td>
</tr>
<tr>
<td></td>
<td>30 Jan 2016</td>
<td></td>
<td>Wed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>19 Mar 2016</td>
<td></td>
<td>Thurs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CRICKET</td>
<td>20 Oct 2015</td>
<td>1 Mar 2016</td>
<td>Tues</td>
<td>6pm to 8pm</td>
<td>Weekly</td>
<td>Hall 3</td>
</tr>
<tr>
<td></td>
<td>18 Oct 2015</td>
<td></td>
<td>Sun</td>
<td>1pm to 5pm</td>
<td></td>
<td>Main Hall</td>
</tr>
<tr>
<td></td>
<td>3 Apr 2016</td>
<td></td>
<td>Thurs</td>
<td>5pm to 7pm</td>
<td>Fortnightly</td>
<td>Hall 3</td>
</tr>
<tr>
<td>BASKETBALL</td>
<td>25 Oct 2015</td>
<td>20 Mar 2016</td>
<td>Sun</td>
<td>2pm to 4pm (estimated)</td>
<td>Once per term</td>
<td>Kings Recreation Swimming Pool</td>
</tr>
<tr>
<td></td>
<td>13 Oct 2015</td>
<td>29 Mar 2016</td>
<td>Tues</td>
<td>6pm to 8pm</td>
<td>Weekly</td>
<td>Hall 3</td>
</tr>
<tr>
<td></td>
<td>15 Oct 2015</td>
<td></td>
<td>Sat and Sun</td>
<td>12pm to 5pm</td>
<td>One tournament per term</td>
<td>ITC and OTC</td>
</tr>
<tr>
<td>TENNIS</td>
<td>TBC</td>
<td>TBC</td>
<td>Sat and Sun</td>
<td>12pm to 5pm</td>
<td>One tournament per term</td>
<td>ITC and OTC</td>
</tr>
<tr>
<td>BADMINTON</td>
<td>28 Oct 2015</td>
<td>30 Mar 2016</td>
<td>Wed</td>
<td>2pm to 3:30pm</td>
<td>Monthly</td>
<td>Fitness Suite</td>
</tr>
<tr>
<td>ROWING</td>
<td>24 Oct 2015</td>
<td>12 Mar 2016</td>
<td>Sat</td>
<td>1pm</td>
<td>Once per term</td>
<td>3G Pitch – Pavilion</td>
</tr>
<tr>
<td>RUGBY</td>
<td>24 Oct 2015</td>
<td>12 Mar 2016</td>
<td>Sat</td>
<td>1pm</td>
<td>Once per term</td>
<td>3G Pitch – Pavilion</td>
</tr>
</tbody>
</table>

kent.ac.uk/sports/intercollegecup
INTRAMURAL
SOCIAL AND COMPETITIVE SPORTS

kent.ac.uk/sports/intramural

TERM 1 – INTRAMURAL

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>FREQUENCY</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOCCERZONE - TERM 1</td>
<td>16 Oct 2015</td>
<td>11 Dec 2015</td>
<td>Fri</td>
<td>12pm to 5pm</td>
<td>Weekly</td>
<td>3G Pitch – Pavilion</td>
</tr>
<tr>
<td>KENT AMATEUR FOOTBALL LEAGUE (KAFL)</td>
<td>17 Oct 2015</td>
<td>12 Jun 2016</td>
<td>Sat, Sun</td>
<td>1pm to 9pm, 1pm to 6pm</td>
<td>Weekly</td>
<td>3G Pitch and Astro – Pavilion</td>
</tr>
<tr>
<td>FUTSAL</td>
<td>12 Oct 2015</td>
<td>28 Mar 2016</td>
<td>Mon</td>
<td>5pm to 7pm</td>
<td>Weekly</td>
<td>Hall 3</td>
</tr>
<tr>
<td>DODGEBALL</td>
<td>23 Oct 2015</td>
<td>1 April 2016</td>
<td>Fri</td>
<td>5pm to 7pm</td>
<td>Weekly</td>
<td>Hall 3</td>
</tr>
<tr>
<td>VC’S CUP (STAFF)</td>
<td>1 Feb 2016</td>
<td>1 Sept 2016</td>
<td>Various</td>
<td>1pm to 2pm</td>
<td>Monthly</td>
<td>Various</td>
</tr>
</tbody>
</table>

kent.ac.uk/sports/intramural
### Monday
- **Express Yoga**: 8am, Sarah
- **Body Pump**: 12.10pm, Oli
- **Yogalates**: 1.15pm, Sarah
- **Ab Attack**: 5pm, Darius
- **Zumba (in Hall 2)**: 5.30pm, Jeni
- **Boxercise**: 5.45pm, Darius
- **Circuits (in Main Hall)**: 6.30pm, Mike
- **LBT**: 6.45pm, Hayley
- **Stretch, Tone & Relax**: 7.45pm, Jeni

### Tuesday
- **Power Pilates**: 12.10pm, Ebrina
- **Zumba Toning**: 1.15pm, Jeni
- **Tai Chi**: 2.10pm, Tuan
- **Insanity**: 4.45pm, Ebrina
- **Body Pump**: 5.30pm, Lissa
- **Booiaka**: 6.30pm, Jeni
- **Spinning**: 7.30pm, Darius
- **LBT**: 8.30pm, Kelly

### Wednesday
- **Spinning**: 12.15pm, Team
- **Stretch, Tone & Relax**: 1.15pm, Jeni
- **PiYo**: 5.15pm, Sarah
- **FUNdamentals**: 6pm, Ben
- **Zumba (in Hall 2)**: 6pm, Jeni
- **LBT**: 7pm, Liz

### Thursday
- **FitSteps**: 12.15pm, Hayley
- **Core Conditioning**: 1.15pm, Sarah
- **Insanity**: 4.30pm, Oli
- **Drums Alive**: 5.30pm, Jeni
- **Circuits (in Main Hall)**: 6pm, Mike
- **Body Pump**: 6.30pm, Naomi
- **Yoga**: 7.30pm, Sarah

### Friday
- **Body Pump**: 12.10pm, Oli
- **Power Pilates**: 1.10pm, Ebrina
- **PiYo**: 4.30pm, Sarah/Jeni
- **Yoga**: 5.30pm, Liz
- **Spinning**: 6.30pm, Chris
- **LBT**: 7.30pm, Kelly

### Saturday
- **parkrun (at The Pavilion)**: 9am
- **Zumba**: 10.30am, Kelly
- **Body Pump**: 11.30am, Naomi

### Sunday
- **Spinning**: 10.30am, Ben
- **Yoga**: 11.30am, Liz
If you’re looking to get involved in sport on a more regular basis then why not join one of our 55 student led sports clubs? Being a member of a club is a great way to meet new people, have fun and get active! It’s also an opportunity to try something completely new and find a sport you’ve never played before!

Top five common questions
1. How much does it cost to join a club?
Membership prices vary depending on the club you’re looking to join and the activities/events they participate in. They can vary from £5 to £80 for the whole year which covers travel, equipment, coaching and insurance. Please note, Kent Sport membership is not included.

2. Where do clubs train and play?
The majority of our clubs train and play on campus, if not then they use facilities within the Canterbury district so not too much travel is involved.

3. When are trials held?
Trials are generally held at the start of term, however if you miss them don’t worry it’s not too late! Just contact the club and they’ll ask you to join in with a training session.

4. What is level of ability?
Clubs generally cater for all abilities, so whether you’re a complete beginner or someone wishing to represent the University you can still get involved. It’s more than likely that you’ll just have different training slots.

5. How do I find out more?
Come along to Fresher’s Fair in September or Refresher’s Fair in January where all our clubs will be present. Alternatively visit the Kent Union website where you can find a list of all the clubs as well as contact details, visit kentunion.co.uk/activities

---

**Activity** | **Day** | **Time** | **Frequency** | **Venue**
---|---|---|---|---
Quidditch | Fri 23 Oct | 5pm to 8pm | Twice a year | Grass fields
Gladiators | Fri 6 Nov | 6pm to 8.30pm | Once a year | Hall 2/3 or The Venue
Women’s 5-a-side | Fri 13 Nov | 4pm to 7pm | Once a year | Sports Centre
Roller Disco/UV Night | Sat 14 Nov | 5pm to 9.30pm | Once a year | Sports Centre
All-Star Basketball Weekend | Wed 2 Dec | 12pm to 5pm | Once per term | Sports Centre – Main Hall, Hall 2 and Hall 3
Ski Slope Trip | Sat 5 Dec | 12pm to 6pm | Once per term | Brentwood Ski and Snowboard Centre
Santa Run | Wed 6 Dec | 12.30pm to 2pm | Once a year | Canterbury Campus
Available clubs


Meet the Sports Development team

Name: Pat Coogan  Title: Senior Sports Development Officer  Contact: sportsdevelopment@kent.ac.uk

Name: Sarah Kerly  Title: Sports Development Officer  Contact: sportsdevelopment@kent.ac.uk

Name: David Burt  Title: Let’s Play Co-ordinator  Contact: letsplay@kent.ac.uk

Name: Ken Koyama  Title: Let’s Play Activator  Contact: letsplay@kent.ac.uk

Name: Fran Plom  Title: Let’s Play Activator  Contact: letsplay@kent.ac.uk
Our qualified sports physiotherapy staff are here to assist you with treatment of injuries, rehabilitation and performance.

Telephone 01227 824 375, email physio@kent.ac.uk or visit our website for further details.

The opening hours above are for term times only. Please check our website for vacation opening hours.

Schedules within this booklet are subject to change. Please refer to Kent Sport’s website and/or social media pages for up to date details.