Open to all staff and students

Take part in our fun and engaging programme of activity. Try new activities, meet new people and maintain a healthy lifestyle. Open to all staff and students.

When you attend your first Let’s Play session, you will receive a reward card. Bring this card to each session and get one stamp closer to winning a prize!

To book a place on a session, please visit our website kentsport.kent.ac.uk/horizons. All swimming sessions must be booked at the Sports Centre or Pavilion receptions.

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Canterbury

Let’s Play Kent

kent.ac.uk/sports/letsplay

Open to all staff and students

Enjoy a relaxing swim at your own pace! Participants must be competent to swim 25 metres. Booking essential.

Join in this fun session for beginners and beyond to learn some new skills. All abilities welcome. This is a staff only session.

Shoot some hoops or play a game of badminton in a friendly atmosphere.

Come along and have a kick around at this friendly informal session. All abilities welcome.

Try the Couch to 5K programme with little or no running experience necessary.

Learn to swim or improve your basic technique in this beginners’ session. Booking essential.

Try your hand at squash, table tennis, badminton or touchtennis in a recreational fun environment. All abilities welcome.

Try the Couch to 5K programme with little or no running experience necessary through these group led running sessions. Suitable for C25K graduates.

Enjoy a group led session with a variety of running routines which incorporate interval sessions and different weekly running challenges.

Looking for help in the weights area? Come to the gym and lift with an instructor. Women only.

30 minute sessions. Enjoy a relaxing swim at your own pace! Participants must be competent to swim 25 metres. Booking essential.

Come shoot some hoops and/or play in our friendly basketball themed games.

Never picked up a stick or haven’t played in awhile? Have a go at our fun beginners hockey session! All equipment is provided.

Have a kick around on your lunch break, with friendly informal fun games. All abilities welcome.

Try your hand at badminton in a recreational fun environment. All abilities welcome.

Come shoot some hoops and/or play in our friendly basketball themed games.

Day Time Activity Description Venue Cost

Monday
10.30am to 11.30am Open swim Enjoy a relaxing swim at your own pace! Participants must be competent to swim 25 metres. Booking essential. Kings Recreation Centre £2

1pm to 2pm Staff netball Join in this fun session for beginners and beyond to learn some new skills. All abilities welcome. This is a staff only session. Sports Centre – Hall 2 £2

4pm to 5pm Basketball and Badminton Shoot some hoops or play a game of badminton in a friendly atmosphere. Sports Centre – Hall 2 £2

5pm to 6pm Indoor football Come along and have a kick around at this friendly informal session. All abilities welcome. Sports Centre – Hall 2 £2

5.10pm to 6pm Couch to 5k beginners running Try the Couch to 5K programme with little or no running experience necessary. Meet at Sports Centre £2

7pm to 8pm Swimming lessons Learn to swim or improve your basic technique in this beginners’ session. Booking essential. Kings Recreation Centre £2

7pm to 11pm Walking netball Netball at a walking pace. Anyone can play it regardless of age, experience or fitness level. Open to students, staff, community. Tennis Centre £2

5.10pm to 6pm Couch to 5k beginners running Try the Couch to 5K programme with little or no running experience necessary. Meet at Sports Centre £2

12pm to 1pm Racquet sports Try your hand at squash, table tennis, badminton or touchtennis in a recreational fun environment. All abilities welcome. Sports Centre – Main Hall £2

5.10pm to 6pm Intermediate running Enjoy a group led session with a variety of running routines which incorporate interval sessions and different weekly running challenges. £2

Tuesday
12pm to 1pm Racquet sports Try your hand at squash, table tennis, badminton or touchtennis in a recreational fun environment. All abilities welcome. Sports Centre – Main Hall £2

4pm to 5pm Open swim Enjoy a relaxing swim at your own pace! Participants must be competent to swim 25 metres. Booking essential. Kings Recreation Centre £2

7.30pm to 8.30pm Open swim Enjoy a relaxing swim at your own pace! Participants must be competent to swim 25 metres. Booking essential. Kings Recreation Centre £2

Wednesday
11am to 12pm Walking netball Netball at a walking pace. Anyone can play it regardless of age, experience or fitness level. Open to students, staff, community. Tennis Centre £2

11.10am to 1pm Couch to 5k beginners running Try the Couch to 5K programme with little or no running experience necessary. £2

8.10pm to 2am Couch to 5k running Session dedicated to new runners to keep your fitness and enthusiasm alive through these group led running sessions. Suitable for C25K graduates. Meet at Sports Centre £2

1.10pm to 2pm Improvers running Session dedicated to new runners to keep your fitness and enthusiasm alive through these group led running sessions. Suitable for C25K graduates. Meet at Sports Centre £2

2pm to 3pm This Girl Can Lift Looking for help in the weights area? Come to the gym and lift with an instructor. Women only. Sports Centre – Fitness Suite £2

Thursday
9.30am to 10.30am Open swim 30 minute sessions. Enjoy a relaxing swim at your own pace! Participants must be competent to swim 25 metres. Booking essential. Kings Recreation Centre £2

12pm to 1pm Basketball Come shoot some hoops and/or play in our friendly basketball themed games. Sports Centre – Hall 3 £2

1.10pm to 2pm Beginners’ Hockey Never picked up a stick or haven’t played in awhile? Have a go at our fun beginners hockey session! All equipment is provided. Sports Centre – Hall 3 £2

Friday
12pm to 1pm Social Football Have a kick around on your lunch break, with friendly informal fun games. All abilities welcome. Sports Centre – Hall 2 and 3 £2

4pm to 5pm Badminton Try your hand at badminton in a recreational fun environment. All abilities welcome. Sports Centre – Main Hall £2

5pm to 6pm Basketball Come shoot some hoops and/or play in our friendly basketball themed games. Sports Centre – Main Hall £2