

# let's play

Fun activities with friends

Open to all staff and students

Canterbury

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 25 mins walk - CT2 7HU	£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 25 mins walk - CT2 7HU	£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 6pm		£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 25 mins walk - CT2 7HU	£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
	12.10pm to 1pm	Couch to 5k - beginners running	Try the Couch to 5K programme with little or no running experience necessary.		£2
	12.10pm to 1pm	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
	1.10pm to 2pm	Intermediate running	Enjoy a group led session with a variety of running routes which incorporate interval sessions and different weekly running challenges.		£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 25 mins walk - CT2 7HU	£2
	12pm to 1pm	Basketball	Come shoot some hoops and/or play in our friendly basketball themed games.	Sports Centre – Hall 3	£2
	1pm 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

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](http://kentsport.kent.ac.uk/horizons). All swimming sessions must be booked at the Sports Centre or Pavilion receptions. Sessions are free for Gold and Silver members or join Kent Sport for £5 with Bronze membership and pay £2 per person per session.

Grab your loyalty card to win prizes

[kent.ac.uk/sports/letsplay](http://kent.ac.uk/sports/letsplay)



LetsPlayKent