Open to all staff and students

Canterbury

Let's Play Kent

kent.ac.uk/sports/letsplay

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

Kings Recreation Centre

£2

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

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

Sports Centre – Hall 2

£2

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

Meet at Sports Centre

£2

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

Kings Recreation Centre

£2

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

Kings Recreation Centre

£2

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

Sports Centre – Main Hall

£2

Try the Couch to 5K programme with little or no running experience necessary. Meet at Sports Centre

£2

Try the Couch to 5K programme with little or no running experience necessary. Suitable for C25K graduates.

Meet at Sports Centre

£2

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

£2

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

Sports Centre – Fitness Suite

£2

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

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

Sports Centre – Hall 2 and 3

£2

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

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

Sports Centre – Hall 2 and 3

£2

Day | Time | Activity | Description | Venue | Cost
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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. | Meet at Sports Centre | £2
| 5.10pm to 6pm | Couch to 5K – beginners running | Try the Couch to 5K programme with little or no running experience necessary. | | £2
| 7pm to 8pm | Swimming lessons | Learn to swim or improve your basic technique in this beginners’ session. Booking essential. | Kings Recreation 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
| 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
| 11am to 12pm | Walking netball | Netball at a walking pace. Anyone can participate regardless of all 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. | | £2
| 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
| 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
| 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.

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.

kent.ac.uk/sports/letsplay

Grab your loyalty card to win prizes!