

# Staff activities

Join us for some fun activities - a great way to relax with friends, stay fit and improve skills.



| Event              | Details  | Dates                                       | Time                                      | Venue         |
|--------------------|--|---|---|---------------|
| Weekly Runs        | Come along and run with friends. Suitable for all abilities.             | Start: 18 January<br>End: 5 April           | Wednesdays<br>1pm to 2pm                  | Sports Centre |
| Basketball         | Improve your basketball skills with this coaching session.               | Start: 19 January<br>End: 6 April           | Thursdays<br>1pm to 2pm                   | Main Hall     |
| Netball            | For netball coaching and practice join this fun session.                 | Start: 9 January –<br>End: 3 April          | Mondays<br>1pm to 2pm                     | Hall 3        |
| Badminton          | All welcome.   | Start: 17 January –<br>End: 30 May          | Tuesdays<br>1pm to 2pm                    | Main Hall     |
| Indoor Football    | Fast paced football indoors, all welcome.                                | Start: 20 January<br>End: 23 March          | Fridays<br>1pm to 2pm                     | Hall 2        |
| Tennis Beginners   | Want to get into tennis or improve your game? Join in.                   | Start: 17 January<br>End: 4 April           | Tuesdays<br>4pm to 5pm                    | Pavilion ITC  |
| Tennis Cardio      | A fun, sociable group fitness class for players of all ages and ability. | 17 January, 19 January, 4 April and 6 April | Tuesdays, Thursdays<br>5pm to 6pm         | Pavilion ITC  |
| Tennis Advanced    | Love tennis? Benefit from these sessions to work on your skills.         | 17 January, 19 January, 4 April and 6 April | Tuesdays 6pm to 7pm, Thursdays 5pm to 6pm | Pavilion ITC  |
| Tennis Ladder      | Organised singles tennis fixtures with other staff.                      | ongoing                                     | ongoing                                   | Pavilion ITC  |
| Timed tennis       | A time limited tennis tournament.  | 19 February                                 | 2pm to 6pm                                | Pavilion ITC  |
| Cycling            | Join us for fresh air on two wheels!                                     | 18 February and 2 April                     | 3pm to 4pm                                | Pavilion      |
| Cycle to Herne Bay | A leisurely cycle to the seaside along a pleasant route.                 | 1 April                                     | 10am to 3pm                               | Pavilion      |
| Bubble Football    | Try something different for some fun with friends.                       | 20 March                                    | 11am to 10pm (bookable slots)             | Pavilion      |
| Park Run           | Start your weekend right with a 5km run, jog or walk.                    | 21 January                                  | Saturdays<br>9am                          | Pavilion      |

Please contact the sports development team [sportsdevelopment@kent.ac.uk](mailto:sportsdevelopment@kent.ac.uk) to enter or for further information on any of the above.