



July Newsletter

SPORT LIVERPOOL

Health, wellbeing & lifestyle



Getting you back to the things you enjoy!



CAMPUS WORKOUTS



GROUP EXERCISE
CLASSES



SAFETY MEASURES



SUMMER ACTIVITIES



NEW APP
COMING SOON



INDOOR SPORTS

CAMPUS WORKOUTS




[MORE INFO](#)

CAMPUS WORKOUTS & WELLBEING WALKS

If you are in need of a little motivation for something to do then take a look at our campus workouts which also come with a handy route guide so you can find out some great facts about the local area too!

You can also join us at on Mondays & Wednesdays for our lunchtime wellbeing walks led by the fitness team. Walking is one of the easiest ways to become healthier, lose weight, increase activity levels & get your daily dose of Vitamin D!

Booking is required for the wellbeing walks, however everyone is welcome to attend! 

SUMMER ACTIVITIES



FIND [OUT](#)
MORE

SUMMER ACTIVITIES

We may not be jetting off on our Summer holidays this year so we are here with some fun kids activities that are sure to keep them entertained! 🤔

Our Summer Sports Camps will be available from 26th July to 27th August 2021 & is full of exciting sports, swimming & games for your little ones to try!

If you would like to find out more information or to register your interest email us [here](#)

We also have additional children's swimming lessons & crash courses over the Summer which are a great way to get lots of practice in during the holidays! 🏠

Summer Lessons - £22 for the course Crash Course - £28 (5 day course)

We also have adult swimming lessons available, find out more [here](#)

GROUP EXERCISE



Summer
Class
Timetable

GROUP EXERCISE CLASSES

Classes are back & our Summer timetable is out now! We have a variety of classes so there is something for everyone 🙌

We know lots of you are working or studying at home so we have kept lots of online classes on the timetable, take a look below 👁️

Join our [YouTube channel](#) where you can take part in all live classes or head over to our [IGTV](#) for live workouts with Jen!

Please remember to bring along your own mat to classes as we cannot provide any due to safety measures in place. You can purchase a mat from reception for ONLY £8.75

NEW APP COMING SOON



NEW APP COMING SOON!

We are excited to launch our new app soon which will include some great features!

- Easy to use booking system
- Workout tracking & Body stat info
- Rewards scheme & Loyalty program
- Challenges to increase motivation
- Monthly promotions
- Deals/Offer on a range of products!
- & lots more....

We will keep you updated & provide more news next month!

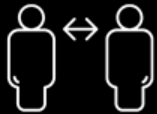
STEPS TO KEEP YOU SAFE



PRE-BOOKING
REQUIRED



MASK REQUIRED



KEEP SOCIAL
DISTANCE



LEAVE YOUR SWEAT
TOWEL AT HOME



BRING A FULL
WATER BOTTLE



BRING YOUR OWN
EXERCISE MAT

FAQ SECTION

CURRENT SAFETY MEASURES

We continue to review & adapt our procedures, however we do have some important safety measures in place to ensure you feel safe & have a worry free, enjoyable experience with us!

Please ensure you take some time to read through our FAQ section below if you are unsure about any of the current measures we have in place.

If you would like more information before visiting the centre, e-mail [Reception](#) & we will be happy to help!

INDOOR SPORTS



INDOOR SPORTS RETURN!

We hope some of you have had the chance to play indoor sports but if not, you can now book online for squash, badminton & basketball 🏀

Find out about individual sport restrictions & further information from governing bodies on our sports hall page [here](#)


For any help with bookings, please call in to the centre or call us on 0151-794-3307

SWIMATHON 2021



ENTER NOW

SWIMATHON 2021

There is still plenty of time to enter this year's SWIMATHON! Swim at any time, on any day between Friday 3 September & Sunday 19 September 

You can choose to take part as an individual or team, & this year sees this addition of the ultimate swimming challenge. Read more about The 30.9 challenge [here](#) & see if you have what it takes!

You can enter below, spaces for certain times are limited so book now & pick the time that is most suitable for you.

FEEDBACK



LEAVE
FEEDBACK

HOW ARE WE DOING?

Please let us know if you would like to leave any feedback about our facilities, services or online resources.

Due to COVID-19 we have had to make changes to our service, & we would really like to get your views.

HOW TO CONNECT WITH US



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@LIVUNIGYM



@UNIVERSITYOFLIVERPOOLSPO

STAY CONNECTED

Stay up to date with all the latest news and updates by following us on the social media accounts above .

If you require any further information, please contact us at sfc@liv.ac.uk



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For further information on GDPR please visit our website –

www.liverpool.ac.uk/legal/data_protection

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