



May Newsletter

SPORT
LIVERPOOL

Health, wellbeing & lifestyle

Getting you back to the things you enjoy!



CAMPUS WORKOUTS



BRIT CHALLENGE



SAFETY MEASURES



COMING SOON!



GROUP EXERCISE
CLASSES



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! 

COMING SOON



WHAT'S COMING SOON..




We understand how challenging it is to find fun kids activities & keep them entertained during the Summer! So we are happy to announce that we are finalising the details for our Kids Summer Camp & will be letting you know how you can book soon.


We know there have been lots of missed swimming lessons over the past year so we are going to be putting on additional lessons on over the Summer to get your little ones back on track! 



BRIT 2021 CHALLENGE

There is still time to take part in this year's BRIT challenge! 

The Challenge is designed to be completed by individuals & teams who will cover a 2,021-mile distance by either hand-cycling, cycling, wheelchair pushing, swimming, walking, jogging, running, rowing or paddling.   

All students & staff members are encouraged to take part. Activities can take place on campus or at home, & there are many ways to get involved as an individual or team. 

So get started today & start submitting your miles towards our total now! Read more & submit miles [here!](#)

GROUP EXERCISE



GROUP EXERCISE CLASSES

We will be restarting indoor classes on Monday 14th June & know many of you are looking forward to some of your favourites returning!

In the meantime, get practising your body pump or zumba moves by joining our [YouTube channel](#) where there are a variety of live classes or head over to our [IGTV](#) for live workouts with Jen!

INDOOR SPORTS



INDOOR SPORTS RETURN!

We are delighted to confirm indoor sports have successfully resumed & members are now able to book certain activities 🤝

Members can now book squash & badminton online or in the centre 🏸 & from this week basketball will also be available 🏀

AU Club training has recommenced in the first floor hall & swimming pool so welcome back to all our clubs, we have missed you!


There will still be some restrictions in place so please check our [FAQ section](#) before booking!

WELLBEING WEEK



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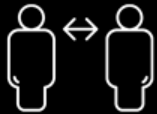
STEPS TO KEEP YOU SAFE



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](#)

SAFETY MEASURES IN PLACE FOR RE-OPENING

We have kept all of our safety measures in place to ensure you feel safe & have a worry free, enjoyable experience with us!

If you would like to find out more about what steps we have taken ready for re-opening then see our FAQ section below.

See you soon!



BUDDYBOOST CHALLENGE

We have once again signed up to the Liverpool Active Workplaces programme this year & this first challenge is here!

Buddy up with your colleagues virtually & support each other to complete 26 minutes of activity a day for 26 days – you choose what activity you do and when you want to do it, fitting in with social distancing guidelines.

By taking part you can:

- INCREASE YOUR ENERGY
- BOOST YOUR CONFIDENCE
- FEEL LESS STRESSED

It's a lot more fun doing the challenge with buddies, and on average people with buddies do 40% more than people who do it alone!

To sign up, Download the buddyboost app on your smartphone; after registering, opt in to the Liverpool challenge; start logging your activity from the 1st June onwards

Good luck!

SWIMATHON 2021



ENTER NOW

SWIMATHON 2021

SWIMATHON is back 🤔 It's a challenge with purpose & for a purpose. It's your time to return to the water!

Enter today to get an incredible 50% discount on any distance! 🏠 This is your swim, your way! Swim at any time, on any day between Friday 3 September and 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 to receive your 50% off & pick the time that is most suitable for you.

Happy swimming!

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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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 –

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