



We are nearly ready to welcome you back

SPORT
LIVERPOOL



10
Days to go

Follow us as we count down and share further details



Re-opening Schedule

We are looking forward to welcoming you back to our facilities.

As always the safety and wellbeing of our staff and members is our number one priority.

We will be opening our facilities in phases, with altered opening times and reduced capacity.

All activities will need to be booked in advance.

Please see the frequently asked questions page on our website for further details

[Frequently Asked Questions](#)

**Sports & Fitness Centre
Re-opening on Monday 3rd August.**

**03/08/20 – Fitness Suite
10/08/20 – Group Fitness Classes
17/08/20 – Swimming Pool**

Greenbank Gym, Greenbank Playing Fields, Vine Court strength and conditioning facility and Wyncote Sports Grounds will all be open ready to welcome returning and new students on the 28th September 2020.

Snowdonia Activity Base - Details will be confirmed soon.

Pre-Booking

Remember – all activities must be pre-booked online at:

[Sport Liverpool online booking system](#)

This will go live on Monday 27th July at 7.00am.

If you have any questions about the booking system. Please contact sfc@liverpool.ac.uk

We will be accepting bookings over the phone on 0151 794 3307, if you are unable to access the online booking system.

Memberships

During August we will be opening facilities gradually and with reduced capacities and times. We will be building up activities in a safe, controlled manner, preparing to be fully operational again at all venues in September.

We will not be reactivating any memberships during August due to the limited service so access for members will be free of charge.

SPORTS CENTRE RE-OPENING SURVEY



START SURVEY

Help shape our Service during these unprecedented times

As we move through our different phases of opening we are really keen to get your feedback to help make decisions moving forward.

We have already received important feedback from our re-opening survey, and we will leave this survey live until we re-open.

A lot of planning has enabled us to be ready to open in 10 days time, but we know once we open there may be things we need to change. Please be patient as we adapt to this new way of working.

During the coming months, your feedback will be extremely important. Unfortunately, we will be unable to operate our normal paper based feedback system due to COVID -19 restrictions.

There will be access to an online feedback system available from when we open on Monday 3rd August. Alternatively, Please speak to us when you are at our facilities.

www.Liverpool.ac.uk/sports/Feedback

We will continue to provide resources outside of our facilities

August Challenge



We will be sending out information soon on our next challenge that will run in August.

LES MILLS On Demand offers over 800 of your favourite workouts across 13 categories. You can work out with classic programs such as BODYPUMP™ and BODYCOMBAT™, do mindfulness exercises and even get the kids active with BORN TO MOVE™. The workouts range from 15 to 55 minutes and there are options for all fitness levels.

Sport Liverpool members receive a discounted rate.

LES MILLS ON DEMAND



[LES MILLS ON DEMAND](#)

HOW TO CONNECT WITH US



@SPORTLIVERPOOL



@SPORTLIVERPOOL



@LIVUNIGYM



@UNIVERSITYOFLIVERPOOLSPO

STAY CONNECTED

There are so many different ways for you to stay connected with us over the coming weeks, all of our social media accounts are listed, we will be updating them regularly and welcome any suggestions you would like to see on them for help or advice from us at the Sport Liverpool.

We hope all of our members are staying safe and well during these unprecedented times. We will continue to send information and tips on how to stay healthy during this period, and will keep you updated on our plans to re-open. If you require any further information, please contact us at sfc@liv.ac.uk

[Unsubscribe](#)

[Unsubscribe](#)

The University of Liverpool
Sport & Fitness Centre
Bedford Street North
Liverpool
L69 7ZN

For further information on GDPR please visit our website –

www.liverpool.ac.uk/legal/data_protection

[Unsubscribe](#)