

FIND YOUR MOVEMENT



QUEEN'S
UNIVERSITY
BELFAST

PARTICIPATION
SPORT

#QUBeWell



WELCOME TO QUEEN'S SPORT

Whether you're looking to try a new sport, stay active, join a team, or represent Queen's, we're here to help you find your movement at Queen's Sport.

At Queen's Sport, you'll have access to world-class sports programmes designed to connect you with fellow students and staff in a safe, supportive environment where you can enjoy physical activity at any level.

We recognise the importance of sport and physical activity in fostering physical, social, and emotional wellbeing. That's why we proudly support the university's #QUBeWell campaign and the Staff and Student Wellbeing Take 5 Initiative.

With on-campus sports facilities, flexible gym memberships to fit your budget, and over 57 student sports clubs to choose from, there's something for everyone. We also offer inclusive Active Campus and Adult Activity programmes, welcoming all abilities.

Find Your Movement at Queen's Sport today!

Follow our social media accounts to keep up-to-date!





1.5m footfall p.a
across all sporting
sites

55

We have 55 Active
Student Sports Clubs



Deep Riverrock Queen's 5k
and 3k Race returned with
over 1,000 competitors



50% of International
Students at the University are
members of Queen's Sport

DID YOU KNOW?



Men's Rugby 1stXV win
the AIL 2A League - first
time in history



Student Wellbeing Mental
Health Referral - provides
interventions through
physical activity



Over 11,000 students involved
with Active Campus: Lifestyles,
Clubs and Fitness



Men's Hockey 1st XI won
the 2022/23 Premier
League

ACTIVE CAMPUS


Find Your Movement by joining our Active Campus Programme this year! It's the perfect opportunity to try something new, meet new people, and stay active. We offer a wide range of social, recreational, and club sport activities designed to boost participation and make fitness fun for everyone.


Our aim is not only to increase involvement but also to enhance the physical, social, and mental well-being of both staff and students through enjoyable activities. Whether you need a study break or just want to stay active, join us for one of our many sessions across campus and in QUB Accommodation.

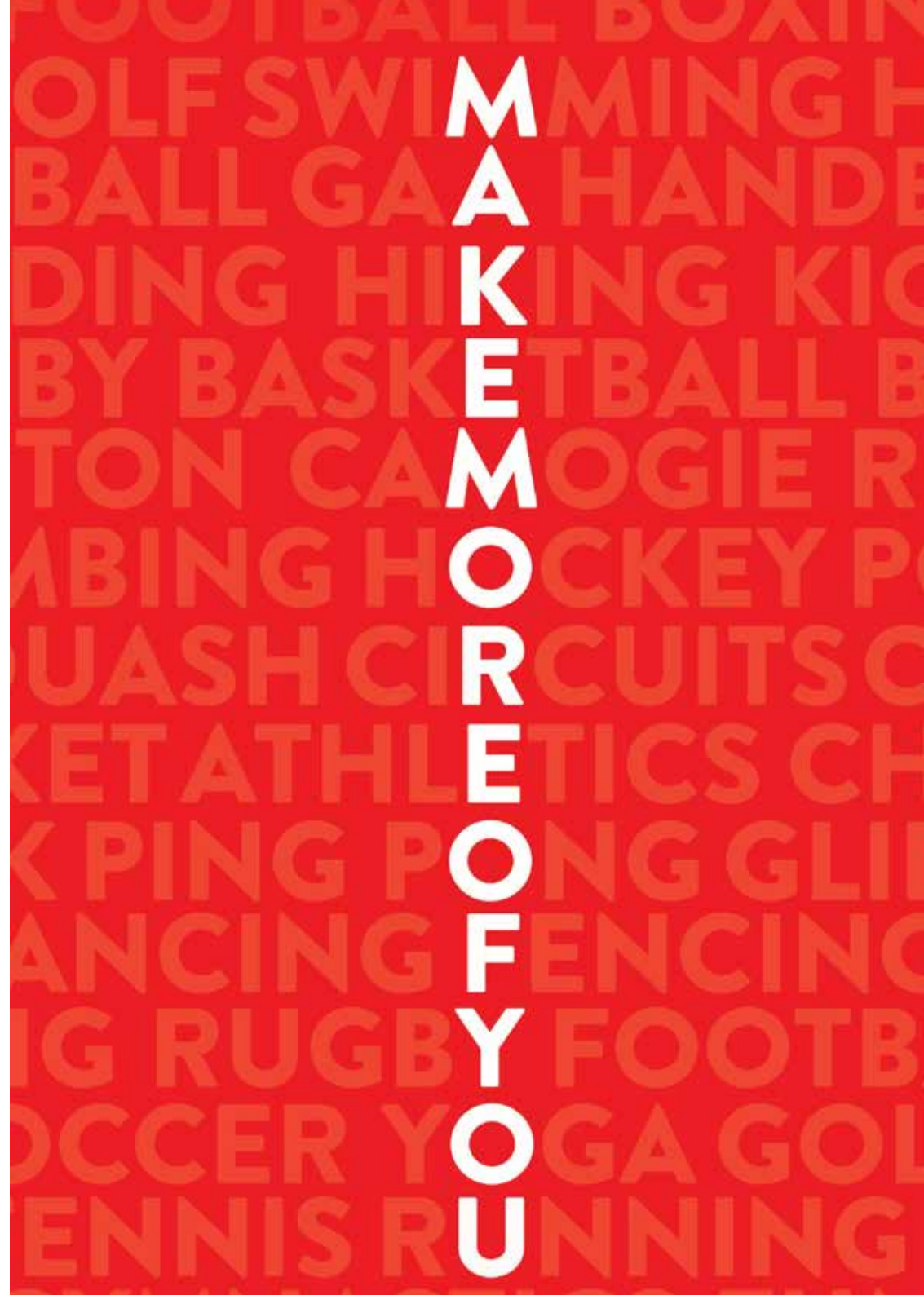
Become a valued member of our community in a world-class academic environment. With over 57 sports clubs, 100+ activity classes, and various participation programmes, there's something for everyone. From our Academy Sports like Soccer and Tag Rugby to unique activities like Ultimate Frisbee or Dodgeball, we have plenty for you to explore.

Join us today and Find Your Movement through our Active Campus Programme! For more details, check out our social media channels.

 [Queen's Active Campus | Facebook](#)

 [Queen's Active Campus \(@qubactivecampus\)](#)

 [QUB Active Campus \(@qubactivecampus\)](#)



ACTIVE WELLBEING

Our programme offers a fantastic opportunity to try something new and connect with others. We provide a diverse range of social, recreational, and physical activities, ensuring you have plenty of fun options to choose from.

Our aim is not only to boost physical health through increased participation but also to enhance mental and emotional well-being. Both Queen's Sport and our partners at QUBeWell are dedicated to ensuring you have the best possible student experience at Queen's.

We are committed to supporting your success in both your studies and future career, and we are excited to help you explore and enjoy all the sports and recreational opportunities available through the Active Wellbeing Programme.



No matter your sporting ability or fitness level, the Active Wellbeing Programme has something for everyone. Whether you're starting with Couch to 5K or gearing up for the Queen's Deep River Rock 5K, or exploring beginner-friendly taster sessions with any of our 57 sports clubs, you're sure to find something that piques your interest.

If you've ever wanted to try activities like nutrition workshops or yoga, or engage in the social aspects of badminton or football, our programme invites you to discover a range of options tailored to your interests.

A highlight of the Active Wellbeing Programme is the Active Lifestyle Programme, an 8-week initiative aimed at enhancing mental and social wellbeing through physical activity. This programme is offered in collaboration with the Student's Union and Student Wellbeing.

The Active Wellbeing Programme is an integral part of the Queen's Sport Active Campus, designed to enrich your overall student experience.

Being active is one small step towards improving your wellbeing, check out the other four!



Scan to find out more about our Student Wellbeing Service



ACTIVE FITNESS

At Queen's Sport, our Activity Programme is recognised as one of the best, offering something for everyone, no matter your interests or abilities. Our wide variety of classes and courses are designed to suit all fitness levels, ensuring everyone can find their perfect fit.

We take pride in our team of passionate fitness professionals, committed to delivering top-tier experiences and supporting you in reaching your health and fitness goals.

Our mission is to help you become your best self. That's why we offer a comprehensive range of group fitness sessions, from Yoga and Circuits to Power Blast. For those seeking more tailored guidance, we also provide one-on-one and small group personal training services.



**SCAN TO VIEW THE
CLASS PROGRAMME**

ACTIVE CLUBS

Trying a new sport or competing with fellow staff and students is a fantastic way to connect with others and build new friendships. Whether you're exploring a new sport or rediscovering an old favourite, you'll have the chance to develop your skills in a fun, supportive environment.

Many of our clubs compete in local leagues, exclusive student leagues, and annual intervarsity tournaments against other universities and colleges. We proudly participate in Student Sport Ireland (SSI) and British University Colleges Sports (BUCS) competitions.

In addition to competitive sports, we offer a range of intramural events and social leagues, including 5-a-side football and basketball. We encourage all students to attend our taster events, where you can try a variety of sports like Netball or Trampolining, learn the fundamentals, and meet new people.

Join us at our club tasters throughout the year and discover your place with #TeamQUB!



Our Students Union Clubs and Societies page has more information on how you can get involved.





STAFF WELLBEING

At Queen's Sport, we are committed to creating a healthy campus environment that prioritises the well-being of our staff through engaging physical activity initiatives. We offer a wide range of fitness opportunities designed to encourage staff to embrace a balanced lifestyle and make their health a priority.

Our Active Campus programmes aim to inspire and empower staff to focus on their physical well-being, helping them lead healthier, happier lives. We believe that supporting our staff's physical health not only enhances personal happiness but also contributes to their professional success. A healthier, happier team is a more motivated, productive, and fulfilled one.

Join us on this journey as we prioritise your well-being, and discover how Queen's Sport and our Active Campus initiatives can help you live a healthier, more balanced life.



Scan the QR code to see more info on the Wellbeing at Queen's

PERFORMANCE SPORT (EAP) AND ACADEMIES

Queen's University Belfast has a rich tradition of producing some of Ireland's top athletes and distinguished graduates who excel in business and community leadership on the international stage.

The Elite Athlete Programme (EAP) offers exceptional students a unique platform to pursue both their sporting and academic ambitions. The programme currently supports five academies – Rugby, GAA, Soccer, Rowing, and Hockey—comprising over 35 teams and more than 600 students competing annually.

In addition, our Sport Bursary programme provides vital support to non-academy athletes competing at a national level, offering resources such as:

- Expert Coaching
- Performance Skills Development
- Athletic Development
- Performance Analysis
- Sports Medicine
- Physiotherapy
- Sports Nutrition
- Careers Advice
- Alumni Engagement
- Financial Assistance

Through these programmes, Queen's Sport ensures that athletes receive the support they need to excel both on and off the field.



Visit the Performance Sport website to find out more.





EVENTS

Take your experience to the next level by getting involved in our Club Varsities and attending Queen's Sport's annual events.

Join us in celebrating participation and excellence at major events like the Queen's 5K Race, Swimathon, the prestigious Blues Awards, and the Future Stars showcase.

Unleash your potential by competing with Team QUB, cheering on your peers, or playing an active role in organising and executing these exciting events.

For more information, visit our website and become part of the action!



VOLUNTEERING IN SPORT

Discover the wide range of opportunities at Queen's Sport to deepen your involvement within the student community and gain valuable volunteer experience. You can take an active role in delivering participation programmes, organising events, and serving as student guides, all while contributing to personal and community development.

Opportunities include:

- Match Day Operations
- Event Support
- Committee Roles
- Fundraising
- Photography
- Social Media Content
- Hospitality

Volunteering with Queen's Sport can also help you work towards the Future Ready Award—an exclusive opportunity for Queen's students to gain accreditation through extracurricular, career-focused experiences alongside their studies.

This allows you to develop practical skills and confidently showcase your personal growth and achievements.

**For more information email
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ADULT COURSES 2024

BE
MORE



SCAN ME



TO BOOK

MAKE MORE OF YOU



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT

CHILDREN'S COURSES 2024

WHERE SPORT
MEETS SMILES
AND KIDS
BECOME
STARS



SCAN ME



TO BOOK

MAKE MORE OF YOU



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QUEEN'S
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BELFAST

QUEEN'S
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OVER 50 SPORTS CLUBS
OVER 100 ACTIVITIES

