

# Active Campus Programme Descriptions

## 2024-25

### *5 a side league (Monday + Wednesday)*

Get ready for 8 weeks of recreational soccer exclusively for QUB students! This league will feature up to 18 teams, each with a maximum of 7 players. Matches will be held on the outdoor pitches behind the PEC (OTF), providing the perfect setting for some friendly competition and fun. Whether you're a seasoned player or just looking to enjoy the game, come join us for an exciting season of 5-a-side action!

### *11 a side league*

Join our 10-week recreational soccer league, exclusively for QUB students! Up to 24 teams can enter, with each team comprising a maximum of 15 players. Matches will be held at both Upper Malone Playing Fields and Belfast City Council pitches, offering a fantastic experience for all participants. Whether you're aiming to compete or just have fun, this league is the perfect way to enjoy the beautiful game alongside fellow students!

### *Brew Monday (Move and Groove)*

Beat the Blue Monday blues with **Move and Groove**, a 30-minute fitness class designed to get you moving and feeling great! In partnership with QUBeWell, this fun and energising session is perfect for shaking off the winter slump.

Drop by the information stall in the foyer of One Elmwood for wellbeing resources and support. Let's make Brew Monday a day to uplift and energise!

### *Campus badminton*

Join our 5-week social badminton program, designed to promote QUB Staff and student Wellbeing. Open to all skill levels, whether you're an experienced player or trying badminton for the first time, everyone is welcome to participate and enjoy the game.

### *Campus football*

Join our friendly, mixed-gender soccer league, designed to boost staff and student wellbeing over a 5-week period. The aim is dedicated to social football, allowing players to switch teams and have a fun match with new friends.



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### **Campus GAA**

This 6-week programme is open to everyone on campus, including staff and students, and offers an exciting introduction to Gaelic Athletic Association (GAA) football. Whether you're completely new to the sport or looking to brush up on your skills, this programme provides a welcoming environment to learn the rules and basic techniques of GAA football.

Participants will not only gain an understanding of this unique Irish sport but will also have the chance to explore Irish culture through the lens of GAA. The programme will culminate in a friendly match, providing an excellent opportunity to put new skills into practice and enjoy the camaraderie of the game. All are welcome, regardless of experience—come along and join the fun!

### **Campus Run (Monthly)**

Campus Run is a welcoming monthly social running group for staff, students, and the wider community. Participants can choose to run or walk distances of 2K, 3K, or 5K around the university campus, making it accessible for all fitness levels. Join us for a fun and friendly way to stay active and connect with others!

### **Couch to 5K Programme**

Join our 9-week Couch to 5K programme, designed to gradually build your running stamina from beginner level to confidently completing a 5K! As part of a weekly social running group, you'll receive support from student volunteers and a detailed weekly session plan to follow at home. This program is open to QUB staff, students, and the wider community, offering a supportive and encouraging environment to help you reach your running goals.

### **International Women's Day Combat Class**

Celebrate International Women's Day with an empowering Combat Class! Open to all, this high-energy session combines fitness and fun, helping you build strength, confidence, and community. Join us for a dynamic workout that honours the power and resilience of women everywhere!

### **Monthly City Centre Yoga (Accommodation Programme)**

Experience relaxation and rejuvenation with Monthly City Centre Accommodation Yoga, designed for QUB students living in city-centre accommodation. These monthly sessions alternate between John Bell House and the BT9 Coffee Bar, offering a convenient and calming escape from your routine.



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Led by an experienced instructor and open to all levels, this yoga class helps you unwind, improve flexibility, and connect with fellow residents. Mats are provided, so all you need is yourself and a moment to focus on your wellbeing.

### ***Nutritional Workshops/ Cooking Demonstrations (Accommodation Programme)***

Join us at the BT9 Treehouse for a monthly cookery demonstration focused on creating delicious, easy dinners. These workshops will teach you how to prepare nutritious meals while covering key healthy eating topics to enhance your overall wellbeing. We'll use affordable ingredients from the QUB Pantry located in One Elmwood. Each session is led by a registered sports and exercise nutritionist with a Level 2 NVQ diploma in professional cookery.

### ***Refresher's Fair***

This event is run by the QUB Student's Union. Explore 200+ of our Clubs & Societies ranging from academic, creative, charitable, cultural, political, religious, to sporting and everything in between! There's something for everyone whether you're a total newbie or a seasoned pro.

### ***Staff Badminton***

Join our 10-week social badminton program, designed to promote QUB Staff Wellbeing. Open to all skill levels, whether you're an experienced player or trying badminton for the first time, everyone is welcome to participate and enjoy the game.

### ***Staff Football***

Join our friendly, mixed-gender soccer league, designed to boost staff wellbeing over a 10-week period. The first two weeks are dedicated to social football, allowing players to switch teams and get comfortable before the official 8-week league kicks off in week three.

### ***Strength For All (Accommodation Programme)***

Our Strength for All course offers the ideal foundation to help you reach your fitness goals. You'll also learn how to design your own workouts, giving you the skills to train independently and effectively long after the course ends. Open to all fitness levels, this program is exclusively available to students residing in QUB Accommodation.



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### **Valentine Tango**

Celebrate Valentine's Day with our Tango taster session! Open to all students and staff, this fun and welcoming event is perfect for beginners and seasoned dancers alike. Learn the basics of the passionate Argentine Tango and let the music bring you closer—solo or with a partner. Join us for an unforgettable Valentine's experience!

### **Women's Only Social Football**

This is a recreational women's only soccer programme which runs throughout the Academic year aimed at increasing participation in women. During this session you will have the opportunity to learn new skills and play social matches against other women. This is open to women of all abilities, whether you are new to soccer or previously have played both recreationally or competitively.

### **Women's Strength Programme (Accommodation Programme)**

Our Women's Strength course is the perfect foundation to help you achieve your fitness goals. You'll also learn how to design your own workouts, equipping you with the knowledge to train independently and effectively in the gym even after the course ends. Open to all fitness levels and abilities, this program is exclusively available to students residing in QUB accommodation.

### **Yoga U Roadshow (Monthly)**

Looking for a way to de-stress without leaving the main campus? The Yoga U Roadshow brings our calming yoga classes directly to you, with a new campus location each week—giving you the chance to explore different spaces around the university. Each session features progressive yoga practices with modifications for all abilities, aimed at enhancing your strength and flexibility while promoting relaxation and mindfulness. Open to all levels, this is the perfect opportunity to unwind and recharge right on campus.



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**Yoga: BT9 Treehouse (Accommodation Programme)**

Relax, stretch, and recharge with Treehouse Yoga, exclusively for students in BT9 QUB Accommodation. Suitable for all levels, this session is held in the peaceful BT9 Treehouse and led by a skilled instructor.

Connect with fellow residents, nurture your wellbeing, and take a well-deserved break from your studies. Mats provided—just bring yourself!