

# Social sport timetable

Our social sport programme is suitable for everyone, including complete beginners. Get active by playing sport for fun in a non-competitive environment. Student sport activators run the sessions and there's always a coach on hand to help you learn new skills, plus all equipment is provided.

Sessions run from 26 September–18 December, unless otherwise specified.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Touch Tennis 5–6pm Sports Hall	Just Play Football 4–5pm Astroturf	Cricket 2–3pm Sports Hall	No Strings Badminton 5–6pm Sports Hall	Rush Hockey 4.30–5.30pm Sports Hall	Parkrun*** 9am Endcliffe Park <b>Free</b>	Volleyball 5–6pm Sports Hall
Women's Football 6–7pm Pearson Building <b>Free</b>	Handball 5–6pm Sports Hall <b>Free</b>	Squash 2.20–3.40pm Hallamshire Club	Women's Basketball 6–7pm Sports Hall	No Strings Badminton 5.45–6.45pm Sports Hall		
Group running** 6pm Pearson Building	o2 Touch Rugby 6–7pm Sports Hall	Futsal 3.45–4.45pm Sports Hall	Basketball 6.45–8pm Sports Hall	Just Play Football 7–8pm Sports Hall		
Boxing 7–8pm Gymnasium	Just Play Football 6.45–7.45pm Sports Hall	Netball 5–6pm Sports Hall	Netball 7.15–8.15pm Sports Hall			
Basketball 7.15–8.30pm Sports Hall	Row Fit 7.15–8.15pm Gymnasium	Just Play Football 6–7pm Astroturf	Swimming 7.30–8.30pm Ponds Forge			
	No Strings Badminton 8–9pm Sports Hall	Table Tennis 6–8pm HUBS <b>Free</b>	Tennis 8–10pm Hallamshire Club			
	Tennis 8–10pm Hallamshire Club	Wheelchair Basketball 6.30–7.30pm Sports hall				
	Squash * 8–10pm Hallamshire Club	Women's Boxing 6.45–7.45pm Gymnasium <b>Free</b>				
		No Strings Badminton 7.30–8.45pm Sports Hall				

## Key

Collegiate

City

External

**Free** - Free session

\* Squash starts Tuesday 4 October

\*\* Group running starts Monday 14 November

\*\*\* Head to [parkrun.org.uk/sheffieldhallam](http://parkrun.org.uk/sheffieldhallam) to find out more