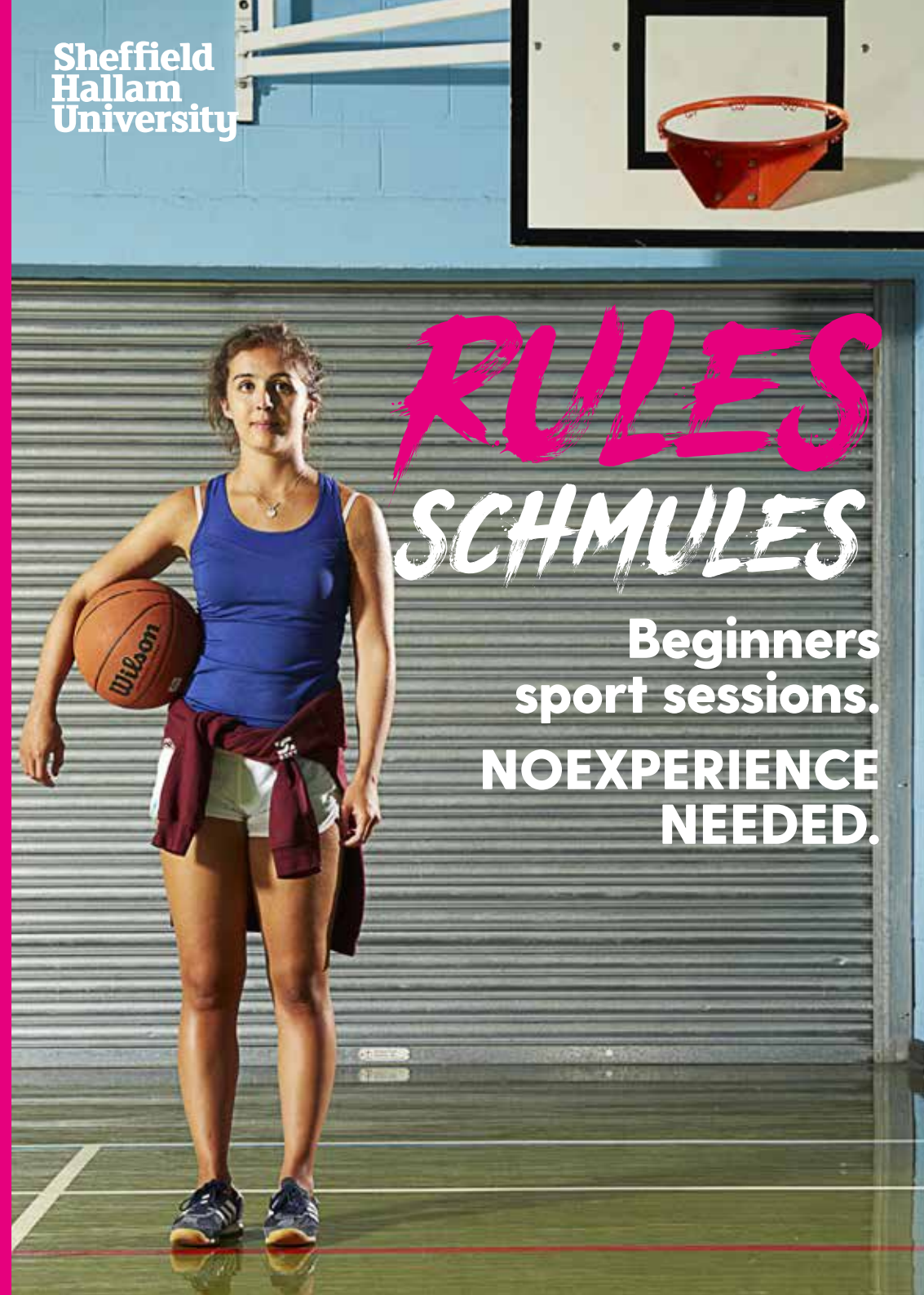


Sheffield
Hallam
University

TRY IT
OUT!

 shu.ac.uk/tryitout

Sheffield
Hallam
University



RULES
SCHMULES

Beginners
sport sessions.
**NO EXPERIENCE
NEEDED.**

TRY IT OUT

Sport with support for beginners

Why you should Try it Out

Try it Out is a programme of activities suitable for complete beginners, where you learn and play sport alongside other like-minded people in a fun environment. You receive all the support you need from trained student sport activators and coaches, so you're guaranteed to feel more relaxed, confident and motivated.

What's stopping you?

Take a look at these common barriers below to discover why Try it Out is for you.

- 'I don't know the rules and I don't want to make a fool of myself.'

Our coaches will teach you the rules. Don't worry - other people will be in the same boat too!

- 'I'm too unfit to play sport.'

These sessions are for everyone, regardless of how fit you are. You take part at your own pace and gradually build your fitness levels.

- 'I don't have time to commit to playing regularly.'

Our 'learn to play' sessions are held at lunches and in the evenings to fit around your studies. Or you can simply turn up to a social sport session whenever you have the time.

There's no pressure to commit to a regular schedule.

- 'I just want to play for fun and not take it too seriously.'

These sessions are all about having fun, learning new skills and getting active. You'll never be asked to take part in anything you don't want to do, such as competitions.

- 'I haven't played sport for ages and I've lost my confidence.'

Our student sport activators and coaches are here to build your confidence without adding any pressure. Then you can play and improve at your own pace.

- 'I want to get fit, but I'm just not a gym bunny.'

These fun sport sessions are ideal if you're not into the gym as they'll get you active and help you feel motivated.

- 'I'm not competitive enough to play team sports.'

We offer activities you can take part in on your own, such as swimming and climbing. And as your confidence grows, you may decide to get involved in other team sports.

- 'I don't have the right kit.'

We provide all the equipment you need. And as long as you're wearing something comfortable and decent footwear like trainers or pumps (unless you're swimming!) you can take part.

'Learn to play' block sessions

These six week sessions for complete beginners are a great way to learn a new sport. Coaches give you all the training and support you need, so you gain the skills and confidence to continue after the sessions have finished. Each sport has an exit route onto a social sport session or club.

You even win incentives for completing stages of the programme.

- Complete the three weeks to win a Team Hallam water bottle.
- Complete all six weeks to win a Team Hallam T-shirt

All this is for a one-off payment of just £10.

Sign up now

Visit one of our Sheffield Hallam Active receptions by Monday 3 October 2016.

- Norfolk building, Pond Street, City Campus
- Pearson Building, Broomgrove Road, Collegiate Campus

If you miss the deadline please email sport engagement co-ordinator Danielle Tindall De Carolis at d.t.carolis@shu.ac.uk and she'll get back to you.

Activity	Dates	Time	Location
Aikido	Every Wednesday from 5 October - 9 November	1-3pm	Collegiate Dance Studio
Climbing	Every Monday from 3 October - 7 November	6-7.30pm	Foundry Climbing Centre
Couch to 5k (running)	Every Monday from 3 October - 7 November	6pm	Hallam Active reception, Pearson Building, Collegiate Campus
Self-defence	Every Monday from 3 October - 7 November	6-7pm	The HUBS
Squash	Every Saturday from 8 October - 12 November	1-2.20pm	Sheffield Hallamshire Squash Club
Swimming	Every Friday from 7 October - 11 November	8.30-9.30pm	Ponds Forge International Sports Centre
Women's American football	Every Thursday from 6 October - 10 November	5.30-7pm	Sheffield Park Academy
Women's basketball	Every Thursday from 6 October - 10 November	6-7pm	Collegiate Sports Hall
Women's boxing	Every Wednesday from 5 October - 9 November	6.45-7.45pm	Collegiate Gymnasium

Weekly social sport sessions

Our weekly social sport sessions are suitable for everyone - including complete beginners. Student sport activators run the activities and there's always a coach on hand to help. Plus all equipment is provided.

Some of the sessions are free as part of the Try it Out programme, and others are just £2.50 (or free to Sheffield Hallam Active members). So take a look our online social sport timetable and simply drop into an activity which takes your fancy.

Visit shu.ac.uk/active

Halls taster sessions and tournaments

If you live in halls, our accommodation activators are running various sport taster sessions plus a programme of friendly tournaments between residences. This is a brilliant way to stay active and make loads of friends.

Look out for posters and flyer drops to find out what's going on where you live.

Want to know more?

If you have any questions about Try it out, email sport engagement co-ordinator Danielle Tindall De Carolis at d.t.carolis@shu.ac.uk and she'll get back to you.