March 2012
Sports and Leisure news

View this email in your browser | Forward to a friend

Visit our website >

To keep healthy and get fitter by attending group exercise classes, whilst building your social network and having fun. Take the opportunity to try something new.

Do you try to start a walking programme and always drop out after a few weeks? Don’t worry. It may not be the exercise you can’t stick with but the type of exercise you choose. You may not try a variety of activities because you think the exercise isn’t for you. It’s important to keep an open mind.

Sport is not just about winning, it’s about relating to others. By getting involved in sport you will make new friends and get a chance to self-express. It’s a great way to socialise and be part of a team. The benefits of sport are endless and it’s never too late to get involved.

The Campus Activity Programme is going from strength to strength and Elif’s Pay As You Go yoga class will begin slightly later at 11:15-12:15.

Campus Activity Programme class changes

Intracity Sport

Intracity is our new Sport England sponsored programme of sport played only within the University.

It is designed to help develop friendships between students within our own halls and other halls and departments.

Students of all abilities are encouraged to take part – all you need is the desire to participate and an enthusiasm for team sports.

Campus Physical Activity Programme

Choose to stay healthy and get fitter by attending group exercise classes, whilst building your social network and having fun.

We offer a diverse programme of fitness classes and wellbeing activities for all staff and students.

Take the opportunity to input new energy into your daily routine and change your lifestyle for the better.

LATEST NEWS

Students’ Union Awards 2012

The University’s Westminster put it all on the line in the Wednesday 28 March as City competes in its first Collegiate Varsity. Using three venues across London, 11 sports teams compete for the right to call themselves champions.

Competing teams are:
- Basketball (men and women)
- Football (men and women)
- Netball (women)
- Rugby Union (men)
- Tennis (men and women)

Matches begin from 2pm and spectators are very welcome to come along and support City’s teams on the day. For more information about transport, venues and the ever important award ceremony, contact the Sports Desk on 020 7040 5619.

Four teams are guaranteed promotion from their respective British Universities and Colleges Sport (BUCS) leagues this season proving once again that City Sports are on the right path to success. Men’s basketball completed their unbeaten league run having held off the most formidable of college opposition. Both men’s and women’s netball teams had outstanding seasons with impressive scores to their names. The Happy Valley Badminton team had a great season and are still in the running for promotion. The women’s hockey teams again that City Sports are on the right path to success. Men’s badminton Universities and Colleges Sport (BUCS) leagues this season proving once again that City Sports are on the right path to success. Men’s basketball completed their unbeaten league run having held off the most formidable of college opposition. Both men’s and women’s netball teams had outstanding seasons with impressive scores to their names. The Happy Valley Badminton team had a great season and are still in the running for promotion. The women’s hockey teams again.