




**QUEEN'S
UNIVERSITY
BELFAST**

**QUEEN'S
SPORT**

A person wearing a purple long-sleeved shirt and dark pants stands in the center of a grassy field. The background is filled with tall, thin trees, possibly eucalyptus, under a bright sky. The overall scene is slightly out of focus, giving it a candid, documentary feel.

ACTIVE
CAMPUS



QUEEN'S SPORT FACILITIES

BOATHOUSE
MOURNE COTTAGE
CITY CENTRE GYM
UPPER MALONE
PEC

QUEEN'S SPORT STUDENT MEMBERSHIP

MEMBERSHIP INCLUDES

Access to cardio, weights, functional training,
90+ classes, swimming, racquet sports plus a
FREE FITNESS PLUS consultation with Gym staff.
Members also qualify for special course rates,
physiotherapy,
sports massage and 5-a-side bookings.

PEAK MEMBERSHIP £22.50

OFF PEAK £16.50

HEALTHY CAMPUS / UNIVERSITIES



Healthy Campus initiative aims to promote the physical health, mental health and wellbeing of all third level students, supporting preventative and public health strategies.



Staff should be encouraged to take part in sport. For a staff member it will support their mental health, help manage stress and boost their overall well-being.



Getting students physically active will boost mental health, even their academic performance and create a sense of belonging.



Students who take part in regular physical activity say they perform better, are more employable and enjoy better mental wellbeing. Active Student Survey 2018 (BUCS)





parkrun



Queen's ParkRun

SATURDAY

0930

Upper Malone Playing Fields

