



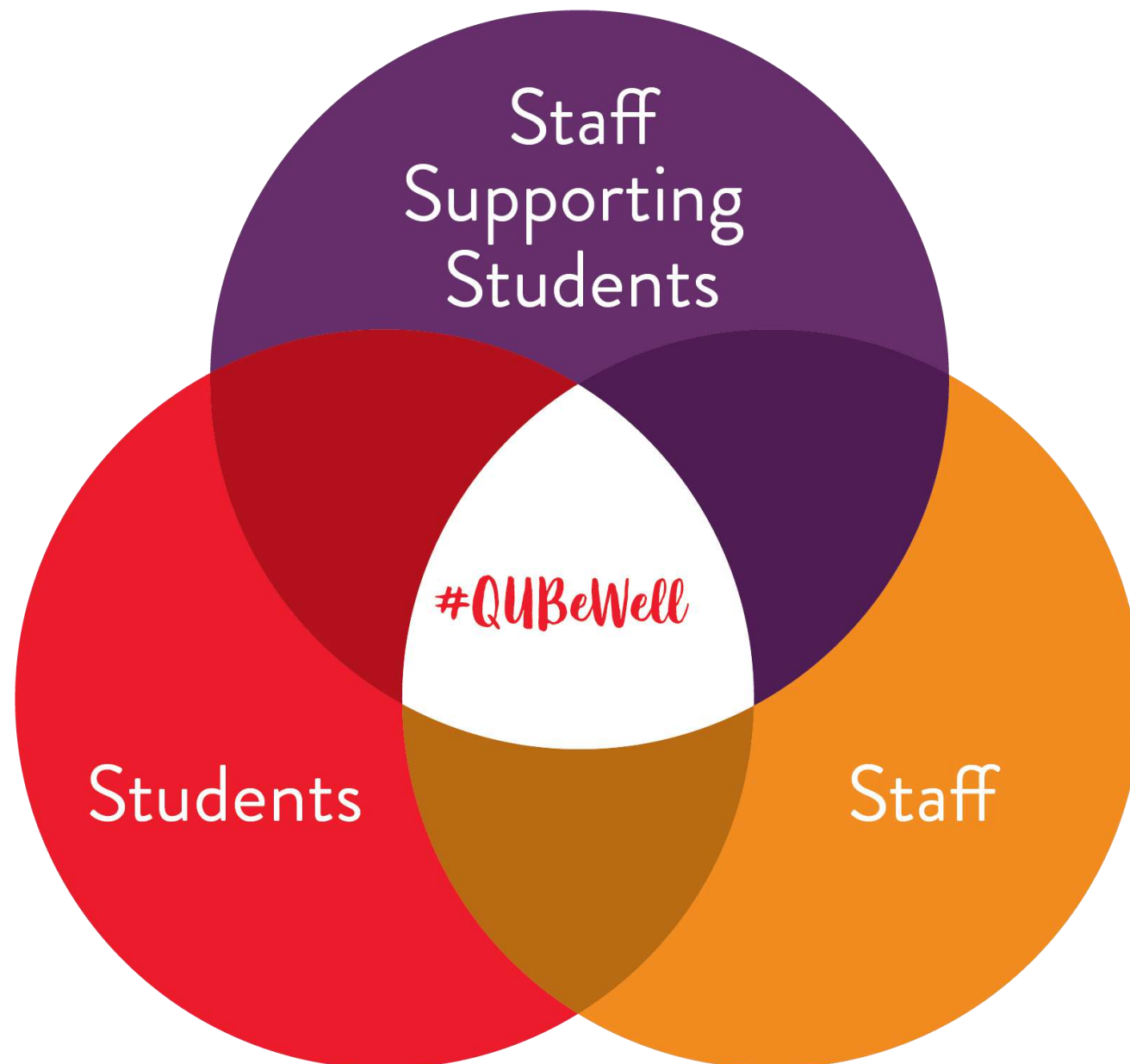
**QUEEN'S  
UNIVERSITY  
BELFAST**

**QUEEN'S  
SPORT**

# TAKE 5 STEPS TO WELLBEING



#QUBeWell



#QUBeWell



# Social integration and belonging



#QUBeWell

[qub.ac.uk/bewell](http://qub.ac.uk/bewell)





## QUEEN'S SPORT FACILITIES

BOATHOUSE

MOURNE COTTAGE

CITY CENTRE GYM (BT1)

UPPER MALONE

PEC







Engage with nature



# QUEEN'S ACCOMMODATION STUDENTS MEMBERSHIP INFORMATION



## Membership Includes

- All Fitness Areas at the PEC and Queen's Sport BT1
- Fitness consultation and induction
- Off-peak Fitness and Yoga classes
- Access Swimming at Queen's Sport PEC
- All Racquet Sports and Climbing at Queen's Sport PEC
- Special course rates, physiotherapy, sports massage

# 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 £24 pm**

**OFF PEAK £18 pm**





# ACTIVE CAMPUS



#QUBeWell

[qub.ac.uk/bewell](http://qub.ac.uk/bewell)







# STRIVE FOR SUCCESS

Together **we're stronger**



Our goal is not only to increase participation to improve **physical health** but **mental and emotional wellbeing** as well.

**#ACTIVE FITNESS – Membership, Classes, Courses**

**#ACTIVE LIFESTYLES – Campus Run, Student Wellbeing**

**#ACTIVE CLUBS – Volunteering, Leadership, Lifelong Skills**

“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)*



## WHAT'S COMING UP?



VANRATH

VANRATH ACTIVE CAMPUS 2023/24

STUDENTS & STAFF ENCOURAGED TO GET ACTIVE

Make More of You through our range of programmes this semester...

#MakeMoreOfYou

EVENT/PROGRAMME	DATE	DURATION	DAY	TIME	VENUE	REGISTRATION
Residential Assistant Training	31st August	1 hour	Thursday	13.00-14.00	Treehouse BT9	Residential Team Only
Active Campus Awareness Session for Staff	4th September	4 hours	Monday	10.00-14.00	One Elmwood	Drop In
Staff Football	12th September - 28th November	12 weeks	Tuesday	13.00-14.00	OTF Queen's Sport	<a href="#">Register HERE</a>
Campus Run	13th September - 29th November	12 weeks	Wednesday	13.15-14.45	Lanyon Building	TBC



**Teresa Reid - Vanrath Active Campus Development Officer**  
**Aidan McGlynn - Vanrath Participation Sport Assistant**  
[activecampus@qub.ac.uk](mailto:activecampus@qub.ac.uk)   
 [Facebook](#)   
 [Twitter](#)   
 [Instagram](#)



# Activity Programme

QUEEN'S SPORT / ACTIVITY PROGRAMME

Adult Activity Programme

Active Children's Programme

Personal Training

Private Swimming Lessons

Physiotherapy



## ADULT ACTIVITY PROGRAMME

QUEEN'S SPORT OFFERS OVER 75 WEEKLY CLASSES

[Find Out More](#)



## CHILDREN'S ACTIVITY PROGRAMME

CHILDREN'S COURSES ENROLMENT NOW OPEN

[Find Out More](#)



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# COUCH TO 5K

WEEK 1



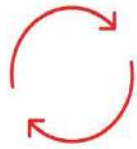
**5 MINS**

Walk at a brisk pace to get your body moving



**1 MIN**

Jog for 1 minute and then 1 1/2 minute recovery x 6



**3x**

Repeat this 3 times this week



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# ACCOMMODATION RUN

**STARTS 26TH SEPTEMBER**

**Duration:** 6 Weeks

**Where:** Starting at Treehouse Elms BT9

**When:** 13:30 - 14:30

**Contact Email:** [activecampus@qub.ac.uk](mailto:activecampus@qub.ac.uk)







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# ACTIVE NETBALL



6 WEEKS

Open to  
All Levels!

STARTS 29TH SEPTEMBER

🕒 1 - 2 pm

📍 Minor Hall of PEC



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# WALKING RUGBY

4 WEEKS

WHERE: PEC Main Hall

WHEN: 27<sup>TH</sup> September

TIME: 12:30 - 1:30pm





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INTRODUCTION TO  
**CHINESE  
KUNG FU**

Open to all levels!

**4 WEEK COURSE**

Sunday 15<sup>TH</sup> May - 5<sup>TH</sup> June

**TIME:** 2-3pm

**LOCATION:** Minor Hall

Sign up through the Queen's Sport  
App or MS Forms.



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MID-MORNING  
**RISE**

WITH PAUL REYNOLDS



**5 WEEK COURSE**

**STARTS MONDAY 30<sup>TH</sup> MAY**

**LOCATION:** Studio 4

**TIME:** 09:30 am - 10:15 am (Mondays & Wednesdays)

**PRICE:** £80 for members, £90 non-members





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# FEMALE STRENGTH TRAINING


6 WEEK  
COURSE




WITH PAUL REYNOLDS



Starts Wednesday  
21<sup>st</sup> September

 19:30 - 20:30  
Studio 4

 Members: £72  
Non-members: £96



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MAKE MORE OF YOU

# FEEL-GOOD YOGA

STARTS TUESDAY 3<sup>RD</sup> MAY

 12:00

Sign up  
online!







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mind your mood  
*Exam Stress Relief*  
**EVENT**

**MONDAY 16TH MAY**

**LOCATION:** PEC Main Hall

**TIME:** 11:30 - 3:30 pm



Sign up on MS Forms  
or Drop In!



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INTERNATIONAL  
**WOMEN'S DAY**

*Latin Dance Fit*

*8th March | 12pm | Main Hall*

**Book now**

members: **Queen's Sport App**

non-members: **Online Form**





## STUDENT SPORT



55  
CLUBS



9,000+  
STUDENTS



500  
CLUB OFFICERS



5  
ACADEMIES



100+  
SCHOLARSHIPS

## PARTICIPATION



## PERFORMANCE



## WELLBEING





17:39 4G

Queen's Sport

**MAKE MORE OF YOU**



**BOOK YOUR CLASS**



**JOIN/RENEW YOUR MEMBERSHIP**



**BOOK YOUR GAME**



**VANRATH ACTIVE CAMPUS**



**BOOK YOUR STUDENT CLUB**



17:39 4G

Book Classes

Thursday - 7 Sep 2023

- 18:00** Group Cycle 50min  
2 / 23 4. Thursday Classes  
Studio 2
- 18:30** Ab Blast 30min  
3 / 16 4. Thursday Classes  
Studio 1
- 18:30** Super Sculpt 45min  
0 / 20 4. Thursday Classes  
Studio 4
- 19:30** Zumba 40min  
4 / 18 4. Thursday Classes  
Studio 3


Friday - 8 Sep 2023

- 07:00** Group Cycle 45min  
15 / 23 5. Friday Classes  
Studio 2
- 07:00** Insane Workout 50min  
20 / 30 5. Friday Classes  
Minor Hall Court 5, Minor Hall Court 4, Minor H...
- 07:00** Kettlebells 50min  
1 / 20 5. Friday Classes  
Studio 4
- 12:00** Zumba 60min  
3 / 18 5. Friday Classes  
Studio 3
- 12:15** H.I.I.T. Abs 30min  
5 / 18 5. Friday Classes  
Studio 1

vodafone UK 08:55

Queen's Sport

HOME VIDEOS PLAYLISTS CHANNELS

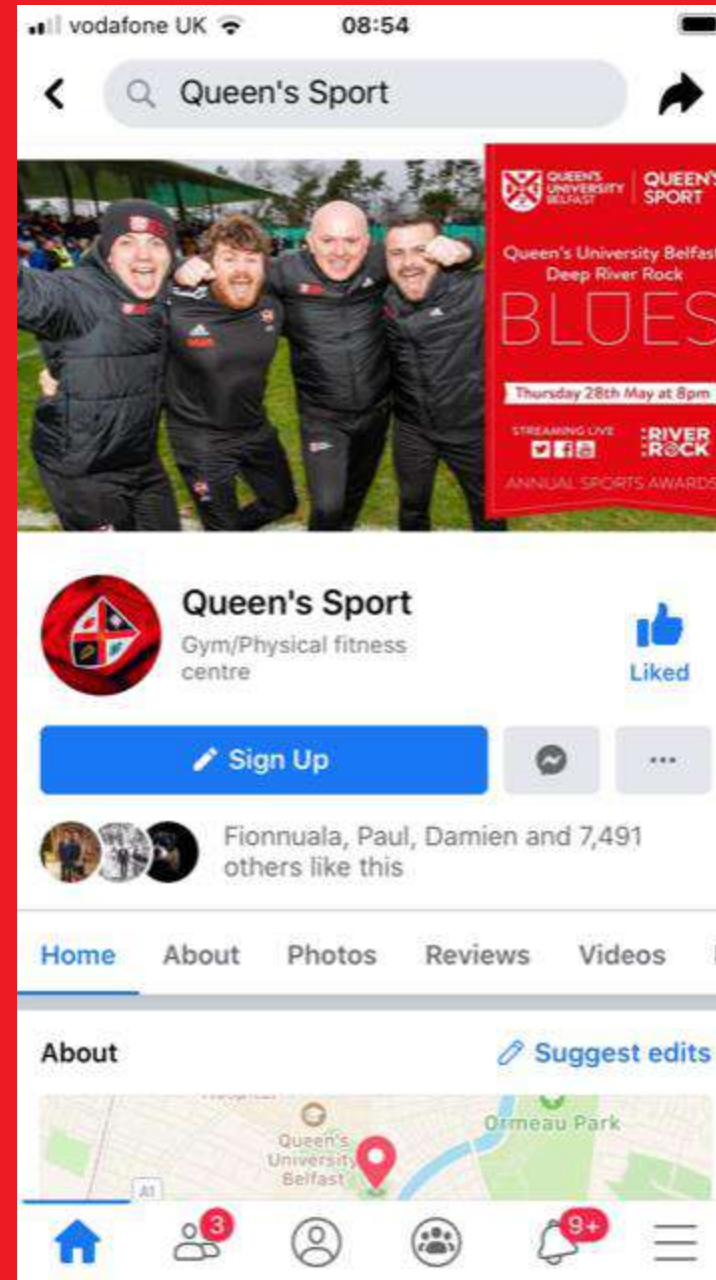
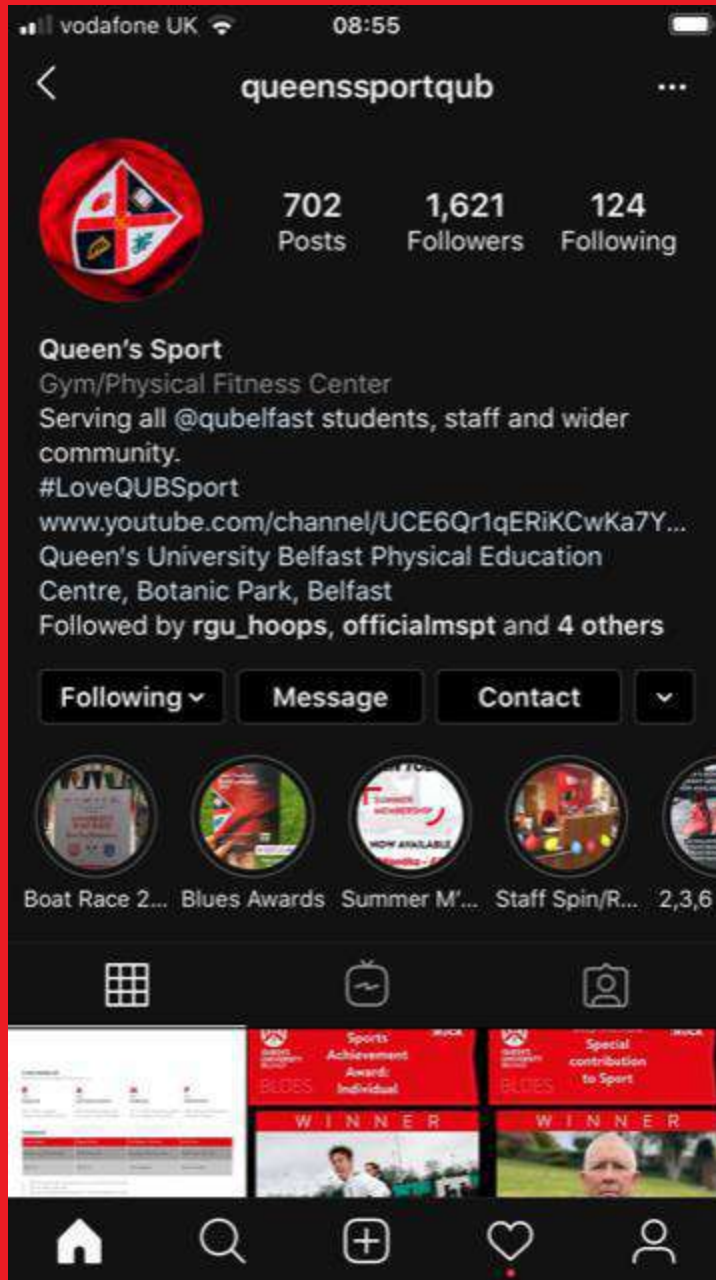


**Queen's Sport**  
472 subscribers  
SUBSCRIBED

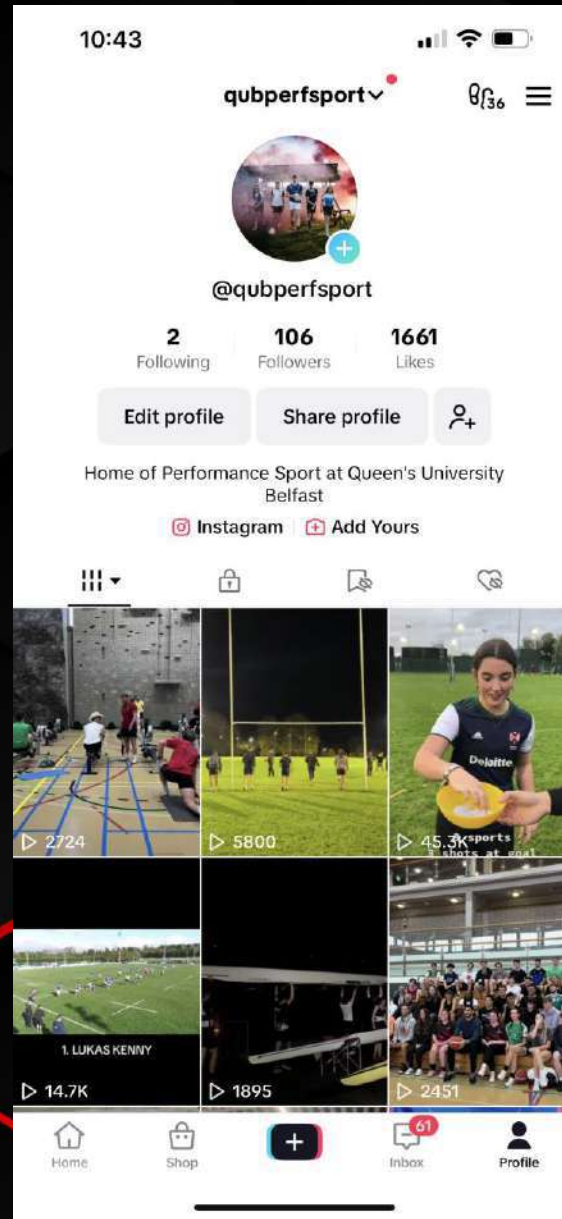
Uploads

- DEEP RIVER ROCK BLUES AWARDS 2020**  
166 views · 11 hours ago
- On the Frontline: Dónal McKeever**  
12 views · 1 day ago
- Special Guest Speaker #BlueAwards2020**

Home Explore Subscriptions Inbox Library







## TikTok - @qubperfsport

- Most viewed video – 45.3k (925 likes)
- 70.2% of all TikTok users between the ages of 18-34
- Number 1 most used app amongst 15-25 year olds Globally, data from Qustodio shows children spend an **average of 75 minutes** per day on TikTok
- Large potential for engagement surround **2024 Future Stars**

Rank	App	Category
1	TikTok	Entertainment
2	Instagram	Photo and video
3	Facebook	Social networking
4	WhatsApp	Messaging
5	Shopee	Shopping
6	Telegram	Messaging
7	Snapchat	Photo and video
8	Messenger	Messaging
9	CapCut	Photo and video
10	Spotify	Music

Source: <https://www.statista.com/statistics/1207831/tiktok-usage-among-young-adults-during-covid-19-usa/>



## PATHWAYS

**CLUB  
DEVELOPMENT**

**ATHLETE  
DEVELOPMENT**

**COACH  
DEVELOPMENT**

**TEAM  
DEVELOPMENT**





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**PERFORMANCE  
SPORT**

**Elite Athlete Programme**

**Sporting Academies**

**Services and Support**



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**HOCKEY  
ACADEMY**



**QUEEN'S  
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**GAA  
ACADEMY**



**QUEEN'S  
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**ROWING  
ACADEMY**



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BELFAST**

**RUGBY  
ACADEMY**



**QUEEN'S  
UNIVERSITY  
BELFAST**

**SOCCER  
ACADEMY**







# QUEEN'S SPORT FLAGSHIP EVENTS

Queen's 3K & 5K races The Deep RiverRock race round the river

University Boat Race Queen's Vs Trinity College Dublin

Queen's University Blues Awards

Queen's Future Stars Awards

Queen's ParkRun

A.I.M Series

Sporting Leaders









EMPOWERING  
WELLBEING AND  
ACHIEVEMENT  
**THROUGH SPORT**

