

UNIVERSITY OF
BIRMINGHAM



Munrow Sports Centre



University of Birmingham Sport's Munrow Sports Centre is a friendly and affordable place for everyone to get fit and healthy. Whether you're starting from scratch, or trying to perfect that marathon time – take a look at what's on offer...

UBSport presents...

The Event Planner

Want to hold an event and need a one-stop-shop approach? We'll aim to meet all your needs from accommodation, catering, multi facilities, marquees, PA systems and road closures.

UBSport can deliver a bespoke event using our extensive range of operational experience. The list below is a selection of events we have successfully delivered...

- Major sporting events
 - India vs England hockey series
 - International Masters hockey
 - Grand Prix squash
 - Ivy League athletics
- School sports days
- Swimming galas
- National Governing Body training camps

No matter what size of event you're planning we can advise on the best delivery and additional services available within the University. For further information please contact our events team on 0121 414 7932 or email ubsportevents@contacts.bham.ac.uk

Memberships available...



Pay for what you use and nothing else... with our extensive range of packages you're sure to find something that suits you...

Gym

Our extensively equipped fitness suite with over 75 stations, comprising of cardio-vascular, resistance and free weights equipment has something for everyone.

Whether you're aiming to complete a charity fun run without keeling over, or you want to drop a dress size by your big day, we can help! With motivational programmes designed specifically for your needs, you'll be healthy and happy in no time!

Book

- **Personal Training** – on a one-to-one basis with a qualified instructor
- **Exercise Programmes** – getting you into shape in 4–6 weeks
- **Health and Fitness Assessments** – a good place to start and a great way to track your progress

Swim

With a swim membership you get the use of our fantastic 25 metre pool during lengths and general pool sessions, as well as being able to relax in the sauna.

Squash and Racketball

As a squash member you can book your squash courts online. Booking is really easy, simply go to www.sport.bham.ac.uk, click on the book online button, enter your password and PIN number and follow the instructions.

Come along, meet new friends and play squash with those of a similar ability at our Munrow Squash Club nights.

Club nights take place on a Monday and Thursday* evening between the times of 19.30 – 21.30 and are available to all individuals with a squash membership.

What else do we offer...



JustPlay

Students and staff – no need to be a member! If you feel like a game of badminton, squash, tennis, table tennis, basketball, 5-a-side football, plus many more – just book, just pay and JustPlay.

You don't have to be an accomplished or even an average player, just come along with a friend, have a bit of fun and JustPlay.

To book a court or pitch, just call or pop in to the Munrow Sports Centre reception or book online. To book online, simply go to www.sport.bham.ac.uk, click on the book online button, enter your password and PIN number and follow the instructions.

Fit 4 Life

If you're over 55 you can benefit from discounted membership rates! Membership options include gym, swim and squash. Swim membership also includes weekly swimming lessons, aqua-fit classes and access to the sauna. After the pool classes, the participants, who are a friendly bunch and welcoming to new members stop off at the café for a drink and catch up.

Additionally, some of our Active Lifestyle fitness classes might be of interest to you, particularly the class Starting Again.

Active Lifestyle classes

Choose from our extensive range of fitness and dance classes, plus loads of sports courses! Whether you're taking part in yoga, studio cycling, kickboxing or a beginner's tennis lesson, you'll be having fun and getting fit at the same time! For more information and how to book, simply go to www.sport.bham.ac.uk/alp

Activities for children

Send your kids along to one of our boredom busting vacation Active Kids Camps where children between 7 and 15 can take part in a fantastic range of coached sports. We also offer Friday evening and Saturday morning swim lessons. You can watch your children progress and achieve nationally accredited awards with the help of our fully trained coaches.



Membership notes:

- All memberships can be taken out individually or as a combination
- Short term membership options are available
- Passwords and PIN numbers are automatically generated
- We offer Pay As You Go swimming and Active Lifestyles classes during university vacation times
- Also during vacation periods there's far greater availability of lengths and general pool sessions
- Keep an eye out for our special vacation memberships such as Summer Scorchers!
- Prices and application forms are available online at www.sport.bham.ac.uk or from the Munrow reception
- ID is required for entry into the centre
- Off-peak gym membership is also available between the following times: 06.00–11.30, 20.00–22.00 and all days at weekends. Please ring for more details



raising the bar

C A F É B A R

Licensed bar,
good food and
Starbucks coffee.

Open to everyone.



Opening hours

Monday – Friday: 06.00 – 22.00

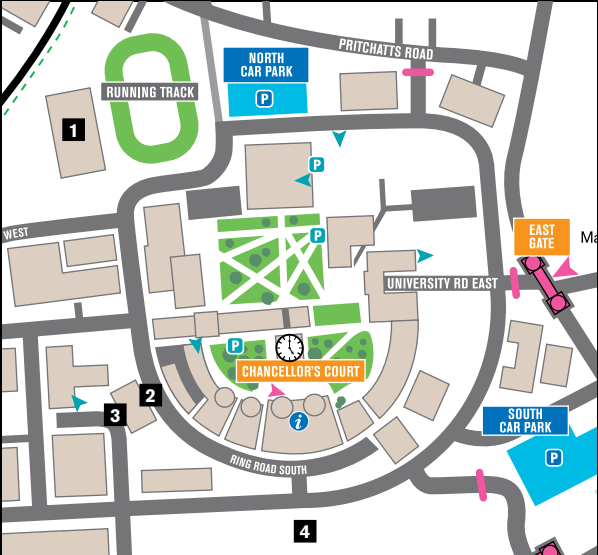
Saturday and Sunday: 08.00 – 20.00

Bank holidays and university closed days: 12.00 – 20.00

Membership and facilities webpage

Please bookmark the following web page: www.sport.bham.ac.uk/membershipandfacilities to find out about any issues

of which you should be aware, plus pool and track timetables.



Key:

- 1** Munrow Sports Centre
- 2** Old Gym
- 3** Dojo (matted facility)
- 4** Bournbrook Sports Pitches

Contact details

Reception: 0121 414 4117

E: munrow@bham.ac.uk

Car parking

Community members parking Monday – Friday before 8.30 and after 16.30 is on the main campus. Parking Monday – Friday 8.30 to 16.30, £1.00 pay and display on designated car parks only.

www.sport.bham.ac.uk