



## USW Sport Newport

2018/2019

[www.southwales.ac.uk/sport](http://www.southwales.ac.uk/sport)



### Get on track at Wales National Velodrome

**Taster Sessions, courses and drop in sessions are available**

You can also unleash your competitive side and join the Winter Track League. Call **01633 656 757** for more information.

Welcome to the University of South Wales. As a student based in Newport, this leaflet highlights all the sport, health and fitness opportunities available to you. The USW Sport programme includes over 60 student led sports clubs taking part in the British Universities and Colleges Sports (BUCS) programme every Wednesday.

### Fresher's Fayre

The Fresher's Fayre takes place in the Treforest Campus on Tuesday 18 September, 11am-3pm, where you will be able to find out all about the BUCS teams and how you can get involved. Come along to register your interest with a club or society and find all of the details about how to sign up for the sports trials. Transport will be provided from the Newport City Campus.



Join from  
**£15.99\***  
a month  
with voucher code  
**NLUSW18**

## Newport Centre

For students wanting to keep fit and healthy more locally, the Newport Centre is directly opposite the USW City Campus and offers an excellent membership for those students based in Newport.

### Facilities

The Newport Centre is an excellent multi purpose facility which includes:

- 5v5 football
- Netball
- Badminton
- Gym activity
- Swimming
- Basketball
- Table Tennis
- Fitness classes
- Fitness membership

### Opening hours

Monday 6.15am -10.30pm  
Tuesday 6.15am-10.00pm  
Wednesday 6.15am-10.30pm  
Thursday 6.15am-10.00pm  
Friday 6.15am - 9.30 pm  
Saturday 8.15am-7.30pm  
Sunday 8.15am - 9pm

Call: **01633 656 757**  
Visit: **[www.newportlive.co.uk](http://www.newportlive.co.uk)**

### Student Membership

(Proof required with NUS card)

- USW freshers offer £15.99 per month (£18.40 at all other times)
- No contract or joining fee
- Annual membership £165.60

A Newport Live Membership can be used at Newport Centre, Newport International Sports Village and the Active Living Centre. Membership includes:

- Unlimited access to three main gyms
- Full personal orientation programme
- Free personal training session
- Over 110 exercise classes a week
- Unlimited public swimming at four pools
- Indoor and outdoor racquet sports

**NEWPORT LIVE**  
**CASNEWYDD** FYW  
*Inspiring Happier Healthier*



\*Offer available for Freshers Week only.