

SPORTS CARD APPLICATION FORM

Name

Address

Tel Date of birth / /

Email

PLEASE TICK THE CATEGORY OF CARD YOU WISH TO PURCHASE

STUDENT

01 September 2014
02 January 2015
01 April 2015

YEAR OF STUDY

1st
2nd
3rd
4th
PGCE

OFFICIAL USE ONLY

Membership No Renewal

Date joined

Form of payment

Amount paid

SPORTS CARDS

To purchase a sports card, simply complete the attached form and return it to the sports complex together with payment.

The price for one year will be reduced over the academic year as follows:

One year sports card		
Valid from	Expires	Price
01 September 2014	31 August 2015	£75
02 January 2015	31 August 2015	£65
01 April 2015	31 August 2015	£55

Purchasing a sports card will give you free access to the fitness suite and Salt Ayre with free or discounted prices for the various activities:

PRICES 2014/15 (Price per session)

	Sports card	No card
Fitness room	Free	-
Aerobics	Free	£3.50
Yoga	Free	£4.00
Squash	Free	£2.30
Tennis	Free	£1.80
Sports hall usage	Free	£2.30
Racket hire	Free	£1.20

Sports Complex
University of Cumbria
Bowerham Road
Lancaster LA1 3JD
01524 590841

© 2014 University of Cumbria (UOC 331)


University of
Cumbria 

LANCASTER SPORTS COMPLEX AND SALT AYRE SPORTS CENTRE

SPORTS CARD

GET YOURS NOW



01524 590841 :: University of
www.cumbria.ac.uk/sport :: **Cumbria** 

At the University of Cumbria there are many opportunities for you to take part in sport and physical activity.

FACILITIES AT THE UNIVERSITY OF CUMBRIA

Air-conditioned fitness suite equipped with:

- rowers
- treadmills
- bikes
- upper and lower body resistance machines
- a selection of free weights
- cross trainers.

Large multi-purpose sports hall suitable for a variety of sports, plus:

- specialist gymnastics area
- floodlit artificial turf pitch
- two squash courts
- two tennis courts
- grass football pitch
- performance laboratories
- sports injury clinic.



COACHING QUALIFICATIONS

There are a variety of coaching qualifications from individual sport governing bodies to Sport Coach UK which are available to students. All courses are advertised on the sport and recreation website or call into the sports complex for more information.

www.cumbria.ac.uk/sport

FITNESS CLASSES

A variety of classes are offered each term. Please collect a timetable from the Sports Complex Reception.



SALT AYRE SPORTS CENTRE

Membership includes the use of all facilities at Lancaster City Council's Salt Ayre Sports Centre, which is fully equipped with:

- Health & Fitness suite
- Over 50 fitness classes per week
- 33 metre swimming pool, spa pool and water slide
- Sauna and steam suite
- Outdoor floodlit athletics track
- Purpose built floodlit cycle track
- Synthetic sports pitch
- Outdoor grass pitches

In addition, all members can access the community swimming pools at Hornby, Carnforth and Heysham.

Upon registration you will be given an induction to both the university and Salt Ayre Sports Centre. You will be required to book your Salt Ayre induction via Salt Ayre Sports Centre, and arrange it for a time which will be convenient to you. For your Salt Ayre induction, you will be required to present your University card; once your induction has been completed you will be issued a Salt Ayre Membership Card, which you will need to display each time you use the Salt Ayre Sports Centre facilities.

Salt Ayre Sports Centre is easily accessible by car, bicycle and public transport:

- By bus – The number 6A bus from Lancaster and Morecambe stops at the ASDA supermarket. Salt Ayre is a two minute walk from the bus stop
- By car – Follow the signs to Salt Ayre Sports Centre from the A683. Free parking is available on site.
- By bike – Salt Ayre is on the Greenway cycle path between Lancaster and Morecambe and there's plenty of safe cycle racks on site to store your bike.

