Your guide to sport and physical activity at Imperial 2016–17
WELCOME WEEK

Jump right in!

Welcome Week is your first chance to explore everything Imperial has to offer.

Discover sports you’ve never heard of, try a group exercise class or join a club.

WELCOME WEEK HIGHLIGHTS

▸ Ethos inductions
▸ I-Connect event
▸ Imperial College Union Freshers’ Fair talk and meet members of the sports club
▸ Sports trials
▸ Impetus taster week try out the Impetus sports programme

When: 1 October – 7 October

Find out more about Welcome Week

www.imperial.ac.uk/sport/new-students

WELCOME WEEK

BE ACTIVE

Sport Imperial strive to provide opportunities for everyone of all abilities and fitness levels to be active.

This guide sets out the ways we encourage participation, from our big fitness events, to how you can be active everyday.

Sport is a big part of life at Imperial, so let us all be active!

EVENTS

▸ Welcome Week
▸ Imperial Girls Can
▸ #TakeAStand
▸ Healthy Living Week
▸ Weight Management
▸ VarsityFest
▸ GoFit
▸ Imperial’s One Big Thing
▸ Imperial Sports Awards
▸ Fitness Fun Day
▸ Race for Life

EVERYDAY

▸ Ethos Sports Centre
▸ Ethos membership
▸ Group classes
▸ Ethos facilities
▸ Facilities at other campuses
▸ Ethos services
▸ Cycling at Imperial
▸ Give it a Go
▸ Impetus

CONTACTS

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WEBSITES
www.imperial.ac.uk/sport
www.imperial.ac.uk/ethos
www.imperialcollegeunion.org

@sportimperial @icunion

EVENTS

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Teaming up with Sport England and BUCS, the Imperial Girls Can week shines a spotlight on female sport and participation at Imperial. From seminars, classes and games; to an empowering sports day and themed club nights, this week unites all Imperial girls and helps break barriers. 
When: 31 October – 6 November 2016

#TakeAStand is a nationwide BUCS campaign aimed at making the university sport experience as inclusive and accessible as possible. Take A Stand particularly focuses on combating anti-social behaviour and mental health in sport. 
When: November 2016

Action-packed and free for all, Healthy Living Week boasts a wide range of activities for the whole Imperial community. With group classes, sports and games sessions, nutrition seminars, fitness assessments, health checks and much more! This week provides the perfect opportunity to shake off post-Christmas indulgence, or start working on your New Year fitness resolutions. 
When: January 2017

If you are looking to either lose weight, improve fitness, increase your energy levels or just want to kick start your new health regime, then this programme is ideal for you. 
Weight Management is an eight week intensive programme led by our Active Lifestyles Team. You will receive nutrition advice, health and fitness assessments, monitoring and daily group training sessions throughout the programme.
When: January /February 2017 and June/July 2017
Varsity is a superb showcase for Imperial sport at all levels. Throughout the day hundreds of students compete in scores of disciplines, from basketball to water polo in front of over a thousand spectators.”

Professor James Stirling, Provost

The biggest sporting event of the year, VarsityFest pits our College and Medical teams against one another in a day of drama, sweat and tears. Beyond the matches there’s plenty more to keep you entertained including music, food and inflatables.

Find out more about joining a sports club and choose whether to play competitively or socially.

www.imperialcollegeunion.org/activities

When: March 2017
**IMPERIAL’S ONE BIG THING**

Imperial’s One Big Thing event is a 5k any way fun-run in Hyde Park. You can walk, run, jog, hop – the more creative the better!

As well as your personal achievement, there’s potential for team glory too. Will you top the leaderboard?

*When: May 2017*

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**IMPERIAL SPORTS AWARDS**

Swap your trainers for tuxedos, your basketballs for ball gowns and get ready to celebrate your success in style!

At this event we acknowledge the achievements of individuals and teams in local, national and international competitions; coaches who make considerable contributions to their clubs and societies as well as students who have shown significant dedication and commitment to taking part and being involved with sport.

This event is a firm favourite and is a great way to round off an active academic year.

*When: May/June 2017*

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**FITNESS FUN DAY**

Join the Sport Imperial team for a day of free, fun sessions and activities for the whole Imperial community.

With group classes, sport taster events, unique one-off sessions and fitness checks, this day is a great way to help you kick-start your summer of fitness.

*When: June 2017*

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**GOFIT**

GoFit is a 10-week team challenge where teams of between 5–8 people support each other towards a very simple goal: to MOVE MORE!

Everyday you and your team log your movement minutes, with your daily target gradually increasing throughout the challenge.

As well as your personal achievement, your team’s potential for team glory too. Will you top the leaderboard?

*When: March–May 2017*

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**RACE FOR LIFE**

Imperial ladies unite in the fight against cancer. Every July we enter a Sport Imperial team in Cancer Research’s Race for Life. You can opt in to run or walk your choice of 10k or 5k around Hyde Park.

Afterwards, celebrate with drinks and nibbles at Ethos!

*When: July 2017*
ETHOS SPORTS CENTRE

Ethos is our flagship sports centre based in Prince’s Gardens, South Kensington. Boasting high standard facilities, Ethos has played host to professional sports teams and Olympic Athletes.

MEMBERSHIP

Students get free access* to our gym and swim facilities across campuses throughout the duration of your time at Imperial, whilst staff can choose between several membership options. Visit the Ethos website for membership information.

*A one-off £40 induction fee is required before you can use any of our gym facilities.

SPORT IMPERIAL organise activities that prioritise fun and fitness over competition to make sure that sport is no barrier to anyone who wants to stay in shape.

We run a wide range of classes to suit users of all levels of fitness and interests! Come along and try out some classes, and discover which is your favourite.

ETHOS FACILITIES

▸ 25–metre swimming pool
▸ Fitness gym
▸ Exercise studio
▸ Climbing wall
▸ Strength and conditioning facilities
▸ Sauna, steam room and spa
▸ Two squash courts
▸ Five badminton court sports hall
▸ Treatment rooms

FACILITIES AT OTHER CAMPUSES - be active anywhere

CHARING CROSS
▸ Fitness gym

HAMMERSMITH CAMPUS
▸ Fitness gym
▸ Swimming pool

ST MARY’S CAMPUS
▸ Fitness gym
▸ Swimming pool

WOODWARD BUILDINGS (iGym)
▸ Fitness gym
▸ Exercise and spin studio

SILWOOD PARK
▸ Fitness gym
▸ Outdoor multi-purpose court
▸ Fitness trail

HESTON SPORTS GROUND
▸ Fitness gym
▸ Strength and conditioning suite
▸ Exercise studio
▸ Sports hall
▸ Outdoor multi-purpose courts
▸ Grass pitches
▸ Tennis courts

HARLINGTON SPORTS GROUND
▸ Grass pitches
▸ 3G astroturf
▸ Floodlit pitches

PUTNEY BOATHOUSE
▸ Fitness gym
▸ Sports therapy treatment

MOUNTAIN HUT
▸ A base in North Wales. Ideal for climbing, hill walking, canoeing and orienteering.
ETHOS SERVICES

ACTIVE LIFESTYLES TEAM
The Active Lifestyles Team works hard to ensure a path to fitness for those looking to be more active. From leading group classes to more personal advice, the team are on hand to offer motivation and support.

SPORTS THERAPY
From sports massage to physiotherapy, we have sports therapy services at Ethos that will help you to feel like your best self.

COACHING AND LESSONS
Improve your skills and confidence. We currently offer coaching and lessons across a wide variety of activities including squash and swimming.

PERSONAL TRAINING
If you have a particular goal in mind, or want that extra push of encouragement, train with one of our qualified personal trainers.

SQUASH LADDER
Compete against other players at the same level as yourself in our squash ladder. Improve your game with a friendly bit of competition.

5-A-SIDE FOOTBALL
The Ethos 5-a-side football league is open to teams of staff and students and takes place at Ethos on Fridays 12.00–14.00. The season runs termly, so check online for the application deadline.

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CYCLING
It’s time to get on your bike! We encourage as many people to cycle as possible. There are showers located in many building across campus, secure cycle stores and a discount on D-locks to keep your bike safe.
Throughout the year Dr Bike surgeries take place on Queen’s Lawn. Come along and get your bike checked over for free!

CYCLING FOR STUDENTS
▷ Bike auctions
  discounted second hand bikes available for sale
▷ Join the Students’ Union cycling club

CYCLING FOR STAFF
▷ iCycle bike loan scheme
▷ Bike pool
  free weekday bike hire
▷ Imperial Wheelers cycle club

GIVE IT A GO
Give it a Go is an exciting way to try something new, meet new people at College and explore some of the wonderful things that our 340+ different clubs and societies have to offer before committing to membership.
Give it a Go enables you to be creative, go explore, get active and discover a huge variety of opportunities at Imperial College Union – get involved!

Find out more about Ethos’ services
www.imperial.ac.uk/ethos

Discover more about Give it a Go and Imperial College Union
www.imperialcollegeunion.org/giveitago
If you want to get into sport, or just play for fun then our Impetus programme is for you! Impetus is our term-time offering of recreational sports and provides a range of activities from one-off taster sessions and weekly drop-in sessions to organised intramural sports. The programme is open to all students and staff of any ability and is a great way to meet new people and try new sports.

Impetus requires an annual registration fee, after which you can then attend any session whenever you like for the rest of the academic year. The fee is £10 during Welcome Week, then £15 from 10 October.

### IMPETUS ACTIVITIES
- Badminton
- Basketball
- Climbing
- Circuits
- Cycle (spin)
- Filipino Martial Arts
- Gymnastics
- LED Sabre Fencing
- Squash (beginners)
- Swimming (beginners)
- Table Tennis
- Tennis
- Volleyball
- 5-a-side Football

### IMPETUS TIMETABLE – term-time only

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Drop in 08.00 - 09.00 Table Tennis Ethos 5th Court</td>
<td>Drop in 12.00 - 13.00 Table Tennis Ethos 5th Court</td>
<td>Drop in 18.00 - 19.00 Climbing Ethos 5th Court</td>
</tr>
<tr>
<td></td>
<td>Drop in 12.00 - 14.00 Tennis Ethos Gym</td>
<td>Drop in 12.00 - 14.00 Badminton Ethos Sports Hall</td>
<td>Drop in 20.00 - 22.00* LED Sabre Fencing Ethos Studio</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Drop in 12.00 - 13.00 Circuits Ethos Gym</td>
<td>Drop in 12.00 - 13.00 Basketball Ethos Sports Hall</td>
<td>Drop in 17.00 - 18.00 Table Tennis Ethos 5th Court</td>
</tr>
<tr>
<td></td>
<td>Drop in 12.00 - 14.00 Tennis Hyde Park</td>
<td>Drop in 12.00 - 13.00 Filipino Martial Arts Ethos 5th Court</td>
<td>Drop in 18.00 - 19.30 Beginners Squash Ethos Squash Courts</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Drop in 12.00 - 14.00 Tennis Hyde Park</td>
<td>Drop in 12.00 - 13.00 Basketball Ethos Sports Hall</td>
<td>Drop in 19.00 - 20.00 Beginners Swimming Ethos Swimming Pool</td>
</tr>
<tr>
<td>Thursday</td>
<td>Drop in 08.00 - 09.00 5-a-side Football Ethos Sports Hall</td>
<td>Drop in 12.00 - 13.00 Filipino Martial Arts Ethos 5th Court</td>
<td>Drop in 18.00 - 19.00 Intramural Basketball Ethos Sports Hall</td>
</tr>
<tr>
<td>Friday</td>
<td>Drop in 10.30 - 11.30 Cycle (spin) Ethos Studio</td>
<td>Drop in 15.00 - 16.00 Intramural Basketball Ethos Sports Hall</td>
<td>Drop in (max 12 per session) Gymnastics Charing Cross Gymnastics Club* *meet 17.00 at Ethos reception</td>
</tr>
<tr>
<td>Saturday</td>
<td>Intramural 13.00 - 15.00</td>
<td>Drop in max 12 per session</td>
<td>Drop in (max 12 per session) Gymnastics Charing Cross Gymnastics Club* *meet 17.00 at Ethos reception</td>
</tr>
<tr>
<td>Sunday</td>
<td>Drop in (max 12 per session)</td>
<td>Drop in (max 12 per session)</td>
<td>Drop in Intramural Basketball Ethos Sports Hall</td>
</tr>
</tbody>
</table>

*Note: Intramural sessions are drop-in and max 12 per session. Intramural Basketball is part of the programme and is included in the annual registration fee.