



SPORT AND ACTIVE LIFESTYLES



A guide for students, staff
and community users

wlv.ac.uk/sport

WELCOME

At the University of Wolverhampton we offer a wide range of options to help you get some activity into your day.



◆ WLV Gym

Our premier membership package includes:

- gym
- swim
- exercise classes
- use of athletics track

Alternative packages are also available. Ask about our personal training offering!

gym@wlv.ac.uk

◆ Swimming

In partnership with the Royal Life Saving Society (RLSS) we run:

- children's swim academy
- adult swimming lessons
- Lifeguard Courses

sport@wlv.ac.uk

◆ Sports Workforce

Do you have a passion for sport and interested in the following?

- volunteering in sport
- working in sport
- qualifications in sport

sportworkforce@wlv.ac.uk

◆ Facilities

We have sports facilities at our Wolverhampton and Walsall campuses which include:

- fitness suites
- an exercise studio
- sports halls
- a swimming pool
- a full-sized, floodlit 3G pitch
- sports science labs
- an elite strength and conditioning suite

We're open to everyone for casual and pay-as-you-go bookings, whether you want a session at the gym, a swim, or a game of badminton or football, just book and play.

We also run kids' camps during the spring and summer holidays.

sport@wlv.ac.uk



Team Wolverhampton

Do you want to represent your University in your chosen sport and compete locally and nationally against other universities?

We enter the following teams into BUCS (and are always looking to add more!):

- football
- futsal
- basketball
- netball
- judo
- badminton
- rugby
- volleyball
- and a range individual sports

All sports are managed by the best coaches in the business.

teamwolves@wlv.ac.uk



Sports Scholarships

Get in touch if you are performing at a high level in your chosen sport. Our complimentary package includes:

- physiotherapy
- strength & conditioning
- sports science testing
- Under Armour sports wear
- funding towards non BUCS competitions, training costs and equipment
- annual WLV Gym membership
- mentoring support

sportscholarships@wlv.ac.uk



Social Sports

Our social sports programme has something for everyone.

- try different sports
- for all abilities
- fun, socialise, make new friends
- turn up and play
- led by student activators

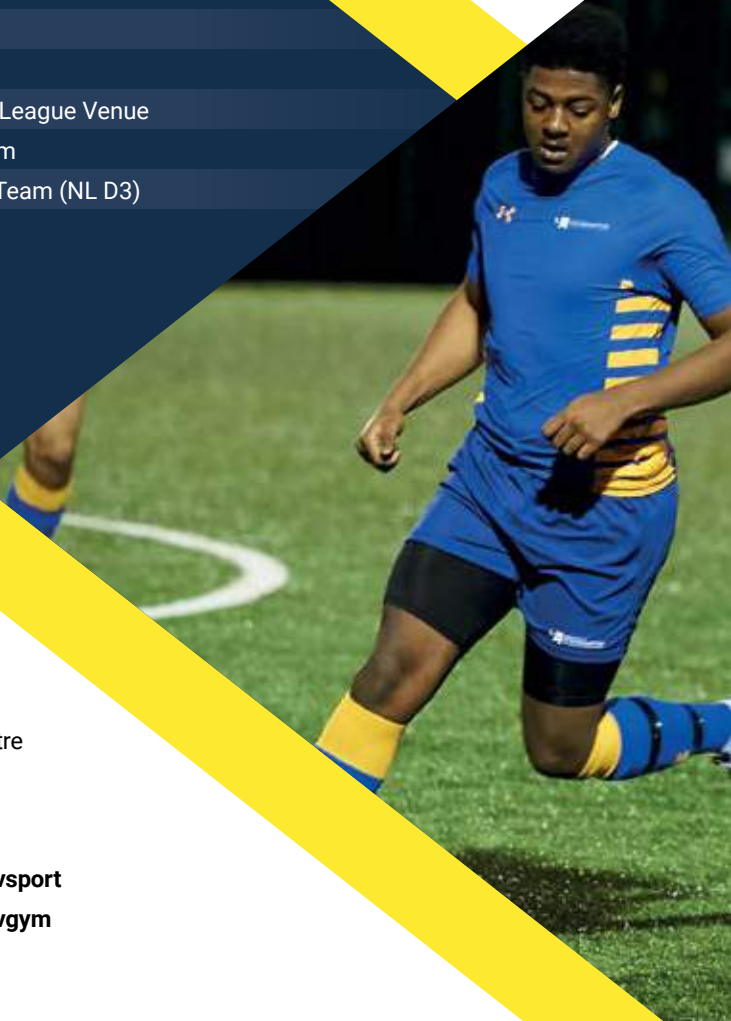
social-sport@wlv.ac.uk





WE ARE HOME TO:

- British Judo Centre of Excellence
- U19s Wasps Netball Team
- Wasps Netball Girls Hub
- FA Girls Performance Hub
- FA Women's Futsal Central League Venue
- Birmingham Futsal 1st Team
- WLV Albion Basketball 1st Team (NL D3)



Contact us

Wolverhampton Campus
Sports Centre

T: **01902 322 372**

Walsall Campus Sports Centre

T: **01902 518 900**

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