



Leeds Trinity
University



TRINITY SPORT AND FITNESS



TRINITY SPORT AND FITNESS

At Leeds Trinity, we recognise that there's more to a degree than just studying. We want to provide a fulfilling experience alongside your studying and believe that sport and fitness can play a big part in this – no matter what your sporting preference or background.

We work in partnership with Leeds Trinity Students' Union to offer an exciting range of sport and physical activity for students and staff. From trying new sports in our 'give-it-a-go' sessions and using our Technogym fitness suite, to representing the University in a sports team, we do our best to offer something for everyone!

Our friendly team of staff is always on hand to ensure everyone has the opportunity to get involved. If we don't currently offer a sport or activity you like, let us know and we can help point you in the right direction.

We look forward to meeting you and playing a big part in your time at Leeds Trinity.

Social sport

Our weekly timetable of free social sports is open to students of all abilities and is a great way to make friends. There's plenty to choose from, with 'give it a go' sessions which cover a wide range of sports including badminton, rugby, golf and more.

Social sport sessions are all coach or volunteer-led, which means there's always a helping hand if you need it.

This Girl Can

We're proud to work in partnership with several National Governing Bodies and campaigns such as This Girl Can to offer our students a fulfilling sporting experience. For more information, follow Trinity Sport on social media.



Visit leadstrinity.ac.uk/trinity-sport for more information on our sport programmes, or follow us:

@sporttrinity @trinity_sport

ENHANCE YOUR EMPLOYABILITY THROUGH SPORT

We work with local partners and charities to provide you with the opportunity to volunteer abroad with various sport for development projects.

You'll gain valuable coaching experience whilst travelling and make a real difference to international communities.

You'll also develop transferable skills such as leadership, teamwork, adaptability and an understanding of the real world implications of your studies whilst teaching and coaching across an array of subjects, not just sport.

For more information on opportunities to volunteer abroad, email volunteering@leadstrinity.ac.uk



“My international volunteering experience felt like the most rewarding and best time of my life”

Olympia Agorini
Secondary Physical Education and Sports Coaching BA (Hons)
Volunteered in Rwanda with Cricket without Boundaries

“When you are placed so far out of your comfort zone and asked to take control of your surroundings you learn a lot about yourself and how to cope with different situations. This will be increasingly important for my future career.”

Lloyd Bebbington
Primary Physical Education and Sports Coaching BA (Hons)
Volunteered in Fiji with Think Pacific



REPRESENT LEEDS TRINITY

The Students' Union is home to multiple sports clubs, so whether you're looking to play socially or want to compete, you can always get involved.

Every year, a large number of our students represent Leeds Trinity University in BUCS (British Universities and Colleges Sport) and various other competitions. Clubs train and play weekly throughout the season, with home fixtures played most Wednesdays on campus.

For more information on our sports clubs and individual participation, visit ltsu.co.uk/activities/clubs



TALENTED ATHLETE SUPPORT PACKAGE

Our Talented Athlete Support Package (TASP) offers additional support to help athletes competing at a high level in their sport to manage their studies and their sports careers.

All TASP athletes are entitled to:

- Free Trinity Fitness Gold Membership
- Access to the University Strength and Conditioning Suite
- Tailored sport science testing and support
- Learning and teaching support to manage training, competing and completing your studies
- One-to-one mentoring with a member of sport development staff

To find out more, visit:

leedstrinity.ac.uk/trinity-sport



“Doing a degree and competing in international sport is not easy, but Leeds Trinity is very supportive which makes a huge difference.”

Charlotte Booth

Sport, Health, Exercise and Nutrition BSc (Hons)
England Rugby Player

INSPIRING FUTURES PROGRAMME

The Inspiring Futures Sporting Excellence Fund financially supports students to compete at a national or international level of sport.

Individuals can apply for funding to use for competition entry fees, transport, travel or equipment.

For more information on the Sporting Excellence Fund and the Inspiring Futures Programme, including eligibility and funding criteria, visit leedstrinity.ac.uk/ifp



“The support from the IFP really helped me to focus more on my studies, rather than worry about the costs involved in representing England Universities. I played against the Manchester United U23 team, Bournemouth U23 team as well as taking part in international matches against Scotland and Wales.”

Matthew Broadley

Secondary Physical Education and Sports Development BA (Hons)

MSc Psychology (Conversion)
PE Cover Supervisor and Semi-Professional Footballer

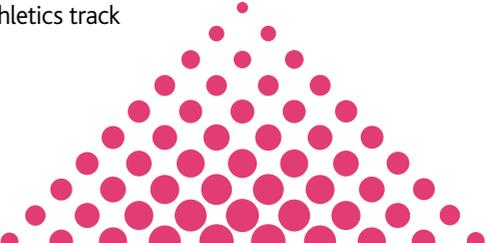


TRINITY FITNESS

Trinity Fitness is home to our on-campus Sports Centre. We've invested millions to provide the latest gym equipment and sports facilities. Whether it's playing football on our 3G AstroTurf Pitch, running around our sand-based running track, pedalling like mad in one of our Studio Cycling classes or using the monkey bars on the functional training rig, we've got something for everyone.

Our facilities include:

- A fully equipped fitness suite which has all the latest Technogym equipment, a free weights area and a functional training rig
- A spin studio
- A 3G AstroTurf pitch, fully accredited by FIFA for football
- A strength and conditioning suite
- Indoor courts, including sports halls
- Outdoor rugby and football pitches, plus an athletics track
- Outdoor hard courts for netball and tennis



CLASSES

Whether your fitness goals are to lose weight, tone up, gain muscle or improve your strength and endurance levels, we have a wide range of fitness classes including Studio Cycling, Kettlebells, Pilates, HIIT, Iyengar Yoga and Zumba, to help you achieve them.

MyWellness app

You can book your classes, access a range of 'on demand' classes and train wherever you like with the MyWellness app. For more information, and to keep on track with your exercise, visit trinityfitness.co.uk

Memberships

Becoming a member of Trinity Fitness is simple and budget friendly. Members have access to the gym, bookable sports facilities and classes, as well as tailored personal training and exercise programmes from our qualified fitness instructors.

All of our memberships include our Trinity Fitness pathway to help kick start your fitness journey. This is to get you motivated and keep you on track with your health and fitness goals from the word go.

For membership prices, how to sign up and opening times, visit trinityfitness.co.uk

£10... Ten Students... Ten play

Hire the gymnasium, sports hall or a 3rd of the 3G AstroTurf pitch at off-peak hours for just £10. T&C's apply.



ENQUIRIES

For enquiries regarding all of our sports facilities, indoor and outdoor bookings or the Fitness Suite and class timetable, please contact Trinity Fitness at sport@leedstrinity.ac.uk or call 0113 283 7155.

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