WELCOME PROGRAMME RESIDENCE LIFE

FIND YOUR RESIDENCE LIFE KEY FOB INSIDE 2018-19
THE RESIDENCE LIFE TEAM WOULD LIKE TO WISH YOU A VERY WARM WELCOME TO UNIVERSITY ACCOMMODATION, YOUR NEW HOME!

Residence Life offers you a wide range of trips, activities, events and a residential sport programme delivered where you live! We exist to make your time at university epic!

And this covers everything from socialising to exercising, from personal development and skill boosting sessions to support and conduct. The best part is... the entire programme is completely free of charge or offered to you at a discounted rate. All activities are available to students living in University Accommodation.

Want to find out more? Visit www.residencelife.co.uk

We also have Residence Life Mentors, who will be there to meet you at some point during Intro Week. They will help with any enquiries, provide support and help you settle in to your new accommodation.

All our Residence Life Mentors are University of Sheffield students so they remember how it felt arriving at university for the first time and their job is to make your transition from home to university life as stress-free and enjoyable as possible!

The Residence Life Mentors will visit you regularly throughout the year and they will be available every evening during term time

For more information contact residentsupport@sheffield.ac.uk

This fob allows you to get into events, activities, sporting classes and workshops we host for you. It will also get you a £2 discount on the entire Give it a Go programme* and £5 off the day trips, plus loads of other discounts and offers around the campus.

*on any ticket above £2.50
Welcome to the Residences. Bring your new flatmates down to the Edge Lounge Bar. In the evening, we will have a DJ playing your favourite hits to kick-start what we hope will be one of the best years of your life.

The Residence Life Mentors will take you to the Goodwin Sports Centre, our state of the art sporting facility, hosting full size pitches, a sports hall, a swimming pool, squash and tennis courts, a bouldering wall and a superbly equipped fitness suite.

The Residence Life Mentors will walk you to the Hotel for the night. You’ll then be taken to the Goodwin Sports Centre, our state of the art sporting facility, hosting full size pitches, a sports hall, a swimming pool, squash and tennis courts, a bouldering wall and a superbly equipped fitness suite.
The Residence Life Mentors will take you on the bus (you’ll need £1.50 for the bus fare) and show you what Sheffield has to offer. They’ll take you around the City Centre and show you the best places to go for vintage stores, independent shops, bars, clubs and restaurants. The tour will end with a trip to the Winter and Peace Gardens – a green paradise in the middle of the town centre. And don’t forget to bring change for the bus!

CITY CENTRE AND WINTER GARDENS TOUR
SUNDAY 16 SEPTEMBER
6pm, Meet at The Hedge of Friendship for Ranmoor OR Stanage Car Park (grass area) for Endcliffe

The Residence Life Mentors will show you what Sheffield has to offer. They’ll take you around West St and Division St and parts of the City Centre. You’ll be shown the best places to go for vintage stores, cafes, bars, clubs, restaurants and a whole host of independent shops. The tour will end with a trip to the Winter and Peace Gardens – a green paradise in the middle of the town centre.

MIAMI VICE PARTY
SUNDAY 16 SEPTEMBER
10pm-3am The Edge Lounge Bar. Order tickets online, or buy them on the day from the Edge Hub (limited availability)

The year is 1980 and Miami is the hottest place to be. Everywhere you look there are palm trees, Rolls Royces, and suits so oversized they could double as duvets. The Edge Lounge Bar invites you to attend the biggest party of the year, with over 1000 people in attendance filling two rooms. Our two DJs will be playing a mix of music from funky Disco to Modern Pop, with a selection of drinks offers, club photographer and on the night activities. Grab a ticket and enjoy the spirit of everything 1980’s Miami had to offer.

RANMOOR/ENDCLIFFE CAMPUS TOUR AND BROOMHILL TOUR
MONDAY 17 SEPTEMBER
4pm, Meet at Hedge of Friendship for Ranmoor OR Stanage Car Park (grass area) for Endcliffe

Ranmoor/Endcliffe residences are set in beautiful parkland. Join the Residence Life Mentors on a tour across our expansive site. Discover where all the hidden gems are: the tennis courts, the pool and table tennis tables, and the sports equipment. Also find where the bars, cafes, launderettes, cashpoints and Customer Services are located. Then you’ll head into Broomhill, your local and nearest shopping area.

GOODWIN SPORTS CENTRE AND CENTRAL CAMPUS TOUR
MONDAY 17 SEPTEMBER
5pm, Meet at The Hedge of Friendship for Ranmoor OR Stanage Car Park (grass area) for Endcliffe

The Residence Life Mentors will take you to the Goodwin Sports Centre, our state of the art sporting facility, hosting full size pitches, a sports hall, a swimming pool, squash and tennis courts, a bouldering wall and a superbly equipped fitness suite. Then you’ll head down to the University Central Campus; you will be shown Firth Hall, the departmental buildings and finally the Students’ Union. The tour will end in Coffee Revolution with a chance to grab a drink and get to know your fellow students!

CITY CENTRAL CAMPUS AND GOODWIN SPORTS CENTRE TOUR
MONDAY 17 SEPTEMBER
5pm, Meet at St Vincent’s Church Reception OR Allen Court Reception, 5.30pm

The Residence Life Mentors will walk you to the University Campus; you’ll be shown The Diamond, the departmental buildings, Firth Hall and finally the Students’ Union. You’ll then be taken to the Goodwin Sports Centre, our state of the art sporting facility, hosting full size pitches, a sports hall, a swimming pool, squash and tennis courts, a bouldering wall and a superbly equipped fitness suite. Why not finish the tour by heading back to the Students’ Union to grab a coffee and get to know your fellow students!
OPEN MIC NIGHT
MONDAY 17 SEPTEMBER
7pm, The Edge Lounge Bar

Dim the lights and hit pause on Spotify. We’ve got a selection of real acts performing for you this evening, though we’d love it if you brought your performance to our stage! If you prefer to spectate, bring your friends, grab some food and drink and get ready for the evening’s entertainment.

Ducks and visit the café.

Porter Brook River, feed the Park where you can follow the Park (grass area) for pie night, where there will be a selection of our signature pies to nourish and replenish you. Pro tip: cover your pie with Sheffield’s famous Henderson’s Relish.

BOTANICAL GARDENS & ENDCLIFFE PARK URBAN WALK
TUESDAY 18 SEPTEMBER
4pm, Meet at Stanage Car Park (grass area)

Sheffield is one of the greenest cities in the UK, which surprises a lot of people who haven’t visited us before. There are more than 50 parks to enjoy and this walk will show you the Botanical Gardens and Endcliffe Park. The Botanical Gardens are one of Sheffield’s most beautiful green spaces, you’ll see the Rose Garden, the Bear Pit and if your family ever visit, we’ll show you the tea room and restaurant. Then you’ll head to Endcliffe Park where you can follow the Porter Brook River, feed the ducks and visit the café.

Need to revive yourself with a superb quality meal and can’t face another microwave pot? We have just the remedy! Get down to the Edge Lounge Bar for pie night, where there will be a selection of our signature pies to nourish and replenish you. Pro tip: cover your pie with Sheffield’s famous Henderson’s Relish.

HUMAN COMMUNICATION SCIENCES DEPARTMENTAL WELCOME TALKS
TUESDAY 18 SEPTEMBER
6:30pm-8:30pm, High Tor 5, The Edge

If you’re part of the Department of Human Communication Sciences, or simply interested to find out more about our department, feel free to come down and sign up to become part of the society. Membership is £5.00 for the year (this can be paid online too) which includes events ranging from awareness weeks, bar crawls, Christmas meals, career and HCS related talks and a whole variety of events catered to everyone’s needs. We’ve got tea, coffee and biscuits on offer too so come along, pop down and introduce yourself!

BIOMEDICAL SCIENCE SOCIETY DEPARTMENTAL WELCOME TALKS
TUESDAY 18 SEPTEMBER
8:30pm-10pm, High Tor 5, The Edge

Hello and welcome from BMSSOC! First off, congratulations on gaining your place at the University of Sheffield! As a society we aim to cater for all of your needs; whether that be academic or social. We host many different events throughout the year, with our BMS Ball and trip abroad being huge highlights. Not only that, but we also have our very own sports teams, so if you’re interested in playing a bit of sport and mixing with other BMS students, this could be for you! Socials are a massive part of university culture, and so you can expect us to host many throughout the year, ranging from the BMS Freshers Bar Crawl to charity quiz nights. Being part of the BMS community is like being part of a huge family - we are everywhere, so if you do see anyone in a bright orange sweatshirt with BMSSOC written in large font on the back, please do come and say hello! We as a committee can’t wait to meet all you new freshers, and are extremely excited for the year ahead!

WESTON PARK & CROOKES VALLEY PARK URBAN WALK
WEDNESDAY 19 SEPTEMBER
4pm, Meet at St Vincent’s Church Reception OR Allen Court Reception, 4.30pm

It’s said that if you walk for half an hour in any direction in Sheffield then you’ll walk through at least one of its 50 parks, woodlands or public gardens. This walk will take you to Western Park, which is a fantastic green space for students at the University. Located right next to Central Campus, it’s a popular choice for walks, picnics, ball games and study breaks. Right next door is Crookes Valley Park where you’ll be able to chill out next to the large pond and cherry blossom trees.

BIOLOGY SOCIETY DEPARTMENTAL WELCOME TALKS
WEDNESDAY 19 SEPTEMBER
7-8pm, High Tor 5, The Edge

Biology society is the departmental society for Animal and Plant Sciences students. We run a huge range of activities including bar crawls, socials, charity events, trips abroad and a huge summer ball! Biology society is the best way to get to know your coursemates and enjoy spending time together outside of the lecture theatre.

PRE-SOCIETY NIGHT SOCIAL
WEDNESDAY 19 SEPTEMBER
8pm, The Edge Lounge Bar

The Edge Bar is the official launchpad for Wednesday night socials. Not only do we offer you some great drinks deals, we’ll also help prepare you for the night to come. That’s right: it’s steak night! Drinks offers include four pints of Carlsberg or Somersby, or four VKs for a tenner, as well as a range of shot offers.
ACTIVITIES FAIR
THURSDAY 20 SEPTEMBER
11am-3:30pm, Octagon Centre and The Students’ Union

Discover over 350 societies and committees that you can join whilst you are a student at University. The societies include dance, music, political, faith, departmental and academic, and cultural groups. Don’t miss out!

FORGE DAM AND PORTER BROOK URBAN WALK
THURSDAY 20 SEPTEMBER
4pm, Meet at The Hedge of Friendship, Ranmoor

Sheffield is one of the greenest cities in the UK, with green spaces taking up to 61% of its entire area. This tour will take you to Forge Dam where you can get a fantastic cup of coffee and a scrumptious ice cream. Then you’ll follow the Porter Brook River down and then back to Ranmoor/Endcliffe. Bring some duck food as there will be plenty of opportunities to feed the ducks.

SUDDS (DENTAL SOCIETY) DEPARTMENTAL WELCOME TALK
THURSDAY 20 SEPTEMBER
7pm-9pm, High Tor 5, The Edge

Come along to meet the dental student society committee and your new fellow dentistry course mates. An evening of ice-breakers, games and refreshments.

THE BIG QUIZ
THURSDAY 20 SEPTEMBER
8pm, The Edge Lounge Bar

You’re a fountain of knowledge; you’ve been telling people for years but no-one will take you seriously. Now is the time to prove yourself and enjoy the spoils with your team. £25 bar tab for first place, £15 bar tab for second place, and the world (well, Ranmoor/Endcliffe) famous mystery box for third place. Want to know what’s in it? There’s only one way to find out! Oh, also, we’ll give you free chips.

SPORTS FAIR FRIDAY 21 SEPTEMBER
11-3.30pm, Octagon Centre

Come and check out everything to do with Sport at University at our annual Sports Fair! All of our 58 Sports Clubs will be able to answer any questions that you may have. You will also be able to find out about Residence Life Sport, Social and Intra Mural Sport as well as Performance Sport. Don’t miss out!

SEXUAL HEALTH AT THE EDGE
FRIDAY 21 SEPTEMBER
6-8pm, The Endcliffe Hub

Sexual Health Sheffield will be at The Edge Hub to talk to you about all things sexual health. Whether you want a full sexual health MOT from the experts or some free condoms or sexual health advice then the team will be there to talk to you between 6-8pm.

EDUCATION SOC DEPARTMENTAL WELCOME TALK
FRIDAY 21 SEPTEMBER
7-8.30pm, High Tor 5, The Edge

EdSoc are the departmental society for all students studying within the School of Education. Join us for a chill meeting to get to know the committee, each other and students from other years. We’ll answer any questions you might have about the course or uni life, pass along our wisdom and experience and have a relaxing time getting to know you! Add us on FB @edsocsheffield to keep up to date with our events!

EDUCATION SOC DEPARTMENTAL WELCOME TALK
FRIDAY 21 SEPTEMBER
7-8.30pm, High Tor 5, The Edge

EdSoc are the departmental society for all students studying within the School of Education. Join us for a chill meeting to get to know the committee, each other and students from other years. We’ll answer any questions you might have about the course or uni life, pass along our wisdom and experience and have a relaxing time getting to know you! Add us on FB @edsocsheffield to keep up to date with our events!

FUNKY FRIDAYS FRIDAY 21 SEPTEMBER
10pm, The Edge Lounge Bar

We’ve got your Friday night covered! Each week the Edge Bar will be taken over by a different genre of music. Your first ever Funky Friday theme is 90’s Indie Rock, so throw a worn band t-shirt over some ripped jeans and get ready for a nostalgia trip. If you fancy coming a bit earlier then join us for our Friday curry club: an absolute must as far as pre-night out fodder goes. Want a say in the next Funky Friday theme? Visit our Facebook page for details of the film we’ll be showing!

Want a say in the next film screening? Head over to our Facebook page and vote in the online poll @ReslifeTUOS

PARTY NIGHT SATURDAY 22 SEPTEMBER
10pm, The Edge Lounge Bar

Come along and enjoy a range of music from classic hits, one hit wonders and modern anthems. Watch out for our massive month end parties: you never fully have to leave Freshers week behind.

BECOME A RESIDENCE LIFE BLOGGER

Do you love writing about your life? Maybe you have a flair for creative writing, photography or digital media? Why not become a Student Blogger for Residence Life and you can blog about your life at uni and all the brilliant events and activities you’ll get to go to. You’ll gain CV-boosting skills and recognition on your HEAR (Higher Education Achievement Report) whilst doing something you love! Check out this booklet for more information on when the workshop are being held.
WEEK ONE

RESIDENCE GYM
MONDAY 23 SEPTEMBER
10-11am, Goodwin Sports Centre, S10 Health Gym

Booking essential https://online.sport-sheffield.com/

We are so excited to introduce gym sessions as part of the Residence Sport Programme! Every Monday between 10-11am you will be able to use the S10 Health Gym which has over 170 pieces of state of the art fitness equipment including cardio, fixed resistance and free weights equipment. Make the most out of this opportunity and book yourself onto one of the free sessions!

ALLEN COURT PILATES
MONDAY 23 SEPTEMBER
7.30-8.30pm, Momentum Gym, Allen Court

Booking essential https://online.sport-sheffield.com/

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and well-being. Practitioners say regular Pilates practice can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. Come and try it for yourself at our weekly free session!

RESIDENCES ZUMBA
STARTING MONDAY WEEK 2
6.30-7.30pm, High Tor 2, The Edge

Booking essential https://online.sport-sheffield.com/

Come and party yourself into shape with our free weekly Zumba class! Our qualified instructors will take you through routines and will show you just why Zumba is not really a workout, but a party instead! Come on your own or bring a friend or flat mates and dance yourself to fitness! All abilities welcome.

FREE MONDAY YOGA
MONDAY 23 SEPTEMBER
7-8pm, Monsal Dale, The Ridge

Booking essential https://online.sport-sheffield.com/

Our weekly Ranmoor Yoga is a great way of combating feelings of tiredness as it allows you to concentrate on your breathing and stretching in order to release any extra tension. Our experienced Yoga Instructors will take you through the correct techniques so there is no need to have any previous experience. All equipment provided.

SOCIAL LACROSSE
MONDAY 23 SEPTEMBER
7-8 pm, Sheffield High

Booking essential https://online.sport-sheffield.com/

All equipment provided. Booking essential https://online.sport-sheffield.com/

Are you interested in Lacrosse? Now is your chance to play completely free of charge! For those that are new to the sport, Lacrosse is played with a stick, the Crosse, which must be mastered by the player to throw, catch and scoop the ball. But don’t worry, our friendly student leaders will show you all you need to know to get involved in this exhilarating sport!

MINDFULNESS AND MEDITATION
MONDAY 23 SEPTEMBER
7.30-8.30 pm, High Tor 2, The Edge

Booking essential https://online.sport-sheffield.com/

We are really excited to introduce a new weekly free mindfulness and meditation class as part of Residence Life! Our teacher Steve will help us to delve deep into stillness using a variety of techniques including Mantras, Mindfulness, Breath & Body Awareness and more. Every week we will concentrate on a new aspect or theme.

CITY UKULELE GROUP
MONDAY 23 SEPTEMBER
6-7.30pm, Allen Court Common Room, Allen Court

Want to learn to play the ukulele this year for free? Then come and join us for City’s Ukulele Group. No experience is necessary; we have lesson plans for everyone. You don’t have a ukulele? That’s not a problem, we have ukuleles you can borrow. The City Ukulele Group will meet every Monday between 6-7.30pm during term time.

LEARN TO RIDE A BIKE WITH PEDAL READY
TUESDAY 25 SEPTEMBER
5-8pm, Endcliffe Studio (next to Stephenson)

You can book either by phone – (0114) 2412775 or via email: admin@pedalready.co.uk Have you ever wanted to learn how to ride a bike but not had the opportunity to do so? Now is your chance! You can learn the basics under the supervision of a qualified cycling instructor in the safety of an indoor venue at Endcliffe Studio. Bikes are provided.

FREE SOCIAL MIC NIGHT
MONDAY 23 SEPTEMBER
5-7pm, The Goodwin Sport Centre

Booking essential https://online.sport-sheffield.com/

We work closely with Sexual Health Sheffield to bring you free, confidential advice and support. Every month Sexual Health Sheffield are at the Goodwin Sports Centre, check out http://residencelife.co.uk for dates for 2018/19. They offer free condoms, free sexual health screening and confidential advice and support.

SEXUAL HEALTH DROP INS
MONDAY 23 SEPTEMBER
5-7pm, The Goodwin Sport Centre

Booking essential https://online.sport-sheffield.com/

We’d love to hear your music, comedy, or spoken word. Of course, if you’re not quite ready to share your X-Factor with the world, feel free to bring your friends, grab some food and drink and get ready for the evening’s entertainment.

OPEN MIC NIGHT
MONDAY 23 SEPTEMBER
7pm, The Edge Lounge Bar

We are so excited to introduce our new weekly open mic night! This is a fantastic opportunity for you to show off your talent and share it with others. Whether you’re a seasoned performer or just starting out, we’d love to hear your music, comedy, poetry or spoken word. So dust off those old songs, brush up your comedy routines or perfect your poetry – we’re looking forward to hearing what you’ve got to say!

QUIDDITCH
TUESDAY 25 SEPTEMBER
5-6pm, Goodwin Sports Centre, John Hawley Pitch

Booking essential https://online.sport-sheffield.com/

Quidditch is a mixed contact sport with a unique mix of elements from rugby, dodgeball, and tag. It is an exciting sport to watch and even more exciting to play so come and check what this game is all about at our free weekly session.
RESIDENCE LIFE BLOGGER WORKSHOP
TUESDAY 25 SEPTEMBER
5-6pm, High Tor 3, The Edge

Become a Student Blogger for Residence Life and you can blog about your life at uni and all the brilliant events and activities you’ll get to go to. You’ll gain CV-boosting skills and recognition on your HEAR (Higher Education Achievement Report) whilst doing something you love. So come along and find out how to become a blogger!

RECOVERY SESSION
TUESDAY 25 SEPTEMBER
From 6pm, The Edge Lounge Bar

Hopefully by now you’re getting the hang of having the Edge Lounge Bar around the corner from you. On Tuesdays we’re here to help you recover from the weekend and nourish your wellbeing. All abilities are welcome. All equipment is provided and all abilities are welcome.

HIGH INTENSITY FITNESS CLASS
TUESDAY 25 SEPTEMBER
7.15-8.15pm, High Tor 2, The Edge

Come and try our free weekly High Intensity Fitness Class! HIIT is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. All equipment provided.

SOCIAL BOXING FITNESS
TUESDAY 25 SEPTEMBER
TBC, visit residencelife.co.uk for details.

This exciting free weekly mixed session is ideal for increasing your fitness, boxing skill level and introducing you to the sport of Boxing. The workout consists of pad work, conditioning exercises and boxing technique drills under the supervision of our student leaders. All equipment is provided and all abilities are welcome.

FREE TUESDAY YOGA
TUESDAY 25 SEPTEMBER
6-7.30pm, High Tor 3, The Edge

Want to learn to play the ukulele this year for free? Then come join the Residences Ukulele Group. No experience is necessary; we have lesson plans for everyone. You don’t have a ukulele? That’s not a problem, we have ukuleles you can borrow. This Ukulele Group will meet every Tuesday from 6-7.30pm during term time.

BEGINNER TO 5KM RUNNING
TBC, visit residencelife.co.uk for details.

A weekly free progressive session for students of any running ability to help build up confidence and stamina. The end goal? 5km run!

RESIDENCES SPINNING
WEDNESDAY 26 SEPTEMBER
6-7.30pm, Eudelife Studio

Spinning is the ultimate way to get fitter in less time. All equipment provided and all abilities are welcome.

SOCIALTABLE TENNIS
WEDNESDAY 26 SEPTEMBER
6-8pm, The Ridge Common Room

Do you love playing Table Tennis? You now have the opportunity to play every week completely free of charge! Our social sessions are led by qualified student leaders who will show you tips and tricks to make the game really fun!

SEXUAL HEALTH AT THE RIDGE
WEDNESDAY 26 SEPTEMBER
6-8pm, The Ridge Common Room

Sexual Health Sheffield will be in The Ridge Common Room to talk to you about all things sexual health. Whether you want a full sexual health MOT from the experts or some free condoms or sexual health advice then the team will be there to talk to you between 6-8pm.

We are excited to announce that we have put together a FREE 5-a-side football league for you! You’ll join our Intra Mural Family at Sport Sheffield and you will battle for the Residence Life Champions Trophy! We will provide you with kits and a free football so that you can kick about in style! All you need to do is get a team together (your new flatmates perhaps?) and register! The league starts on the 7th November. Hurry, places are limited! To register your team, please go to https://www.sport-sheffield.com/residencesport
Come down to one of our Free Social Women’s Boxing Sessions! The sessions consist of pad work, conditioning exercise and boxing technique drills supervised by our fantastic Student Sport Leaders. The session is ideal for increasing your fitness, boxing skill level and introducing you to the sport of Boxing if you have never tried it before.

**FITNESS**

**Boxing Sessions!** The session is available to all the sports of Boxing if you have never tried it before. All level and introducing you to new skills, improve fitness and enjoy the game. The session is ideal for increasing your fitness, boxing skill level and introducing you to the sport of Boxing if you have never tried it before. All equipment provided.

**WEDNESDAY 26 SEPTEMBER**

8pm, The Edge Lounge Bar

Finally decided which societies you want to join? Great! Come and socialise with them at the Edge Lounge Bar before the official night out. We’ve always got lots of tantalising food and drink offers on.

**RESIDENCE GYM**

**THURSDAY 27 SEPTEMBER**

7-8am, Goodwin Sports Centre, S10 Health Gym

**SOCIAL ULTIMATE FRISBEE**

**THURSDAY 27 SEPTEMBER**

5-6pm, Goodwin Sports Centre, Pitch 2

No equipment needed.

Booking essential https://online.sport-sheffield.com/

Ultimate is a fast-moving team sport enjoyed by hundreds of thousands of players. Although frequently compared to sports like Football or American Football, Ultimate has some unique features that set it apart.

It’s the perfect sport for beginners as the game is easy to learn and fun to play. So come down to one of our free weekly sessions!

**SOCIAL TOUCH RUGBY**

**THURSDAY 27 SEPTEMBER**

5-6pm, Goodwin Sports Centre, John Hawley Pitch

No equipment needed.

Booking essential https://online.sport-sheffield.com/

Come and try our Free Social Touch Rugby session! Touch is a non-contact version of rugby so you get the benefits and fun of playing the sport without the usual impact! The session will be led by experienced sports leaders who will help you to develop new skills, improve fitness and enjoy the game. The session is available to both male and female students of all abilities.

**SELF DEFENCE FOR WOMEN**

**THURSDAY 27 SEPTEMBER**

6-7pm, High Tor 2, The Edge

This free weekly session will help you understand the basics of self-defence.

Our qualified instructor will take you through practical elements of blocking techniques, defences and strikes as well as how to diffuse difficult situations and confrontations.

**RESIDENCE LIFE BLOGGER WORKSHOP**

**THURSDAY 27 SEPTEMBER**

7-8pm, The Edge Lounge Bar

Want to learn to play the ukulele this year for free? Then join the residences ukulele group. No experience is necessary; we have lesson plans for everyone. You don’t have a ukulele? That’s not a problem, we have ukuleles you can borrow. This Ukulele Group will meet every Thursday from 6-7.30pm during term time.

**UKULELE GROUP**

**THURSDAY 27 SEPTEMBER**

5-6pm, The Edge Lounge Bar

Have you ever tried Zumba? Now is your chance! Zumba is one of the most exciting fitness classes available through the Residence Sport Programme. So come and try it for yourself and dance yourself to fitness!

**ZUMBA**

**WEDNESDAY 26 SEPTEMBER**

7-8pm, High Tor 2, The Edge.

Booking essential https://online.sport-sheffield.com/

We are so excited to introduce gym sessions as part of the Residence Sport Programme! Every Thursday between 7-8am you will be able to use the S10 Health Gym which has over 170 pieces of state of the art fitness equipment including cardio, fixed resistance and free weights equipment. Make the most out of this opportunity and book yourself onto one of the free sessions!

**PRE-SOCIETY NIGHT SOCIAL**

**WEDNESDAY 26 SEPTEMBER**

8pm, The Edge Lounge Bar

Finally decided which societies you want to join? Great! Come and socialise with them at the Edge Lounge Bar before the official night out. We’ve always got lots of tantalising food and drink offers on.

**SOCIAL NETBALL**

**THURSDAY 27 SEPTEMBER**

4-5pm, Goodwin Sports Centre, Sports Hall

Booking essential https://online.sport-sheffield.com/

Social Netball provides a weekly session for male or female students to play Netball in a fun, social and non-competitive environment. The session will be led by experienced sports leaders who will help you develop new skills, improve fitness and enjoy the game. The session is available to all students of all abilities.

**RESIDENCE GYM**

**THURSDAY 27 SEPTEMBER**

7-8am, Goodwin Sports Centre, S10 Health Gym

**BOOKING ESSENTIAL**

Come and try our Free Social Touch Rugby session! Touch is a non-contact version of rugby so you get the benefits and fun of playing the sport but without the usual impact! The session will be led by experienced sports leaders who will help you to develop new skills, improve fitness and enjoy the game. The session is available to both male and female students of all abilities.

**UKULELE GROUP**

**THURSDAY 27 SEPTEMBER**

6-7.30pm, Chee Dale, The Ridge

Want to learn to play the ukulele this year for free? Then join the residences ukulele group. No experience is necessary; we have lesson plans for everyone. You don’t have a ukulele? That’s not a problem, we have ukuleles you can borrow. This Ukulele Group will meet every Thursday from 6-7.30pm during term time.

**ALLEN COURT ZUMBA**

**WEDNESDAY 26 SEPTEMBER**

7.30 - 8.30pm, Momentum Leisure, Allen Court

Booking essential https://online.sport-sheffield.com/

Have you ever tried Zumba? Now is your chance! Zumba is one of the most exciting fitness classes available through the Residence Sport Programme. So come and try it for yourself and dance yourself to fitness!

**ALLEN COURT YOGA**

**THURSDAY 27 SEPTEMBER**

7.30-8.30pm, Momentum Room, Allen Court

Booking essential https://online.sport-sheffield.com/

We have partnered with the Momentum Gym to deliver a Yoga session right on your doorstep at Allen Court! Yoga is a great way to combat feelings of tiredness as it allows you to concentrate on your breathing and gently stretch to release any extra tension. You are guaranteed to finish the class as relaxed as ever! All abilities are welcome. Equipment provided.

**ALLEN COURT YOGA WORKSHOP**

**THURSDAY 27 SEPTEMBER**

7.30-8.30pm, Momentum Room, Allen Court

Booking essential https://online.sport-sheffield.com/

We have partnered with the Momentum Gym to deliver a Yoga session right on your doorstep at Allen Court! Yoga is a great way to combat feelings of tiredness as it allows you to concentrate on your breathing and gently stretch to release any extra tension. You are guaranteed to finish the class as relaxed as ever! All abilities are welcome. Equipment provided.
**THURSDAY FITNESS CLASS**
**THURSDAY 27 SEPTEMBER**
7-8pm, High Tor 2, The Edge

*Booking essential https://online.sport-sheffield.com/

Getting fit has never been easier! We are really excited to deliver a free weekly fitness class right on your doorstep at Endcliffe! The class consists of general conditioning with elements of LBT, Cardio, Pilates and many more! All abilities are welcome.

**THE BIG QUIZ**
**THURSDAY 27 SEPTEMBER**
8pm, The Edge Lounge Bar

We put on a Big Quiz night for you every Thursday. What’s up for grabs? £25 bar tab every Thursday. What’s the opponent’s goal using a hockey stick. So come down to Goodwin and experience Sport Sheffield’s very own 33 metre indoor heated pool, completely free of charge! This free weekly session is on every Friday between 6-8pm, courtesy of Residence Life. And the best thing about it is that you can use the sauna and steam room after your swim!

**FREE THURSDAY YOGA**
**THURSDAY 27 SEPTEMBER**
8.15-9.15pm, High Tor 2, The Edge

*No equipment needed. Booking essential https://online.sport-sheffield.com/

We have now introduced another free yoga class! This session will focus primarily on Vinyasa Flow which coordinates movement with breath, to flow from one pose to the next. You are guaranteed to finish the class as relaxed as ever! All abilities are welcome.

**SOCIAL WOMEN’S HOCKEY**
**FRIDAY 28 SEPTEMBER**
4-5pm, Goodwin Sports Centre, 5-a-side Pitches

*No equipment needed. Booking essential https://online.sport-sheffield.com/

Due to popular demand, we have Social Women’s Football provides a weekly session for female students to participate in football in a fun, social and non-competitive environment. The session will be led by experienced sports leaders who will help you to develop new skills, improve fitness and enjoy the game. The session is available to all students of all abilities.

**RESIDENCE SWIMMING**
**FRIDAY 28 SEPTEMBER**
6-8pm, Goodwin Sports Centre

*Booking essential https://online.sport-sheffield.com/

Come down to Goodwin and experience Sport Sheffield’s very own 33 metre indoor heated pool, completely free of charge! This free weekly session is on every Friday between 6-8pm, courtesy of Residence Life. And the best thing about it is that you can use the sauna and steam room after your swim!

**SOCIAL HOCKEY**
**THURSDAY 27 SEPTEMBER**
7-8 pm, Sheffield High

*No equipment needed. Booking essential https://online.sport-sheffield.com/

Social Hockey provides a weekly session for students who want to try the game or play regularly in a cheap, safe, non-competitive and social environment. Hockey is a sport in which two teams play against each other by trying to manoeuvre a ball into the opponent’s goal using a hockey stick. So come down and try this fun game for yourself!

**SOCIAL BOOTCAMP**
**FRIDAY 28 SEPTEMBER**
4.30-5.30pm, The Studio, Goodwin Sports Centre

*No equipment needed. Booking essential https://online.sport-sheffield.com/

Bootscamp is a very simple and effective way to increase health, fitness, strength and general wellbeing. It usually comprises of a variety of exercises consecutively for a duration of time or a certain number of repetitions. Our Bootcamp sessions promise to be challenging, yet a fun way of working out!

**FUNKY FRIDAYS**
**FRIDAY 28 SEPTEMBER**
10pm, The Edge Lounge Bar

If you loved 90’s Indie Rock last week, don’t forget to make your voice heard in our Facebook poll for this week! Your party, your say! Friday curry club will return, too, so you can enjoy a proper meal pre-party.

**RESIDENCE SQUASH**
**FRIDAY 28 SEPTEMBER**
7.20-9pm, Goodwin Sports Centre, Squash Courts

*Booking essential https://online.sport-sheffield.com/

Squash has been rated as one of the healthiest sports to play, so why don’t you book onto one of our free 40 minutes sessions every Friday between 7.20pm - 9 pm? We will provide the racquets and balls so there is no need for you to bring anything apart from comfortable clothing and trainers!

**BOULDERING**
**FRIDAY 28 SEPTEMBER**
7.20pm, Goodwin Sports Centre, The Matrix

*No equipment needed.

Try bouldering? Now is your chance! Bouldering is a form of climbing without the use of ropes. It’s a great way to build your climbing skill and strength as it allows you to practice moves whilst being at a safe distance from the ground. Enjoy a free 40 minute session led by a climbing instructor. All abilities welcome. No equipment needed.

**PARKRUN**
**SATURDAY 29 SEPTEMBER**
8.30am, Meet at the Edge reception

ParkRun is a free, weekly 5km timed run that takes place all around the world! It’s open to everyone and it is a great way to socialise and develop your fitness. Why not join our weekly Social Running sessions to improve your running before taking part in ParkRun? The closest ParkRun to you starts at Endcliffe Park. To access your free barcode, please go to http://www.parkrun.org.uk/register

**SOCIAL DODGEBALL**
**SATURDAY 29 SEPTEMBER**
1.30- 2:30 pm, Goodwin Sports Centre, Sports Hall

*All equipment provided. Booking essential. https://online.sport-sheffield.com/

There is a brand new sport in town! Dodgeball is a great fun and social game that is a must try for students. Whether you want to just try something new, increase your activity level in a non-traditional way or want to throw some balls at your mates, come down to the weekly free sessions and give it a try!
SOCIAL WOMEN’S BASKETBALL
SATURDAY 29 SEPTEMBER
2:30-3:30pm, Goodwin Sports Centre, Sports Hall

If you want to do something fun whilst getting fit and healthy in the process, basketball might just be the thing for you! Our designated women’s basketball session is led by student leaders who are happy to show you the basics of basketball in a social and fun environment.

SOCIAL FUTSAL
SATURDAY 29 SEPTEMBER
3.30-4.30 pm, Goodwin Sports Centre, Sports Hall


Futsal is played with a smaller, less bouncy ball than regular football, with emphasis on flair, creativity, skill and technique. So come and have a free friendly game within a structured session, overseen by one of our Student Sport Leaders.

PARTY NIGHT
SATURDAY 29 SEPTEMBER
10pm, The Edge Lounge Bar

We’ve got a whole range of music to wow you, all night, every Saturday! Come and join us for our own Ranmoor/Endcliffe party.

SOCIAL BADMINTON
SUNDAY 30 SEPTEMBER
1-3 pm, Goodwin Sports Centre, Sports Hall

The session is available to all students of all abilities. Booking essential https://online.sport-sheffield.com/

Do you love playing badminton but don’t want to commit to a team? Our free social session might be the perfect thing for you! The session will be led by experienced sports leaders who will help you develop new skills, improve fitness and enjoy the game.

SOCIAL MEN’S BASKETBALL
SUNDAY 30 SEPTEMBER
10am-12pm, Goodwin Sports Centre, Sports Hall


Do you love playing basketball? Residence Life is so excited to introduce Men’s basketball into our programme! And the best thing about it? You can come and play every week, completely free of charge! The session will be led by experienced sports leaders who will help you to develop new skills, improve fitness and enjoy the game.

SOCIAL FOOTBALL
SUNDAY 30 SEPTEMBER
4-5pm, Goodwin Sports Centre, 5-a-side Pitches

No equipment needed. Booking essential https://online.sport-sheffield.com/

Do you love playing football? We are really excited to provide you with the opportunity to play football for free in our weekly Football session! You can come on your own or bring your housemates and have a casual game or get involved in a training session led by our qualified student leaders.

CINEMA SUNNEDAYS
SUNDAY 30 SEPTEMBER
9pm, The Edge Lounge Bar

We welcome you back to our cosy lounge bar to curl up on the sofa and watch a film with your mates. You can also grab some popcorn on us. Check our Facebook page for details of the film we’ll be showing!

Want a say in the next film screening? Head over to our Facebook page and vote in our online poll @residencelifeTUOS

Weekly low cost activities in a variety of sports throughout the academic year
- All students welcome
- All abilities welcome

For more information and updates @socialsportuos /socialsportuos

Starts Monday 24th September
How far will YOU go?
LOCATIONS
If you’re unsure where to go for any of these activities - check out our campus maps, or just ask your Residence Life Mentor. Stanage car park is at The Edge and The Hedge of Friendship is at The Ridge and at all tour locations including City please look out for the Residence Mentors holding signs.

TICKETS
Most of the things you see in the programme are completely free. If you see a price next to something you will need to buy a ticket. Tickets for events at the Students’ Union are available at the Student’s Union Box Office. Tickets for events at The Edge or The Ridge are available from: http://onlineshop.shef.ac.uk/

HOW TO BOOK ON RESIDENCE SPORT ACTIVITIES
As our Residence Life Sports programme gets very popular, you need to book your free space before turning up to sessions. Please note that if you don’t book, you may not be able to participate.

1. Go to: sport-sheffield.com
2. Select Online Bookings: It will give you an option to select online bookings or online membership. Select online bookings.
3. Log into MUSE: If you are already logged in, it will automatically take you through the booking page. If not, please log in.
4. Select 'Residence Sport': In order to access free activities, please click on 'Residence Sport'.
5. Pick your activity: You’ll see the sports and activities that are available to book for the week. Bookings will open four days in advance of each activity in order to make sure that everyone gets a chance to book each week.
6. Click 'Book Activity': If the activity isn’t found, it’s because the booking for the activity is not yet open or alternatively, it’s fully booked

Please note: it is important that if you book, you honour your place and attend. You can cancel your booking online or at Goodwin Reception. You can only book one slot per session to ensure that all students get the opportunity to attend free sport. If you book multiple slots of the same session, one of your bookings may be deleted. (For Example - swimming has two sessions 6-7pm, 7-8pm). You can book multiple activities on the same day as long as they are not part of the same session.

If you are part of the Families Programme through Residence Life, please note that all members participating must book to ensure there are enough spaces within the session. Some sports/activities are not suitable for children, so please contact Sport Sheffield or the Residence Life Coordinator (Sport & Wellbeing) (information below) to confirm before booking.

Please make sure that you bring your Residence Life card to all of the activities.

Please note that this is a new booking system. If you have any issues with booking please contact 0114 222 6996 or email onlinepayments@sheffield.ac.uk

If you need more information, please don’t hesitate to contact your Residence Life Coordinator (Sport & Wellbeing) on residencesport@shef.ac.uk

THERE’S MORE...
The Residence Life Programme runs throughout the year; this is just the beginning! Look out for your ‘What’s On Weekly’ emails and keep checking the Residence Life website for details on all the upcoming activities, events and sports.

CONTACT US:
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