

| | Monday | Tuesday | | | Wednesday | | Thursday | | Friday |
|-------------------|--|---|----------------------------------|--|--|--|--|--|--|
| 10am - 11am | | | | | Counselling Drop In Counselling Office, Student Services 10am – 11am | | | | |
| 11am - 12pm | | | | | | | | | Girls Football Lightwaves 11am-12pm |
| 12pm -1pm | Trampolining Lightwaves 12.30pm-1.30pm | Chess Club Above Starbucks 12pm-2pm | | | Cookery Club Gaskells 12pm-2pm | Team Nineteen 5 aside Football League Lightwaves 11.30pm -1.30pm | Counselling Drop In Thornes TMF39 12pm – 1pm | C Card Drop In Student Services 2 nd Floor,Harrison 12.30pm – 1.30pm | |
| 1pm - 2pm | | | | | | | | | |
| 2pm - 3pm | | | | | Smash Up Badminton Lightwaves 1.30pm-2.30pm | | | | Just Play 5 aside Football Lightwaves 2pm-3pm |
| 3pm-4pm | | | | | | | | | |
| 4pm - 5pm | Street Dance Lightwaves 3.30pm-4.30pm | Basketball Lightwaves 4pm-5pm | Netball Lightwaves 4pm-5pm | | Duke of Edinburgh Student Union Office – Refectory 4pm-5pm | Boxercise Lightwaves (Starts 7 th October) 4pm-5pm | | | |
| | | | | | | | | | |
| 5pm-6pm | Weightlifting* City Campus 5pm-6pm | | | | Weightlifting* City Campus 5pm-6pm | | | Weightlifting* City Campus 5pm-6pm | |

What else?

Pool and Table Tennis in the refectory

Duke of Edinburgh Awards doe@wakefield.ac.uk

Tournaments, games and competitions

Coaching and volunteering in sport

Trips and visits

Race for Life Club

Cycle to College Scheme

Chill Out Zone

Do you have an idea for a new activity or trips?

e.g. Free running, skateboarding, kayaking.

For any more information on any trips or activities: Email – events@wakefield.ac.uk

Visit – Activity Team in the Student Union at the back of the Refectory

***Weightlifting incurs a cost of £2 per session or £5 per week. For more information contact m.helme@wakefield.ac.uk**

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Motivate

Volunteer Play Learn Enjoy

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Extra-curricular activity timetable

September 2015/2016



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|--------------|---|---|--|---|---|---|---|---|--|---|---|---|
| 9am | Bike Maintenance <i>TBC</i> 9am – 10am | | | Counselling Drop In <i>CXL04, Library</i> 9am – 10am | | | | | | | | Bike Maintenance <i>TBC</i> 9am – 10am |
| 10am | | | | | | | | | | | | |
| 10am 11am | | | | | | | | | | | | |
| 11am 12pm | Ultimate Frisbee <i>ASDA playing field</i> 11am – 12pm | | | | | | | | | | | |
| 12pm | Rugby Union <i>ASDA playing field</i> 12pm – 1pm | | | Killer Pool <i>@ Castleford Refectory</i> 12pm – 1pm | C-Card Drop In <i>TBC</i> 12pm – 2pm | Team Nineteen 5 Aside Football League <i>Glasshoughton 3G</i> 12pm – 2pm | C-Card Drop In <i>TBC</i> 12pm-1pm | Sexual Health Workshop <i>TBC</i> 12.15 - 1.15pm | Cookery Club <i>TBC</i> 12pm – 1pm | C-Card Drop In <i>TBC</i> 12pm – 2pm | Sexual Health Workshop <i>TBC</i> 12.15 - 1.15pm | Ultimate Frisbee <i>ASDA playing field</i> 11am – 12pm |
| 1pm | | | | | | | | | | | | |
| 1pm 2pm | | | | | | | | | | | | |
| 2pm 3pm | | | | | | | | | | | | |
| 3pm | | | | | | | | | | | | |
| 4pm | Rugby League <i>ASDA playing field</i> 3.30pm – 4.30pm | | | | | | | | | | | |
| 4pm | | Just Play Football <i>@ Glasshoughton 3G</i> 4pm-5pm | Anger Management <i>TBC</i> 4.15pm-5.15pm | Anger Management <i>TBC</i> 4.15pm-5.15pm | Boxercise <i>TBC</i> 4.15pm – 5.15pm | Duke of Edinburgh <i>City Campus Student Union Office</i> 4pm – 5pm | | | Street Dance <i>@ Glasshoughton Studio?</i> 4pm – 5pm | | | |
| 5pm | | | | | | | | | | | | |