
SPORTS *FOR ALL*



HEALTH AND WELLBEING

Unwind...take a moment for you! Relax, de-stress!

Reasons to take up sport:

- Prepare, progress, perform and challenge your body and mind.
- Take control...the rewards are limitless.
- The power is in your hands.

Events to look out for:

- Colour Run
- Annual charity events

To join an activity get in touch with the contact provided, if no contact is given please feel free to go along on the day and time stated in this booklet.

Want any extra advice or guidance?

Contact:

Amanda Sowerby

Physical Activity and Sport Co-ordinator

✉ amanda.sowerby@barnsley.ac.uk

☎ 01226 216 387

Sophie Ibberson

Sport Development Officer

✉ s.ibberson@barnsley.ac.uk

☎ 01226 216 387



FOOTBALL FOR FUN

It's all kicking off at lunchtime

When: Every lunchtime at
12.15pm to 1.00pm

Where: Honeywell 4G pitches

Contact: Amanda Sowerby or
Sophie Ibberson



A person is holding a white handball with black hexagonal panels. The person is wearing a black and red sports jersey. The background is a blurred outdoor setting.

HANDBALL

Can you handle it?

When: Tutors to book groups
in at an allotted time

Where: Honeywell campus

Contact: Amanda Sowerby or
Sophie Ibberson



GLOW ACTIVITIES

Go with the glow

When: Tutors to book groups
in at an allotted time

Where: Honeywell campus

Contact: Amanda Sowerby or
Sophie Ibberson



FEMALE SELF-DEFENCE

Trust your intuition

When: Tutors to book in
Where: Honeywell dance studio
Contact: Amanda Sowerby or
Sophie Ibberson

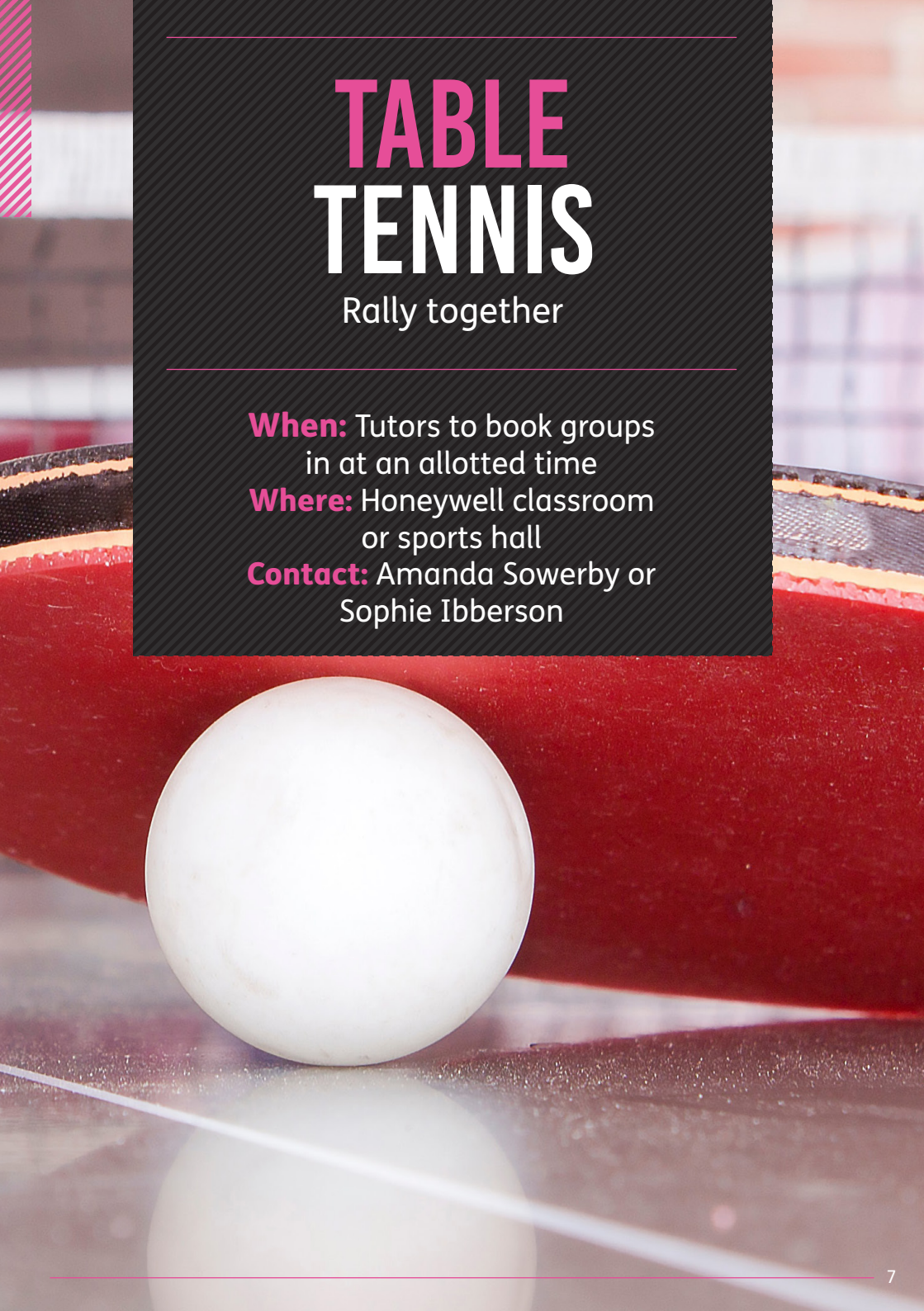


TABLE TENNIS

Rally together

When: Tutors to book groups
in at an allotted time

Where: Honeywell classroom
or sports hall

Contact: Amanda Sowerby or
Sophie Ibberson

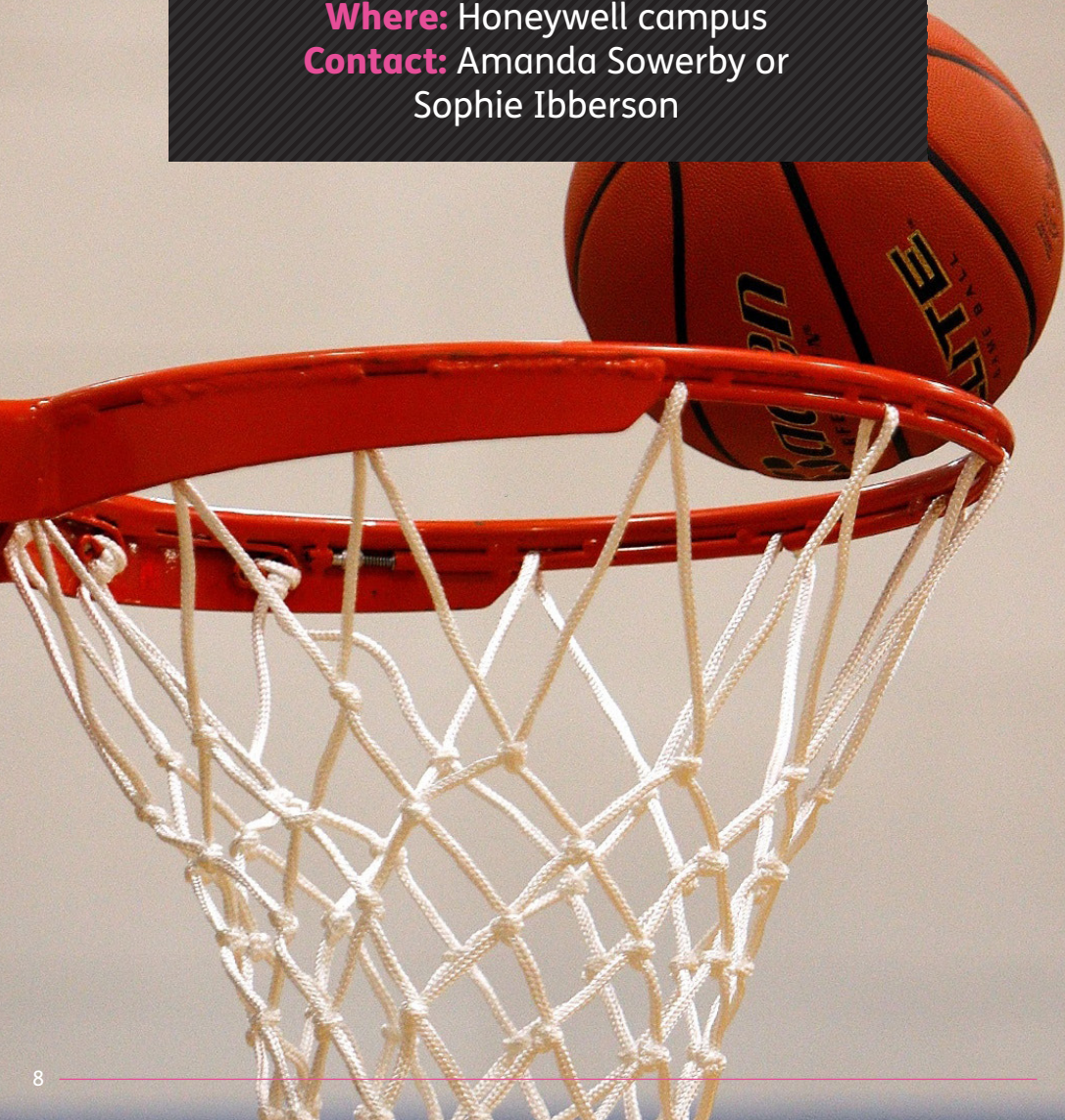
BASKETBALL

Slam dunk the funk!

When: Tutors to book groups
in at an allotted time

Where: Honeywell campus

Contact: Amanda Sowerby or
Sophie Ibberson



TCHOUKBALL

The Tchouk Norris of sport

When: Tutors to book groups
in at an allotted time

Where: Honeywell campus

Contact: Amanda Sowerby or
Sophie Ibberson



SWIMMING

Swim when you're winning

When: Every Wednesday
1.00pm to 3.30pm

Where: Metrodome

Cost: £2.50





FRIDAY FUTSAL

Get fit with futsal

When: Every Friday
12.15pm to 1.00pm

Where: Honeywell Sports Hall

Contact: Sophie Ibberson

DANCE AND FITNESS CLASSES

When: Tutors to book groups
in at an allotted time

Where: Sports Village

Contact: Amanda Sowerby or
Sophie Ibberson





WORKOUT WEDNESDAY

WOW

When: Every Wednesday
1.00pm to 3.30pm

Where: Honeywell Sports
Village Gym

Contact: Amanda Sowerby or
Sophie Ibberson

Cost: £1



SPINNING

You make me spin

When: Tutors to book groups
in at an allotted time

Where: Sports Village

Contact: Amanda Sowerby or
Sophie Ibberson

BADMINTON

See you on court

When: Tutors to book groups
in at an allotted time

Where: Honeywell Sports Hall

Contact: Amanda Sowerby
or Sophie Ibberson





TEN PIN BOWLING

Strike it lucky

When: Every Wednesday
1.00pm to 3.30pm

Where: Metrodome

Cost: £2.50

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.



BARNSLEY SPORTS ACADEMY



Our aim is to unite education and sport

If you are a talented athlete with the passion to develop your skills, then Barnsley Sports Academy could be your ideal destination.

We will provide opportunities for students to achieve both academic and sporting excellence.

Sports Performance Academies

The Sports Academy offers a series of Performance Academies for:

- Basketball
- Cricket
- Esports
- Football
- Golf
- Health and Fitness
- Individual Athletes
- Netball
- Referees
- Rugby Union

Facilities

The state-of-the-art sports facilities at Honeywell Sports campus include:

- Outdoor floodlit 4G synthetic turf pitch
- Esports Arena
- Multi-use games area
- Two sports halls with performance standard sprung flooring
- Two state-of-the-art fitness centres
- Professionally maintained grass pitches
- Sports science and physiology lab equipped with the latest performance analysis software
- Specialist sport massage suite
- Conference and meeting rooms
- 16 classrooms fully equipped with interactive and specialist technology





Benefits

Whilst each Performance Academy functions in its own unique way, each provides:

- Expert technical and tactical coaching
- Performance analysis
- Physiological conditioning
- Psychological development workshops
- Nutritional advice, guidance and support
- Access to sports therapy
- Opportunities to gain additional sports qualifications

The Elite Sports Performer Bursary

The Barnsley College Sports Academy is committed to supporting elite athletes, combining sporting and academic excellence, and has a number of Sports Bursaries to award to our elite athletes who meet specific criteria.

Talented Athlete Scholarship Scheme

We are leading the way with supporting talented athletes in education in England, having been accredited by an innovative Talented Athlete Scholarship Scheme (TASS) initiative.

All students
are welcome
at the
Sports
Academy.

For more information on Barnsley Sports Academy visit:

 www.barnsley.ac.uk/bsa



Student offers on gym membership at Honeywell:
Wednesday £1 session

The gym pass includes:

- Access to the gym equipment
 - Fitness circuits
 - Spinning classes

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SportsVillage AT HONEYWELL