Nancy Astor Sports Centre

The Nancy Astor Sports centre is based on Plymouth University’s campus and features a fitness suite, sports hall and squash courts. Gym memberships are available for a monthly fee, which includes access to a range of equipment including treadmills, rowing machines, free weights and a lifting platform.

The multi-use sports hall is available for hire—you can book the hall for 5 a side football, basketball, indoor cricket, netball, volleyball, badminton and table tennis. There are also dedicated squash halls available for hire—you can hire any equipment needed as well.

Prices vary based on activity—hire of the sports hall for badminton, for example, costs £5 for an hour.

For more information, go to the [Nancy Astor Sports Centre website](#).

Plymouth Life Centre & Central Park

Plymouth Life Centre, located a short walk from Campus through Central Park, features a multi-gym, climbing wall and swimming pool. A range of swimming pool options are available—from fun swims to serious lane swimming to diving boards, the Life Centre even has a waterslide. The climbing wall is available for people of all skills and levels and offers a challenging but rewarding workout.

[Plymouth Life Centre website](#)

If you fancy a bit of outdoor sport, Central park offers a range of activities—a baseball field, football and rugby pitches and skate park are all free to use, just head up with your own equipment and enjoy the great outdoors.

Mini golf and frisbee golf are also available for a small fee.

[Mini golf and frisbee golf website](#)
Plymouth Ski and Snowboard Centre

Situated above the Plym valley near the A38, Plymouth Ski and Snowboard Centre is easy to get to from Plymouth. The centre offers skiers and snowboarders of all levels the facilities to practise and learn new skills. They also have an exhilarating 650 metre toboggan run and exciting Snow-tube rides.

Lessons are available as well as open practice, with prices starting from around £12 for 1.5 hours.
Open Mon—Fri 10.30am—9pm. Sat-Sun 10.30am—6pm

Plymouth Ski and Snowboard centre website.

Tenpin Bowling

Tenpin, based near the Barbican at the Barbican Leisure park, offers 20 lanes of bowling, plus arcade games and pool tables. At Tenpin, the party really starts when the lights go down and the music turns up. So if you want to dance the night away, show off your best disco diva moves and score a strike while you’re at it, get yourself down to Tenpin Bowling for an awesome Cosmic Bowling experience.

Prices vary depending on the day, with Tuesdays and Saturdays offering special deals.
Open Mon—Thurs 11am—Midnight, Fri 11.30am—Midnight, Sat-Sun 10.30am—Midnight.

Tenpin Plymouth website

Mount Batten Centre

The Mount Batten Watersports and Activities Centre offers a range of water and land based activities and is situated just across the water from Plymouth Hoe and the Barbican.

Activities available include Paddleboarding, Kayaking, Windsurfing and Dinghy Sailing.

Taster sessions of all activities are available from £24.95 for two hour sessions.
Times and prices vary—please see website for further information.

Mount Batten Centre Website
Plymouth Pavilions Ice Skating

There’s no better way to cool down in the summer than to take to the ice in Plymouth’s ice skating rink. With general skating, ice disco and ice hockey available, the ice skating rink is a key part of the Pavilions complex and just a short walk out of the town centre.

General skating takes place from 10am—5.30pm most days, with an Ice Disco taking place on Friday evenings from 6-8pm. All equipment is provided and the rink is open to any skill level. Prices start from £9.20 including skate hire.

For more information, go to the Plymouth Ice Rink website here.

Plymouth Argyle Football Club

Plymouth Argyle Football Club are currently in Plymouth’s third division (League 1) and will start playing the new season on the 4th August. They will play three games while you are here, including one game at home (at their stadium next to Central Park and the Life Centre) on the 11th August.

Tickets are available at their website; this is a great way to see a professional football club within walking distance of the University!

Plymouth Argyle Website