

GET INVOLVED!

STUDENT ACTIVITIES AND ENRICHMENT

Develop your skills, experience and improve your employability with our wide range of free enrichment activities and programmes.



SPORTS AND FITNESS

ARCHERY

Learn the skill of archery with our qualified instructor.

BADMINTON

A fun session for people of all abilities. Come along and play.

BASKETBALL

A fun session for people of all abilities. Why not bring your friends along to play?

BOXING

Get fit and improve your boxing technique using pad work (no sparring).

CRICKET

Improve your cricket skills with our coach. All ability levels welcome.

DODGEBALL

Remember the five Ds of Dodgeball – dodge, duck, dip, dive and dodge!

5-A-SIDE FOOTBALL

A fun session for people of all ability levels. We also have a 5-a-side football league, so why not enter your own team?

FITNESS CENTRE

Improve your fitness using our resistance machines, weights and wide range of equipment. Receive assistance from a fully qualified fitness instructor to create your own training programme.

MARTIAL ARTS

Learn how to defend yourself in our martial arts training sessions.

NETBALL

A fun team sport for people of all ability levels. Come along and play.

RUGBY

You can choose from full contact or touch rugby in this game for students of all ability levels.

SOFTBALL

A fun team sport that is open to everyone.

STREET DANCE

This class will teach you how to dance using a combination of hip hop and modern dance moves.

TABLE TENNIS

A fun session for people of all ability levels. Come along and play.

TENNIS

Improve your tennis skills in these fun sessions run by a qualified coach. All ability levels welcome.

ULTIMATE FRISBEE

A fun game that's also great for improving your fitness level with your friends.

VOLLEYBALL

A fun team sport for people of all ability levels.

YOGA

You don't need to be flexible or physically fit to practice yoga. This course will start from the basics and teach you a range of yoga postures and breathing techniques to improve your posture, balance and muscle strength.

ZUMBA FITNESS

A Latin-inspired cardio-dance workout that uses music and choreographed steps to create a fitness party atmosphere.

NON-SPORTING ACTIVITIES

BOOK CLUB

Read and discuss your favourite books with other literature lovers.

CAR MAINTENANCE

Discover top tips on how to repair your car.

CHESS

Come along and play this fun and strategic game.

CHINESE

Learn to speak Chinese on our four-week course.

CHARITY AND FUNDRAISING GROUP

The College raises the money and awareness for many different charities, including breast cancer awareness and sport relief.

COMPUTER ANIMATION

Learn how to produce computer animations on this 10-week course.

DRIVING TEST THEORY

These lessons are led by a qualified driving instructor who will help you with revision and practice for your theory test.

DRUMMING LESSONS

Learn how to play the drums with weekly lessons from our drumming tutor.

FIRST AID

Gain the knowledge and skills you need to save lives on our first aid course.

GERMAN

If you would like to learn a new language we offer a four-week German course.

GUITAR LESSONS

Learn how to play the guitar with weekly lessons from our guitar tutor.

KEYBOARD LESSONS

Learn how to play the keyboard with weekly lessons from our keyboard tutor.

SIGN LANGUAGE

This four-week course will teach you how to use British Sign Language (BSL) and communicate with people who are deaf or hard of hearing.

SINGING LESSONS

Improve your singing with vocal coaching sessions.

SPANISH

If you would like to learn a new language we offer a four-week Spanish course.

XBOX

Come along and play Xbox games including FIFA and Forza Motorsport.





HOW TO BOOK

To book your place on an enrichment activity come to Student Services, sign up on Moodle or call **01604 734393** for more information.

Alternatively, email enrichment@northamptoncollege.ac.uk

Please follow these instructions to book onto an Enrichment session:

- ▶ Log on to Moodle with your student username and password
- ▶ Select the **Enrichment Bookings** tab
- ▶ Click on the picture of the basketball players with the caption - **Enrichment click here**
- ▶ Click on **Make a Booking**
- ▶ Select the session you are interested in
- ▶ Click on **Spaces available! Click here to book your place**
- ▶ Fill in your mobile number
- ▶ Click **Add to bookings**

TRIPS

We offer a variety of fantastic trips for students at a discounted price.

All students are welcome and consent forms (available from Student Services) are required for all trips.

- ▶ Thorpe Park
- ▶ Alton Towers
- ▶ Ice-skating
- ▶ Football Stadium Tour
- ▶ Christmas shopping trip

TOTUM CARDS

As a student of the College, you are eligible to buy a TOTUM student card (powered by the National Union of Students).

This card entitles you to discounts on over 200 brands nationwide, including reduced prices in many stores and restaurants like ASOS, Odeon and Domino's.

You can purchase your TOTUM card online or download the TOTUM app.





Northampton College
Students' Union

STUDENTS' UNION

Your voice, your say, your union.

Students' Union elections are a great chance for you to get involved and make a real difference at college.

The Northampton College Students' Union (NCSU) represents the views of all the students at the College and gets involved in many fund-raising activities, events, student conferences and more.

To find out more please contact Student Services on **01604 734066**.

LGBT+

The Northampton College Students' Union (NCSU) Lesbian, Gay, Bisexual and Trans group (LGBT+) is for students who self-identify as lesbian, gay, bisexual, trans or questioning.

The group is run by students and offers a social and support network within college.

For more information on the NCSU LGBT+ group, please contact Student Services on **01604 734066**.

HEALTH AND WELL-BEING

Mentoring

Our Student Services team offers one to one mentoring sessions where you can receive impartial advice and guidance on any issues that may be affecting your time at college.

They will work with you to try and overcome any challenges in a safe and supportive environment.

Call the Student Services team on **01604 734066**

Or, email **mentors@northamptoncollege.ac.uk**

Sexual health drop-in

If you have any questions about relationships or sex we offer private drop-in sessions **every Tuesday and Thursday between 1pm and 3pm** in room A3.14.

You can also visit Student Services to voice any concerns about the sexual health of yourself or a partner and receive free condoms, pregnancy and chlamydia tests.



futures >>>

We have a careers service called 'Futures' that is available to all students and is there to offer you information, advice and guidance on your next steps into university, further study or employment.

They can help with:

- ▶ Career progression routes
- ▶ University applications
- ▶ Advice on qualifications
- ▶ How to build your CV
- ▶ Apprenticeships

Come to E1.08 at Booth Lane or Student Services at Daventry or Lower Mounts. Alternatively, you can call **01604 734247** and speak to a Futures advisor.



Make the most of your time as a student here at college and get involved in the wide range of free enrichment activities we have on offer this year.

All activities may vary, are subject to availability and may not run every term.

0300 123 2344

www.northamptoncollege.ac.uk

