



**UNIVERSITY OF
AUCKLAND**
Waipapa Taumata Rau
NEW ZEALAND

SPORT AND RECREATION

2024



Coming soon: a brand new home for Sport and Recreation

The University has recognised the key role that sport and recreation plays in the wellbeing and success of our students and staff.

To maximise sporting and fitness opportunities, a new Sport and Recreation facility is being built on City Campus on Symonds Street. The new centre is on track to open in late 2024.

It will offer a wide range of facilities including: two sports and events halls, running tracks, squash courts, bouldering wall, rooftop turf, lane swimming and dive pool, spa, sauna, group exercise and specialist studios, weights and cardio zones.

It will also include chill out zones, recreation spaces, café, retail and plenty of space to catch up with friends. For the latest updates and information visit our website. Scan the QR code for more info.





Recreation Centre

Our Recreation Centre memberships give you access to the gym facilities located at 70 Stanley St, and the Sports Centre at 5-7 Wynyard St during member drop-in hours. All memberships offer unlimited group fitness classes and access to all areas of the gym. The Recreation Centre is a great place to hit your favourite workout, meet and hang out with your mates or push your limits and reach your PB.

We offer upfront and monthly memberships at heavily discounted rates to University of Auckland students. Memberships can be purchased online via the Sport and Rec Portal.

sportandrec.auckland.ac.nz

Recreation Centre facilities

We have a diverse range of cardio equipment, helping you to improve fitness, burn calories and develop muscular endurance. We've got more than your typical treadmills and bikes with stair climbers, assault bikes, waka-erg and more available.

Weights Zone

Our weights zone is well equipped for all levels of training. With dumbbells, cable machines, and a dedicated three-bay squat rig with six squat racks.

Group-X Studio

Our group fitness classes cater to all different fitness needs. Classes include HIIT, pump, total body, zumba and more – there are plenty of options. When not in use, members can use the studio space for their own workouts.

Mind Body Studio

A large, open and bright studio, located on level 2 above the main gym floor. The space hosts our low impact classes, such as yoga, pilates and barre, as well as our Fitness On Demand virtual classes.

Bike Studio

Our Bike Studio is home to 26 bikes which integrate with an interactive indoor cycling system. Enjoy beautiful scenery from around the world with verbal coaching or opt to view a virtual instructor to motivate you through a great cardio workout.

Low Impact Zone

Located within the Mind Body Studio, this zone has a number of resistance machines, cardio equipment and basic accessories. A great space for bodyweight or light session workouts.

Functional Zone

A full rig, set up with rings, bars and endless options, combined with a 21m artificial turf and full suite of functional accessories. An ideal space to set up a circuit workout using some of the free weight and functional equipment.

Stretch and Core Zone

If you're looking for a place to unwind and get your stretch on after a workout, or somewhere to focus on a core blast, the Stretch and Core Zone is for you.

Sports facilities

Sports Centre

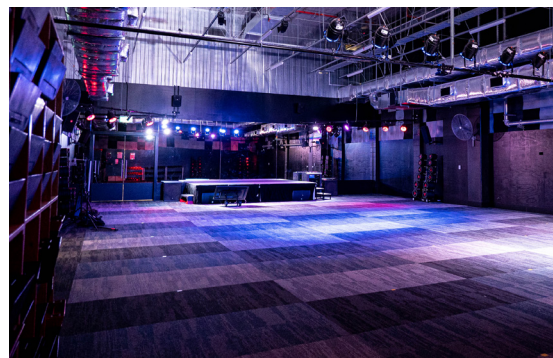
Our Sports Centre, located at 5-7 Wynyard Street, is available for booking and for member use. Sports that can be played here include basketball and indoor netball. All Recreation Centre memberships include access to the Sports Centre during member drop in hours. Please visit our Sport and Rec Portal for further details on booking and availability.

sportandrec.auckland.ac.nz

Esports Arena

A vibrant, high-spec gaming lab fitted with professional gaming rigs and consoles. Drop in for casual play or get involved in competitions and tournaments at Auckland's hottest new gaming arena. Check out our website for more information.

auckland.ac.nz/esports





Fitness instructors and support

To help you get started, and achieve your wellbeing and fitness goals, we have a team of fitness instructors here to help. They're available on the gym floor for questions, to help spot those heavy lifts and they'll support you to perfect your technique. To make sure you're set up to achieve your best, we offer a free consult and exercise plan with one of our instructors when you become a member.

Fitness consult and exercise plan

Our fitness instructors are available to help you get started and work more efficiently in your training sessions by providing you with

an exercise plan. We'll first meet with you one-on-one to understand your goals and conduct some basic fitness testing. We will then create a personalised exercise plan and take you through this in another session in the Recreation Centre. Your first consult and exercise plan is free for current University of Auckland students. Any further consults you book after are just \$15 each.

Personal training

Our team of qualified and experienced personal trainers can provide one-on-one or pair training to help you reach your fitness and lifestyle goals faster and more effectively.

Personal trainers charge fees independently from your Recreation Centre membership, and fees vary between trainers. A personal trainer

might be right for you if you want regular sessions with someone to keep you motivated, train for a specific event or work in-depth on a specific style of training.

Group fitness

Our group fitness classes are free for Recreation Centre members. Joining a class is the quickest way to get started with your fitness regime. Just turn up and our passionate instructors will guide you through your class giving you motivation, tips and inspiration. View the current timetable on the Sport and Rec Portal.

Self Defence

This is a women's only programme where you are taught the basics of self defence in a small group setting. It's a great way to meet new people and learn some new skills. This programme has an additional cost to our standard membership.

Premium classes

Premium classes are additional to our standard membership all led by technical experts. Classes include Reformer Pilates, Bootcamp, BoxFit and Girls Squad. These programmes are designed to provide a sense of community, accountability and motivation. Premium classes can be purchased one-off, or for the best value upgrade to a premium membership for unlimited classes all year round.

To view and book classes or purchase a membership head to the Sport and Rec portal by scanning below.



Actively Well

Actively Well provides free and confidential support and services to students at the University by breaking down barriers that may be preventing you from exercising and being able to support your physical wellbeing. These barriers may include financial, health issues, injury, disability or mental health struggles. Check out our website for more information.

auckland.ac.nz/actively-well



UNIM8S Social Sports Leagues

UNIM8S is a series of fun and affordable organised sports leagues that run during semesters on, or close to, campus.

Sports include basketball, volleyball, futsal, ultimate frisbee and indoor netball. You create your own team, so get your mates together and get involved! There's a UNIM8S Facebook group if you need help sorting those last few players or are looking for a team to join, just search 'UNIM8S' on Facebook. For more information or to register, visit our website.

auckland.ac.nz/unim8s

Interfaculty Sports Championship

The University's eight faculties compete against each other in 10 different sports throughout the year in a bid to claim the coveted Sir Colin Maiden Shield. Sports available in 2024 are: waka ama, basketball, futsal, indoor cricket, esports, touch, kī o rahi, ultimate frisbee, netball, and volleyball. They're free to play and are a great way to meet people from your faculty. For more information and to register your interest, head to our website.

auckland.ac.nz/interfaculty



National University Championships

Represent Waipapa Taumata Rau, University of Auckland for national university titles in eight different sports in tournaments throughout Aotearoa New Zealand. The 2024 Nationals calendar includes rowing, 3x3 basketball, volleyball, badminton, ultimate, futsal, basketball and netball. Check out our website for tournament details and to register for team trials.

auckland.ac.nz/nationalsport

Inter-Residential Sport

Those living in University Accommodation can join the Inter-Residential events for a chance to win the championship for your residence! These competitions display hall spirit and compete for the overall Championship trophy. You can represent your residence in volleyball, basketball, netball, futsal, esports and kī-o-rahi. For information on how to join, reach out to your Accommodation team.

auckland.ac.nz/inter-res-sport



High Performance Support Programme

Our High Performance Support Programme helps with the challenges of juggling tertiary study with the commitments of elite sport or performance activities. Support includes flexible study assistance, academic advocacy and advice, financial aid, training and performance assistance, networking opportunities and much more.

To be a member of this programme you must meet the eligibility criteria which can be found on our website.

auckland.ac.nz/high-performance

Marine Sports

A range of marine sports are on offer. Sign up to one of our sailing or stand-up paddleboarding programmes, or join a water sports club. There are lots to choose from including waka ama, underwater (diving) and kitesurfing. All marine sports are based at the world-class Hyundai Marine Sports Centre. Head to our website for more information.

auckland.ac.nz/marine-sports

Sports clubs

Joining a sports club is a great way to stay active and meet new people while at university. To contact the clubs, look out for them at the Clubs Expo during Orientation, or head to the website.

auckland.ac.nz/clubs



2024 Events

The Great Waka Ama Race

Represent your faculty in The Great Waka Ama Race. This year's race is held at the stunning Hyundai Marine Sports Centre at Okahu Bay. The winner of the race earns the opportunity to represent the University at the Queen Lili'uokalani Canoe Race in Hawai'i on an all-expenses paid trip!

Powerlifting

Our heaviest event of the year is great for spectators and competitors alike. This event showcases some massive lifts and some incredible personal records smashed in our Recreation Centre. A half-day event with a full Powerlifting Comp setup, this event always raises the roof.

Rec Awards

A night to celebrate our incredible Recreation Centre members. This event gives all our members a chance to come together, celebrate the year's fitness successes and be in to win some great prizes.

Interfaculty Basketball and Futsal Finals night

Come along and support your faculty at one of our biggest sports events of the year. Watch the finalist teams for Basketball and Futsal battle it out to be crowned winners in the Interfaculty Sports Championship. No tickets required and free food on offer.

SPORT & RECREATION CALENDAR 2024

SEMESTER ONE

SEMESTER TWO

JANUARY

National Beach Volleyball Championships

FEBRUARY

O'Week, Marine Sports Have a Go Day

JUNE

Sweat with Pride

JULY

National Volleyball Championships, Inter-Residential Basketball, O'Week, UNIM8S Social Sports Leagues start, Recreation Centre Intro workshops



MARCH

Inter-Residential Volleyball, UNIM8S Social Sports Leagues start, The Great Waka Ama Race, Interfaculty Esports, Recreation Centre Intro Workshops, National Rowing Championships

AUGUST

Inter-Residential Netball, National Futsal Championships, Queen Lili'uokalani Waka Ama Race, Ura Fitness, Interfaculty Volleyball



APRIL

National Badminton Championships, Powerlifting, Inter-Residential Futsal, Interfaculty Futsal, Interfaculty Basketball, Interfaculty Kī o Rahi

SEPTEMBER

National Ultimate Championships, National Basketball Championships, Interfaculty Netball, National Netball Championships, Inter-Residential Kī o Rahi, Black Light Night, International Day of University Sport, Interfaculty Touch Rugby



MAY

Interfaculty Futsal, Interfaculty Basketball, National 3X3 Basketball Championships, Interfaculty Ultimate, Interfaculty Futsal and Basketball Finals Night, Inter-Residential Esports, Interfaculty Indoor Cricket, Recreation Centre Class Challenge, Glow Flow, Ura Fitness, Twerkfit, Mau Rākau

OCTOBER

Interfaculty and Tertiary Sports Awards, Rec Awards



Stay up to date with our events and register on our website

auckland.ac.nz/sportandrec



Our location:

Hours are subject to change, please see our website for current operating hours.



Contact

Recreation Centre

70-72 Stanley Street
Auckland CBD

Sports Centre

5-7 Wynyard Street
Auckland CBD

Esports Arena

Level 1
Kate Edger Information Commons
Building 315
9 Symonds Street
Auckland CBD

Phone

+64 9 923 4788

Email

General enquiries

universitiesport@auckland.ac.nz

Bookings enquiries

recbookings@auckland.ac.nz

Esports Arena enquiries

esports@auckland.ac.nz

Opening hours

Recreation Centre

Monday to Friday: 6am - 10pm
Saturday and Sunday: 8am - 4pm
Public and University Holidays: Closed

Sports Centre

Monday to Friday: 8am - 9pm
Saturday: 10am - 5pm
Sunday: 12pm - 8pm
Public and University Holidays: Closed
For member drop-in times see Sport and Rec portal

Esports Arena

Monday to Friday: 11am - 7pm
Public and University Holidays: Closed

For more information, visit our website:

auckland.ac.nz/sportandrec

auckland.ac.nz/sportandrec



@UofASport
@UoARecreationCentre



@uoasportandrec

Sport and Rec Portal:

sportandrec.auckland.ac.nz



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