



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

SPORT AND RECREATION

2020



**ACTIVE BODY
FOCUSED MIND**



Level	Recreation Centre - 70 Stanley Street	
0	Health and fitness reception Changing rooms and facilities Strength and conditioning Cardio zone Functional training zone	Group fitness studio Bike studio Stretch area Fitness testing on mezzanine
2	Mind body studio Low impact circuit zone	Staff administration Physio treatment room
Level	Sports Courts – 17 Symonds Street, Open Semester One 2020	
3	Symonds Street entrance Facility reception foyer space Sports courts	Changing rooms Toilets
4	Quad level entrance (open 8am-6pm Mon-Fri) Physiotherapy clinic - please refer to Uni Physio for more information	

New Sports Courts opening Semester Two 2020 at Wynyard Street

Signing Up

We offer membership options for students, staff, alumni and community users, so anybody can join and experience all the benefits of being a Rec Centre member. As a member, you get access to our wide range of fitness equipment, group fitness classes and shower/change facilities. Members also get to join exclusive member only sports sessions in our sports facilities.

You can sign up for a membership with one of our friendly staff at reception, or at any time online at www.universitysport.auckland.ac.nz

Membership type	6 months lump sum (available from 1 July)	12 months lump sum	Flexi direct debit (price stated is per week, membership charged fortnightly)
Student (UoA)	\$209	\$325	\$12
Staff	\$310	\$499	\$15
Alumni	\$415	\$659	\$18
Community	\$470	\$715	\$21

Short term membership		
1 month membership student (UoA)		\$85
1 month membership non student		\$99

Casual workouts	Single	Concession
Student (any student) and staff	\$15	\$96 (10 sessions)
Community and alumni	\$20	\$136 (10 sessions)

Personalised fitness consultations	Single	2 session joining pack
Student (UoA)	\$30	\$45
Non student	\$40	\$60

8 week small group training programmes	Lump sum	DD fortnightly + \$60 admin fee for non members
BoxFit programme	\$140	\$32
Dance programme	From \$89	NA
Seasonal programmes - see website for more information	From \$79	NA

**Pricing as of January 2020. Please see our website for current pricing.*



Group fitness

The group fitness programme is free for Recreation Centre members. It's 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 our website.

Small group training

Small group training offers various classes for those who want a more personal experience in a smaller group setting. These have an additional cost to our standard membership which vary for each programme. Choose from BoxFit - a dynamic workout with boxing bag and focus pad work, self defence - a women's only

workshop, Women's Fitness Programme - an 8 week education and fitness fundamentals programme and Bene-Fit - a corporate wellness programme. We also offer numerous seasonal programmes throughout the year. Keep an eye on our website for details.

Personal training

For a small premium, you can get one-on-one training with one of our highly skilled personal trainers. Our personal trainers are available to help you achieve your fitness goals faster and more effectively than working by yourself. Even experienced gym users can benefit from the guidance of a trainer. For more information, visit the Health and Fitness desk on the gym floor or check our website.

Consultations and fitness assessments

New to the gym? Working towards a specific goal? Or just looking for some added motivation? We offer consultations and fitness assessments, including our new Fit3D body composition scan and personalised online programmes. See our friendly team at reception or our website for more information.

Dance programme

Learn a new skill, improve an existing one, meet new people and have fun! We have some national champions and industry award-winning staff teaching our dance classes, open to both members and non-members of the

Recreation Centre. These classes run for 8 week blocks during semester with enrolments starting at \$89.

Walk the Talk

A guided lunchtime walking group. Break up the day and stay active with this free social group (you will even score a free t-shirt!). Check out our website to find out more.



UNIM8S social sports leagues

UNIM8S is a series of fun, organised sports leagues that run during semesters. They're pay-to-play leagues that are on or close to campus.

Sports include basketball, volleyball, futsal, ultimate frisbee, Ki O Rahi, and indoor netball. You put together your 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.



Tertiary representative sports

We were excited to be the 2019 NZ Tertiary Sports champions and are set for another big year of competition in 2020.

Sports on offer will include 3x3 basketball, futsal, badminton, table tennis, basketball, volleyball, netball, ultimate frisbee and hockey.

Check out our website for tournament details and to register for team trials.

Interfaculty Sports Championship

Faculties compete against each other in 13 different sports throughout the year in a bid to claim the coveted Sir Colin Maiden Shield.

Sports available in 2020 include: mixed indoor netball, mixed indoor cricket, mixed touch, mixed badminton, Ki O Rahi, men's and women's basketball, mixed ultimate frisbee, mixed hockey, women's netball, mixed volleyball, men's rugby, men's and women's futsal, and the Great Waka Ama Race.

They're free to play and a great way to meet people from your faculty. For more information and to register your interest, head to our website.





Programmes

High Performance Support Programme

Our High Performance Support Programme helps with the challenges of juggling tertiary study with the commitments associated with elite sport or performance activities. Support includes flexible study assistance, academic advocacy and advice, access to support funding, 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.

www.auckland.ac.nz/high-performance

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 www.auckland.ac.nz/clubs.



Events

2020 Events

UoA vs AUT Challenge

Come along to support our UoA teams as they face our closest rivals in this annual challenge! Held on Friday of O'Week in the Recreation Centre, entry is free to watch our finest battle it out on the court. Futsal, basketball and volleyball are on the agenda, with free hot dogs for spectators!





Metrogaine

The University's amazing race style fun run event returns to connect the campuses on Friday 20 March. Get your team of four together, dress up and use your problem solving skills while on the move around Auckland City.

Stay tuned on our website and Facebook for more details and how to sign up.

The Great Waka Ama Race

On Saturday 28 March, paddlers will represent their faculty in the Great Waka Ama Race. Teams will start and finish at Takapuna Beach, where they will paddle five kilometres to Rangitoto Island, run a total of eight kilometres to the summit and back, then paddle back to Takapuna Beach. It's a gruelling race with an epic prize up for grabs for the winning team, an all expenses-paid trip to Hawaii! Come along to cheer on your team in this unique event.



Tour de Gym

Mimic the Tour de France at the Recreation Centre by completing 10% of each stage over three weeks as part of a team, pair or individual.

Powerlifting

Do you like to lift? Make sure you sign up to compete against some of our strongest students in the Rec Centre's 30th annual Powerlifting event.

SPORT & REC CALENDAR 2020

SEMESTER ONE

SEMESTER TWO

FEBRUARY

Faculty Orientation Week for new students,
Interim Recreation Centre Grand Opening.

JUNE STUDY BREAK

JULY

Tertiary volleyball, Tour de Gym.

APRIL

Interfaculty basketball starts, Interfaculty Ki o Rahi,
Tertiary futsal, Tertiary 3x3 basketball.

MARCH

Clubs expo, UoA vs AUT Sports Challenge, UNIM8S Social
Sports Leagues start, Interfaculty touch, group training and
dance programmes start, Metrogaine,
the Great Waka Ama Race.

AUGUST

Tour de Gym continues, UNIM8S Social Sports Leagues start, group
training and dance programmes start, Wynyard Sports Courts Grand
Opening, Tertiary ultimate, Interfaculty indoor netball, Interfaculty
indoor cricket, Interfaculty rugby, Great Waka Ama Race winners
compete in Hawaii.

SEPTEMBER

Tertiary badminton, Tertiary basketball,
Interfaculty netball and volleyball start, Tertiary netball.

MAY

Interfaculty ultimate, Interfaculty basketball and
futsal finals, Tertiary hockey, Powerlifting Competition.

OCTOBER

Interfaculty hockey, Interfaculty netball and volleyball finals,
Walk the Talk Summer, Halloween Zumba, Summer fitness
programme, Interfaculty and Tertiary Sports Awards.

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

www.universitiesport.auckland.ac.nz

Sport and Recreation Developments

The University has recognised the key role that sport and recreation plays in the wellbeing and success of our students and staff. In order to maximise the sporting and fitness opportunities, a brand new Recreation and Wellness Centre is being built at 17 Symonds Street. This amazing facility is due to open in 2024, so in the meantime we have two new interim facilities opening this year!

Recreation Interim Facility

The interim fitness facility is located at 70 Stanley Street, just a 10 minute walk from our old Rec Centre (17 Symonds Street) and just a 5 minute walk from OGGB. This freshly renovated facility is spread across two levels. Located on Levels 0 and 2, the health and fitness gym consists of a number of areas:

- Weights area, stocked with free weight and resistance machine options
- A dedicated cardio zone with a diverse range of cardio options
- A functional training zone with turf and a multi- purpose rig with boxing bags
- Three group fitness studios for a variety of fun fitness classes
- Semi-private low impact circuit zone
- Outdoor areas including balcony
- Changing rooms and toilets

Interim Sports Courts

During Semester Two 2020, our brand new sports facility on Wynyard Street will open. The sports courts located at 17 Symonds Street will operate throughout Semester One 2020.



Interim Rec Centre



New Recreation and Wellness centre



Interim Sports Centre



New Recreation and Wellness centre

Contact:

Sport and Recreation Information Centre
The University of Auckland
Private Bag 92019
Auckland 1142
New Zealand

Recreation Centre

70 Stanley Street, Auckland CBD

Sports Courts (Semester One)

17 Symonds Street, Auckland CBD

Sports Courts (Semester Two)

Wynyard Street, Auckland CBD

Phone:

Reception: +64 9 923 4788
Health and Fitness: +64 9 923 6796
Physiotherapy: +64 9 379 4717

Email: universitiesport@auckland.ac.nz or
recbookings@auckland.ac.nz

Opening hours:

Monday to Thursday 6am-9.30pm
Friday 6am-8.30pm
Saturday and Sunday 7am-6.30pm



facebook.com/UofASport or:
facebook.com/UoARecreationCentre



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www.universitiesport.auckland.ac.nz