



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

SPORT AND RECREATION

2021



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 on mezzanine
2	Mind body studio Low impact circuit zone Private reformer studio Rec room	Staff administration Fit3D body composition scanner and fitness testing

Level Sports Centre – 5-9 Wynyard Street

1	Sports courts Toilets Facility reception
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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. Membership also includes access to drop-in sessions at our Sports Centre.

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

Affiliation	12 months lump sum	6 months lump sum	One month	Flexi direct debit fortnightly	Casual workout (one entry)
Student (UoA)	\$330	\$215	\$85	\$24	\$15
Staff	\$509	\$315	\$99	\$30	\$15
Alumni	\$659	\$415	\$99	\$35	\$20
Community	\$715	\$470	\$99	\$42	\$20

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

**Pricing as of January 2021. Please see our website for current pricing.*





Group fitness

Our group fitness classes are 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. Bookings may be required for some classes.

Small group training

Small group training offers tailored sessions focusing on specific skills or areas of fitness in a smaller group setting. These have an additional cost to our standard membership which vary for each programme. It is a great way to meet new people while working on your fitness goals. You can choose from:

- BoxFit - a dynamic workout with boxing bag and focus pad work
- Reformer Pilates – a full body Pilates experience using our reformer machines
- Self-Defence - a women's only programme
- Women's Fitness Programme – an education and fitness fundamentals programme
- Bene-Fit - a corporate wellness programme for staff

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. 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 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 national

champions and industry award winning staff teaching our dance classes, open to both members and non-members of the Recreation Centre. Check out our website for more information and pricing.

Walk the Talk

A guided lunchtime walking group. Break up the day and stay active with this free social group. Check out our website to find out more.

Health and Wellbeing support

Need a little more support? You can contact our Health and Wellbeing Coordinator Emma for more options on how we can help with your health and fitness journey.
e.gillard@auckland.ac.nz

UNIM8S social sports leagues

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

Sports include basketball, volleyball, futsal, ultimate frisbee, ki o rahi, 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.



Sport



Tertiary representative sports

The University of Auckland compete in a calendar of events throughout the year in which students are selected to represent their Whare Wānanga (University).

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

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

Interfaculty Sports Championship

Faculties compete against each other in 14 different sports throughout the year in a bid to claim the coveted Sir Colin Maiden Shield.

Sports available in 2021 include: indoor netball, indoor cricket, touch, badminton, ki o rahi, basketball, ultimate frisbee, hockey, netball, volleyball, rugby, futsal, Esports and waka ama.

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.



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

Marine Sports

We now offer a range of marine sports here at the University of Auckland. Sign up to one of our waka ama, sailing or stand-up paddle boarding programmes, or join a water sports club! All marine sports are based at the world class Hyundai Marine Sports Centre located in the beautiful Okahu Bay. Head to our website for more information.

www.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 www.auckland.ac.nz/clubs.



2021 Events

UoA vs AUT Challenge

Come along to our Sports Centre to support our UoA teams as they face our closest rivals in this annual challenge! Futsal, basketball and volleyball are on the agenda, with free entry and food for spectators!



Metrogaine

The University's free amazing race style fun run event returns to connect the inner-city campuses. 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 Facebook page for more details and how to sign up.

Waka Ama

Represent your faculty in this year's Great Waka Ama Race Series. This year there will be two races, double hull and single hull. If you've never paddled before, don't worry, each team will have a coach to teach you the ins and outs of waka ama. This race is free to compete in with some epic prizes up for grabs. If you're up for the challenge, make sure you register your interest via our website.

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? Or maybe you're just getting started on your lifting journey and want to test your strength and find your own personal best. This year is our 31st annual Powerlifting event, make sure you sign up and get involved!



Marine sports – have a go day

Join us at the Hyundai Marine Sports Centre for an afternoon of free marine sports. You will get the opportunity to chat to our water sports clubs and try waka ama, sailing, stand-up paddle boarding, kitesurfing and more! Experienced coaches will take you through the basics of each sport, you will then get the chance to head out on the water in the picturesque Okahu Bay. Keep an eye on our Sport Facebook page for more information.

SPORT & REC CALENDAR 2021

SEMESTER ONE

SEMESTER TWO

JANUARY

Tertiary swimming challenge, Tertiary beach volleyball challenge

FEBRUARY

Faculty Orientation Week for new students,

JUNE STUDY BREAK

JULY

Tertiary volleyball, Olympics start (keep an eye out for Sport and Rec Olympic themed challenges and events.)

MARCH

Clubs expo, UoA vs AUT Sports Challenge, Marine sports have a go day, UNIM8S Social Sports Leagues start, Interfaculty touch, group training and dance programmes start, Metrogaine, the Great Waka Ama Race, Tertiary football challenge.

AUGUST

Interfaculty indoor netball, Interfaculty Esports, Interfaculty rugby, Interfaculty indoor cricket, Tertiary ultimate, Tertiary badminton, Tertiary badminton challenge, Open day, UNIM8S Social Sports Leagues start, group training and dance programmes start

APRIL

Tertiary rowing, Tertiary swimming challenge, Tertiary hockey challenge, Tertiary futsal, Tertiary 3x3 basketball, Interfaculty basketball starts, Tour de Gym starts

SEPTEMBER

Tertiary badminton continues, Interfaculty netball, Interfaculty volleyball, Tertiary basketball, Tertiary netball, Interfaculty badminton, Powerlifting competition

MAY

Interfaculty ultimate, Interfaculty basketball, Interfaculty futsal, Interfaculty basketball and futsal finals, Tour de Gym finishes

OCTOBER

Interfaculty volleyball and netball finals, Interfaculty hockey, Interfaculty Ki o Rahi, 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!



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

5-9 Wynyard Street, Auckland CBD

www.universitysport.auckland.ac.nz

Phone:

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

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

Opening hours:

Monday to Friday 6am-10pm
Saturday and Sunday 7am-7pm



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



instagram.com/uoasportandrec



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www.universitysport.auckland.ac.nz