



UNIVERSITY OF
AUCKLAND
Waipapa Taumata Rau
NEW ZEALAND

SPORT AND RECREATION

2022



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.

This year we are introducing our online membership which gives you unlimited access to live classes with our instructors, as well as several of our own pre-recorded classes and access to hundreds of pre-recorded workouts from instructors all around the world.

You can sign up for any of our memberships with one of our friendly staff at reception, or our paid in full memberships at any time online at www.auckland.ac.nz/sportandrec

Affiliation	12 months (paid up front)	6 months (paid up front)	Flexi direct debit fort-nightly	Casual workout (one entry)	Online membership (6 months)
Student (UoA)	\$6.50 p/w	\$8.50 p/w	\$12 p/w	\$15	\$30
Staff and Student (non-UoA)	\$10 p/w	\$12.50 p/w	\$15 p/w	\$15	\$50
Alumni	\$13 p/w	\$16.30 p/w	\$17.50 p/w	\$20	\$50
Community	\$14.10 p/w	\$18.50 p/w	\$21 p/w	\$20	\$50

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

**Pricing as of January 2022. 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 are required for all 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
- Strength Camp – a programme about the fundamentals of strength and muscle building
- Reformer Pilates – a full body Pilates experience using our reformer machines
- Self-Defence- a women's only programme where you are taught the basics of self-defence
- 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.

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 fitness plans.

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.

Girl Squad

Join an empowering community of women striving and supporting each other to be the best version of themselves. This class is free for Rec Centre members where you will learn how to use gym equipment, gain support and guidance on women's health, fitness & wellbeing.

Walk the Talk

A guided lunchtime walking group. Break up the day and stay active with this free social group.

Actively Well

Looking for a team bonding activity? Look no further! We can customise active wellbeing opportunities for your team or group, in person as well as online! Personalised group fitness classes, bootcamps, sailing programmes, waka ama paddling sessions, nutrition seminars/ workshops, are just a few of the things we can run for you. Check out our website for more information or enquire now here activewellbeing@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, 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.

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 2022 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.



Sport



National Tertiary Championships

The University of Auckland compete in a calendar of events throughout the year around New Zealand. Students are selected to represent their Whare Wānanga (University) to compete for individual national sporting titles and the 'Shield' - the overall best performing university across all sports. Sports included in the 2022 Championships are rowing, 3x3 basketball, volleyball, badminton, ultimate, futsal, basketball and netball. Check out our website for tournament details and to register for team trials.

InterRes

Those living in University accommodation can join the Inter-Residential Events | Tātāwhāinga ā-Wharenoho 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, and more. For information on how to join, reach out to your accommodation team.



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

A range of marine sports are on offer 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



2022 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!





Metrogain

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.

Triathlon Series

Test your cardiovascular fitness with our new Triathlon series event at the Rec Centre! Cycle, run and row your way through each race. You will have a set number of weeks to complete all races within the series as either an individual, pair or team. \$5 entry fee with all proceeds going to charity, so get behind a good cause, challenge yourself and get active.

UniFit

Looking for a full body fitness challenge? Challenge both your strength and cardiovascular fitness with our new cross-fit games style event.

Waka Ama

Represent your faculty in this year's Great Waka Ama Race. The race is based at the University's stunning Hyundai Marine Sports Centre venue and takes participants along Auckland's eastern city beaches. 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.



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 32nd 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 2022

SEMESTER ONE

JANUARY

Tertiary swimming challenge, Tertiary beach volleyball challenge

FEBRUARY

Faculty Orientation Week for new students,

SEMESTER TWO

JUNE STUDY BREAK

JULY

World Uni Games, Tertiary Volleyball, UoA vs AUT Re-O'Week Sports Challenge, Commonwealth Games, InterRes Basketball

MARCH

Clubs expo, UoA vs AUT Sports Challenge, O'Week Dance event, Marine Sports have a go day, UNIM8S Social Sports Leagues start, Interfaculty Ki o Rahi, Metrogaine, group training and dance programmes start, InterRes Futsal

AUGUST

Commonwealth Games, UniFit, UNIM8S Social Sports Leagues start, Tertiary Badminton, Interfaculty Indoor Netball, Interfaculty Esports, Interfaculty Badminton, Tertiary Ultimate, InterRes Netball, group training and dance programmes start, Open day

APRIL

Interfaculty Touch, InterRes Volleyball, The Great Waka Ama Race, Tertiary Rowing, Ramadan

SEPTEMBER

Tertiary Futsal, Interfaculty Volleyball, Interfaculty Netball, Tertiary Basketball, InterRes Ki o Rahi, Interfaculty Rugby

MAY

Tertiary 3x3 Basketball, Triathlon Series, Interfaculty Futsal, Interfaculty Basketball, Interfaculty Ultimate, Interfaculty Futsal and Basketball Finals night, Interfaculty Indoor Cricket, Glow Flow

OCTOBER

Interfaculty Hockey, Black Light Night, Interfaculty Volleyball and Netball Finals night, Powerlifting, Sports Awards

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

www.auckland.ac.nz/sportandrec

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. 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.auckland.ac.nz/sportandrec

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



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



instagram.com/uoasportandrec



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