



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

SPORT AND RECREATION

2023



ACTIVE BODY FOCUSED MIND



Signing Up

With membership options for students, staff, alumni and community users, we welcome and support new or experienced members to our Recreation Centre. As a member, you get access to our wide range of fitness equipment, group fitness classes and shower/change facilities.

Our online membership gives you unlimited access to our livestreamed Group fitness classes, plus access to hundreds of pre-recorded workouts delivered by our team and other world class instructors.

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

Memberships

Affiliation	12 months	6 months	1 month	Direct Debit Weekly Cost	Casual workout (one entry)	Online membership (6 months)
Student	\$370	\$240	\$92	\$12	\$15	from \$39 (\$49 non-member)
Staff	\$550	\$360	\$110	\$15	\$15	\$50
Alumni	\$700	\$455	\$110	\$17.50	\$20	\$50
Community	\$770	\$500	\$110	\$21	\$20	\$50
Non-UoA Student	\$550	\$360	\$110	\$15	\$15	from \$59 (\$79 non-member)

Sports Centre Only Memberships	Student	Non-student
Sports Centre membership (4 months)	\$49	\$49
Sports Centre membership (casual / one entry)	\$8	\$8

**Pricing is subject to change. Membership terms and conditions apply. See website or Rec Centre reception for more information and current pricing.*

Fitness Services

2023 Services	Student	Non-student
Start up package	\$40	\$46
Fit3D scan and assessment	\$30	\$34.50

**Prices subject to change. Please see website for current pricing and to book an exercise service.*



Recreation



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.

Sports Centre

Our Sports Centre, located at 5-7 Wynyard Street, is available for booking and for member use. Please visit our website for further details on booking and availability.

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.

The Rec Room

A fun, chill out room to hangout in between your workouts or Uni classes and available for meetings or casual group bookings requiring a small, private space.

Recreation Centre Facilities

Our Recreation Centre has a range of facilities to help you get the most out of your membership, whatever your goals may be!

Cardio Zone

We have a diverse range of cardiovascular equipment available to use, helping you to improve fitness, burn calories and develop muscular endurance.

Weights Zone

Our weights space is well-equipped for all levels of training; from lightweight to powerlifting. We also have a dedicated three bay squat rig, with six squat racks.

Group-X Studio

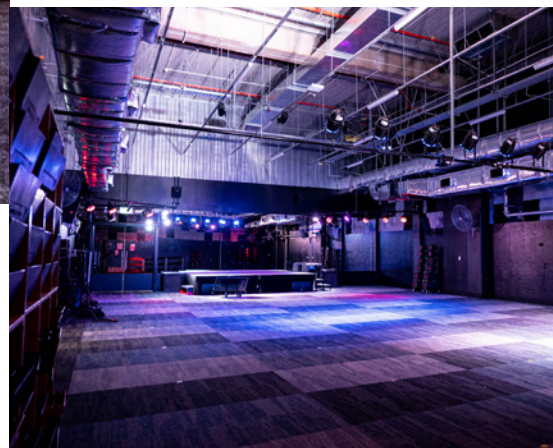
Our Group fitness classes cater to all different fitness needs. When not in use, members can use the studio space for their own workouts.

Mind Body Studio

A beautiful studio, located on level 2, hosts our low impact classes such as our live yoga, pilates, barre and stretch, as well as our Fitness on Demand virtual classes.

Bike Studio

Our Bike Studio is home to 26 bikes, which all integrate with an interactive indoor cycling group 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.





Consultations and fitness assessments

Our fitness instructors are here to help you get started in the Rec Centre, or work towards specific goals. They're also available on the gym floor to help spot those heavy lifts and support you to perfect your technique.

We offer:

- **Free gymtrot sessions** – Our fitness instructors will take you through a standardised exercise plan to get you started in the gym and answer any questions you may have.
- **Personalised exercise plan packages** – tailored to your ability that will build your confidence and help you reach your goals.

- **Fit3D Scan** – Learn more about your body composition, anthropometrics and posture with a Fit3D scan. Our fitness instructors will help you understand the results and get the most of your training.

Some services incur an additional cost to your membership.

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 Rec Centre membership, and 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. 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.

Premium Programmes

Premium programmes offer 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
- **Bootcamp** – high intensity small group training, mixing strength, resistance and cardio
- **Dance** – learn a new skill, improve and existing one and meet new people
- **Girls Squad** – empowering and educating all women within the fitness environment.
- **Walk the Talk** – get moving and networking during 30-45 minute walks.

We also offer numerous seasonal programmes throughout the year. Keep an eye on our website for details.

Actively Well

Actively Well provides free and confidential support and services to students at the University by breaking down those 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 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, indoor netball and 5-alive (indoor tag rugby). 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 13 different sports throughout the year in a bid to claim the coveted Sir Colin Maiden Shield. Sports available in 2023 include: indoor cricket, touch, badminton, ki o rahi, basketball, ultimate frisbee, hockey, netball, volleyball, 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.



National Tertiary Championship

The University of Auckland compete in a series of national tournaments 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 2023 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.

Inter-Residential Sport

Those living in University accommodation can join the Tātāwhāinga ā-Wharenoho (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, and futsal. 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, 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 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.

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



2023 Events

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.

The Great Waka Ama Race

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. 'The winning team will receive an all-expenses paid trip to Hawaii, to take part in the Queen Lili'uokalani race in September 2023! If you're up for the challenge, make sure you register your interest via our website.

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 Rec Centre. A half day event with a full Powerlifting Comp set up, this event always raises the roof.

SPORT & REC CALENDAR 2023

SEMESTER ONE

JANUARY

Tertiary open water swimming challenge,
National Tertiary beach volleyball challenge

FEBRUARY

Faculty Orientation Week for new students, Halls Day Out,
Premium Programmes start

SEMESTER TWO

JUNE STUDY BREAK

National Tertiary Volleyball, Inter-Residential Basketball

JULY

World Uni Games, National Tertiary Volleyball,
Commonwealth Games, Inter-Residential Basketball

MARCH

O'Week, Inter-Residential Futsal,
UNIM8S Social Sports Leagues start,
Interfaculty Ki o Rahi, The Great Waka Ama Race,
Metrogaïne, Interfaculty Esports

AUGUST

Interfaculty Badminton, Interfaculty Esports,
Inter-Residential Netball, National Tertiary Futsal,
Great Waka Ama Hawaii Trip

APRIL

Interfaculty Volleyball, National Tertiary Rowing,
National Tertiary Badminton

SEPTEMBER

National Tertiary Ultimate, Interfaculty Volleyball,
Interfaculty Netball, National Tertiary Basketball,
National Tertiary Netball, Inter-Residential Ki o Rahi,
Black Light Night

MAY

Interfaculty Futsal, Interfaculty Basketball,
National Tertiary Table Tennis, National Tertiary 3x3 Basketball,
Interfaculty Ultimate, Finals Night,
Inter-Residential Esports, Interfaculty Indoor Cricket,
Rec Fitness Class Challenge, Glow Flow

OCTOBER

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

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

auckland.ac.nz/sportandrec

New Sport and Recreation Facility coming next year

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 brand new Recreation and Wellness Centre is being built at 17 Symonds Street. The new centre is on track to open Semester Two, 2024.

It will offer a wide range of facilities including; two sports and events halls, running tracks, squash courts, bouldering wall, roof top turf, dive pool, lane swimming 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.



CONTACT

Recreation Centre

70-72 Stanley Street
Auckland CBD

Sports Centre

5-9 Wynyard Street
Auckland CBD

Phone

+64 9 923 4788

Email

General enquiries

universitiesport@auckland.ac.nz

Bookings enquiries

recbookings@auckland.ac.nz

High Performance enquiries

highperformance@auckland.ac.nz

Opening hours

Recreation Centre

Monday to Friday: 6am - 10pm

Saturday and Sunday: 8am - 4pm

Public Holidays and University Holidays: Closed

Sports Centre Hours

Monday to Friday: 8am - 9pm

Saturday: 10am - 5pm

Sunday: 12pm - 8pm

Public Holidays and University Holidays: Closed

For member drop-in times see website



@UofASport

@UoARecreationCentre



@uoasportandrec

auckland.ac.nz/sportandrec



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