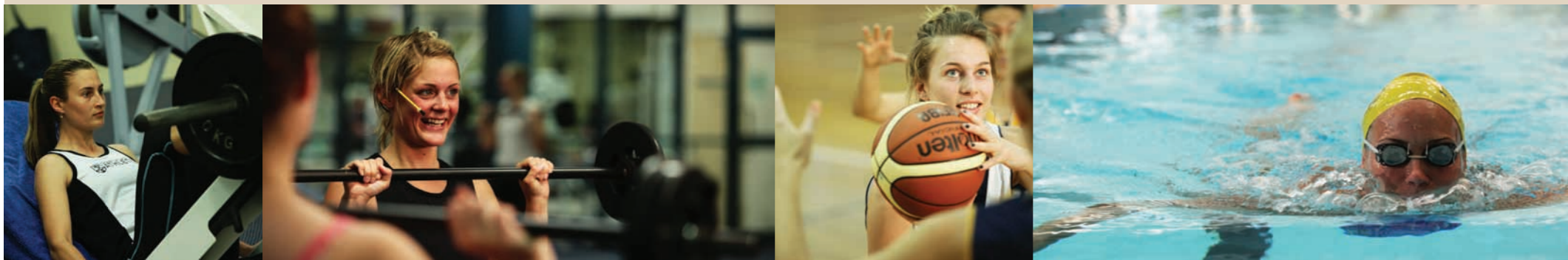


membership facilities



HK WARD GYMNASIUM

Get among the elite at HK Ward Gymnasium. Situated between the two main ovals of the University, it's a focal point for high performance sports, recreational activities and club sport.

Hire your choice of sports equipment at reception: cricket kits, volleyball kits and badminton racquets. Change room lockers are available for casual and permanent use. Conditions apply.

HK Ward Gymnasium features:

- Martial arts facility
- International-standard sports hall
- Boxing ring and gym
- Group fitness studio
- Boxercise and kickboxing classes
- Ergometer training
- Sports equipment hire

Casual and permanent bookings are available for clubs and individuals, either in person at reception or by phoning 02 9351 4988. Ovals can also be hired on this number.

Location

Grose Farm Lane (between Ovals 1 and 2)
Tel: +61 2 9351 4988 Fax: +61 2 9351 4990
Email: m.culkoff@sport.usyd.edu.au

Opening Hours

Monday- Friday: 11.30am - 10.00pm
Saturday - Sunday: 9.30am - 6.30pm

ARENA SPORTS CENTRE

Be noticed at The Arena while you improve your lifestyle and build fitness. Passholders may receive fitness assessments, programs and follow-ups every 8-12 weeks.

Our electronic cardiovascular and pin-loaded equipment and free weights have been specially selected to suit all levels of fitness. Sporting clubs, schools and private groups can book the facility in consultation with the Centre Manager on 02 9351 8111.

The Arena gives you:

- Extensive weights room
- Yoga classes
- Personal Training
- Modern cardio equipment
- Multi-purpose sports hall (Badminton)
- The Ledge Climbing Centre
- 2 squash courts
- Sports clinic
- Ralph's cafe

Location

Western Avenue
Tel +61 2 9351 8111 Fax +61 2 9351 8105
Email: arena@sport.usyd.edu.au

Opening Hours

Monday to Friday: 6.30am - 10pm
Saturday: 8am - 5pm
Closed on Sunday

SPORTS & AQUATIC CENTRE

Splash out in the University Sports & Aquatic Centre (USAC) with its wide range of fitness services, indoor swimming pool, state-of-the-art cardio and resistance equipment and group fitness classes by Les Mills.

Qualified staff will assess your needs by appointment, tailoring a fitness training program to suit.

The Sports & Aquatic Centre is home to:

- 50m heated indoor swimming pool
- 6 synthetic tennis courts
- 4 squash courts
- Multi-function sports hall
- Modern fitness equipment
- Group fitness studio
- RPM Studio
- Health assessments
- Fitness testing
- Personal training
- Cafe

Location

Cnr Codrington St and Darlington Rd
Tel: +61 2 9351 4978 Fax: +61 2 9351 4982
Email: nmrc@sport.usyd.edu.au

Opening Hours

Monday - Friday: 5.30am-10pm
Saturday: 6am-8pm
Sunday: 6am-10pm

Does your Gym Membership offer you all this?

Sydney Uni Sport & Fitness offer health and fitness services to the public and the University community. Now, just one membership fee gives you access to all these facilities:

- 3 Health and fitness centres.
- 60+ Group fitness classes per week.
- 220+ Pieces of cardio and pin-loaded resistance equipment.
- 16 Tennis courts (6 with synthetic grass).
- 7 Squash courts.
- 50M 8-lane indoor heated swimming pool.
- 3 Full size basketball courts.
- 8M High, 300m² indoor climbing centre.
- 40+ Sports and recreation clubs.
- + Lifestyle/fitness programs.
- + Ongoing fitness assessments.
- + Extra member benefits.
- + Special member discounts.

Extra Value. Special Discounts.

Join Sydney Uni Sport & Fitness today for just \$55 per year.

With the premium subscription, you gain a host of member benefits as well as access to all Sydney Uni Sport & Fitness facilities at casual rates and the ability to join any of our sport and recreation clubs.

Member benefits*:

- Open invitations to join any of our sports clubs with exclusive benefits such as training time, equipment and coaching.
- Up to 20% discount on Recreation Courses.
- Members rates on Sydney Uni Sport & Fitness branded apparel at the Coop Bookshop.
- 20 x Free 600ml bottles of Mount Franklin water at The University Sports & Aquatic Centre Bistro (new members only)
- 25% off at The Grandstand Sports Bar when 4 or more dine (Exc. drinks and on Friday)
- 50% off Function hire at The Grandstand Sports Bar
- 15% discount on travel insurance with STA Travel. (Wentworth Campus)
- Access to the Sydney Uni Sport & Fitness Corporate Health Plan with MBF
- 20% discount on ACUVUE Sydney Uni Flames Season Tickets.
- Member's rates on Senior First Aid Courses.
- 5% discount at Rebel Sport.
- \$10 discount off total for School Holiday Program enrolments.
- Exclusive discount offers at the Co-op Bookshop.

*Member benefits are subject to change without notice

MEMBERSHIP PACKAGES Facilities Guide 2008



Sydney Uni
SPORT & FITNESS

www.susf.com.au

membership options



GOLD LION PASS

Gold Lion pass holders enjoy unlimited access to all three facilities on campus which feature a 50m heated pool, group fitness classes, weights/cardio, rock climbing and boxing gym. Gold Lion members also receive a complimentary fitness assessment, ongoing fitness management, free towel hire and locker hire at each visit.

Gold Lion members receive:

- A complimentary fitness assessment
- Ongoing fitness management
- A free towel and locker at each visit
- Exclusive sporting accessories
- Unlimited access to pool
- Unlimited access to cardio/weights room
- Unlimited group fitness classes
- Unlimited access to the Ledge Climbing Centre
- Access to HK Ward boxing facilities
- Use of Time Stop

Fortnightly Direct Debit

Community \$37.50
Student \$30



SILVER LION PASS

What will you choose? Members with this pass will appreciate unlimited access to one of two comprehensive programs; either access to all gym programs (cardio/weights) OR group fitness programs. Members also receive a complimentary fitness assessment, ongoing fitness management, access to the boxing gym and free pool access.

Silver Lion members receive:

- A complimentary fitness assessment
- Ongoing fitness management
- Unlimited access to pool
- Unlimited access to cardio/weights room* OR Unlimited group fitness classes* (All facilities)
- Access to HK Ward boxing facilities
- Use of Time Stop*

* conditions apply

Fortnightly Direct Debit

Community \$26
Student \$20.80



BRONZE LION PASS

For the price conscious, Bronze Lion Members have unlimited access to the cardio and weights facilities at The Arena Sports Centre. This membership includes a complimentary fitness assessment, ongoing fitness management, and access to the boxing gym. This is one of the best value for money gym passes in Sydney.

Bronze Lion members receive:

- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Unlimited access to The Arena cardio/weights room*
- Access to HK Ward boxing facilities
- Use of Time Stop*

* conditions apply

Fortnightly Direct Debit

Community \$21
Student \$16.80



BLUE LION PASS

For those most at home in the water, this pass provides unlimited access to the excellent swimming facilities of Sydney Uni Sport & Fitness, including The Sports and Aquatic Centre's 50m heated pool.

Blue Lion members receive:

- Unlimited access to pool
- Use of Time Stop*

* conditions apply

Fortnightly Direct Debit

Community \$19
Students \$15.20



WHITE LION PASS

The White Lion Pass allows you to join any of our 40+ sport and recreation clubs, provides access to all of our facilities at casual rates in addition to a host of member benefits.

White Lion members receive:

- Open invitations to join any of our sports clubs with exclusive benefits such as training time, equipment and coaching.
- Access to all Sydney Uni Sport & Fitness facilities at casual rates
- Access to our member benefits program

Annual payment

Only \$55



YELLOW LION CUB PASS

The Yellow Lion Cub Pass allows juniors aged 10-17 to join any of our junior sporting clubs such as American Football, Hockey, Judo, Rugby Union, Swimming and Waterpolo.

Yellow Lion Cub members receive:

- Open invitations to join any of our junior sports clubs with exclusive benefits such as training time, equipment and coaching.
- Access to all Sydney Uni Sport & Fitness facilities at casual rates (must be accompanied by an adult)
- Access to our member benefits program

Annual payment

Only \$11