

## Sport Short Courses

### ARCHERY FOR BEGINNERS

Release your inner Robin Hood. Sydney Uni Archery Club instructors will teach you how to shoot a bow & arrow; develop coordination & mental concentration.

|               |   |
|---------------|---|
| <b>When:</b>  | Fridays, 3:00-4:30pm, 4x1.5hr lessons<br><b>Course 1:</b> 24 Apr-15 May<br><b>Course 2:</b> 22 May-12 Jun |
| <b>Where:</b> | St. Paul's College Oval, Sydney Uni   |
| <b>Cost:</b>  | Members \$60, Non-members \$70<br>Enrol by 21 Apr (Course 1), 19 May (Course 2)                           |

### BADMINTON FOR BEGINNERS

Improve your tactics, hand, eye & foot coordination through the fast-paced sport of badminton with experts from Sydney Uni Badminton Club.

|               |  |
|---------------|--|
| <b>When:</b>  | Sundays, 5:00-6:30pm, 6x1.5hr lessons<br>29 Mar-17 May (ex. 12 & 19 Apr) |
| <b>Where:</b> | HK Ward Gymnasium, Sydney Uni  |
| <b>Cost:</b>  | \$85 Members, \$110 Non-members - Enrol by 26 Mar                        |

### FENCING FOR BEGINNERS

Gain quick reflexes, coordination & stamina. Learn the basic techniques of fencing from a professional fencing maestro.

|               |   |
|---------------|---|
| <b>When:</b>  | <b>Course 1:</b> Tuesdays, 5:30-6:30pm,<br>17 Mar-19 May (ex. 14 Apr)<br><b>Course 2:</b> Wednesdays, 6:20-7:20pm,<br>18 Mar-20 May (ex. 15 Apr)<br><b>Combined*:</b> Saturdays, 12:45-1:45pm, 21 Mar-30 May (ex. 11 & 18 Apr)<br>All courses 9x1hr lessons |
| <b>Where:</b> | Activities Hall - Arena Sports Centre, Sydney Uni   |
| <b>Cost:</b>  | \$115 Members, \$135 Non-members. Enrol by 14 Mar (Course 1), 15 Mar (Course 2), 18 Mar (Combined)  |

### FENCING FOR INTERMEDIATES

If you are ready to take your fencing ability to the next level then this course is the perfect fit.

|               |  |
|---------------|--|
| <b>When:</b>  | <b>Course 1:</b> Tuesdays, 7:30-8:30pm,<br>17 Mar-19 May (ex. 14 Apr)<br><b>Combined*:</b> Saturdays, 12:45-1:45pm,<br>21 Mar-30 May (ex. 11 & 18 Apr)<br>Both courses 9x1hr lessons |
| <b>Where:</b> | <b>Course 1:</b> Group Fitness Room-HK Ward Gymnasium, Sydney Uni<br><b>Combined*:</b> Activities Hall-Arena Sports Centre, Sydney Uni   |
| <b>Cost:</b>  | \$115 Members, \$135 Non-members<br>Enrol by 14 Mar (Course 1), 18 Mar (Combined)  |

\* Beginners and intermediates welcome.

### GOLF FOR BEGINNERS

Learn all the basics such as grip, stance, posture, basic swing path, putting & chipping as well as the basic rules & etiquette.

|               |  |
|---------------|--|
| <b>When:</b>  | Tuesdays, 5:30-6:30pm, 4x1hr lessons<br>17 Mar-7 Apr |
| <b>Where:</b> | Moore Park Golf Course^                              |
| <b>Cost:</b>  | Members \$110, Non-members \$130 - Enrol by 10 Mar   |

### GOLF FOR INTERMEDIATES

Review the basics & begin to develop more advanced swing fundamentals. Develop short game skills, improving your putting & chipping, pitching & bunker play.

|               |   |
|---------------|---|
| <b>When:</b>  | Tuesdays, 5:30-7:00pm, 4x1.5hr lessons<br>21 Apr-12 May |
| <b>Where:</b> | Moore Park Golf Course^                                 |
| <b>Cost:</b>  | Members \$165, Non-members \$195 - Enrol by 14 Apr      |

^ Meet at the Pro Shop at MPGC for the first lesson

### SAILING FOR BEGINNERS & INTERMEDIATES

Get involved in the exciting sport of sailing on beautiful Sydney Harbour. Beginners learn the basics of helming & crewing while more advanced sailors can improve their sailing skills & enter short races.

|               |   |
|---------------|---|
| <b>When:</b>  | Fridays, 12:30-4pm, 3x3.5hr lessons<br><b>Course 1:</b> 20 Mar-3 Apr<br><b>Course 2:</b> 24 Apr-8 May |
| <b>Where:</b> | Cruising Yacht Club of Australia, Darling Point   |
| <b>Cost:</b>  | Members \$150, Non-members \$170<br>Enrol by 17 Mar (Course 1), 21 Apr (Course 2)                     |

### TENNIS FOR BEGINNERS

Have fun learning the basics of playing the great game & developing all strokes of tennis, doubles play, tactics & fitness.

|               |  |
|---------------|--|
| <b>When:</b>  | <b>Course 1:</b> Wednesdays, 12:00-1:00pm,<br>25 Mar-6 May (ex. 15 Apr)<br><b>Course 2:</b> Thursdays, 6:00-7:00pm,<br>26 Mar-7 May (ex. 16 Apr)<br>Both courses 6x1hr lessons |
| <b>Where:</b> | Tennis courts-University Sports & Aquatic Centre, Sydney Uni   |
| <b>Cost:</b>  | Members \$100, Non-members \$120<br>Enrol by 22 Mar (Course 1), 23 Mar (Course 2)  |

### TENNIS FOR INTERMEDIATES

Refine your forehand, backhand & volley shots. Impress your friends on the court with your developed, fast serve. Have fun & get a great workout on the court!

|               |  |
|---------------|--|
| <b>When:</b>  | Thursdays, 6:00-7:30pm, 4x1.5hr lessons<br>14 May-4 Jun      |
| <b>Where:</b> | Tennis courts-University Sports & Aquatic Centre, Sydney Uni |
| <b>Cost:</b>  | Members \$100, Non-members \$120 - Enrol by 11 May           |

## How to enrol:

Enrol online today at [www.susf.com.au](http://www.susf.com.au), or complete the enclosed enrolment form and submit:

- At reception at University Sports & Aquatic Centre, Arena Sports Centre or HK Ward Gymnasium
- By phone 9351 8903
- By fax 9351 4962
- By post – University Programs Manager, Sydney Uni Sport & Fitness, University Sports & Aquatic Centre, G09, The University of Sydney, NSW, 2006.

For more information visit [www.susf.com.au](http://www.susf.com.au), phone 9351 8903, or email [recreation@sport.usyd.edu.au](mailto:recreation@sport.usyd.edu.au).

### TERMS/CONDITIONS.

Please retain your receipt as proof of enrolment which will be required at the first class. By enrolling in any of our courses you are choosing to accept this policy. Please choose carefully as we do not refund unless the course is cancelled. Sydney Uni Sport & Fitness accepts no responsibility for any changes in personal circumstances or work commitments.

If you cannot attend the course, you must advise us in writing AT LEAST TWO WEEKS before the course start date. At the discretion of Sydney Uni Sport & Fitness, a credit note may be issued. In the case of serious illness or misadventure, a medical certificate or statutory declaration will be required. An administration fee of \$15 (GST included) per course applies.

If you wish to transfer to another course, you must advise us in writing AT LEAST TWO WEEKS before the start date of the course in which you are enrolled. Space permitting, transfer is possible. An administration fee may apply, there will be no refunds.

All courses have minimum numbers. If the course in which you are enrolled has insufficient numbers, it will be cancelled. Your course fee will be refunded in full or you may transfer to another course. The decision to cancel will be made within 48 hours of the course commencement to maximise the chances that the minimum number will be reached. In the event of cancellation, we will make every effort to contact you. When enrolling, please provide all of your details clearly & accurately. We will also post cancellations & changes on the website [www.susf.com.au](http://www.susf.com.au). Final confirmation is your responsibility & you should contact us no earlier than one working day before commencement to confirm that the course is going ahead.

All information provided in this brochure is correct at the time of publication. However, Sydney Uni Sport & Fitness reserves the right to alter any of the published arrangements, either before or during a course, or to cancel or terminate a course or to refuse any enrolment as permitted by law. Participants should verify the accuracy of the details in this brochure by alternative means such as the website [www.susf.com.au](http://www.susf.com.au).

In enrolling, you agree that Sydney Uni Sport & Fitness is not responsible for any injury or loss caused by or to a person whether bodily or to property arising from the activities of Sydney Uni Sport & Fitness, its servants, agents or employees or from any person's alleged or actual acts, omissions, negligence or other event. By enrolling, each person accepts that when participating in a course they do so on the voluntary assumption of risk on their own behalf. Participants are encouraged to seek medical advice from their doctor before enrolling in any course which may result in physical injury.

### PRIVACY POLICY.

The information you supply is needed by Sydney Uni Sport & Fitness to manage your enrolment & participation. We will use the information to notify you of future courses & events which you may be interested in. If you don't wish to receive such information, please inform Sydney Uni Sport & Fitness in writing & we will remove you from our mailing list. No personal information will be disclosed outside of Sydney Uni Sport & Fitness without your expressed consent, except where required by law.

# COME 'N' TRY FOR FREE!

- ✓ Give it a go, before you enrol.
- ✓ Completely obligation free.
- ✓ Absolutely great time guaranteed.

| Date       | Course                                 | Time                       |
|------------|--|----------------------------|
| Mon 9 Mar  | Pilates<br>Stretch flexibility fitness | 6:30-7:30pm<br>7:30-8:30pm |
| Tue 10 Mar | Belly dancing<br>Salsa/Latin Mix       | 5:10-6:10pm<br>6:20-7:20pm |
| Wed 11 Mar | Fencing<br>Kickboxing fitness          | 6:20-7:20pm<br>7:30-8:30pm |
| Thu 12 Mar | Ballroom<br>Massage                    | 6:20-7:20pm<br>7:30-8:30pm |

Check our website for all free class venues

**PLACES ARE STRICTLY LIMITED.**

Pre-enrolment is essential! To make sure you don't miss out on your FREE class, jump online or visit one of our on-campus centres to pre-enrol today!



**Sydney Uni**  
SPORT & FITNESS

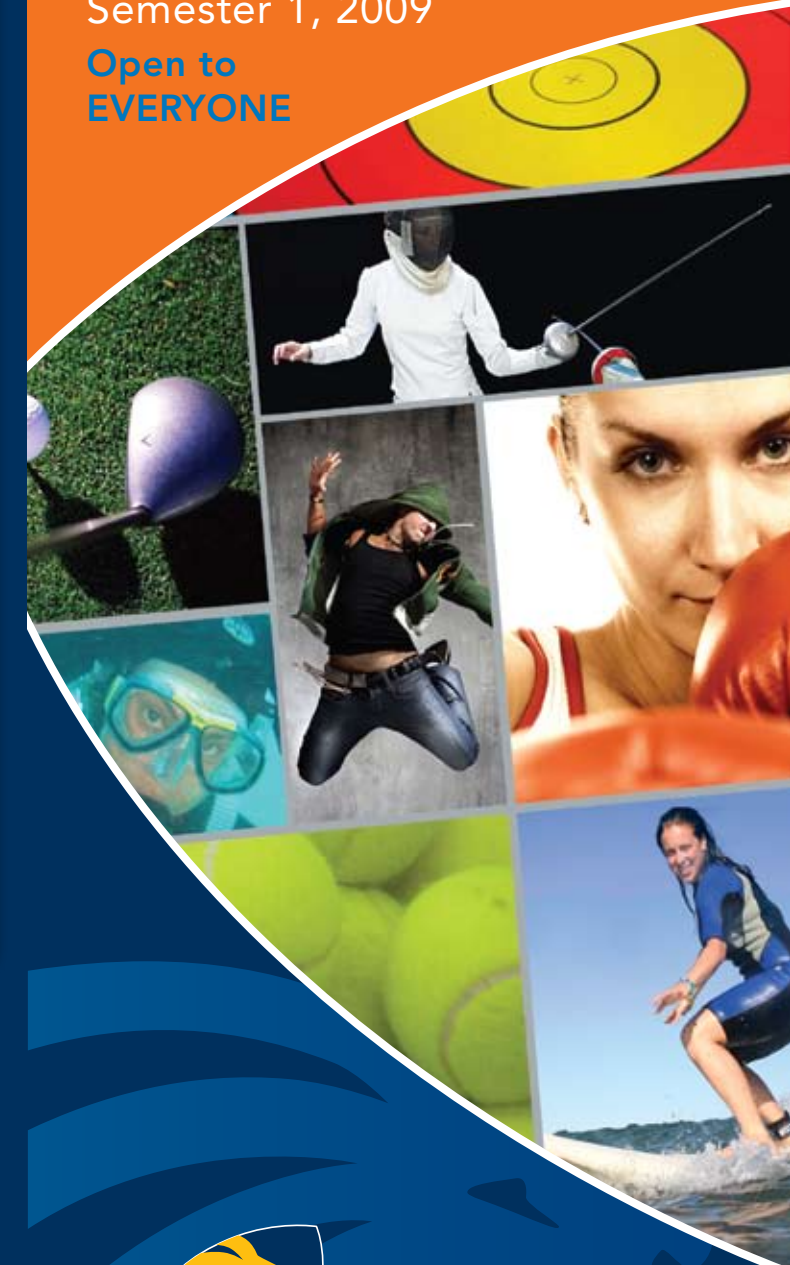
For any queries please call 9351 8903 or  
[recreation@sport.usyd.edu.au](mailto:recreation@sport.usyd.edu.au).

[www.susf.com.au](http://www.susf.com.au)

## SHORT COURSES

Semester 1, 2009

Open to  
**EVERYONE**



**Sydney Uni**  
SPORT & FITNESS

## Recreation Short Courses

### CAPOEIRA (NEW!)

Capoeira is a Brazilian art form and self defence that blends elements of body & soul, fight, dance, music and gymnastics. Learn from Mariana, Australia's finest female Capoeirista.

|               |  |
|---------------|--|
| <b>When:</b>  | <b>Course 1:</b> Mondays, 7:00-8:30pm, 16 Mar-18 May (ex. 13 & 27 Apr), 8x1.5hr lessons<br><b>Course 2:</b> Tuesdays, 6:00-7:00pm, 17 Mar-5 May, 8x1hr lessons |
| <b>Where:</b> | <b>Course 1:</b> Education Annexe Dance Studio, Sydney Uni*<br><b>Course 2:</b> St. Stephen's Church Hall, Newtown   |
| <b>Cost:</b>  | Members \$110, Non-members \$120<br>Enrol by 13 Mar (Course 1), 14 Mar (Course 2)  |

### KICKBOXING FITNESS

Combine fitness, self-defense & fun in this popular course that's ideal for both men & women. Challenge yourself today!

|               |   |
|---------------|---|
| <b>When:</b>  | Wednesdays, 7:30-8:30pm, 6x1hr sessions<br><b>Course 1:</b> 18 Mar-29 Apr (ex. 15 Apr)<br><b>Course 2:</b> 6 May-10 Jun |
| <b>Where:</b> | Group Fitness Room-HK Ward Gymnasium, Sydney Uni  |
| <b>Cost:</b>  | Members \$85, Non-members \$110<br>Enrol by 15 Mar (Course 1), 3 May (Course 2)   |

### LATIN DANCE FITNESS

Get active with this exhilarating course which combines simple salsa, cha cha & rumba moves to form fun, multi-peak aerobic workouts.

|               |   |
|---------------|---|
| <b>When:</b>  | Wednesdays, 6:30-7:30pm, 8x1hr sessions<br>18 Mar-13 May (ex. 15 Apr) |
| <b>Where:</b> | Group Fitness Room-HK Ward Gymnasium, Sydney Uni                      |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 15 Mar                    |

### LEARN TO SURF WEEKEND

Learn to surf with friendly, accredited coaches from Surf Camp Australia at Seven Mile Beach – Australia's best 'learn to surf' beach. Stay 2 nights in modern beachside cabins where all meals are included & BBQ dinner/party on Saturday night. Price includes return transport, use of a Rip Curl wetsuit & custom-designed surfboard, & a Rip Curl T-shirt.

|               |  |
|---------------|--|
| <b>When:</b>  | <b>Weekend 1:</b> 6-8 Mar<br><b>Weekend 2:</b> 17-19 Apr                               |
| <b>Where:</b> | Bus departs Fri 6:00pm from Scubar/Central YHA, Rawson Pl. Sydney & returns Sun 7:00pm |
| <b>Cost:</b>  | Members \$255, Non-members \$295<br>Enrol by 3 Mar (Weekend 1), 14 Apr (Weekend 2)     |

### PILATES

A total body & mind workout of low-impact floor exercises to improve your strength, flexibility & posture.

|               |  |
|---------------|--|
| <b>When:</b>  | Mondays, 6:30-7:30pm, 8x1hr lessons<br>16 Mar-18 May (ex. 13 & 27 Apr) |
| <b>Where:</b> | Group Fitness Room-HK Ward Gymnasium, Sydney Uni                       |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 13 Mar                     |

### MASSAGE

Need to unwind? Discover the healing art of massage, learning basic massage techniques from a professional masseuse in a fun, relaxing environment.

|               |   |
|---------------|---|
| <b>When:</b>  | Thursdays, 7:30-8:30pm, 8x1hr lessons<br>19 Mar-14 May (ex. 16 Apr) |
| <b>Where:</b> | Group Fitness Room-HK Ward Gymnasium, Sydney Uni                    |
| <b>Cost:</b>  | Members \$125, Non-members \$145 - Enrol by 16 Mar                  |

### SCUBA DIVING-OPEN WATER CERTIFICATE COURSE WITH SUB AQUATICS

Learn to dive in the beautiful depths off Sydney's coastline. This course is internationally recognised and accredited with Scuba Schools International (SSI) & you'll learn from a dive master with over 30 years experience.

|               |  |
|---------------|--|
| <b>When:</b>  | <b>Course 1:</b> 6-8:30pm Tue 10 Mar & 8:00-5:00pm 14, 15, 21, 22 Mar<br><b>Course 2:</b> 6-8:30pm Tue 7 Apr & 8:00-5:00pm 10, 11, 12, 13 Apr<br><b>Course 3:</b> 6-8:30pm Tue 28 Apr & 8:00-5:00pm 2, 3, 9, 10 May<br><b>Course 4:</b> 6-8:30pm Tue 19 May & 8:00-5:00pm 23, 24, 30, 31 May |
| <b>Where:</b> | <b>Initial Tuesday evening mandatory diver orientation:</b> Mezz-anine meeting room-University Sports & Aquatic Centre<br><b>Weekend diving lessons:</b> At dive locations specified by Sub Aquatics. Meet at 8:00am at University Sports & Aquatic Centre for transport.                    |
| <b>Cost:</b>  | Members \$300, Non-members \$350<br>Enrol by 7 Mar (Course 1), 4 Apr (Course 2), 25 Apr (Course 3), 16 May (Course 4)  |

NB: A scuba diving medical check/pass is compulsory prior to commencement of this course. Participants are also required to provide own face mask, snorkel & dive boots for hygiene reasons.

### FIRST AID

Gain a nationally recognised, Apply First Aid (Senior First Aid) certification (HLTFA301B) with this convenient one-day course. Invaluable & ideal for employers, coaches, teachers & all those requiring formal first aid qualifications. Refresher Apply First Aid and CPR courses also available.

|               |  |
|---------------|--|
| <b>When:</b>  | Jan (21 & 30), Feb (2, 3, 4 & 13), Mar (13,18,20 & 27), Apr (3, 8, 24 & 29), May (1, 8, 13, 22 & 29), Jun (5, 12, 19, 24), Jul (3, 17, 31) |
| <b>Where:</b> | Group Fitness Room-HK Ward Gymnasium, Sydney Uni   |
| <b>Cost:</b>  | Members \$145, Non-members \$150   |

### STRETCH FLEXIBILITY FITNESS (NEW!)

Improve your overall range of movement & reduce your risk of injury with this beneficial course which incorporates pilates, dance & flexibility-enhancing exercises. Great for both men & women

|               |  |
|---------------|--|
| <b>When:</b>  | Mondays, 7:30-8:30pm, 8x1hr lessons<br>16 Mar-18 May (ex. 13 & 27 Apr) |
| <b>Where:</b> | Group Fitness Room-HK Ward Gymnasium, Sydney Uni                       |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 13 Mar                     |

### ULURU OUTBACK SAFARI

The most awesome tour you can do in Australia! It doesn't get any more real, breathtaking and fun than this. You'll have the time of your life enjoying some of Australia's most renowned and spectacular locations; from the Great Ocean Road to the red Australian desert, culminating with a visit to one of the world's most amazing natural wonders –Uluru.

|               |  |
|---------------|--|
| <b>When:</b>  | 29 Jun-11 Jul  |
| <b>Where:</b> | Bus departs Mon 7:00am Central YHA, Rawson Pl. Sydney & returns Sat 9:00pm       |
| <b>Cost:</b>  | Members \$2065, Non-member (student) \$2195, Non-member \$2395 - Enrol by 26 Jun |

*\*Meet at Arena Sports Centre reception for first lesson.*

## Dance Short Courses

### BALLROOM FOR BEGINNERS

Learn to waltz, foxtrot & tango around the dance floor with grace & flair in this fun & exciting course.

|               |   |
|---------------|---|
| <b>When:</b>  | Thursdays, 6:20-7:20pm, 8x1hr lessons<br>19 Mar-14 May (ex. 16 Apr) |
| <b>Where:</b> | Education Annexe Dance Studio, Sydney Uni*                          |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 16 Mar                  |

### BALLROOM FOR INTERMEDIATES

Know all the basics of ballroom & want to keep dancing & improving? This course is perfect for you!

|               |   |
|---------------|---|
| <b>When:</b>  | Thursdays, 7:30-8:30pm, 8x1hr lessons<br>19 Mar-14 May (ex. 16 Apr) |
| <b>Where:</b> | Education Annexe Dance Studio, Sydney Uni*                          |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 16 Mar                  |

### BELLY DANCING

Learn basic techniques including body isolations, footwork & shimmies. A fantastic workout for body, mind & spirit.

|               |  |
|---------------|--|
| <b>When:</b>  | Tuesdays, 5:10-6:10pm, 8x1hr lessons<br>17 Mar-12 May (ex. 14 Apr) |
| <b>Where:</b> | Education Annexe Dance Studio, Sydney Uni*                         |
| <b>Cost:</b>  | Members \$115, Non-members \$135 -Enrol by 14 Mar                  |



### DANCE TRAINING (NEW!)

Body isolations, body movement & spins. This class incorporates drills and practice for all kinds of dancers. This class is for those who have danced either Jazz, Funk, Hip-Hop or Latin before. Take your dancing to a new level!

|               |  |
|---------------|--|
| <b>When:</b>  | Mondays, 6:00-7:00pm, 8x1hr lessons<br>16 Mar-18 May (ex. 13 & 27 Apr) |
| <b>Where:</b> | Activities Hall-Arena Sports Centre, Sydney Uni                        |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 13 Mar                     |

### HIP HOP & FUNK

Learn moves that you would expect to see in performances of popular artists such as, Aaliyah, Usher & JT, whilst improving your fitness, flexibility & strength.

|               |   |
|---------------|---|
| <b>When:</b>  | Thursdays, 5:10-6:10pm, 8x1hr lessons<br>19 Mar-14 May (ex. 16 Apr) |
| <b>Where:</b> | Education Annexe Dance Studio, Sydney Uni*                          |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 16 Mar                  |

### LATIN JAZZ (NEW!)

Enjoy dancing to traditional Afro-Cuban music. This form of dance does not require a partner and it incorporates individual moves based on cha-cha, rumba and guaganco music. This form of dance is also known as Shines or Afro-Latin Funk.

|               |  |
|---------------|--|
| <b>When:</b>  | Mondays, 5:00-6:00pm, 8x1hr lessons<br>16 Mar-18 May (ex. 13 & 27 Apr) |
| <b>Where:</b> | Activities Hall-Arena Sports Centre, Sydney Uni                        |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 13 Mar                     |

### SALSA FOR BEGINNERS

Learn the basics of LA style salsa & end with enough moves to keep you dancing for hours.

|               |   |
|---------------|---|
| <b>When:</b>  | Tuesdays, 6:20-7:20pm, 8x1hr lessons<br>17 Mar- 12 May (ex. 14 Apr) |
| <b>Where:</b> | Education Annexe Dance Studio, Sydney Uni*                          |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 14 Mar                  |

### STREET LATIN FOR BEGINNERS

Learn dances that are taking the world by storm including salsa, merengue, bachata, zouk, hustle (rock 'n' roll, ceroc, disco) & swing (lindy hop, west coast swing).

|               |   |
|---------------|---|
| <b>When:</b>  | Tuesdays, 7:30-8:30pm, 8x1hr lessons<br>17 Mar- 12 May (ex. 14 Apr) |
| <b>Where:</b> | Education Annexe Dance Studio, Sydney Uni*                          |
| <b>Cost:</b>  | Members \$115, Non-members \$135 - Enrol by 14 Mar                  |

*\*Meet at Arena Sports Centre reception for first lesson.*

# ENROLMENT FORM

### PERSONAL DETAILS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

D.O.B: \_\_\_\_\_ MALE  FEMALE

SYDNEY UNI SPORT & FITNESS MEMBER? YES / NO

IF YES, MEMBERSHIP NUMBER: \_\_\_\_\_

### OTHER DETAILS

USYD Student\*/Staff  Non-student/Other

\* If you are a USYD Student, please indicate your status:

Undergrad  Postgrad  International/Exchange

How did you find out about this course?

Brochure/Flyer  Poster  O-Week/Re O-Week

Website/Internet  Other (pls specify): \_\_\_\_\_

### ENROLMENT DETAILS

COURSE NAME: \_\_\_\_\_

COST: \_\_\_\_\_ COURSE DATE: \_\_\_\_\_

Payment Details (NB: prices include GST where required)

PAYMENT METHOD:

Cheque  Cash

Bankcard  MasterCard  Visa

CARD NUMBER: \_\_\_\_\_

EXPIRY DATE: \_\_ / \_\_ / \_\_

CARDHOLDERS NAME: \_\_\_\_\_

I have read the Terms & Conditions & understand Sydney Uni Sport & Fitness' Privacy Policy.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Participants are advised to visit [www.susf.com.au](http://www.susf.com.au) for more detailed course descriptions and to check course requirements.