



THE UNIVERSITY OF
MELBOURNE



Semester 2, 2022

Welcome to Melbourne University Sport

We acknowledge the Traditional Custodians of the lands on which all of our clubs and facilities are situated, the Wurundjeri People of the Kulin Nation. We pay our respects to their Elders both past and present and extend that respect to all Aboriginal and Torres Strait Islander Australians who have made a contribution to the life of the University community.

For more up to date information follow us



sport.unimelb.edu.au

+ 61 3 8344 5405



Try Something New This Semester!

Staying active is important to get the most out of your time as a student, and a great way to make friends as well. We'll be hosting a huge range of come-and-try sessions, pop-up activities and exciting events all across campus this semester.

Check out our [Events and Activities Schedule](#) to see what's on!



sport.unimelb.edu.au/reactivation

Welcome to Sport at the University of Melbourne

The University is committed to providing a dynamic student experience, with a vast range of sporting club, programs and fitness services that cater to the first timer through to the elite athlete, there is something for everyone.

Why should you get involved at the University?

Participation in regular physical activity improves your physical and mental wellbeing, leading to greater academic success. Getting involved in a University program or club is also likely to be more convenient, but you will also meet some great likeminded people who may enhance your future career prospects.

Everyone is welcome

We are committed to ensuring that all activities are safe, inclusive and respectful irrespective of your race, religion, gender or sexual orientation. We also provide support for students facing financial hardship to ensure that everyone gets to have a go.

So, check out what's on offer in the booklet and join the more than 20,000 students and staff who Get Active each year at the University.

Sport Matters at Melbourne - it Inspires, Connects and Leads

Student Life Active Pass

Your ticket to all things recreation, fitness and sport at the University of Melbourne

- Come and Try sessions for sporting clubs
- Fun weekly events, activities and giveaways
- FREE access to the gym, pool, group fitness and court hire
- Exciting trips and tours
- Social sporting competitions and games

sport.unimelb.edu.au/reactivation



Fitness

We provide the University community with conveniently located high-quality fitness facilities at the Beaurepaire Centre, Nona Lee Sports Centre, and Lincoln Square Fitness. Our friendly staff offer guidance and support to help you achieve your fitness goals.



Gym

Our Strength and Fitness gyms offer a variety of electronic cardio exercise equipment and enough free pin-loaded weight equipment to accommodate the beginner through to the elite athlete.

Personal Training is available and provided by qualified trainers tailored to each member's specific fitness goals.



Pool

The Beaurepaire Centre Swimming Pool provides a safe and enjoyable swimming experience for all abilities.

Our indoor heated 25m lap pool is equipped with six lanes and is utilised for casual swimming, our Water Safety Program, swimming lessons, and more.

Group Fitness

For beginners through to advanced fitness enthusiasts, our Group Fitness Program has a class to suit you.

Conducted by fully qualified professionals, our extensive program has classes suitable for everyone. No matter your body type, fitness or coordination level, find out about our extensive range of classes and view our current timetable.

For more information on these facilities and group fitness timetable please visit:

sport.unimelb.edu.au/fitness



New Member Introductory Session

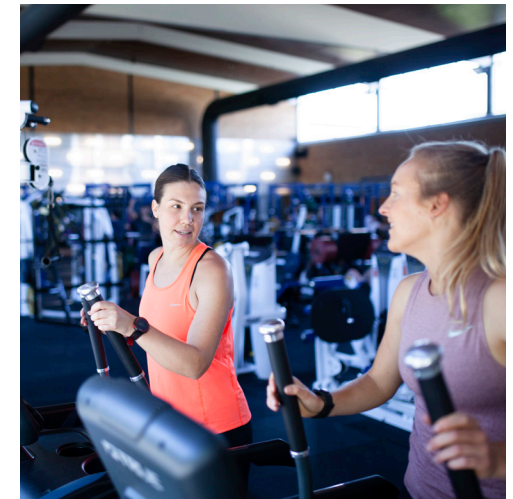
All new members receive an introductory session, consisting of a health screening, body composition analysis and a training program to get you on your way to achieving your goals.

Unimelb Moves App

The Unimelb Moves app supercharges your fitness routine by providing instant access to free customisable online fitness content, challenges and metrics to inspire a healthier, more active, you.

For more information, please visit:

sport.unimelb.edu.au/fitness/unimelb-moves



Refer to the map on the back of the booklet for the locations of our fitness centres!

Sporting Clubs

Our sporting clubs provide competitive, instructional and recreational opportunities for students, staff, alumni and the greater University community. With 43 clubs we have something to suit all levels of interest and ability.

Find out more about our clubs at sport.unimelb.edu.au/clubs

Join the Club for You!



Come and Try

Not sure which club is for you?

Why not join a FREE Come and Try session! Our clubs have an extensive list of activities to try out for free during the semester in a fun and social environment.

Visit sport.unimelb.edu.au/clubs for the timetable and more information.



Aikido
Athletics
Badminton
Baseball
Basketball
Boat
Cheer and Dance
Cricket

Cycling
Dancesport
Dragon Boat
Fencing
Football
Futsal
Golf
Gridiron

Hockey
Inline Skating
Karate
Kendo
Lacrosse
Lifting
Mountaineering
Netball

Rugby
Sailing
Skiing
Snowboarding
Soccer
Softball
Squash
Surf Riding

Table Tennis
Taekwondo - Rhee
Taekwondo - WTF
Tennis
Touch
Ultimate Frisbee
Underwater
Volleyball

Water Polo
Waterski and
Wakeboarding
Wushu and Kung Fu

Water Safety Program

The Water Safety Program is a FREE aquatics education initiative available to students who have not previously had the opportunity to learn to swim, lack water confidence, or would like to develop survival and basic formal swimming stroke knowledge and technique.

Over a 10-week period, consisting of a 45-minute lesson per week, students will be taught the necessary water safety, stroke and survival skills for safe and enjoyable participation in water-based social activities at the pool and beach.



What's included?

- Tailored swim program provided by Austswim qualified staff
- MU Sport and University of Melbourne branded swimming goggles and cap
- Unlimited pool access outside lesson times to practice newly learnt skills
- Beach safety education seminar
- Practical beach excursion

See sport.unimelb.edu.au/learntoswim for more details.



Casual Use

The University has a range of stadiums, indoor and outdoor courts, which are available for hire at reduced student rates. Play a match of tennis, squash, badminton, basketball, netball or futsal with your friends in a spare hour.

See sport.unimelb.edu.au/play for our price list and more information.



Alpine Lodge

For lovers of snow sports and fresh mountain air, the Melbourne University Alpine Lodge at Mt Buller is a 40-bed, share facility available for hire during the ski season.

Within walking distance to Mt. Buller Village and located only metres from the Blue Bullet quad chair and Chamois lift, the Lodge provides the perfect place to stay. A student discount is available to all University of Melbourne students.

See sport.unimelb.edu.au/alpinelodge for more details.



Sports Programs

We pride ourselves on offering an inclusive and welcoming environment for all people to engage with sport. Our programs support all members of the University community, from our Elite Athlete Program that supports our aspiring student-athletes, through to our diversity and inclusion programs, we have something for you.



Tin Alley Sport

Join in the fun with friends at the organised evening Netball matches. Whether you have played before or want to try something new, be social and get involved on campus.

Visit sport.unimelb.edu.au/TinAlleySport for more information.

Campus Sport

Campus Sport is a fun, social, organised lunchtime sporting competition for the entire University Community. Games are for players of all abilities and include matches in Futsal, Netball, Basketball, Volleyball and Touch 7's.

Visit sport.unimelb.edu.au/campusport for more information and to enter.

College Sport

The inter-collegiate sports program involves competition between the 10 residential colleges of the University.

With events dating back to 1921, the program has a strong tradition of sporting rivalries and excellence that has developed into one of the University's most recognised sports programs.

Find out more at sport.unimelb.edu.au/CollegeSport



Active Campus

Are you located on a campus other than Parkville? Sport is an important part of the Melbourne student experience and provides numerous opportunities for students studying regionally, via rural health rotations or at other non-parkville campuses.

Sporting, recreational and fitness activities will vary depending on your place of study and may include:

Casual play

Shoot some hoops or play some table tennis.

Social team competitions

Play with friends in local sporting competitions.

University club activities

Trips and tours to the snow, wakeboarding and other adventure destinations.

Group fitness classes

Get a taste for group fitness classes on campus.

Local sporting clubs

Play where you study, regionally or in Melbourne.

Visit sport.unimelb.edu.au/activecampus to find out more.

Intervarsity Sport

Make intervarsity sport part of your University of Melbourne experience, either as a spectator or as a competitor as our University sporting teams take on other universities, both on campus, around Australia and internationally.

Join sports-minded students and test yourself against the nation's best. Represent one of the University's Winged Victory teams in battle. Make friends for life. Be part of the Melbourne Experience.



Represent the University at one of the following competitions:

- University Basketball League
- Aon Uni 7s
- Big Blue vs Monash
- Uni Nationals Div 1 and Div 2
- Uni Nationals Snow
- Uni Nationals Indigenous
- Uni Nationals Championship Events

See sport.unimelb.edu.au/intervarsity for more details.



Elite Athlete Program

The University has a long and proud tradition of supporting student-athletes in their sporting and academic pursuits.

The Elite Athlete Program recognises elite athletes, supporting them with a range of financial and in-kind assistance for their studies and sporting endeavours.

Visit sport.unimelb.edu.au/eliteathleteprogram to find out more.



Moondani Yalingwa

University of Melbourne Aboriginal and Torres Strait Islander students are invited to take part in Moondani Yalingwa, a program designed to help students get fit, make friends and have fun.

Ways to get involved:

- **Complimentary Fitness Centre membership** for Semester 1 and 2, 2022.
- **Campus Sport** - Want to be part of an Indigenous team playing mixed Netball, Basketball, Touch 7s, Lacrosse, Dodgeball or Futsal? Team entry costs are covered by us.
- **Community Sport** - Tin Alley Netball Futsal and Volleyball competitions also have team entry costs covered by us. Get your team together and express your interest now – new seasons start soon.
- Engage with a **Sporting Club**
- **Casual Play** – Shoot some hoops, plays some squash or go for a jog. Or have a hit of badminton or tennis.
- **Represent the University** – compete at the annual Indigenous Uni Nationals.

See sport.unimelb.edu.au/moondaniyalingwa for more details.



Pride in Sport



We believe that all people have the right to enjoy sport, fitness and recreation, and participate as their most authentic self. To support this, MU Sport proudly has a zero tolerance of homophobia, biphobia and transphobia. We also invite people to participate in our sports as it best reflects their gender identity.

Our Pride in Sport program continues to work towards providing a safe and welcoming space for LGBTQIA+ identifying students to participate in sport. We are currently recognised as the highest-ranking sports organisation in Australia for LGBTQIA+ inclusion and will continue to strive towards providing an inclusive sport for all.



Ways to get involved:

- Get involved in our Queer Friendly Exercise Programs running during semester.
- Check out the Pledge of Pride at the Nona Lee Sport Centre and consider joining one of the 30 clubs who have pledged their commitment to an inclusive sport.

- Show off your rainbow colours at our Pride Rounds which run throughout the year.

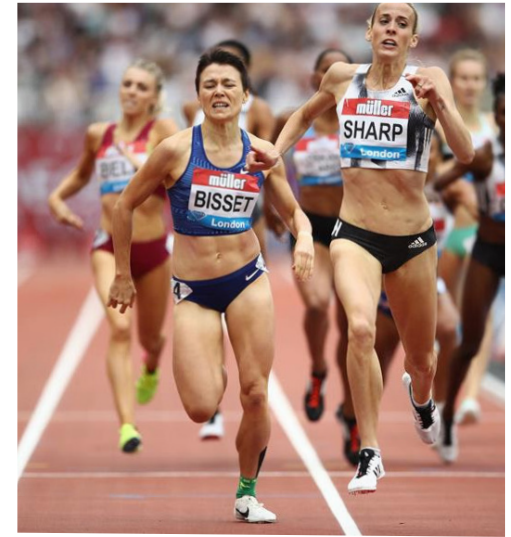
Check out the Pride in Sport website at sport.unimelb.edu.au/pride for more details on upcoming events.

Also make sure to check out our new **Pride in Sport** video while you're there!

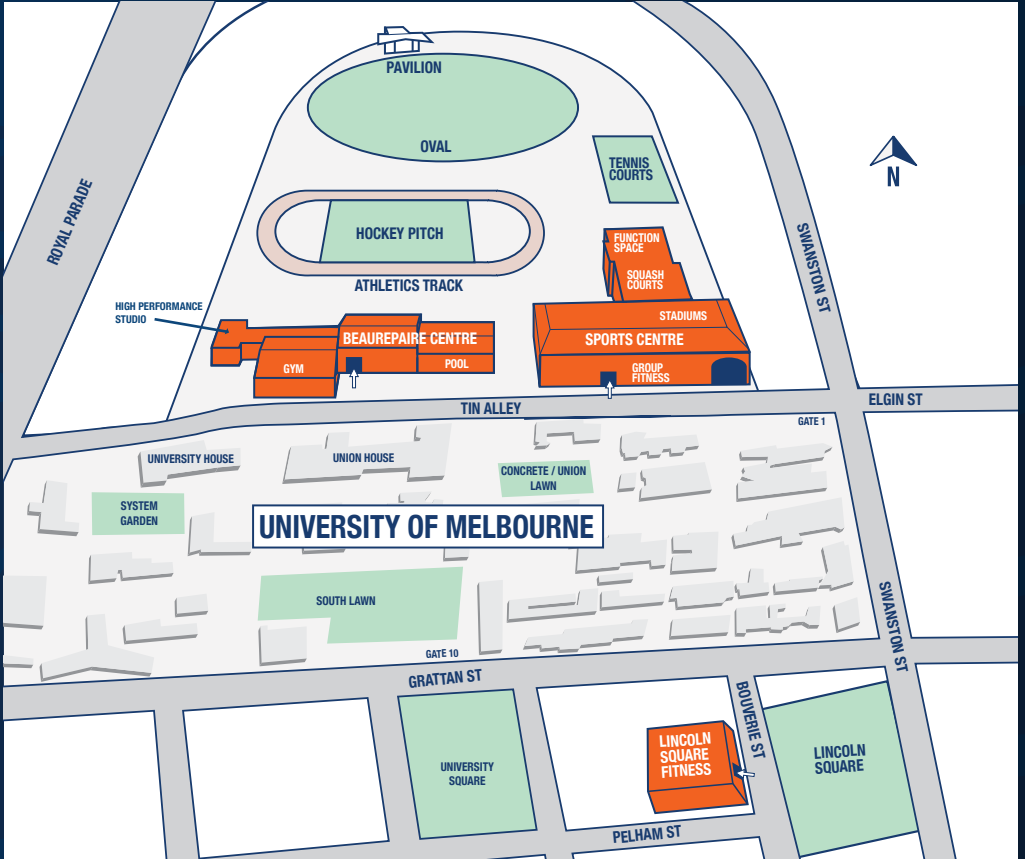
Strong Women Program

The Strong Women Program promotes the meaningful inclusion of women students across all levels of sport and active recreation at – as participants, athletes, managers, leaders, coaches, umpires, and volunteers.

Through the provision of participation and leadership opportunities, this program fosters a gender-equitable environment in which our women students can prosper, and where women's achievements in sport are proactively promoted and celebrated.



Facility Locations



Visit us to learn more about our programs and facilities:

- Beaufort Centre
- Nona Lee Sports Centre
- Lincoln Square Fitness