



## FITNESS MEMBERSHIP OPTIONS

UoM Students

Staff and Alumni

Other

### Fitness Membership

Provides unlimited access to strength and fitness Gym, Pool and Group Fitness.

### Fortnightly Direct Debit

\$28.99

\$41.18

\$43.58

### Fortnightly Direct Debit

Price per fortnight (two weeks).  
Minimum 8 fortnightly payments

### Upfront Payment

1 Month

\$79.00

\$113.36

\$120.64

4 Month Semester

\$259.00

N/A

N/A

## CASUAL VISITS

UoM Students and  
Access Members

Other

Gym - Single Visit Pass

\$12.00

\$15.00

Group Fitness - Single Visit Pass

\$12.00

\$15.00

Pool - Single Visit Pass

\$4.00

\$5.50

## SERVICES

Members

Other

### Fitness Services

#### Introductory Session

This session provides a health and body composition analysis and a demonstrated Training Program to get you started.

Free

\$50.00

#### Training Program

This session provides a review of your current program and goals for a new Training Program to be constructed and demonstrated.

Free

\$50.00

#### Body Composition

This session conducts a digital body composition analysis and assessment along with advice on how to achieve your goals.

Free

\$25.00

### Fitness Membership Card

All student and staff fitness memberships are attached to your University of Melbourne student or staff card. **If you cannot produce your valid student or staff card, your membership will be charged at the Other price rate.**

### Personal Training

Various Personal Training and Exercise Physiology providers are available and should be contacted directly. Please visit the website for more information: [sport.unimelb.edu.au/PersonalTraining](http://sport.unimelb.edu.au/PersonalTraining)

### Swim Classes

A range of learn to swim classes and swim squads are available for children through to adults. Please visit the website for more information: [sport.unimelb.edu.au/Aquatics](http://sport.unimelb.edu.au/Aquatics)

### Customer Service

MU Sport is committed to providing outstanding customer service and facilities. To find out more about our Customer Service Charter and how to provide feedback, see: [sport.unimelb.edu.au/CustomerService](http://sport.unimelb.edu.au/CustomerService)

## CASUAL VISITS

PER HOUR

		UoM Students and Access Members	Other
Badminton	Early Morning (M-F, 7am - 11.30am)	\$13.00	\$18.00
	Per Court	\$22.00	\$32.00
Cricket Nets	Synthetic	\$14.00	\$20.00
Hockey Pitch	Full pitch	\$61.50	\$144.00
	Half pitch	\$41.00	\$82.00
	Quarter pitch	\$20.50	\$41.00
Squash	Early Morning (M-F, 7am - 11.30am)	\$13.00	\$18.00
	Off Peak	\$18.00	\$26.50
	Peak (M-F, 4.30pm - 7.30pm)	\$27.50	\$38.00
Stadium	Full court	\$58.00	\$112.00
	Half court	\$35.00	\$62.00
Tennis	Early Morning (M-F, 7am - 11.30am)	\$13.00	\$18.00
	Off Peak	\$16.00	\$22.00
	Peak (M-F, 5.30pm onwards)	\$22.00	\$32.00
Volleyball Court		\$44.00	\$51.00
Racquet / Equipment Hire			\$4.50

## ACCESS CARD

\$99.00

To receive access member rates for casual visits, non-Fitness Members and non-University of Melbourne students must purchase a \$99 Access Card annually.

## OPENING TIMES<sup>^</sup>

### NONA LEE SPORTS CENTRE

Monday – Thursday: 7:00am – 10:30pm

Friday: 7:00am – 9:00pm

Saturday and Sunday: 9:00am – 5:30pm

### BEAUREPAIRE CENTRE

Monday – Thursday: 6:30am – 10:30pm

Friday: 6:30am – 9:00pm

Saturday and Sunday: 9:00am – 5:30pm

### POOL

Monday – Friday: 6:30am – 8:00pm

Saturday and Sunday: 9:00am – 5:00pm

### LINCOLN SQUARE FITNESS

Monday – Friday: 6:00am – 8:00pm

Saturday and Sunday: Closed

### BOOKINGS AND SPORTS CENTRE RECEPTION

Tel: 03 8344 5405 • Fax: 03 8344 5583

### BEAUREPAIRE CENTRE RECEPTION

Tel: 03 8344 5404

### LINCOLN SQUARE FITNESS RECEPTION

Tel: 03 9035 9942

<sup>^</sup>Standard opening times, see [sport.unimelb.edu.au/Hours](http://sport.unimelb.edu.au/Hours) for Public Holiday and reduced hours.

 [facebook.com/MelbUniSport](https://facebook.com/MelbUniSport)

 [twitter.com/MU\\_Sport](https://twitter.com/MU_Sport)

 [instagram.com/MelbUniSport](https://instagram.com/MelbUniSport)

## FAQs

### 1. FITNESS MEMBERSHIP

#### a) Who can join the Melbourne University Sport Fitness Centre?

Everyone from University of Melbourne students, staff and alumni, to the greater community at large are welcome. You must be 17 years of age or older, or accompanied by an adult if younger (minimum age 13).

#### b) What kind of Memberships are available?

All MU Sport Fitness Memberships allow you full access to the Strength and Fitness Gym, Pool, all Group Fitness classes (subject to maximum numbers) and members' rates on court bookings. You can choose a variety of payment options including:

- Direct Debit
- Fixed Term
- Staff Salary Packaging

#### c) Is a membership at Lincoln Square Fitness valid at other centres?

All MU Sport Fitness Memberships allow access to all centres.

#### d) Can I suspend my Membership?

Fortnightly Direct Debit payments can be suspended for two (2) week blocks for a maximum of 16 weeks per year. Suspension requests must be made in writing. All other Memberships cannot be suspended.

### 2. RATES

- Student rates are only available to currently enrolled University of Melbourne students. A valid University of Melbourne student card is required to be eligible for student prices.
- All prices include GST except where indicated. All Memberships are strictly non-refundable and non-transferable
- All prices were correct at time of printing. MU Sport reserves the right to amend prices.

### 3. GYM USE AND SERVICES

#### a) How do I get started in the gym?

Fitness Members may use the Gym as soon as you sign up. Members are required to attend a free Introductory Session. During this session, you will be screened for any health issues, discuss your personal health and fitness based goals, body composition analysis, and have a personalised Training Program tailored to your needs. Fitness members are also entitled to regular, free monthly Training Program updates during non peak periods.

#### b) Am I required to carry a towel?

All Gym users are required to carry and use a sweat towel in the Gym and Group Fitness Classes.

#### c) Where can I keep my belongings while I work out?

MU Sport provides two locker options:

- Casual lockers can be used for up to three (3) consecutive hours. These lockers are located in the Beaurepaire Centre, the Sports

Centre and Lincoln Square Fitness, and subject to availability.

- Annual lockers are available in the Sports Centre. Payment for these lockers can only be made via Direct Debit.

### 4. CHILDREN USE OF FACILITIES

#### a) Can I use the gym?

Members aged 13-16 years require parental / guardian consent at the time of joining. Parent / guardian must accompany members aged 13-16 for their initial Introductory Program and any subsequent appointments with Fitness Instructors. Children under 16 must be accompanied by a Parent or Guardian at all times while in the facility.

#### b) Can I use the pool?

Children 12 years and under may only use the pool for scheduled swim lessons and must be actively and constantly supervised by an adult out of the water at all times while in the facility.

Use of lap lanes is not permitted for swim school participants prior to or after lessons.

Parent or Guardian may not complete lap swimming while a child 12 years or under is under their supervision in lessons.

Children over 12 may use the pool for lap swimming only and must be accompanied by a parent or guardian over 16 years of age.