Welcome to Monash Sport - the centre of active and healthy lifestyles on campus. We believe that sport and recreation is a vital part of your student experience and endeavour to provide a diverse range of inclusive services and programs to enrich campus life. Our caring staff team, which includes many Monash students, are here to help you optimise your time with us.

In 2019/2020 we made many enhancements to our facilities and launched exciting new events and activities for you to enjoy. Data collected* over the last five years demonstrates that Monash Sport student members had a higher course completion rate, compared with the overall student cohort. In addition, our annual student survey results show that participation in Monash Sport initiatives has a positive influence on wellbeing, mental health, sense of belonging, transition into University life and acceptance by other students and enhance the campus experience - leading to a net promoter score of 88% in 2019.**

The 2020 year was severely disrupted due to the impacts of the COVID19 pandemic and saw disruptions to all of our services, programs and events. Our team was able to deliver a range of fantastic on-line programs and services through our Active Bodies Online portal. This initiative achieved over 8,500 participant interactions from 2,500 registered participants (an average of 32.7 participants per class). We also conducted mass-participation online events such as Zumba After Dark (492 participants), Monash Walk & Fun Runs (205 participants), Expert Advice Webinars (192 participants), College Race (150 participants), College Clash & College Games (200 participants). We are ready to re-engage students and staff face-to-face again this year.

We regularly evaluate our services, programs and facilities and welcome your feedback and suggestions. Enjoy your time at Monash Sport and we look forward to working out with you soon.

Stay active and stay well,

Brett Lavale
Director, Monash Sport

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YOUR FEEDBACK TOLD US...

98% Students surveyed indicated that their experiences with Monash Sport have improved their wellbeing and happiness.

97% Students surveyed indicated that Monash Sport played a role in improving their mental health.

94% Students surveyed indicated that Monash Sport positively enhanced their campus experience.

88% Students surveyed would recommend Monash Sport to new students.

85% Students surveyed indicated that their experiences with Monash Sport helped them enhance their academic performance.

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** Source: 2019 Monash Sport Student Qualtrics Survey, n=1,131
Monash Sport is loaded with a variety of inclusive and accessible offerings.

**FITNESS CENTRES**

Our Fitness Centres provide a welcoming and inclusive training environment for all. We provide a comprehensive range of cardio and strength training equipment, as well as dedicated functional training and stretching spaces.

**GROUP FITNESS**

Group Fitness is a fun, dynamic, and effective way to improve and maintain your health and fitness. We offer a variety of classes from Zumba, Body Combat, HIIT, Body Balance & Cycle.

With over 75+ weekly classes on offer across three campuses, you are bound to find a class you love!

**MEMBER EXCLUSIVES**

As a member, you will have access to exclusive opportunities such as our Member Breakfast and Lunches, 10% off all Monash Sport merchandise, Technique Workshops and pop up Nutrition Education Stations.

Plus, enjoy early access to ticketed events such as our dancing sensation- Zumba After Dark!

**COURT HIRE**

Need a break from studying? Take time out and enjoy the exclusive use of a court for you and your friends! You are also able to hire your required sport equipment at Monash Sport Service Desks.

**SOCIAL SPORT**

Take a break from the treadmill and get fit with friends. Our Social Sport competitions cater to all skill levels and are open to everyone in the Monash University community.

Our competitions run throughout Semester 1, Semester 2 and Summer.

**AQUATICS (DOUG ELLIS SWIMMING POOL)**

Enjoy our Clayton facilities including sauna and steam rooms, spa and lap pools. We offer a range of programs that cater to all swimming levels, ages and abilities.

Learn the basics and beyond with our Learn to Swim program, these cater for infants to adults. Or for competent swimmers- try Swim Fit!
Are you ready to escape at Clayton?

Book a pitch at Monash Sport Clayton

**Clayton Escape Room**

Now open to staff and students

Enjoy a volley at our tennis courts
Here at Monash Sport, we pride ourselves on providing an inclusive and welcoming environment. We want you to be the best you can be, and that includes staying fit and healthy!

In all of our fitness centres we have a great variety of cardio, strength and functional equipment for you to choose from. Our range of equipment provides our members with plenty of opportunities to diversify their fitness routine.

With no joining fees and our health and fitness instructors being fully industry qualified, a Monash Sport membership is a great way to meet your health and fitness goals.

**BENEFITS**

**Applicable memberships include:**

- Complimentary introductory personalised exercise programs and health assessments tailored to suit your individual goals and needs*.
- Over 75 weekly Group Fitness classes are included in all Fitness and Aquatics and Fitness** memberships.
- Access across three campuses: Caulfield, Clayton and Peninsula.
- Our Fitness and Aquatics membership gives you access to the Doug Ellis Swimming Pool at Clayton campus!

*Available on most membership types. Please contact us for more information.

**Aquatics and Fitness + Aquatics memberships include access to Swim Fit.
EXERCISE GUIDANCE AND SUPPORT

Our Health and Fitness Centre instructors are able to provide ongoing personalised exercise programs and health assessments for all members. These services are complimentary on most membership types to assist members in reaching their training goals.

Please speak to one of our Health and Fitness instructors to book an appointment.

All of our Health and Fitness instructors are fully qualified and registered with the industry’s governing body.

MERCHANDISE

Need a drink bottle? Or a hoodie for your partner to borrow? We’ve got you.

Our service desk has a range of exercise apparel, shaker bottles, equipment and Monash Sport branded accessories. Just ask our friendly service desk staff for sizes and price information.

Monash Sport is the first University based fitness/recreation provider in Australia to be awarded the Centre of Excellence accreditation by Fitness Australia.
Want to attend a class with an instructor? With over 75 group fitness classes running across Caulfield, Clayton and Peninsula every week you will be sure to find something that suits your lifestyle.

There’s plenty of choices with a variety of classes, all of which have different intensity and focus. With classes going for as short as thirty minutes to no longer than an hour, there is something for everyone!

All of our fitness memberships include unlimited access to our group fitness classes, but there are also options if you’d like to attend casually.

Suitable for all fitness levels, our classes are available at Caulfield, Clayton & Peninsula.

**CLASSES WE OFFER:**

- ABS
- ACTIVE AGEING
- BARRE PILATES
- BODY ATTACK
- BODY BALANCE
- BODY COMBAT
- BODY PUMP
- BODY STEP
- YOGA
- CIRCUIT
- CYCLE
- FOCUS BOXING
- FUNCTIONAL FITNESS
- HIIT
- PILATES
- RUN MONASH
- SWIM FIT
- ZUMBA
DOUG ELLIS SWIMMING POOL

If you love the water, come down for an energising swim or relax in the spa, sauna or steam rooms available at the Doug Ellis Swimming Pool, Clayton campus.

Located within the Monash Sport precinct, we provide inclusive opportunities for all, whether you’re new to swimming and want to learn with an instructor or swim laps for fitness, our aquatic facilities and programs have you covered!

FEATURES

- 2 x 25 metre six lane lap pools
- Leisure pool
- Spa pool
- Sauna and Steam rooms
- Female, male, family, accessible and all gender change areas
- The Doug Ellis Swim shop

We have received a Platinum Pool Accreditation from Life Saving Victoria, 11 years in a row!

As a member, enjoy 10% off your purchases at the Doug Ellis Swim Shop
Water Wise is a program enabling Monash University students to participate in the Adult Learn to Swim program, at the introductory and beginner level.

Fees are fully subsidised thanks to the Student Services and Amenities Fee (SSAF) funding dedicated by Monash University.*

If you are a current Monash University student enrolled into a Monash University undergraduate or postgraduate course, you are eligible for this program. A valid university student ID card must be presented at the time of enrolment into each term of the program.

You will be funded for participation in this program whilst your swimming skills and ability is at the introductory or beginner level. Once your water safety and swimming ability has progressed beyond that of a beginner, you will be eligible to graduate from Water Wise and enter our intermediate or advanced programs, with a 15% student discount.

*Conditions apply. Visit our website for further details.
WATER WOMEN

Water Women is a subsidised program supporting women 16 years and older to participate in the Adult Learn to Swim program in an all-female environment.

Conducted outside of our standard operating hours, the program features friendly, qualified and experienced female swimming instructors and lifeguards.

Recreational swimming for women of all ages is also available during Water Women program times. Our Watch Around Water program applies to all children under 10 years. Water Women terms and conditions apply, visit our Monash Sport website for more details.

SWIM FIT

Swimming is a great way to improve your cardio respiratory fitness and endurance. It is a great all over body workout, increasing core strength and muscle tone in a non-impact environment.

Swim Fit sessions are conducted by AUSTSWIM qualified instructors and designed to increase fitness levels whilst providing you with stroke correction and instructions to improve your swimming technique.

Whether you are a recreational swimmer, wanting to improve your fitness and swimming ability or have goals of participating in open water or other aquatic events, these sessions are for you.

Attend Swim Fit classes as an Aquatics or Fitness + Aquatics member or with casual Swim Fit passes available from the Aquatics Service Desk.
JOIN A TEAM AND PLAY WITH YOUR FRIENDS!

Enjoy the social spirit of our competition with grades suited to beginners, through to more established and competitive teams.

Competitions are held across the week at our Caulfield, Clayton and Peninsula campuses, with each season running through our University semesters and summer semester break. Lunchtime and evening competitions are available, varying across different campuses. Check our website for our current timetable, registration and more.

Ready to play? Get your team together and register online! Be sure to check our competition registration dates online.

Disclaimer: While the information provided in this brochure was correct at the time of its production, Monash University reserves the right to alter procedures, fees, and regulations should the need arise.

Looking to join a team, or after some extra players? Join our Facebook Group and get connected.

Monash Uni Social Sport

TIMETABLE

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12pm - 2pm</td>
<td>Indoor Soccer</td>
<td>Mixed Basketball</td>
<td>Mixed Indoor Basketball</td>
<td></td>
</tr>
<tr>
<td>5pm - 8pm</td>
<td></td>
<td>3x3 Basketball</td>
<td>Mixed Netball</td>
<td>Open Basketball</td>
</tr>
<tr>
<td>5pm - 9pm</td>
<td>Mixed Basketball</td>
<td>Indoor Soccer</td>
<td>Open Basketball</td>
<td>Open Indoor Soccer</td>
</tr>
<tr>
<td>5pm - 10:30pm</td>
<td>Mixed Basketball</td>
<td>Mixed Netball</td>
<td>Mixed Netball</td>
<td>Indoor Soccer</td>
</tr>
<tr>
<td>6pm - 8pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7pm - 10:30pm</td>
<td>Indoor Soccer</td>
<td></td>
<td></td>
<td>Open Indoor Soccer</td>
</tr>
</tbody>
</table>

Caulfield | Clayton | Peninsula
At Monash Sport, we organise and host a number of FREE health, wellbeing and community events throughout the calendar year. We know our students and staff are active and love to get involved, so there is always something to look forward to at Monash Sport!

Check out our website for registration links, event trailers, opportunities and member exclusive events!

**WHAT’S ON IN 2021**

- COLLEGE CLASH
- LIVE WORKOUTS VIA ZOOM
- TECHNIQUE WORKSHOPS
- INCLUSIVE GYM & SWIM NIGHT
- WELLBEING WEBINARS
- COLLEGE GAMES
- STAFF GAMES
- MONASH WALK & FUN RUNS
- ZUMBA AFTER DARK (WINTERFEST)
- ESCAPE ROOM: HALLOWEEN SPECIAL
- MONASH MS 24 HOUR MEGA SWIM
- THEMED GROUP FITNESS CLASSES
Here are some of the great ways students can save with us:

**HAPPY HOUR!**
Step away from the desk and onto the court! Monash Sport recognises the need to take a break away from study and work. Join in on our Happy Hour every weekday!

**SOCIAL SPORT**
As a Monash student, enjoy discounted registration fees for all Monash Sport social sport competitions.

**EVENTS**
Our events bring together the Monash University community for health and wellbeing experiences. Keep an eye out for FREE events throughout the year.

**SSAF FUNDED STUDENT MEMBERSHIP REBATE**
As part of the Student Services and Amenities Fee (SSAF) funding dedicated by Monash University to student health and welfare services, current Monash University students may be eligible for funding toward our Water Wise programs and a $50 rebate on their Monash Sport memberships.

**MULTI-SESSION PASSES**
Want to use our squash, tennis, badminton or table tennis courts regularly? Grab a multi-pass from the service desk and pay for court passes in bulk to save more. Swim session passes are also available, just head down to the Doug Ellis Swimming Pool!
We understand that everyone has different fitness levels and goals. Our memberships are designed to help you find your perfect fit.

**HOW DO I SIGN UP?**

OR  🎨 =  🌈

Online  In person  Card access!

**WHAT DO I NEED TO BRING?**

👟 + 💧 + 💙

Sports attire  Water bottle  Sweat towel

**MY MONASH SPORT**

My Monash Sport Portal allows you to:

- Register for Group Fitness
- Purchase/renew memberships
- Make online bookings for court sports

Access to the My Monash Sport Portal is available through the Monash Sport website, or via my.monash (under Campus life).

**MEMBERSHIP TYPES**

**FITNESS**

Access to Fitness Centres and all Group Fitness Classes.

**AQUATICS**

Access to the Doug Ellis Swimming Pool.

**FITNESS + AQUATICS**

Access to our Fitness Centres, Group Fitness Classes, and the Doug Ellis Swimming Pool.

**CASUAL + MULTI-SESSION PASSES**

Flexible access to the Monash Sport facilities you love.

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Needing to take a break? You can relax knowing our memberships have a range of FREE suspension offers available.
Operating seven days a week, we have a variety of memberships available to provide a flexible health and fitness experience for all.

**DIRECT DEBIT**
(FORTNIGHTLY PAYMENTS*)
- No joining fees
- 12 week free suspension
- Program design
- Health and fitness assessments and more!

**ANNUAL**
(UPFRONT PAYMENT)
- No joining fees
- 4 week free suspension
- Program design
- Health and fitness assessments and more!

**ONE MONTH**
(UPFRONT PAYMENT)
- No joining fees

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**FITNESS**
Unlimited access to the Fitness Centres and Group Fitness Classes at all campuses*

**FITNESS + AQUATICS**
Access our entire suite of membership services and facilities at all campuses.

**AQUATICS**
Unlimited access to the Doug Ellis Swimming Pool, spa, sauna, steam room and Swim Fit classes at Clayton campus.

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**CASUAL VISITS**
You don’t have to be a member to enjoy our facilities. If you have a busy schedule, but still enjoy an occasional fitness session or a lunchtime swim - our casual visit offerings are a great match for you!

As a student, you will enjoy our student rates for single visits and Multi-Session Passes. Just drop by a Monash Sport Service Desk, to find out more.

***Terms and Conditions: “Monash Student” indicates prices available only to current Monash University students. Valid Monash University student ID card required. One month & annual memberships require upfront payment. Direct debit membership pay fortnightly, with a minimum term of eight payments. Monash Sport reserves the right to close facilities for general maintenance and in the interest of the health & safety of our patrons. Full terms & conditions available on our website. “All campuses” refers to Caulfield, Clayton, and Peninsula campuses. Program design, assessments not included in one month and Aquatics memberships. Online booking prices are at Single Visit rates. For Happy Hour and Multi-Session Pass rates, please visit our Service Desk. Equipment hire is available at an additional cost.***

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**SINGLE VISIT**

<table>
<thead>
<tr>
<th>Casuality</th>
<th>Fitness Centre/Group Fitness</th>
<th>Swim Only</th>
<th>Swim / Spa / Sauna / Steam Room</th>
<th>Swim Child (5-16yr)</th>
<th>Family Swim Pass (2 Adults + 3 Children)</th>
<th>Swim Fit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monash University student prices</strong></td>
<td>$17.50</td>
<td>$6.00</td>
<td>$12.00</td>
<td>-</td>
<td>-</td>
<td>$13.10</td>
</tr>
<tr>
<td><strong>Non-student prices</strong></td>
<td>$20.50</td>
<td>$7.20</td>
<td>$14.40</td>
<td>$4.70</td>
<td>$20.80</td>
<td>$15.40</td>
</tr>
</tbody>
</table>
**LOVE TO PLAY SPORT?**

Here at Monash Sport we offer a wide variety of indoor and outdoor courts for you to play on. Plus, we have exclusive offers for students, including our Multi-Session Passes! Book online or at a Monash Sport service desk.*

<table>
<thead>
<tr>
<th>CAULFIELD</th>
<th>SINGLE VISIT</th>
<th>MULTI-SESSION PASS (x10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BADMINTON</td>
<td>$17.50</td>
<td>$157.50</td>
</tr>
<tr>
<td>TABLE TENNIS</td>
<td>$17.50</td>
<td>$157.50</td>
</tr>
<tr>
<td>FULL COURT</td>
<td>$50.00</td>
<td>$250.00</td>
</tr>
<tr>
<td>(BASKETBALL/</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOCCER)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HALF COURT</td>
<td>$25.00</td>
<td>$125.00</td>
</tr>
<tr>
<td>(BASKETBALL)</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>PENINSULA</th>
<th>SINGLE VISIT</th>
<th>MULTI-SESSION PASS (x10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BADMINTON</td>
<td>$17.50</td>
<td>$157.50</td>
</tr>
<tr>
<td>FULL COURT</td>
<td>$50.00</td>
<td>$250.00</td>
</tr>
<tr>
<td>(BASKETBALL/</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOCCER)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HALF COURT</td>
<td>$25.00</td>
<td>$125.00</td>
</tr>
<tr>
<td>(BASKETBALL)</td>
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</table>

**CLAYTON**

<table>
<thead>
<tr>
<th>SINGLE VISIT</th>
<th>MULTI-SESSION PASS (x5)</th>
<th>MULTI-SESSION PASS (x10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BADMINTON</td>
<td>$17.50</td>
<td>$78.75</td>
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<tr>
<td>SQUASH</td>
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<td>$99.90</td>
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<tr>
<td>TABLE TENNIS</td>
<td>$12.70</td>
<td>$57.15</td>
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<tr>
<td>TENNIS</td>
<td>$17.50</td>
<td>$78.75</td>
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<tr>
<td>FULL COURT</td>
<td>$57.00</td>
<td>$199.80</td>
</tr>
<tr>
<td>(BASKETBALL/</td>
<td>$60.00</td>
<td>$235.80</td>
</tr>
<tr>
<td>SOCCER)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HALF COURT</td>
<td>$25.00</td>
<td>$114.30</td>
</tr>
<tr>
<td>(BASKETBALL)</td>
<td>$30.00</td>
<td>$134.00</td>
</tr>
</tbody>
</table>

You don’t have to be a member to get in on these FREE offerings:

- Wellbeing workshops and seminars
- Run Monash free Clayton running group
- Monash Sport events

*Court sport & court hire varies between campuses, please contact us for more information.
CLAYTON
42 Scenic Boulevard
Monash University
Clayton VIC 3800
Tel: 9905 4102

Main Service Desk and Court Hire
Mon - Fri: 8am - 10:30pm
Sat - Sun: 8am - 8:30pm

Fitness Centre
Mon - Fri: 6am - 10pm
Sat - Sun: 9am - 7pm

DOUG ELLIS SWIMMING POOL*
36 Scenic Boulevard
Monash University
Clayton VIC 3800
Tel: 9905 4102

Pool opening hours
Mon - Fri: 6.30am - 9pm
Sat - Sun: 8am - 6pm

CAULFIELD
Level 1, Building S
Monash University
2 Princes Avenue
Caulfield East VIC 3145
Tel: 9903 2358

Fitness Centre and Chisholm Hall
Mon - Fri: 6am - 10pm
Sat - Sun: 9am - 6pm

PENINSULA
Building W
Monash University
47 - 49 Moorooduc Highway
Frankston VIC 3199
Tel: 9904 4496

Fitness Centre and Court Hire
Mon - Thurs: 6am - 9pm
Friday: 6am - 8pm
Saturday: 8am - 4pm
Sunday: 9am - 1pm

PARKING
Parking at each campus varies depending on availability and time
of the year. Please refer to the Monash University website for
specific parking information for your campus: monash.edu/parking.
Please ensure to read the parking signs as Monash Sport cannot
refund or cancel parking infringements.

INTER-CAMPUS TRAVEL
Want to try all Monash Sport locations? Jump on an inter-campus
shuttle bus, show your student or staff ID and check it out!

*Doug Ellis Swimming Pool: Changerooms close 10 minutes after the
advertised pool closure times
(8:10pm weeknights, 6:10pm weekends).
**Caulfield extended hours trial: 6 month trial period of Caulfield Friday
hours closing at 10pm.
***Peninsula extended hours trial: 6 month trial period of Saturday hours
closing at 5pm.