MAKE THE MOST OF YOUR MORNINGS WITH AM PLAY

50% OFF CASUAL COURT HIRE FOR STAFF AND STUDENTS
8am - 2pm weekdays
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Welcome to Monash Sport - the centre of active and healthy lifestyles on campus.

Over the last few years, we made many enhancements to our facilities and launched exciting new events and programs for you to enjoy. 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 enhances the campus experience - leading to a net promoter score of 97% in 2022.*

We believe that sport and recreation are 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.

Enjoy your time at Monash Sport and we look forward to working out with you soon.

Brett Lavale
Director, Monash Sport
Students surveyed indicated that their experiences with Monash Sport have improved their wellbeing and happiness.

98%

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

97%

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

96%

Students surveyed would recommend Monash Sport to new students.

97%

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

88%

*Source: 2022 Monash Sport Annual Student Survey, n = 1,275*
Monash Sport is loaded with a variety of inclusive and accessible offerings.

**Fitness Centre**

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 a variety of classes on offer across three campuses, you are bound to find something you love!

**Member Exclusives**

As a member, you will have exclusive access to opportunities such as our Member Breakfast and Snack at Sport stations, 10% off all Monash Sport merchandise and Technique Workshops.

Plus, be in the know for our ticketed events such as our dancing sensation- Zumba After Dark, Pride Night and the Monash Walk and Fun Run!
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.

Sports include basketball, badminton, table tennis, volleyball, squash and tennis.

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.

Take part at Caulfield and Clayton in netball, basketball, indoor or outdoor soccer.

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!
Happy Hour Tennis

Step away from the desk and onto the court! Monash Sport recognises the need to take a break away from study and work. Staff and students can join in on our Tennis Happy Hour, 12pm to 2pm weekdays.

AM Play

Get active for less with Monash Sport! Students and staff enjoy 50% off casual court hire between 8am and 2pm on weekdays. Save on basketball, futsal, badminton, table tennis, squash, tennis and volleyball.

Multi-Session Passes

Are you a regular swimmer or want to play some squash, badminton or table tennis? Grab a multi-session pass from the service desk today. Paying for court passes in bulk saves you more, with members receiving an extra 10% off.

Refer a Friend

Refer a friend to Monash Sport on any direct debit, salary packaging or annual membership and you will both receive two weeks free!

SSAF 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.

Social Sport

As a Monash student, enjoy discounted registration fees for all Monash Sport social sport competitions.
ENJOY A
3 DAY FREE TRIAL ON US!

Experience our great facilities and Group Fitness classes for FREE! The trial includes access to the fitness centres, group fitness classes and aquatic facilities.

*Not valid with any other offer. Limit one (1) Three Day Free trials per new customer. Visit any of our Service Desks to redeem your trial. Three Day Free Trial = three (3) consecutive days (including Saturday and Sunday where applicable) only.
Here at Monash Sport, we pride ourselves on providing an inclusive and welcoming environment. With Fitness Centres staffed by qualified and friendly instructors, who are passionate about your fitness journey, a Monash Sport membership is a great way to meet your health and fitness goals.

We offer a great variety of cardio, strength and functional equipment for you to choose from, which provides our members with plenty of opportunities to diversify their workout routines.

**Exercise guidance and support**

Our Health and Fitness Instructors are on hand to provide guidance and support from the moment we open to close, daily. We are able to tailor individualised exercise plans, ensuring your workouts are safe and beneficial. Exercise plans are complimentary on most membership types to assist you in reaching your training goals.

We have a wide range of services and initiatives to ensure you get the most out of your membership. Our Exercise of the Week program provides you with a variety of new exercises to add to your routine, while our Monthly Personal Challenges put your training to the test. Plus, our member-exclusive Technique Workshops aim to further educate members on the correct exercise techniques and forms. This helpful initiative focuses on maximising effort across a variety of exercises, while avoiding common mistakes/errors. In addition, we have recently added even more to our Monash Sport member benefits, with access to our Evolt 360 Body Composition Assessments. Held throughout the year, these sessions use bio-scan technology to provide information on body fat, muscle and fluid levels to help track training progress.

**AUSactive Quality Business Accreditation**

Monash Sport - leading the way

Our dedication to providing a high level of quality services and sound facility management has seen all of our Monash Sport Fitness Centres (Caulfield, Clayton and Peninsula) receive this highest level of accreditation by AUSActive, the Australian fitness industry’s leading governing body.

Monash Sport was the first University based Fitness Centre to gain this level of accreditation back in 2016 and our recent renewal proves once again our commitment to ensuring that our members receive the best service and experience during their time with us.
Facilitated by a qualified instructor and suitable for all fitness levels, Monash Sport’s group fitness classes operate daily across Caulfield, Clayton and Peninsula.

We offer a wide 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!

**Classes on offer**

- Abs
- Active Living
- Barre Pilates
- Body Attack
- Body Balance
- Body Combat
- Body Pump
- Body Step
- Cycle
- Focus Boxing
- Functional Fitness
- HIIT
- Pilates
- Power Bar
- Swim Fit
- Yoga
- Zumba
- Zumba Gold

Unlimited group fitness classes are included in Fitness and Fitness & Aquatic Memberships, or you can choose to attend casually.
As a member, enjoy 10% off your purchases at the Doug Ellis Swim Shop.
Doug Ellis Swimming Pool

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

Located within the Monash Sport Clayton 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!

Key features

- 2 x 25 metre six-lane lap pools
- Leisure pool
- Spa
- Sauna
- Steam room
- 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, 12 years in a row!

This Accreditation is given to aquatic facilities that achieve the highest standards in aquatic safety and risk management and is recognised as a sign of excellence within the aquatic and recreation industry.
Enjoy complimentary practice swimming and our Holiday Intensive Swimming Program (HISP).
Adult Learn to Swim

The Adult Learn to Swim program caters to all swimming levels, and aims to:

- Increase your water awareness
- Build your confidence in the water
- Develop water safety and survival skills
- Learn and improve a variety of swimming strokes
- Increase your fitness and endurance

Included within the Adult Learn to Swim program are the Water Wise & Water Women programs.

Water Wise

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.*

Start your journey to become Water Wise

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 side of University life with our competitions, suitable for beginners, through to more established and competitive teams.

Our semester-based competitions are held across the week at our Caulfield and Clayton locations, with lunchtime and evening options to suit your schedule.

Ready to play? Get your team together and register online! Check our website for the current timetable, rules and registration information.

Join our Facebook Group to get connected.

Monash Uni Social Sport
Monash Sport members get 10% off merchandise; hoodies, drink bottles, towels and much more! Visit your local service desk to discover the range.
Get active with our free event offerings throughout the year

Experience sporty goodness with our variety of events. Take part in our campus-based Monash Walk and Fun Run, dance the night away at Zumba After Dark or dive into 24 hours of splashing good fun at the MS Mega Swim.

College Clash

College Games

MS Mega Swim

Monash Walk & Fun Run
Orientation

Pool Party

Pop-Up Playground

Pride Week

Wings For Life World Run

Zumba After Dark
We understand that everyone has different fitness levels and goals, so our memberships are designed to help you find your perfect fit.

**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.

**How do I sign up?**

[Diagram: Online → OR → In person → Card access!]

**What do I need to bring?**

- [ ] Sport attire
- [ ] Water bottle
- [ ] Sweat towel

**My Monash Sport**

The My Monash Sport Portal allows you to register for group fitness Classes, purchase/ renew memberships and make online bookings for court sports, all in the one place! Access is available through the Monash Sport website, or via my.monash (under Campus life).
Going on holiday? Ask our friendly team about our membership suspension options.
Operating seven days a week, we have a variety of memberships available to provide a flexible health and fitness experience for all.

Payment Options

**Direct Debit**
(Fortnightly payments*)

*Ongoing membership. Minimum of 8 payments.

**Annual**
(Upfront payment)

**One Month**
(Upfront payment)

Pricing

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

<table>
<thead>
<tr>
<th>Direct Debit</th>
<th>$32.30</th>
<th>$38.80</th>
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<tbody>
<tr>
<td>Annual</td>
<td>$700.00</td>
<td>$840.00</td>
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<tr>
<td>One Month</td>
<td>$82.00</td>
<td>$98.00</td>
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**Fitness & Aquatics**
Access our entire suite of membership services and facilities at all campuses.

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<tr>
<th>Direct Debit</th>
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<th>$41.69</th>
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<tr>
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<tr>
<td>One Month</td>
<td>$86.00</td>
<td>$103.00</td>
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**Aquatics**
Unlimited access to the Doug Ellis Swimming Pool, spa, sauna, steam room and Swim Fit classes at Clayton campus.

<table>
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<tr>
<th>Direct Debit</th>
<th>$23.30</th>
<th>$27.40</th>
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<tbody>
<tr>
<td>Annual</td>
<td>$506.00</td>
<td>$596.00</td>
</tr>
<tr>
<td>One Month</td>
<td>$23.30</td>
<td>$27.40</td>
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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 the occasional fitness session or lunchtime swim - our casual visit offerings are a great match for you!

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Single Visit</th>
<th>Multi-Session Pass (x10)</th>
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<tbody>
<tr>
<td>Fitness Centre/ Group Fitness</td>
<td>$17.50</td>
<td>$20.50</td>
</tr>
<tr>
<td>Swim Only</td>
<td>$6.00</td>
<td>$7.20</td>
</tr>
<tr>
<td>Swim/ Spa/ Sauna/ Steam Room</td>
<td>$12.00</td>
<td>$14.40</td>
</tr>
<tr>
<td>Swim - Child (5-16yrs)</td>
<td>-</td>
<td>$4.70</td>
</tr>
<tr>
<td>Family Swim Pass (2 Adults &amp; 3 Children)</td>
<td>-</td>
<td>$20.80</td>
</tr>
<tr>
<td>Swim Fit</td>
<td>$13.10</td>
<td>$15.40</td>
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<table>
<thead>
<tr>
<th>Monash University student prices</th>
<th>Non-student prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>$17.50</td>
<td>$20.50</td>
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<tr>
<td>$6.00</td>
<td>$7.20</td>
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<tr>
<td>$12.00</td>
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<tr>
<td></td>
<td>$4.70</td>
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<tr>
<td></td>
<td>$20.80</td>
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*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, AM play and Multi-Session Pass rates, please visit our Service Desk. Equipment hire is available at an additional cost.*
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 and staff, including our Multi-Session Passes! Simply book online or at a Monash Sport service desk.

*Sports and court hire options vary between locations. Please contact us for more information.*
## Clayton

<table>
<thead>
<tr>
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<th>Single Visit</th>
<th>Multi-Session Pass (x5)</th>
<th>Multi-Session Pass (x10)</th>
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<tr>
<td>Badminton</td>
<td>$17.50</td>
<td>$20.50</td>
<td>$78.75</td>
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<td>Squash</td>
<td>$22.20</td>
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<td>$99.90</td>
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<tr>
<td>Table Tennis</td>
<td>$12.70</td>
<td>$14.90</td>
<td>$57.15</td>
</tr>
<tr>
<td>Tennis</td>
<td>$17.50</td>
<td>$20.60</td>
<td>$78.75</td>
</tr>
<tr>
<td>Full Court (Basketball/ soccer)</td>
<td>$57.00</td>
<td>$67.00</td>
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<tr>
<td>Half Court (Basketball)</td>
<td>$28.50</td>
<td>$33.50</td>
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As a Monash Sport member, enjoy 10% off court hire!

### Broken a string?

Monash Sport provides a racquet restringing service at our Clayton campus, starting from $20. Provide your own string, or request a complete restringing for badminton, tennis or squash racquets. With a quick turn around, you’ll be back on the court in no time!
**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 operating hours**

Mon - Fri: 6:30am - 9pm  
Sat - Sun: 8am - 6pm

*Changerooms close 10 minutes after the advertised pool closure times.

**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  
Fri: 6am - 8pm  
Sat - Sun: 9am - 1pm

**Parking**

Parking at each campus varies depending on availability and time of the year. Please ensure to read the parking signs as Monash Sport cannot refund or cancel parking infringements. Search Monash University parking for specific information.

**Inter-Campus Travel**

Want to try all Monash Sport locations? Jump on an inter-campus shuttle bus, show your student of staff ID and check them out!
Enjoy billiards, air hockey, foosball and more at The Arcade, Monash Sport Clayton. This space is open daily and free for University students and staff.