

# 2024 GUIDE

MONASH  
SPORT





# 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.

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@monash\_sport



@monash.sport @DougEllisPool



## WELCOME TO MONASH SPORT THE HOME OF ACTIVE AND HEALTHY LIFESTYLES ON CAMPUS

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.

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. In 2023, 94% of students surveyed would recommend Monash Sport to other students.

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

Brett Lavale  
Director, Monash Sport



Monash Sport provides a variety of Informal Play offerings throughout the year - no booking required.



## SURVEY SAYS

78%

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

93%

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

85%

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

94%

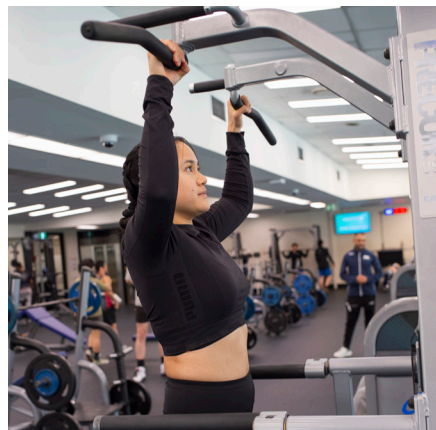
Students surveyed would recommend Monash Sport to new students.

74%

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

\*Source: 2023 Monash Sport Annual Student Survey, n = 878





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



## 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!



## SOCIAL SPORT

Our 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.



## 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.



## MEMBER EXCLUSIVES

As a member, you will have exclusive access to opportunities such as our 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 & Fun Run!





Experience sporty goodness with our variety of events. Take part in our campus-based Monash Walk & Fun Run, dance the night away at Zumba After Dark or dive into some splashing good fun at our Pool Party!





## STAFFED FROM THE MOMENT WE OPEN TO THE TIME WE CLOSE

Here at Monash Sport, we pride ourselves on providing an inclusive and welcoming environment. Our Fitness Centres are staffed by qualified and friendly instructors, who are passionate about your fitness journey.

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 until we close. 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.

Exercise of the Week Program

Monthly Personal Challenges

Technique Workshops

Evolt 360 Body Composition Assessments

Nutrition Pop Ups

## AUSACTIVE QUALITY BUSINESS ACCREDITATION

Monash Sport - leading the way

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 your time with us.



AUSactive



## LET'S GET MOVING!

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, there is something for everyone!

### CLASSES ON OFFER

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

The Doug Ellis Swim Shop



**We have received a Platinum Pool Accreditation from Life Saving Victoria, 13 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.



## ADULT LEARN TO SWIM

Our Adult Learn to Swim program is the largest in Victoria and caters to all swimming levels. With classes running every night of the week, the program 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

## START YOUR JOURNEY TO BECOME WATER WISE

Water Wise enables current Monash University students to participate at the introductory and beginner level of our Adult Learn to Swim program.

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

A valid university student ID card must be presented at the time of enrolment into each term of the program.

## WATER WOMEN

Water Women is a subsidised program supporting women to participate in the Adult Learn to Swim program in a welcoming and safe 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.

*\*Conditions apply. Visit our website for further details.*



Enjoy complimentary practice swimming and our Holiday Intensive Swimming Program (HISP) for all Learn to Swim members.



## SWIM FIT

Improve your cardiorespiratory fitness, endurance, core strength and overall muscle tone with Swim Fit! Conducted by AUSTSWIM-qualified instructors, this program is designed for those ready to take their swimming skills to the next level.

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. Classes are available every weekday at the Doug Ellis Swimming Pool.**



## SPORT OUR MERCH

Monash Sport members get 10% off merchandise; jumpers, drink bottles, towels and much more! Visit your local service desk to discover the range.





## 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 plenty of options to suit your schedule.

Ready to play? Get your team together and register online! Monash students also enjoy discounted registration fees for all Monash Sport social sport competitions. Check our website for the current timetable, rules and registration information.



Netball



Basketball



Soccer

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



Monash Uni Social Sport



## CURRENT DISCOUNTS

### 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! 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.



## REPRESENT THE UNIVERSITY WITH TEAM MONASH

### VARSITY SPORT

Students have the chance to compete against other Universities from around the world, with regional, domestic and international opportunities available.

### ELITE STUDENT PERFORMER SUPPORT (ESPS)

ESPS is here to help talented students with balancing their studies whilst competing or performing at an elite level. With a wide range of disciplines welcomed, Team Monash can aid with academic flexibility, guidance and support. Networking and mentoring opportunities, as well as travel grants are also available.

### 30+ AFFILIATED SPORTING CLUBS

Whether you're a seasoned athlete or wanting to try something new, Monash has an extensive range of recreational, competitive and instructional sporting clubs to join. Catering to all fitness and experience levels, clubs provide the perfect opportunity to make friends, learn new skills, train, and compete in an inclusive and welcoming environment.



AFL

Aikido

Badminton

Baseball

Boardriders

Cheer and Dance

Cricket

Dance Sport

Dodgeball

Fencing

Hockey

Jiu-Jitsu

Judo

Kendo

Kickboxing

Netball

Outdoors

Rugby

Shorinji Kempo

Snow Sports

Soccer

Squash

Table Tennis

Taekwondo

Tennis

Touch

Ultimate Frisbee

Underwater Hockey

Volleyball

Waterpolo

Waterski &amp; Wakeboard

Wushu







## FIND YOUR 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?



Online

OR



In person

=



Card access!

### WHAT DO I NEED TO BRING?



Sport attire

+



Water bottle

+



Sweat towel  
(required on every visit)

### 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.



# SPORT YOUR WAY

Operating seven days a week, we have a variety of memberships available to provide a flexible health and fitness experience for all.



No joining fees



No lengthy lock-in contracts



Staffed daily from open to close

# PAYMENT OPTIONS

**Direct Debit**  
(Fortnightly payments\*)

12 week free suspension

**Annual**  
(Upfront payment)

4 week free suspension

**One Month**  
(Upfront payment)

*\*Ongoing membership.  
Minimum of 8 payments.*

# PRICING

## 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.

Direct Debit

\$33.00 \$40.00

Annual

\$720.00 \$865.00

One Month

\$84.50 \$100.00

\$36.00 \$43.00

\$824.00 \$988.00

\$88.50 \$106.00

\$24.00 \$28.00

\$520.00 \$614.00

# 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.

	Single Visit		Multi-Session Pass (x10)	
Fitness Centre/ Group Fitness	\$18.00	\$21.50	-	-
Swim Only	\$6.30	\$7.50	\$56.70	\$67.50
Swim/Spa/Sauna/ Steam Room	\$12.60	\$15.00		
Swim - Child (5-15yrs)	-	\$4.90		
Family Swim Pass (2 Adults & 3 Children)	-	\$21.80		
Swim Fit	\$13.70	\$16.20		

Monash University student prices

Non-student prices

\*Terms and Conditions: "Monash Student" indicates prices available only to current Monash University students. Valid Monash University student ID card required. Minimum age of 16 years to use the Fitness Centres, Spa, Sauna and Steam Room. 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.

### CAULFIELD

	Single Visit		Multi-Session Pass (x5)	Multi-Session Pass (x10)	
Badminton	\$18.00	\$21.50	\$81.00	\$162.00	\$193.50
Table Tennis	\$18.00	\$21.50	\$81.00	\$162.00	\$193.50
Full Court (Basketball/soccer)	\$52.50	\$63.00			
Half Court (Basketball)	\$26.25	\$31.50			

### PENINSULA

	Single Visit		Multi-Session Pass (x5)	Multi-Session Pass (x10)	
Badminton	\$18.00	\$21.50	\$81.00	\$162.00	\$193.50
Full Court (Basketball/soccer)	\$55.00	\$65.00			
Half Court (Basketball)	\$27.50	\$32.50			
Volleyball	\$55.00	\$65.00			

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



## CLAYTON

	Single Visit		Multi-Session Pass (x5)	Multi-Session Pass (x10)	
Badminton	\$18.00	\$21.50	\$81.00	\$162.00	\$193.50
Squash	\$23.00	\$27.50	\$103.50	\$207.00	\$247.50
Table Tennis	\$13.20	\$15.50	\$59.40	\$118.80	\$139.50
Tennis	\$18.00	\$21.50	\$81.00	\$162.00	\$193.50
Full Court (Basketball/soccer)	\$60.00	\$70.00			
Half Court (Basketball/soccer)	\$30.00	\$35.00			
Volleyball	\$28.00	\$33.50			
Outdoor Practice Pitch	\$72.50	\$85.00			
Outdoor Futsal Pitch	\$26.50	\$31.50			

Monash University student prices
  Non-student prices



**As a Monash Sport member, enjoy  
10% off court hire!**



**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

**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

**PARKING**

There are a number of parking options available at Monash University, with both permit and casual metered parking available. For more information, visit the Monash University website.

**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 them out!

**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.

**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

MAKE THE MOST OF YOUR MORNINGS WITH AM PLAY



**50% OFF CASUAL COURT HIRE  
FOR STUDENTS AND STAFF**

8am - 2pm weekdays



**Active  
Mornings**







Please recycle

**GET ACTIVE WITH OUR  
FREE EVENT OFFERINGS  
THROUGHOUT THE YEAR**

