

# UCD Sport Facilities

Options for UCD Staff to Exercise



# Role of UCD Sport

- Deliver a quality experience of health and wellness for UCD students, staff, and public
- Increase the numbers participating in sports and exercise activities
- Provide excellent multi-purpose facilities with a wide range of sports & activities for UCD students, UCD staff and public



# Location



Previous View  
UCD Sports Centre



Current View of UCD  
Sport & Fitness Centre



Landmark - Water  
Tower  
Clonskeagh Entrance



# Why Get Involved in Sport & Exercise?

- Health & Fitness Benefits
- Learn a new skill or develop current skills
- Provides an outlet from work to achieve a balanced lifestyle
- Great way to network with people
- Improves the health and wellbeing of UCD staff resulting in employee productivity and morale
- Healthcare cost savings for UCD



# UCD Sport - How to get involved

- UCD Staff Sports Clubs
- UCD Get in Gear Be Active Staff programme
- UCD Sport & Fitness Membership
- UCD Fitness Classes Pay-as-you-go
- UCD Sports Facilities
- UCD Woodland Walkways
- Other Services



# UCD Staff Sports Clubs

- Tennis, Badminton, Golf, Rifle Club
- Check out the 56 UCD Sports Clubs and get involved as a participant, coach, and/or administrator





# UCD Get in Gear Be Active Health & Exercise Programme

- Successful programme created in May 2011
- Created by UCD Sport in partnership with UCD Institute for Sport & Health
- 8 week health & exercise programme





# UCD Get in Gear Be Active Health & Exercise Programme



## UCD GET IN GEAR BE ACTIVE STAFF PROGRAMME SAMPLE TIMETABLE MARCH 2015



	Monday	Tuesday	Wednesday	Thursday	Friday
8am – 8.50am	<b>Bums N Tums</b> Studio 2	<b>Yoga &amp; Pilates Fusion</b> Studio 2	<b>Pilates for Beginners</b> Studio 2	<b>Yoga &amp; Pilates Fusion</b> Studio 2	<b>Yoga for Relaxation</b> Studio 2
9am					
10am					
11am					
12.10pm	<b>Zumba Fitness</b> Hall B + Area 7	<b>Boxercise</b> Hall B	<b>Tai Chi</b> Studio 2	<b>20/20/20</b> Hall A	<b>Zumba Toning</b> Studio 2
	<b>TRX Suspension Training</b> Hall C	<b>Spinning Session</b> Studio 1 (UCD Sport & Fitness)	<b>Bums N Tums</b> Hall B	<b>Zumba Fitness</b> Studio 2	<b>Rock Climbing for Beginners</b> Climbing Wall
1.10pm	<b>Circuit Training for Fitness</b> Hall A	<b>Kettlebells Circuit</b> Hall B	<b>Circuit Training for Fitness</b> Hall A	<b>TRX Suspension Training</b> Hall C	<b>Kettlebells Circuit</b> Hall B
	<b>Pilates for Beginners</b> Studio 2	<b>Couch to 5K Run</b> Meet at UCD Sports Reception	<b>Yoga for Relaxation</b> Studio 2	<b>Couch to 5K Run</b> Meet at UCD Sports Reception	<b>Couch to 5K Run</b> Meet at UCD Sports Reception
2pm					
3pm					
4pm					
5.10pm	<b>DiddyFit</b> Studio 2	<b>Pilates for Beginners</b> Studio 2	<b>Badminton for Fun &amp; Fitness</b> Hall A	<b>Pilates for Beginners</b> Studio 2	
		<b>Circuit Training for Fitness</b> Hall B		<b>Bums N Tums</b> Hall A	
6pm	<b>20/20/20</b> Hall A	<b>DancePl3y</b> Hall C		<b>Boxercise</b> Hall C	
	<b>Yoga for Relaxation</b> Studio 2				

### GIG MEMBERS ONLY

20/20/20  
Badminton for Fun & Fitness  
Boxercise  
Bums N Tums  
Circuit Training for Fitness  
Couch to 5K Run

DancePl3y  
DiddyFit  
Kettlebells Circuit  
Pilates for Beginners  
Rock Climbing for Beginners  
Spinning Session

Tai Chi  
TRX Suspension Training  
Yoga for Relaxation  
Yoga & Pilates Fusion  
Zumba Fitness  
Zumba Toning

Tennis, Squash, Table Tennis, Badminton, Racquetball & Hall Hire. All FREE of charge to GIG members for the duration of the programme.

You can arrange your own game with a friend. If your friend is not a GIG member they must pay the required amount at the UCD Sport reception desk.



# How to Register for Get in Gear

- Complete a *GIG* Registration form at UCD Sport reception desk
- Pay registration fee for 8 week programme (Cash/Cheque/Visa/Debit Card)
- Need 2 copies of UCD Staff Card



# UCD Get in Gear Be Active Programme

- E-mail [getingear@ucd.ie](mailto:getingear@ucd.ie) if you would like more information on this programme



# UCD Get in Gear Classes for Summer Period

- 4 classes a week (Pilates, Circuit Training, Spin, Body Cut)
- Cost €50 - issued a GIG card
- Register at UCD Sport reception desk with your UCD staff car
- E-mail [getingear@ucd.ie](mailto:getingear@ucd.ie) if you have any questions



# UCD Sport & Fitness Membership

- 50m Swimming Pool



- Fitness Centre



- Debating Chamber



- Cinema & Drama Stage



# UCD Sport & Fitness Membership

- For Information on Membership Options contact the Membership Office on 01 7163855 or e-mail [fitness@ucd.ie](mailto:fitness@ucd.ie)



# Gift Vouchers for Membership for UCD Sport & Fitness



# Fitness Classes

## Pay-as-you-go

- Rolled out by UCD Sport & Fitness
- Pay on entry to the hall
- Cost is €4 & also Open to Public
- Range of Classes:
  - Pilates, Circuits, Flex n' Tone
  - Kettlebells, Yoga, TRX



# Indoor Sports Facilities

- UCD Sports Centre
  - 3 multi-purpose halls
  - 4 squash courts
  - Handball / Racquetball alley
  - Climbing Wall
  - Changing Rooms





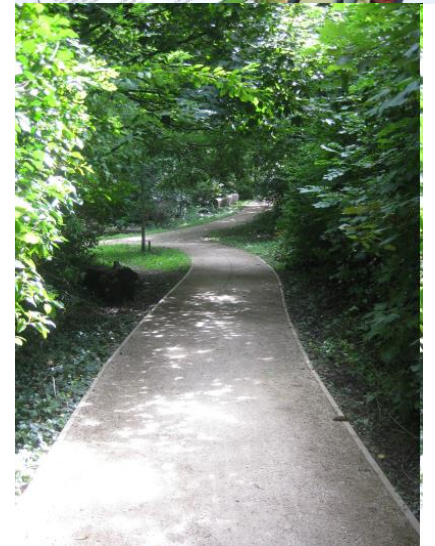
# Outdoor Sports Facilities

- National Hockey Stadium
- 4 full size synthetic grass pitches
- 6 x 5-a-side synthetic grass pitches
- 12 natural grass pitches including:  
Belfield Bowl - Rugby & Soccer stadium
- 5 floodlit synthetic grass tennis courts
- Boat House



# UCD Woodland Walkways

- Range of Walks to choose from
- Range from 1.8km to 6.2km
- UCD Woodland Walks Map & Guide
- Avail of the selection of campus routes to go jogging / walking



# Other Services

- Birthday Parties for Children
- Saturday AM Club
- Camps - Halloween Camp 2016
- Juvenile Climbing Courses for Beginners
- Swimming Lessons



# Further Information

- Contact UCD Sport Reception Desk on  
01 7163839
- E-mail: [sportsfacilitiesinfo@ucd.ie](mailto:sportsfacilitiesinfo@ucd.ie)
- Log on to [www.ucd.ie/sport](http://www.ucd.ie/sport)

