



UCD SPORTS CENTRE INFORMATION FOR UCD ALUMNI

Sports Centre Opening Hours:

Monday-Friday 7.00a.m.-10.00p.m.
Saturday-Sunday 10.00a.m.-5.30p.m.
Closed Bank Holidays
www.ucd.ie/sport

Sports Centre Telephone No.: (01) 716 2185/2145
Crunch Fitness Centre Telephone No.: (01) 260 3155

Alumni Sports Membership

UCD Alumni Sports Membership costs €50 and runs from October 1st to September 30th each year. Membership is available to current UCD Alumni Association members through the UCD Sports Centre, Belfield, Dublin 4; Telephone (01) 716 2145 /2185; Fax (01)2698099; email sport@ucd.ie.

Please note that evidence of current membership of the UCD Alumni Association is required by the UCD Sports Centre management in order to purchase the Alumni Sports Membership. Payment can only be accepted by cash or cheque.

Sports Membership covers the use of the following facilities at **discounted rates**:

- Squash*: €3 per forty minutes
- Racquetball/Handball*: €3 per forty-five minutes
- Aerobics/Circuits/: €8 per class or €45 for Fitness Class Loyalty card (10 sessions per card)
- Hall for badminton, basketball available from May. Prices for Staff apply
- Dressing rooms available for casual runners.
- Floodlit synthetic grass tennis courts: €8 per court per hour (normal price €12). Where lights are required an additional €2.50 will be charged per hour per court.

*Contact Sport Centre for more information. (01) 716 2185/2145

UCD Crunch Fitness Centre

Crunch Fitness Centre has an extensive range of cardiovascular and resistance equipment, strength machines, stepping machines, treadmills and a separate free weights room. Fully qualified fitness instructors are available to help with any general inquiries: fitness assessments and programmes are also available at an additional cost.

Rates

Daily usage rate €15 Alumni Sports Members daily usage rate* €11

Alumni Fitness Centre Full Membership** € 220.00

Alumni Fitness Centre 6 months Membership ** € 170.00

*The special daily usage rate of €11.00 for alumni applies to Alumni Sports Members only.

**Full members of the Fitness Centre do not pay each time they visit the Centre. Please note this full annual membership rate is available to both Alumni Association Members and Alumni Sports Members. For details of special offers please contact Crunch Fitness at tel. 2603155.

Other Amenities Include:

- Indoor climbing wall: €8 per visit or annual membership of €120 per year plus €3.50 per visit.
- Prestige Pitch (synthetic rubber based grass): €55 per hour for 5-a-side.
- Patterson pitch (synthetic sand filled grass): € 55.00 per hour for 7-a-side
- National Hockey Stadium (water based): €95 per hour, available for hockey matches/training only.
- Prestige Pitch (synthetic rubber filled): GAA & Soccer 11-a-side – Prices on request.

Also located in the Sports Centre:

- Café Sport
- O'Neills Sports Injuries Clinic
- Belfield Barber Shop
- The Sports Shop