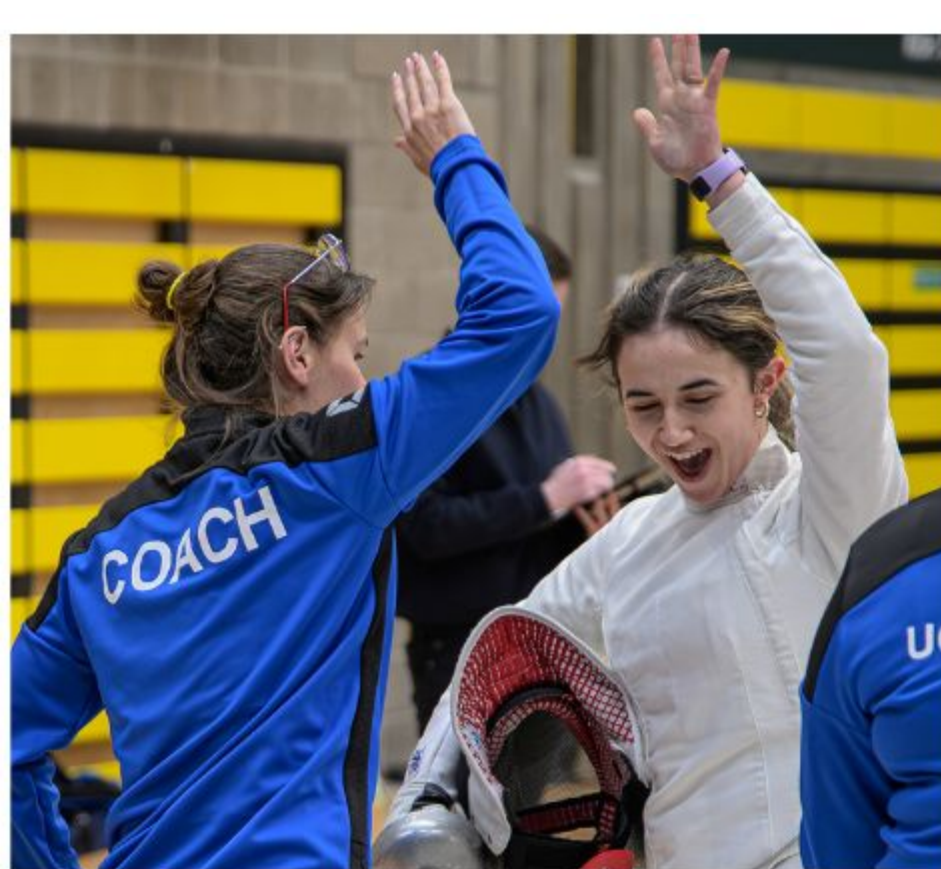




UCD Sport Spórt UCD





WHY GET INVOLVED IN SPORT & EXERCISE?



Health & Fitness Benefits.



Learn/Develop a new skill/skills.



Meet new people & settle into university life.



Provides an outlet from academic life.



Sport is not timetabled; you choose what you do and when!



Fun!

HOW DO YOU GET INVOLVED?

1 UCD SPORTS CLUBS

**2 UCD SPORT & FITNESS
FACILITIES & CLASSES**



UCD Sport
Spórt UCD

UCD Sport
& Fitness



UCD SPORTS CLUBS

- Join one of the 45+ Sports Clubs as a player, coach &/or administrator. Clubs are run by students for students.
- Cater for all abilities and disabilities.
- Offer both recreational & competitive opportunities.
- Membership fee applies and varies by club.
- Unique opportunity to take up a new sport, and to try something new!

MORE INFORMATION



WWW.UCD.IE/SPORT/



FIELD TEAM SPORTS

GAA, Rugby, Soccer
Hockey



MARTIAL ARTS

Shaolin, Judo, Karate,
Boxing, Taekwon-do



OTHER

Fencing, Equestrian,
Golf, Ultimate Frisbee



AQUATIC SPORTS

Sub Aqua, Surf,
Swimming



INDOOR SPORTS

Volleyball, Basketball,
Badminton



ADVENTURE SPORTS

Mountaineering, Caving
& Potholing



UCD SPORTS CLUBS



HOW TO JOIN A SPORTS CLUB



- Virtual Sports Expo: available now.
- Visit Refreshers Day: 30th Jan. 2025.
- Attend a training session.
- Attend a trial.
- Contact the Club directly.
- All Club contacts on www.ucd.ie/sport.

*Not all clubs can accept new members in Semester 2 due to capacity/competition registration restrictions.



Refreshers Day

Week 2 of the
Spring Semester.
30th Jan.

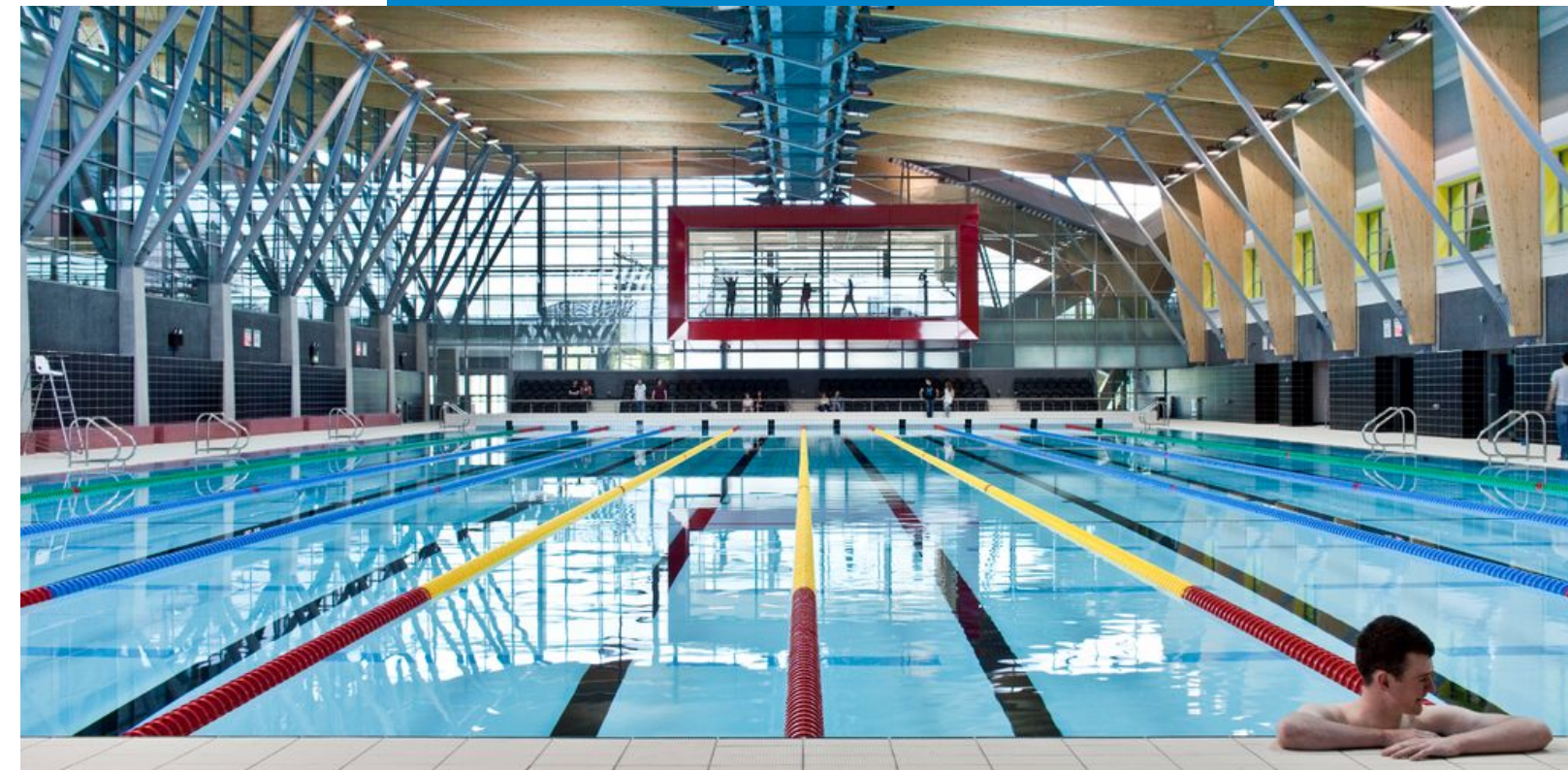


SPRING SEMESTER – MEMBERSHIP RESTRICTIONS

- **Clubs unable to take Beginners** - Men's & Ladies Boat Clubs.
- Clubs that can take **social players and players for Colleges League event but are unable to register additional players to their competitive teams for provincial/national competition-**
Volleyball, Basketball (Men's & Ladies), Men's Rugby, Hockey (Men's & Ladies) Clubs.
- The **GAA Clubs (excluding Handball) are unable to register additional players** for competition in the Spring Semester.
- **Some adventure / martial arts clubs have capacity restrictions** on the number of members they can cater for, so restrictions may apply.

FACILITIES – INDOOR SPORT

- 50m Swimming Pool
- 2 Multi-purpose halls
- 4 Squash courts
- Handball/Racquetball alley
- Climbing Wall
- Changing Rooms
- Target Shooting Range



FACILITIES – OUTDOOR SPORT

- National Hockey Stadium
- World Class IAAF 8-lane Athletics Track
- 3 full size synthetic grass pitches
- 10 Natural grass pitches including:
 - UCD Bowl (Rugby & Soccer stadium)
- 5 floodlit synthetic grass tennis courts
- Boat House at Islandbridge



FACILITIES – SPORTS & AMENITY PROJECT

Coming Soon!

- 4G Hockey Training half-pitch
- 3G UEFA Soccer pitches
- Indoor Tennis Centre
- 4 Multi-purpose Sports Halls
- Outdoor Tennis Courts
- 5 a-side pitches
- Hurling Skills wall



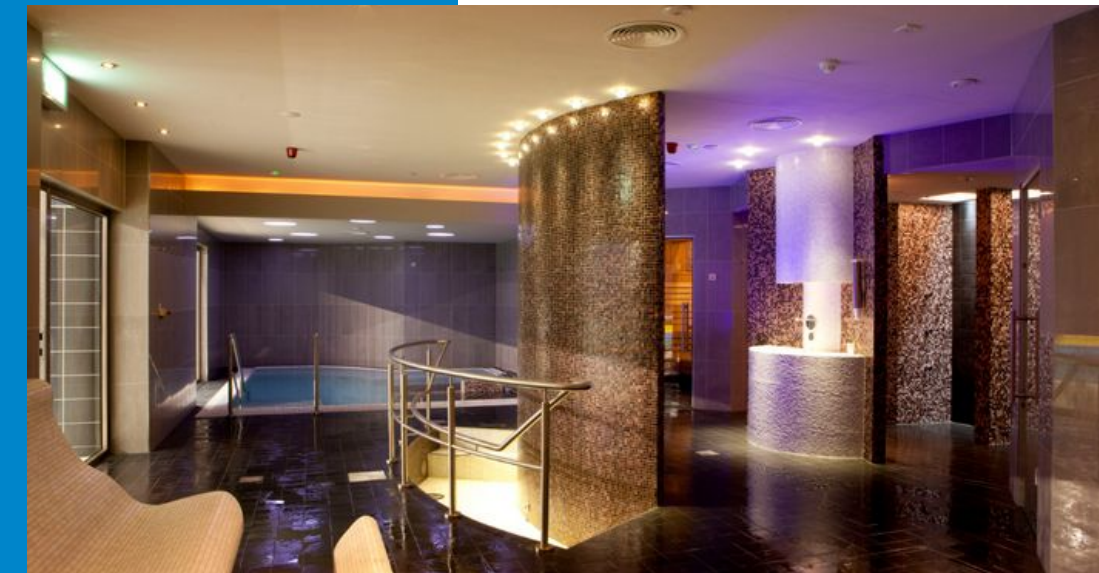
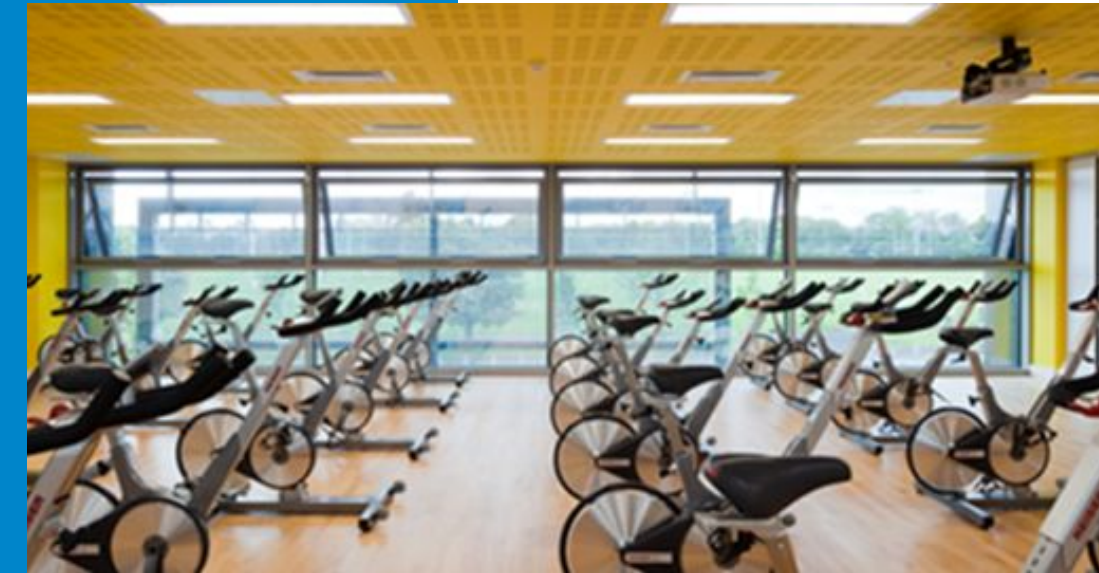
MORE INFORMATION



WWW.UCD.IE/STUDENTCENTRE

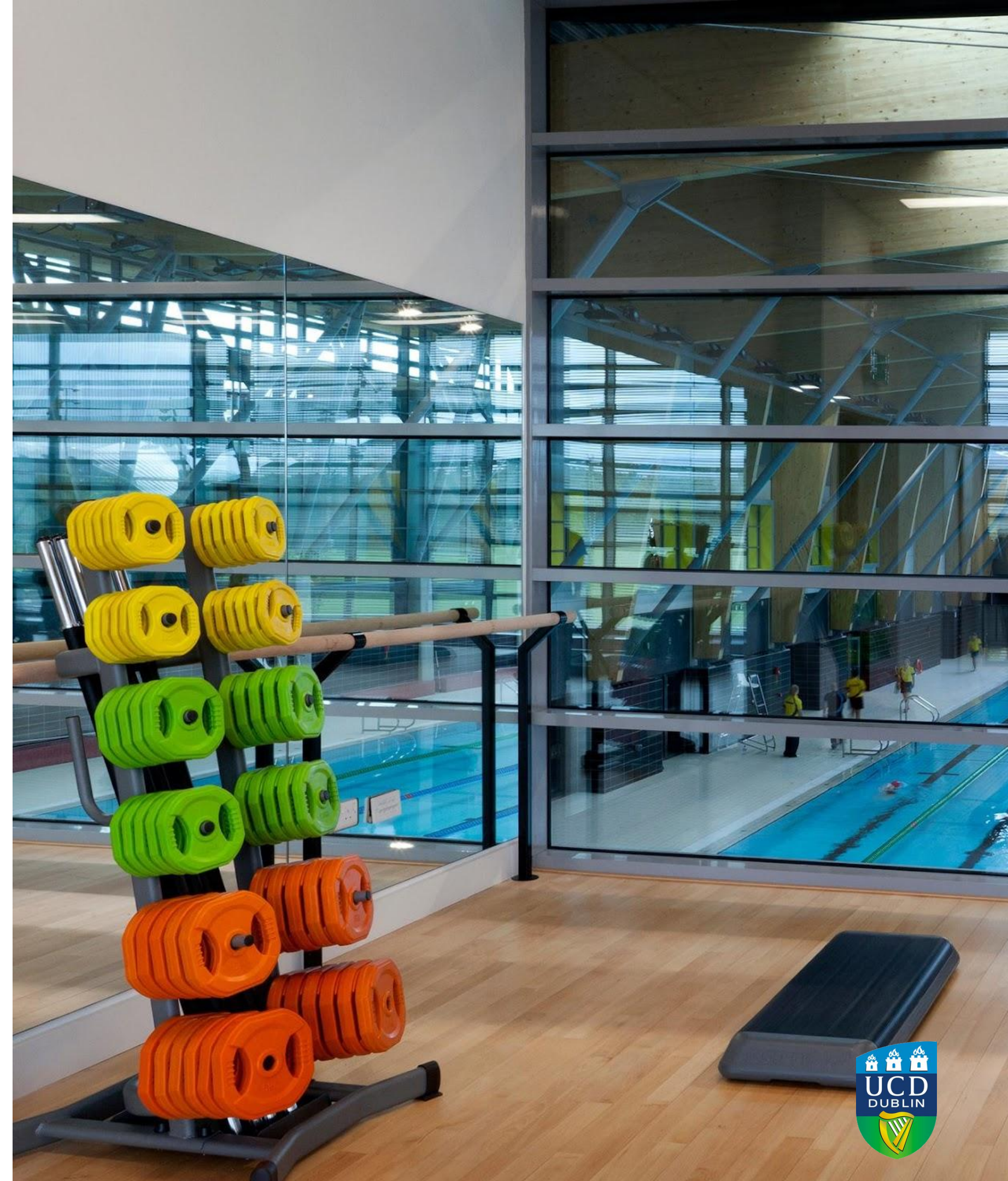
OTHER FACILITIES

- Fitness Centre
- Squad Gym
- Mezzanine Gym
- Tepidarium
- Dance Studio x2
- Spinning Room



FITNESS CLASSES

- Programme of free classes.
- Daily timetable – fit a class in around your timetable.
- Cater for all levels – beginners to advanced.
- Open to both males & females.
- Fitness courses also offered (charge applies).
- Students must activate their gym membership in order to access classes.

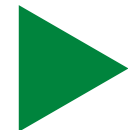


UCD SPORT & FITNESS



- **Free Student Gym Membership** (Subject to payment of Student Centre Levy): Need to be fully registered as a student and complete online gym induction. Student card with photo, towel and runners required to gain access.
 - **Poolside Gym** | Monday - Friday: 6am - 11pm* | Sat & Sun: 8am - 6pm
 - *You must reserve your workout time in the Poolside Gym during peak hours (Midweek 16:45 - 20:30).
 - **Mezzanine Gym** | Monday - Friday: 7am - 11pm | Sat & Sun: 8am - 6pm
 - **Smurfit Gym** | Monday - Friday: 7.30am - 9.30pm | Sat & Sun: 8am - 4.30pm
 - **Village Gym** | Monday - Friday: 7am - 9pm | Sat & Sun: 9am - 5pm
- **Pool usage** is €4 per swim or annual membership of €99.
- Pay As You Go rates for most other **Sports Facilities**. Note: limited availability in the evenings due to club activities. Bookings can be made online. See website for details.

MORE INFORMATION



WWW.UCD.IE/SPORTANDFITNESS/



FACILITY ACCESSIBILITY

- For information on designated disabled parking spaces, changing rooms, lifts & ramps, toilets, lockers at accessible heights.

▶ www.ucd.ie/sport/clubs/sportsinclusion/

SPORTS – EQUIPMENT PROVISION

- **During Club Activity**

- **Most clubs provide the equipment required to play** the sport during club time.

Exceptions to this would be hockey sticks or hurleys/helmets for GAA.

- Club members just need to **bring their own personal equipment** i.e. runners, gum shield, swimming togs, training gear (socks, shorts, leggings etc).

- **Outside of Club Activity**

- **Students need to bring their own sports specific equipment** i.e. tennis racket and balls, soccer ball/ basketball etc. as well as personal equipment.

- Equipment is **not available for hire** and club equipment can not be accessed.

FURTHER INFO

- UCD Sport Reception - 01 716 3839
- Pool/Gym/Swimming Classes - 01 716 3800
- Clubs & Scholarships - 01 716 2183 / 2208
- Email: sport@ucd.ie | Web: www.ucd.ie/sport



@ucdsport



@ucdsportsclubs



UCD Sport
Spórt UCD

There's Something for Everyone!
Enjoy your time at UCD!

#GetInvolved!



**GET
INVOLVED**