

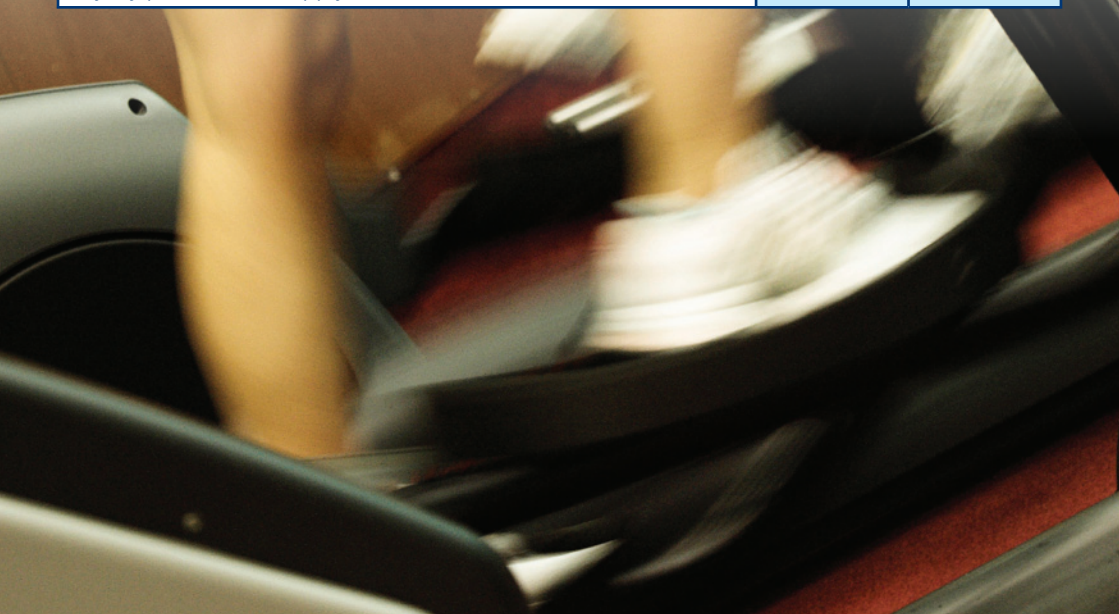


AUGUST 2011 - JULY 2012

**Membership/Fitness Packages, Short Courses
& Facility Hire**

Fitness Suite Membership Packages

PACKAGE	COST	
<p>BE ACTIVE</p> <p>1 month fitness suite/strength & conditioning/steam room package</p> <p>For existing members only. Excludes gym induction and memberships.</p>	<p>Student</p> <p>Other</p>	<p>£15.00</p> <p>£25.00</p>
<p>BE INVOLVED</p> <p>12 month fitness suite/strength & conditioning/steam room package</p> <p>Includes gym induction. Excludes Sports Union membership.</p>	<p>Student</p> <p>Staff</p> <p>Other</p>	<p>£80.00</p> <p>£160.00</p> <p>£210.00</p>
<p>BE OUTSTANDING</p> <p>12 months all inclusive package</p> <p>Includes gym induction, unlimited use of gym, strength & conditioning room, steam room, squash, badminton, table-tennis, and exercise classes. (These can vary throughout the year.)</p> <p>Excludes short courses, Sports Union membership and group bookings.</p> <p>Loyalty points do not apply.</p>	<p>Student</p> <p>Staff</p> <p>Other</p>	<p>£100.00</p> <p>£220.00</p> <p>£260.00</p>



Annual Sports Centre Membership Fees

MEMBERSHIP	COST
Ulster Student (full time)	£10.00
Ulster Student (part time)	£20.00
Student Family (full time)	£30.00
Student Family (part time)	£40.00
Other Student (full time)	£20.00
Ulster Staff	£25.00
Ulster Graduate	£35.00
Staff Family	£50.00
Graduate Family	£70.00
Public (over 18)	£50.00
Public Family	£100.00
Junior Associate	£10.00
Senior Citizen	£30.00
Conference Weekend Rate	£4.00
Conference Weekly Rate	£6.00
Sports Union Membership	£12.00
University Sports Club	£3.00

Ulster students and staff applicants must produce a current University ID card before sports centre membership can be issued.

Loyalty Points

On each visit to the sports centre, 20 loyalty points will be awarded to the member for the use of certain facilities. Once a member has built up 200 loyalty points they may use these as payment to gain access to certain facilities within the sports centre.

Contact the Sports Centre reception for more details.

Please note: The Strength and Conditioning Suite may be closed on occasion to facilitate academic programmes, courses and clubs. Notice of closure will be posted on the Strength and Conditioning Suite door.



Facilities & Equipment Hire

PAY AS U GO	STUDENT MEMBERS	OTHER MEMBERS
Non-members daily charge	£1.80	£3.00
Fitness Suite Induction	£3.50	£3.50
Strength & Conditioning Induction	£2.75	£2.75
Fitness Suite	£2.10	£2.75
Strength & Conditioning Room	£1.60	£2.25
Combined fitness suite and S&C	£2.75	£3.50
Steam Room	£1.60	£2.00
Gym & Steam	£2.75	£3.50
Squash Court: Before 3pm	£2.10	£2.10
After 3pm	£2.75	£2.75
Loyalty Points	£22.00	£28.00
Tennis (per person)	£1.00	£1.00
Indoor Sports Hall		
Badminton & Table-tennis (per court)	£2.10	£2.10
Volleyball, Soccer, Tennis & Basketball (per hour)	£8.50	£8.50
Synthetic Grass Pitch (5x5 pitch)	£11.50	£17.00

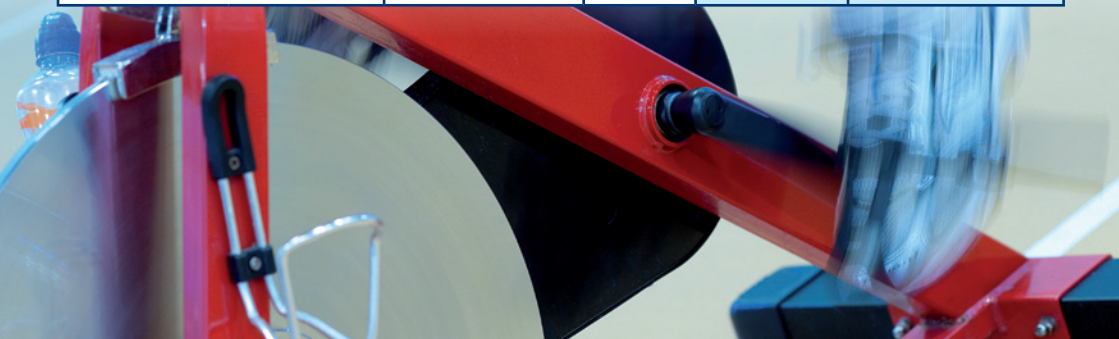
Equipment is available to hire

NB: Member booking the facility is responsible for payment



Pay As U Go Classes

CLASS	DAY & TIME	VENUE	MEMBER	NON-MEMBER
Studio Cycle Exciting, fun filled aerobic indoor cycling class that will help burn those extra calories.	Tue & Thur 5.15-6.00pm Mon 12.45-1.15pm	Minor Hall	£2.75 £2.10	£4.00 £3.50
Circuits/Body Blast Our classes will help you experience a variety of great exercises to help improve strength endurance and cardio endurance as well as tone up and lose weight.	Mon 5.00-6.00pm	Minor Hall	£2.75	£4.00
Bootcamp A brand new all action exercise class. Get fitter, faster, and stronger than ever before. Lose weight and tone up in a fun and enjoyable exercise class. Suitable for all fitness levels.	Wed 12.45-1.30pm	Minor Hall	£2.10	£3.50
Boxercise A new and fun way to burn calories, tone up and learn a new skill.	Tue 12.45-1.30pm	Minor Hall	£2.75	£3.50
Triple Teaser Target those legs, abs and arms with this quick and effective workout. Mixture of indoor cycling, cardio and toning up exercises to help tone and burn in the key areas of legs, abs and arms.	Thurs 12.45-1.30pm	Minor Hall	£2.10	£3.50



Short Courses

COURSE	DATES	DATE/TIME	VENUE	MEMBER	NON-MEMBER
Pilates* Beginners	7/10/11 - 9/12/11 (10 weeks)	Friday 12.45-1.45pm	Squash Court	£32.00	£38.00
Pilates* Improvers	4/10/11 - 6/12/11 (10 weeks)	Tuesday 12.30-1.30pm	Squash Court	£32.00	£38.00
Pilates* Improvers/ Advanced	6/10/11 - 8/12/11 (10 weeks)	Thursday 12.30-1.30pm	Squash Court	£32.00	£38.00
Yoga** (Ashtanga)	5/10/11 - 7/12/11 (10 weeks)	Wednesday 7.00-8.30pm	Squash Court	£40.00	£45.00
Running	All year	Mon/Wed 6.00pm	Sports Centre	Free	Free
Zumba Class***	5/10/11 - 7/12/11 (10 weeks)	Wednesday 8.00-9.00pm	Minor Hall	£32.00	£38.00
Boxercise	5/10/11 - 7/12/11 (10 weeks)	Wednesday 5.00-6.00pm	Minor Hall	£32.00	£38.00

Please register for short courses at the Sports Centre Reception. It is suggested that you register early as courses may be cancelled if there are not enough applicants.

** Pilates: Excellent for improving posture, strength and flexibility and aligning the body correctly through the core of the body, the back, abdomen and hips.*

*** Yoga (Ashtanga): Helps strengthen your body, mind and soul. Ashtanga is a more energetic form of yoga.*

**** Zumba: An aerobic workout using a mixture of Latin dance moves.*

A full list of facilities available, including prices can be found at www.sportsulster.com

How do I become a member of the Sports Centre?

- Call into the Sports Centre Reception (students and staff will need a valid student/staff ID card) and complete a short membership application form. A Par-Q form must also be completed to arrange an induction.
- Sports Centre staff will process the application as you wait; this will take no more than 5-10 minutes.
- You will be issued with your own personal membership card, valid for 1 year from the date of issue. You must bring it with you each time you visit.
- You must complete an induction before you use the Fitness Suite or Strength & Conditioning Room. The induction is free for those who sign up for a Membership Package. All gym inductions are active so appropriate clothing and footwear are necessary.

Terms and conditions are available at the Sport Centre reception or can be downloaded from www.sportsulster.com



OPENING HOURS

TERM TIME

Monday - Friday

9.00 am - 10.30 pm

Saturday - Sunday

9.00 am - 6.00 pm

SUMMER TIME

Monday - Friday

9.00 am - 9.30 pm

Saturday - Sunday

9.00 am - 6.00 pm

All activities finish 30 minutes before closing

FOR ENQUIRIES & BOOKINGS CONTACT

Sports Centre

Coleraine campus

University of Ulster

Cromore Road

Coleraine

BT52 1SA

Tel: +44 (0)28 7012 4718

Email: sport@ulster.ac.uk (quote: Coleraine Sports Centre)

Facebook Page: Coleraine campus sports centre

University of Ulster Sports Facilities

OPEN TO THE PUBLIC

www.sportsulster.com

