



**AUGUST 2011 - JULY 2012**

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

# Wellness Suite Membership Packages

PACKAGE	COST	
<p><b>Student Annual Package (12 months) including Health Suite</b></p> <p>Ulster Student (Jordanstown). Sports Centre Membership. Wellness Suite Induction + unlimited use of the Wellness and Health Suite for 12 months. 2 Fitness Assessments and Exercise Programmes. Fitness Classes (subject to availability).</p>	<p><b>£120.00</b></p>	
<p><b>Staff Annual Package (12 months) including Health Suite</b></p> <p>Ulster Staff (Jordanstown). Sports Centre Membership. Wellness Suite Induction + unlimited use of the Wellness Suite for 12 months (and Health Suite in related package). 2 Fitness Assessments and Exercise Programmes. Fitness Classes (subject to availability).</p>	<p><b>£240.00</b> <b>£260.00</b></p>	
<p><b>Public Annual Package (12 months) including Health Suite</b></p> <p>Sports Centre Membership. Wellness Suite Induction + unlimited use of the Wellness Suite for 12 months (and Health Suite in related package). 2 Fitness Assessments and Exercise Programmes. Fitness Classes (subject to availability).</p>	<p><b>£260.00</b> <b>£280.00</b></p>	
<p><b>BE ACTIVE</b></p> <p><b>1 month unlimited use of the Wellness Suite</b></p> <p>For existing members only.</p>	<p>Student/Senior Citizen/Junior Associate</p> <p>Other</p>	<p>£20.00</p> <p>£27.00</p>
<p><b>BE INVOLVED</b></p> <p><b>6 month Sports Centre membership</b></p> <p>Wellness Suite induction + unlimited use of the Wellness Suite for 6 months. 2 Fitness Assessments and Exercise Programme.</p>	<p>Student/Senior Citizen/Junior Associate</p> <p>Other</p>	<p>£100.00</p> <p>£140.00</p>

**To book your fitness assessment, contact a member of staff in the Wellness Suite or email [fitnessadvice@ulster.ac.uk](mailto:fitnessadvice@ulster.ac.uk)**

## Annual Sports Centre Membership Fees

PACKAGE	COST
<b>Ulster student (full time)</b>	<b>£10.00</b>
Student Family	£25.00
<b>Ulster Staff/Graduate</b>	<b>£25.00</b>
Staff Family	£52.50
Graduate Family	£52.50
Public (over 18)	£26.00
Public Family	£63.00
*Junior Associate/Associate College	£10.50
Senior Citizen	£21.00
Student (Non-Ulster)	£20.00
Athletics Casual Membership	£33.00
<b>Sports Union Membership (includes first club)</b>	<b>£15.00</b>

*\*Junior Associate: must be aged 17 or 18 if in full-time second level education.*

*Membership prices used in conjunction with Pay as U go charges.*

***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 Wellness Suite, Fitness Class or Squash courts, the person paying will be rewarded with 20 loyalty points and once sufficient points have been accrued they can be redeemed at reception. Your membership must be valid in order to redeem these points.

### **Loyalty Points: Terms and Conditions**

- Automatic entry to loyalty scheme for members
- Loyalty points awarded for first/only session of any given day to the person paying for the activity
- Points may be redeemed for Fitness Classes, sessions and packages.

**Please note:** The Wellness Suite may be closed on occasion to facilitate academic programmes. Notice of closure will be posted at the Sports Centre reception.

## Facilities & Equipment Hire

PAY AS U GO		STUDENT	OTHER
<b>Temporary Sports Centre Membership (Daily Fee)</b>		£2.50	£3.00
<b>Wellness Suite</b>			
Induction		£3.50	£4.50
User Charge		£3.50	£4.50
Health Suite***		£3.50	£3.50
Fitness Classes		£2.50**	£3.50
Squash (per 45 minutes)		£2.00	£2.00
Badminton/Tennis (per court per hour)		£2.00	£2.00
Table Tennis (per table per hour)		£2.00	£2.00
Jordanstown Tennis Club Member (per court per hour)		£1.00	£1.00
<b>Sports Hall 1 &amp; 2 (per hour)</b>			
Indoor Soccer, Indoor Tennis, Netball, Vollyball & Basketball			
	*Off Peak	£12.50	
	Peak	£29.50	
<b>3G Hall (per hour)</b>			
Half Pitch	*Off Peak	£22.00	
	Peak	£48.00	
Full Pitch	*Off Peak	£43.00	
	Peak	£86.00	
<b>3G Pitch 9 (per hour)</b>			
1/3 Pitch	*Off Peak	£20.00	
	Peak	£26.00 +£5.25 lights	
11x11 Pitch	*Off Peak	£38.00	
	Peak	£50.00 +£10.50 lights	

**\* Off Peak: Monday - Friday 9.00am - 5.00pm**

**\*\* £2.50: Price is also applicable for Sport Centre members**

**\*\*\* Health Suite £1 with any chargeable booking**

## Facilities Overview

FACILITY	OVERVIEW
<b>Indoor 3G Hall</b>	60x40m artificial pitch for Football, Gaelic and Rugby. The pitch can be separated into 2 sections to allow for simultaneous activity.
<b>Wellness Suite</b>	Fully equipped Technogym Wellness Suite with wide range of cardiovascular and weights machines, alongside a Kinesis Wall that promotes body conditioning.
<b>Health Suite</b>	With steam room, sauna, plunge pool and Jacuzzi.
<b>Athletics Area</b>	With 60m indoor sprint track, 100m outdoor sprint track, throws net, high jump, pole vault and sand pit.
<b>Sports Halls</b>	2 indoor multi purpose sports halls that can be used for; basketball, badminton, netball, indoor tennis, volleyball.
<b>Strength and Conditioning Suites</b>	2 fully equipped suites that have both cardiovascular, free and fixed weights machines.
<b>Other Facilities</b>	2 Squash Courts 2 Synthetic Pitches (3G & Water) Gymnasium Outdoor Grass Pitches 3 Tennis Courts



## Fitness Classes

CLASS	DESCRIPTION
<b>*Indoor Cycle</b>	Always a favourite, an indoor cycling class for the ultimate cardio workout. You will leave on a high wanting more.
<b>Circuits</b>	A workout incorporating all muscle groups to tighten and tone to perfection.
<b>Flexi-Class</b>	Classes will alternate weekly between Boxercise, Core Workout and Stretch & Tone to provide you with a variety to your training.
<b>*20/20</b>	Combines 20 minutes of Indoor Cycle and 20 minutes of Abs - Best of Both!

*\*Indoor Cycle and 20/20 classes MUST be booked in advance at Reception due to limited availability*

A full list of facilities available, including prices can be found at [www.sportsulster.com](http://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 membership application form.
- 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 which you must bring with you each time you visit.
- You must complete an induction before using the Wellness Suite. The induction is free for those who sign up for a Membership Package.

*Terms and conditions are available at the Sport Centre reception or can be downloaded from [www.sportsulster.com](http://www.sportsulster.com)*

## BIRTHDAY PARTIES

### PARTY OPTION 1

**Only £50**

for hire of hall, refreshment area and member of staff to co-ordinate activity

1 hour in activity area

45 minutes in refreshment area

Fully organised activity with staff supplied to co-ordinate soccer, multi-skills or basketball

### PARTY OPTION 2

**Only £30**

for hire of hall and refreshment area

1 hour in activity area

45 minutes in refreshment area

NO staff or equipment supplied

### PARTY OPTION 3

**Cost of Hall Hire only**

Available anytime at the appropriate hall hire price with NO member of staff supplied.

*(Parents must provide supervision of children in hall at all times).*



## OPENING HOURS

### **Monday - Friday**

7.00 am - 10.15 pm

### **Saturday**

9.45 am - 5.45 pm

### **Sunday**

12.15 pm - 5.45 pm

## FOR ENQUIRIES & BOOKINGS CONTACT

### **Sports Centre**

Jordanstown campus

University of Ulster

Shore Road

Newtownabbey

BT37 0QB

Tel: +44 (0)28 90366431

Email: [sport@ulster.ac.uk](mailto:sport@ulster.ac.uk)

*(quote: Jordanstown Sports Centre)*

University of Ulster Sports Facilities

OPEN TO THE PUBLIC

[www.sportsulster.com](http://www.sportsulster.com)

