

WELCOME TO UNIACTIVE

MAKE THE MOST OF YOUR MEMBERSHIP

UNIACTIVE ESSENTIALS

WELCOME



RFID BAND

This is your key into UniActive, just swipe to enter. Don't have it on you? Don't sweat it! Come to the service desk, let one of our friendly staff members know and they'll let you in. If you happen to lose it, that's okay! We can get you a replacement for \$10.

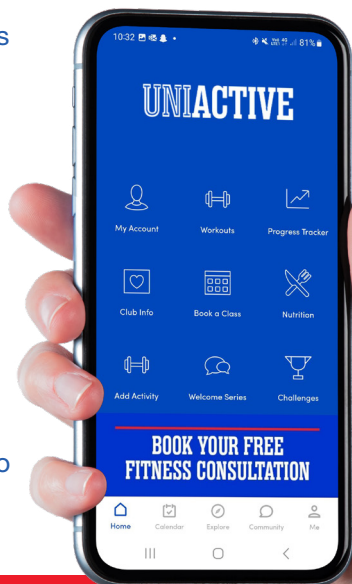
DOWNLOAD THE UNIACTIVE APP

Begin your journey to a healthier lifestyle and let UniActive help you along the way. Introducing the UniActive app, a comprehensive fitness platform:

- Check class schedules and opening hours
- Track your daily fitness activities
- Track your weight and other body metrics
- Over 2000+ exercises and activities
- Clear 3D exercise demonstrations
- Preset workouts and the option to create your own
- Over 150 badges to earn



You'll receive an automated activation email after joining UniActive, where you'll be able to set up a password to access the app.





2 HOURS FREE PARKING

Parking at both Wollongong Campus and Innovation Campus is ticket-less and uses a license plate recognition system.

Wollongong Campus Parking

Parking for UniActive Wollongong Campus is located at the Sports Hub (P6). There are wheelchair-accessible parking spaces available, and lift access is available during the opening hours of the Sports Hub.

Innovation Campus Parking

Parking allocation for UniActive Innovation Campus is designated as P1. The system is managed by Interpark and is separate from the parking at Sports Hub.

*Register for both campuses using the QR code below.



CLEAN, SPACIOUS FACILITIES



Our team takes pride in keeping our facilities clean for all our members to enjoy. Your help goes a long way to ensure everyone's workout is clean and comfortable. Bring your towel and wipe down.

FRIENDLY TEAM MEMBERS



We want you to feel comfortable as soon as you walk in the door, and our team is here to help make that happen. Feel free to go to our staff with any questions or concerns, they want to help!

BEAT THE CROWD



Our busiest periods are:
Weekdays 5PM - 7:30PM.

FITNESS CONSULTATION

IT'S FREE

Our fitness consultations are free for UniActive members and Fitness Passport holders. Book a free fitness consult that best suits your needs on the UniActive app, through the Member Portal on our website, or call 4221 4700.

SESSION NAME	DURATION	DESCRIPTION
Express	15 Minutes	Track your progress with a 15 minute consultation where you will get an Evolt Body Scan and interpretation along with training recommendations.
Intro	30 Minutes	This consultation offers an Evolt Body Scan and interpretation, goal setting discussion, group exercise recommendations, and a recommended program template.
Premium	60 Minutes	The 60 minute consultation is perfect for new members. This consultation includes a comprehensive tour of the facility and introduction to the gym equipment. You'll receive an Evolt Body Scan and interpretation, goal setting discussion, group exercise recommendations, and a recommended program template.

EVOLT 360

The Evolt 360 Body Composition Analyser provides you with a full detailed report on what your body is made up of. It is a quick, non-invasive measure that will get you started on your health journey.



GROUP FITNESS

Our group fitness classes are for everyone, whether you're a beginner or fitness enthusiast, we have something for you. Over 75 classes every week, all taught by our expert instructors who are dedicated to helping you achieve your fitness goals.

Timetables includes:

- Aquafit
- Les Mills BODYPUMP
- Les Mills BODYBALANCE
- Les Mills CORE
- Les Mills RPM
- RIDE
- FMT Athletic
- FMT Strength
- Yoga
- Pilates
- Over 55's Fitness
- Cardiobox
- Rig Strength
- Zumba
- Teen Strength

**WE HAVE GROUP
CLASSES FOR
EVERYONE!**

HOW TO BOOK

You can view the group fitness timetable and book for UniActive Wollongong Campus and Innovation Campus classes using the UniActive app or the Member Portal on our website.



POOL FACILITIES

Our 8-lane, 50m outdoor pool, located on the Wollongong Campus grounds, is heated all year round and available for use throughout the entire year.

SWIM SCHOOL

We offer Swim School programs for children starting from 3 years old and above, catering to Learn to Swim, Stroke Development and Squad Programs. Our Swim School also provides adult swimming programs for those looking to improve their confidence in the water.

UNIACTIVE SWIM FOR FITNESS PROGRAM

This program offers the most comprehensive swimming training in the Illawarra region, catering to a wide range of individuals, from casual swimmers to competitive athletes. These classes provide foundation fitness, stroke development, correction and specialist coaching for open water and triathlon swimming.

SWIM PROGRAMS FOR ALL AGES AND LEVELS



SPORTS FACILITIES

SPORTS HALL

The Sports Hall is a multi-purpose facility catering to a broad range of indoor activities. Whether you want to shoot baskets, have a social game of badminton, or play volleyball, you can book one of our courts!

COURT TYPE	MEMBER	COMMUNITY/ FITNESS PASSPORT
Basketball Hoop / Badminton Court Hire	\$20 per hour	\$25 per hour
Basketball Half Court Hire	\$30 per hour	\$40 per hour
Basketball Full Court Hire	\$55 per hour	\$70 per hour
Tennis / Squash	\$20 per hour	\$25 per hour

SPORTS HUB

Versatile multipurpose indoor sports facilities, suited for sporting events to trade fairs.

OVALS & FIELDS

We have eight grassed playing fields and one premium all-weather sand dressed hockey turf, located next to the Sports Hub (Building 9).

COURTS

TENNIS COURTS

We have two artificial grass courts.

SQUASH COURTS

Three glass-backed squash courts.

BOOKINGS & EQUIPMENT



Bookings are essential and must commence on the hour or half hour. Half hour bookings are available.

BOOKING TIMES:

8AM - 9PM weekdays

8AM - 5PM weekends

Book over the phone
(02) 4221 4700 or visit reception.

Playing equipment can be hired
for \$3 per piece.

UNIACTIVE

UNIACTIVE WOLLONGONG CAMPUS

UNIVERSITY OF WOLLONGONG
BUILDING 13, NORTHFIELDS AVENUE
WOLLONGONG NSW 2522
(02) 4221 4700
UNIACTIVE@UOW.EDU.AU

UNIACTIVE 24/7

INNOVATION CAMPUS
THE CENTRAL, SQUIRES WAY
NORTH WOLLONGONG NSW 2500
(02) 4221 4666

OPERATING HOURS



OUR WEBSITE HAS OUR MOST UP-TO-DATE HOURS