



Sports Centre

2019

Salary Deductions

Staff Memberships

SALARY DEDUCTED • FULL TIME STAFF • PART TIME STAFF

La Trobe University Sports Centre offers full time and part time employees Salary Deducted Memberships. There are three membership options to choose from and these are all deducted from your pay each fortnight, either before tax or after tax.

Gold Membership

- Gym access
- Pool access
- Group exercise classes
- Fitness consults
- Personalised fitness program
- Sessional locker hire

Gym Membership

- Gym access
- Fitness consults
- Personalised fitness program
- Sessional locker hire

Pool Membership

- Pool access
- Sessional locker hire



GYMNASIUM

FULLY EQUIPPED GYM

Boasting a wide range of Technogym cardiovascular equipment & machine weights, our gym includes a functional training area, weightlifting platforms, racks, benches and plenty of free weights for everyone.

FITNESS ASSESSMENTS

This involves a thorough assessment of your past gym experience, current fitness levels, medical history as well as your current fitness goals. From here, our qualified gym instructors will design a program to suit your needs, whilst also aiming to challenge you.

PROGRAM START

Our qualified gym instructors will guide you through your new program step-by-step. We will ensure that correct adjustments are made with a primary focus on proper technique and correct loads. We will endeavour to create a program that is challenging and helps you see results.

LOCKER HIRE

Two hour complimentary locker hire is available to all Gold and Gym Membership holders. Additional hours can be purchased via Credit Card.



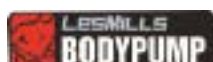


GROUP EXERCISE

The Sports Centre's Group Exercise Program offers a variety of class types including:



A sports-inspired cardio workout! A high-energy interval training class combining athletic aerobic movements with strength and stabilisation exercises.



Uses barbells and weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. Will sculpt, tone and strengthen your entire body.



A fusion of hypnotic Latin rhythms and simple dance moves will ensure you have fun whilst burning calories. No dance experience necessary.



Enjoy total body conditioning during this workout which combines high intensity cardiovascular and weight resistance exercises.



Metafit combines traditional body weight exercises with the latest in interval style training and tabata techniques to set your metabolism on fire! Get ready to use your whole body and work hard in this 40 minute class.



Re-energise and centre yourself whilst increasing strength and flexibility during this strong and powerful blend of yoga traditions.



Improve flexibility, posture and core strength. This class is based on Joseph Pilates' well-renowned principles of stretching and stability.

Please check our website for the current [timetable](#).



ADDITIONAL SERVICES

COMING SOON...

GET ACTIVE. BE ACTIVE. LIVE ACTIVE.

Watch this space for new ways to get active with La Trobe Sport in 2019!

FITNESS CHALLENGE

Our 12 Week Challenges will empower you to create healthy life changing habits and enable you to achieve your goals through individualised programming and regular one-on-one sessions with your professionally qualified Gym Instructor. With the guidance of our Gym Instructors, the Challenge will help enhance your exercise and nutrition knowledge and empower you to set realistic goals that will support your fitness journey far past the challenge.

The [Fitness Challenges](#) will be starting in March and August and are available to all current Gold and Gym Members who are up for the challenge and eager to Get Active!



PERSONAL TRAINING

Personal Training is available all year round to those who seek guidance, education, ongoing instruction and who like to stay motivated in achieving their health and fitness goals!

Are you living a busy lifestyle and finding it hard to fit in your training? Personal Training is perfect for those who aren't able to commit to our 12 Week Challenge, and who enjoy the flexibility of choosing when you train. Our Personal Trainers are highly experienced with a range of cliental, and you will be able to choose the Trainer that is right for you. Make 2019 your year for health and fitness with La Trobe Sport!



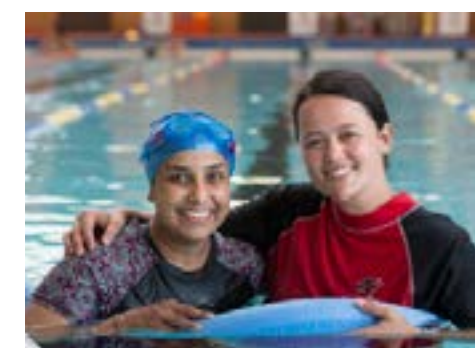
ADULT LEARN TO SWIM AND STROKE DEVELOPMENT PROGRAM

Our [Adult Learn to Swim](#) and Stroke Development program boasts an extensive range of aquatic courses catering to beginners all the way through to those looking to further developing their swimming technique with our qualified and experienced AUSTSWIM teachers.

Classes run for six weeks:

30 minute lessons are available for beginners and intermediate swimmers

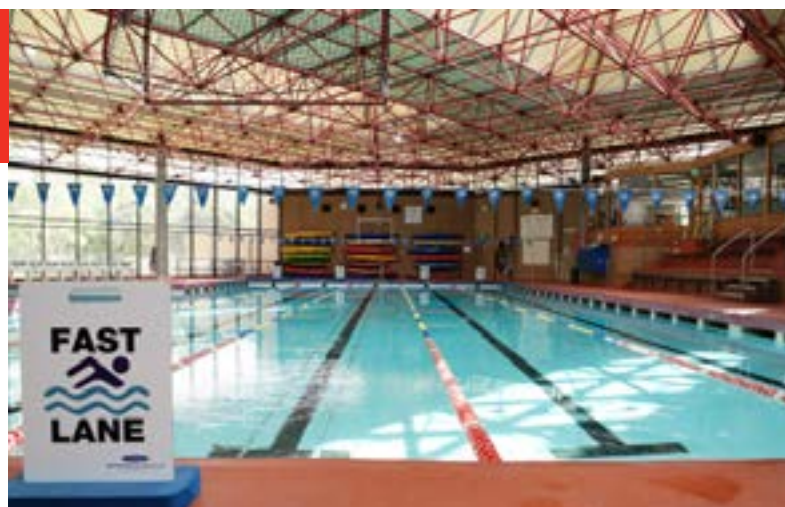
60 minute lessons available for intermediate and advanced swimmers



SWIMMING POOL

The Sports Centre features a 25m indoor heated swimming pool that is open all year round. The pool has exceptional water quality and patrons have access to training aids, a deep water pit and a tarzan rope. Our pool is fully supervised by our certified Lifeguards.

Please check the [lap lane availability](#) on our website for the best times to swim.



LAP IT UP CLUB

Ever wanted an easy way to record how far you swim in a week, month or year and be rewarded for your hard work? Then the 'Lap It Up Club' is the answer for you!

IT'S SIMPLE! Distances you swim are recorded by our Pool Lifeguard and at set milestones you will be awarded with prizes for your hard work. Please speak to our Lifeguards and they can sign you up.



SOCIAL SPORT

Need a fun way to Get Active? Our [Social Sport](#) program plays host to a range of Social Sport Competitions.

Grab a group of friends and enter a team into our netball, basketball, futsal or tennis competitions. These fun and social sports run in the evenings during the university semester and are open to individuals and teams of all abilities.

Our Social Sport Competitions comprise of eight rounds with two weeks of finals.



L2S with LTS

L2S with LTS is term based swimming lessons for primary school aged children. Lessons are offered for water familiarisation, learn to swim, stroke development and competitive strokes. All of our lessons are delivered by our qualified and experienced AUSTSWIM teachers, who teach your children a skill for life using a holistic approach. Lessons range from 30 to 60 minutes depending on skill level and the age of the group.

ACTIVE KIDZ BIRTHDAY PARTY

Our Active Kidz Birthday Party is a structured program which runs for 2.5 hours and is fully supervised by our experienced activity leaders and includes the following activities:

- One hour of Dry activities: you can select up to two activities or sports for this hour including Rock Climbing, Basketball, Soccer, Tennis, Netball and many more.
- 30 minutes of Party Food: we supply hot food, drinks and confectionary including party pies, sausage rolls, chicken nuggets, water, cordial, lollies and chips.
- One hour of Aquatic activities: you can select two activities from Kayaking, Tarzan rope and water polo.

The only thing required from families is the cake and lolly bags (optional).



SPORTS SPECTACULAR

Our Sports Spectacular program is primarily aimed at children between the ages of 6 and 12. Filled with fun, active and social activities, it is the perfect way to get the kids moving during the school holidays. The Sports Spectacular program is fully supervised and runs from 9am to 4pm with regular breaks for snacks and lunch. Children are divided into small groups with their friends and are led by our experienced activity leaders throughout the day. The program includes both aquatic and dry activities such as Water Polo, Kayaking, Tarzan Swing, Rock Climbing, Soccer and Basketball.

ACTIVITY DAYS, END OF YEAR CELEBRATIONS AND EVENTS

La Trobe Sport organises tailored programs designed to meet your school, community group or clubs needs. From end of year celebrations to team building days, we can design and create a fun and active day to suit you and your group. These special events allow for mass participation of children and/or adults across a broad selection of sports and activities including the pool, rock climbing wall and court facilities.

Need some help organising a fun day? [Contact us](#) and we can help design and create a fun activity day, end of year celebration or event!



ROCK CLIMBING

Casual rock climbing is available in the afternoon during the week and over the weekend. Access to the rock climbing wall on the weekend is determined by its availability due to our Active Kidz Birthday Party program. During the first session, all climbers will complete a belayer induction to ensure that all climbers using the wall can safely belay other climbers. A qualified staff member is always overseeing climbing activities and is available to assist during your session.

Sign Up Process

All La Trobe Sport Salary Deduction memberships have a once off \$10.00 administration fee. This fee will need to be paid upon arrival of your first visit to the Sports Centre.

\$10
Admin Fee

1.

La Trobe Intranet

Log in to the La Trobe Intranet

2.

ASK Services

Select ASK Services in the top panel

3.

ASK HR

Select Ask HR, then from here, select 'Submit a Form'. Next select employee, then My Deductions.

4.

Sports Centre

Select Sports Centre and this will take you to our Salary Deduction Membership form. Complete the form and submit.



La Trobe Sports Centre Salary Deduction memberships can be cancelled and restarted at any time, at no extra cost. Please follow the steps outlined above and select the appropriate action.

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Next Steps...

- Once you submit your online form you will be emailed by a La Trobe Sport representative confirming your membership is now active. This may take up to 4 days.
- On your first visit to the Sports Centre you will be required to pay the \$10 administration fee and have your La Trobe Staff card activated as your membership card. The \$10 fee is not required if you restart a membership
- If you have signed up for a gym pass or gold pass it is highly recommended you book in for a fitness assessment. Our Customer Service staff can help with this on your first visit or give them a call on 9479 2973 if you would like to arrange this over the phone.

Opening Hours

Gymnasium, Studios and Courts

Monday to Friday 6am - 10pm

Saturday 8am - 6pm

Sunday 10am - 10pm

Swimming Pool

Monday to Friday 6am - 9am

Monday to Friday 12pm - 8pm

Saturday 8am - 6pm

Sunday 10am - 8pm

Where to find us



The closest Car Park to the Indoor Sports Centre is Car Park 6. Parking fees apply during business hours,

CONTACT US



LaTrobeSport

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W: latrobe.edu.au/sport