



## Mardyke Arena

UNIVERSITY COLLEGE CORK

# UCC Students Key Information

## How do I join the Mardyke Arena UCC?

It's very simple - just call to Reception in the Arena, present your UCC student card at the registration desk, decide whether you wish to access the Arena using the Fast Access Biometrics system or by using the MIPS access system which requires you to go to Reception before each visit.

The staff member at the desk will register you using your chosen access method and you will be given immediate access to the facilities. Facility tours will be delivered during certain hours. Please check our website for more information.

## What does membership of the Mardyke Arena UCC offer to UCC students?

- Unlimited use of the Fitness Gyms
- Unlimited use of the Swimming Pool, Sauna and Steam Rooms
- Free Exercise and Fitness classes (subject to availability)
- Free access to Indoor Climbing Wall & Squash Courts
- Opportunities to achieve professional qualifications in Fitness & Swimming at a discounted rate.

## Can I get an exercise program written for me in the Mardyke Arena UCC?

- Yes, you can get an exercise program written for you by one of our qualified staff.
- However, it is recommended that you book an induction first as this will help you build up a good level of physical fitness before we write you a more detailed program.
- There are qualified gym instructors present in all gyms if you have any further questions
- As a general rule if you are unsure as to how to use a piece of equipment in the gym please ask a member of staff.

## Changing facilities

There are male and female changing areas for fitness gyms and for pool located on the ground floor and first floor of the complex.

## Lockers

In the interest of safety and security all students are asked to please use the lockers provided at the Arena.

The Mardyke Arena UCC will not accept liability for any damage or loss to personal property from the changing rooms or lockers.

Lockers may not be used overnight.

Members/Patrons who do so are liable to find that the lockers are opened and locker contents removed. Removal of such items is strictly at the members/patrons own risk.

## Other Useful Information

- You may bring up to two non-member guests with you but there is a guest charge (€10 for adults and €6 for children).
- Only students using the indoor facilities may use the car-park.
- There is a bicycle rack directly in front of the main Reception area. Please ensure that your bicycle is securely locked when using the facility.

## Fitness Classes & Courses

Fitness Classes are included on your membership free of charge. Tickets for each class will be available at reception one hour in advance of morning classes and a half hour in advance of evening classes. Tickets will be given out on a first come, first serve basis. Some classes will be available for booking online and via the Mardyke Arena UCC App.

The Mardyke Arena UCC run a number of Pilates & Yoga Courses during the academic year. All courses run for 6 weeks and must be pre booked at reception, via the Mardyke Arena App or online via the Mardyke Arena UCC App at a discounted rate.



## Squash Courts

Squash Courts are available to use free of charge to UCC Students. Squash Courts must be pre booked in advanced at reception and are available in 40 minutes slots.

Squash Rackets & balls are also available at reception, free of charge.

## Climbing Wall

The Indoor Climbing Wall is available to use free of charge to UCC Students. You must pre-book in advanced at reception to book in with one of our Climbing Wall Instructors.

## Sports Halls

Sports Halls can be booked by emailing your request to [a.brennan@ucc.ie](mailto:a.brennan@ucc.ie)

Requests will be facilitated, subject to availability.

## Additional Services/Activities

UCC Students can avail of discounted rates on the following services/activities:

- **the arena clinic**
- Adult Swimming Lessons
- Reformer Pilates
- Adult Climbing Courses
- Children's Camps, Birthday Parties & Swimming Lessons

## Mardyke Arena UCC aims to be best in Waste Management

The Mardyke Arena UCC are partnered with Country Clean Recycling in a quest to improve the reprocessing of waste within the facility amongst members, patrons and staff. In 2017, the facility recycled 33% of its total waste, and increased this to 47% in 2018 with the full support of all its users and employees.

The Mardyke Arena UCC invested in 3-way and 2-way recycling bins which are placed in locations throughout the facility. In addition, prominent notices and finger-post signage have been erected throughout the building identifying the locations of the Waste & Recycling Points to help direct the public.

The introduction of these Waste & Recycling Points has reduced the number of bins in the Arena by 50. The facility's bins are now colour coded: Black: General Waste - All non-recyclable waste; Green: Recyclable Waste - Food tins & drink cans, plastic packaging, mixed paper & card and empty plastic bottles; Brown: Compostable Waste - Food Waste Only (No Plastics).



## Inspiring Excellence

### Opening Hours

Monday to Friday 07:00 - 22:30  
 Saturday 09:00 - 19:00  
 Sunday 10:00 - 19:00  
 Bank Holidays 10:00 - 19:00

### Useful Contact Information

Reception 021 490 4751  
**the arena clinic** 021 490 4760  
 Email: [mardykearena@ucc.ie](mailto:mardykearena@ucc.ie)

Keep up to date with all information through our website [www.mardykearena.com](http://www.mardykearena.com)

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