

FREEPLAY TIMETABLE

TIME	MON 15 JULY	TUES 16 JULY	WED 17 JULY	THU 18 JULY	FRI 19 JULY
6am	Free Swimming	Free Swimming	Free Swimming	Free Swimming	Free Swimming
8am	Yoga On The Grass	Yoga On The Grass	Yoga on the Grass		Free Strength & Core Class
8:45am					Yoga On The Grass
9am				Free Jumpstart Class	
10am	Tour UWA Gym	Tour UWA Gym	Tour UWA Gym	Tour UWA Gym	Tour UWA Gym
11am	Free Badminton Court Hire	Free Basketball Court Hire	Free Volleyball Court Hire		Come and Try Spikeball
11:30am	Free Swimming	Free Swimming	Free Swimming	Free Swimming	Free Swimming
12pm		Football Challenge		Student Expo	
12:30pm	Free Pilates Class				
1:30pm			Martial Arts Meet & Greet		
2pm					
3pm	Volleyball Come and Try				
5pm		Free Gladiator Class	Free Boxing Class		
5:30pm	Free RPM Class		Free RPM Class		
6pm	Free Ultrafit Class	Free Zumba Class	Free Ultrafit Class	Free Zumba Class	Free Tabata Class
6pm	Free Swimming	Free Swimming	Free Swimming	Free Swimming	Free Swimming

● UWA Aquatic Centre

● UWA Recreation and Fitness Centre

● Prescott Court ● Patricia Crawford Court

● Great Court South

● Group Fitness Room

● Riley Oval

● Ezone

● James Oval

FREE PLAY AT UWA SEMESTER 2, 2024



UWA
PERTH AUSTRALIA

SPORT

MONDAY 15 JULY

Yoga on the Grass, 8am-8:45am @ Prescott Court

Start your Orientation the right way! For beginners and advanced yogis alike, UWA Sport offers a fully guided practice in a welcoming, peaceful environment. Come on down and enjoy the serenity of outdoor yoga on the beautiful grounds of UWA! Please bring your own mat, limited mats are available on first come basis. We suggest you bring along your favourite beach towel if you don't own a yoga mat. This session will take place on Prescott Court, opposite Barry J Marshall Library. In the event of rainy weather, the event will move to the UWA Recreation and Fitness Centre – please see our friendly reception team for directions.

Volleyball Come and Try, 3-5pm @ Prescott Court

Spike your way into uni life! Whether you're a seasoned player or a complete beginner, join us for a fun and friendly session where you can learn the basics, meet new friends, and enjoy some healthy competition. All skill levels are welcome, and no experience is necessary. Come down, give it a go, and discover the joy of volleyball! In the event of wet weather, this event will be cancelled.

TUESDAY 16 JULY

Yoga on the Grass, 8am-8:45am

@ Patricia Crawford Court

Start your Orientation the right way! For beginners and advanced yogis alike, UWA Sport offers a fully guided practice in a welcoming, peaceful environment. Come on down and enjoy the serenity of outdoor yoga on the beautiful grounds of UWA! Please bring your own mat, limited mats are available on first come basis. We suggest you bring along your favourite beach towel if you don't own a yoga mat. This session will take place at Patricia Crawford Court, near the Arts building. In the event of rainy weather, the event will move to the UWA Recreation and Fitness Centre – please see our friendly reception team for directions.

Football Challenge, 12-1pm @ Riley Oval

Kick off your university journey with our Football Challenge! Whether you're a football fanatic or just up for some fun, everyone is welcome to join us, meet fellow students, and take your shot at winning great prizes! In the event of wet weather, this event will be cancelled.

WEDNESDAY 17 JULY

Yoga on the Grass, 8am-8:45am @ James Oval

Start your Orientation the right way! For beginners and advanced yogis alike, UWA Sport offers a fully guided practice in a welcoming, peaceful environment. Come on down and enjoy the serenity of outdoor yoga on the beautiful grounds of UWA! Please bring your own mat, limited mats are available on first come basis. We suggest you bring along your favourite beach towel if you don't own a yoga mat. This session will take place on James Oval, in front of the Irwin St Building. In the event of rainy weather, the event will move to the UWA Recreation and Fitness Centre – please see our friendly reception team for directions.

Martial Arts Meet and Greet, 1:30pm-3pm

@ EZONE (outdoor)

Discover the power and discipline of martial arts at our Meet and Greet event during Orientation Week! Meet members from various UWA Martial Arts Clubs, learn about the different styles offered, and try your hand at some basic moves. Whether you're a seasoned practitioner or a curious beginner, this is a great opportunity to explore martial arts, ask questions, and connect with like-minded students. Join us for an engaging and action-packed introduction to martial arts at UWA! In the event of wet weather, this event will be cancelled.

THURSDAY 18 JULY

Student Expo, 12-2pm @ UWA Sports Hall

The all student Expo is a vibrant event showcasing a wide range of university clubs, services, and opportunities. It's the perfect chance for students to explore campus resources, connect with peers, and get involved in campus life.

FRIDAY 19 JULY

Yoga on the Grass, 8:45-9:30am

@ Great Court South

Start your Orientation the right way! For beginners and advanced yogis alike, UWA Sport offers a fully guided practice in a welcoming, peaceful environment. Come on down and enjoy the serenity of outdoor yoga on the beautiful grounds of UWA! Please bring your own mat, limited mats are available on first come basis. We suggest you bring along your favourite beach towel if you don't own a yoga mat. This session will take place on Great Court South, opposite Reid Library. In the event of rainy weather, the event will be cancelled.

Come and Try Spikeball, 11:00-12:00pm

@ Great Court South

Dive into the excitement of Spikeball at our Come and Try event during Orientation Week! Whether you're new to the game or a seasoned pro, join us for a fun-filled session where you can learn the basics, challenge your friends, and enjoy the fast-paced action of Spikeball. Everyone is welcome, and no experience is necessary. Come down, give it a go, and experience the thrill of Spikeball with fellow students! In the event of wet weather, this event will be cancelled.

