The ACU Health, Sport and Wellbeing team provides activities and events that enhance your university experience, allow you to meet new friends and try new activities. There are sporting clubs and wellbeing and fitness classes on each campus, plus you can compete and represent ACU in events through the Australian University Sport program.

**SPORTING CLUBS AT ACU**
- Athletics
- Australian Rules Football (AFL)
- Basketball
- Cricket
- Soccer
- Gymnastics (including Cheer)
- Hockey
- Netball (Brisbane)
- Rowing
- Netball (Sydney)
- Snow Sport
- Rugby
- Ultimate Disc
- Touch Footy

For more information visit

**FITNESS CLASSES**
Group exercise classes are a great way to keep motivated and achieve your goals in a fun atmosphere. Classes typically run from 45 minutes to an hour, with a number of different classes to choose from on each campus including yoga, aqua aerobics, run club and Tough Mudder training. Classes are subsidised at $5 per session for students and $10 for staff.

To see your campus-specific fitness class timetable visit [students.acu.edu.au/607681](https://students.acu.edu.au/607681).

**CLUB SPORT**
Club sport provides the perfect opportunity for students to improve their fitness level while having fun and making new friends. All ACU sporting clubs are run by students for students and provide a wide array of opportunities to represent the University regardless of experience and skill level.

**Athletics**
The ACU Athletics Club promotes regular physical activity – mainly walking, jogging and running – to people of all abilities. Students can participate in weekly running sessions around the Tan running track ranging from four to 10 kilometres. (Melbourne campus)

**Soccer**
The ACU Football Club (ACU FC) welcomes students and staff of any level. The club aims to grow nationally, and encourages any international student with a passion for soccer to join. (Brisbane campus)
Cheerleading
The ACU Cheerleading Club aims to create a welcoming environment regardless of skill level or experience. Members will be given the opportunity to represent the University at various cheer competitions throughout the year including the Australian University Games and 2014 AASCF Nationals. Based in Ballarat, the ACU Cheerleading Club aims to send teams from all campuses to future competitions.

Hockey
Members of the Iguanas Hockey Club in Ballarat are given the opportunity to compete in the local Ballarat women’s hockey league, as well as represent ACU at inter-university events. The club prides itself on giving back to the community, with an annual fundraising round held to raise money for cancer research.

Netball
ACU’s Netball Club provides the opportunity for students to participate in mixed and women’s netball in weekly competitions around Sydney and at the Australian University Games. (Sydney campuses)

Snow sports
ACUSKI is a national student-run snow sports club for all students passionate about skiing and snowboarding, or simply wanting to give it a go. Newly founded, ACUSKI is hard at work organising some great events, including a trip to Perisher and the annual Australian University Snow Sports Championship event.

Touch football
Members of the Sydney Touch Club can take part in mixed, women’s or men’s touch football at a competitive or social level. The club aims to provide opportunities to participate in weekly competitions at Artarmon and knockout competitions, as well as the Australian University Games.

Ultimate disc
The Ultimate Disc Club at the Strathfield Campus provides a fun and competitive sporting environment for frisbee lovers, as well as member access to training sessions, social events and major competitions. Members can join a team in the local Hill League competition, or represent the club at an elite level at the Australian University Games.

EVENTS
In September 2014, ACU will send 160 student athletes to compete in the Australian University Games, the largest multi-sport event in the country. Uni Games is a four-day sporting competition which attracts more than 7,000 participants in over 30 individual and team sports from around Australia. All students are encouraged to attend trials for their chosen sport to secure a place on the ACU representative team. More information regarding trials will be available at the beginning of Semester 2, so keep an eye on your ACU student email account.

Your time at ACU should be about more than just your studies. The Health, Sport and Wellbeing team at ACU offers a huge range of club sport, fitness activities and inter-university competitions. Get fit, make friends, compete, or just get the blood pumping in between classes.