Dear members and patrons of Macquarie University Sport,

**RE:Conception Event**

I wrote to you last month to notify you of the upcoming University special music event, known as ‘RE:Conception’, for the students on campus, which will take place **this Friday 13th September** from 3:00pm - 9:00pm on the grass area opposite the Sport and Aquatic Centre.

This festival of musicians, food trucks, boutique bars, fireworks and dancing is a key engagement event in the student calendar, allowing Macquarie University students to make friendships and connect beyond the classroom and their studies.

As such, there will be some slight changes to **Gymnasium Road, which will close to Macquarie University Sport and Aquatic Centre members and patrons from 12:00pm on Friday 13th September 2019**.

The West 5 and West 6 carparks *(see picture below)*, will still be accessible for member and patron use throughout the day, but only via Link Road, off Culloden Road, after 12:00pm.

Security Guards will be posted at the top of Gymnasium Road to help guide and direct traffic to ensure minimal impact is felt throughout the day.

Operationally, there will be no changes to the centre, with our standard operating hours 5:30am – 10:00pm still in effect.

For those attending RE:Conception, we hope you enjoy the event, as we continue to support the Campus Life mission statement of giving life to campus.

**Further information about RE:Conception is available online.** Should you have any concerns or questions about the event, please email: reconception2019@mq.edu.au
Monday 7th October 2019 is Labour Day Public Holiday and the centre will operate under the business hours of 6:00am – 7:00pm. There will be some slight changes to the Programs schedule, with Learn to Swim and Gymnastics classes not running on this date. Members who have booked classes on this date will have their direct debit adjusted for the direct debit run, taking place on Thursday 10th October 2019.

Group Fitness will also run on a reduced schedule with the following classes available at the following times:

- 3:30pm: Body Combat (Poolside Studio)
- 3:30pm: Aqua (25m Pool)
- 4:30pm: Body Pump (Poolside Studio)
- 5:30pm: Cycle (Cycle Studio)
- 5:30pm: Freestyle Aerobics (Poolside Studio)

Small Group Training will have two sessions of ‘Die Hard’ available for booking at 7:00am and 12:00pm only.
A MESSAGE FROM CHRISTIAN RENFORD – SEPTEMBER 2019

Staff Wellness Month
Commencing Thursday 12th September 2019, Well-being Week will re-emerge at Macquarie University in the form of ‘Staff Wellness Month’ – encouraging greater participation and a more sustained focus on staff health and wellbeing, while providing Macquarie University staff an opportunity to think about what they can do to proactively look after themselves.

The Wellbeing Month website is now live. I encourage all Macquarie University staff members to take some time out of their busy schedules and register for an event or two that interests them. To view the full program and to register for events click here.

During the month there will be a range of seminars and activities including informative lunchtime sessions, campus walks, exercise classes, indoor plant workshops, massages and an art class for staff to attend.

A special thank you to our Sport staff who will be facilitating and leading 75 activities across this important University initiative and month. A copy of the program is available here.

Hiring – Learn to Swim Instructors
As the warmer seasons approach, so too does the activity in our swimming pools – and we’re casting the net out to our members who may have or know of, qualified instructors, who are keen to join our high quality and successful Learn to Swim Programs in an Instructor role.

I’ve often said in these updates, how much we value the feedback and input of our members – and now we’d love to extend the opportunity to qualified applicants to be a part of our organisation and actively contribute to the day-to-day running of the business.

If you feel you’re qualified and are interested in a Learn to Swim Instructor role, we’d love to hear from you! Click through to start your application today!

Pride in Sport
Macquarie University has become a key partner in the ‘Australian Pride in Sport’ program, committing to further develop and enhance LGBTIQ participation across all its Campus Life Sport and Recreation departments.

Run by ACON, an organisation that supports LGBTIQ health in Australia, Pride in Sport is Australia’s first and only sexuality and gender-diverse sporting inclusion program. It is specifically designed to assist sport and recreation organisations at all levels with the inclusion of LGBTIQ employees, players, coaches, volunteers and spectators. Being a Pride in Sport member means changing practices and working towards a more inclusive, safe and healthy sporting environment for people with diverse sexualities and genders.

Congratulations to Sport Development for being at the forefront and leading this initiative.

Members Monthly Email and General News and Events
I continue to encourage every member and patron to familiarize themselves with the News and Events page of our website. As a dynamic business with a multitude of offerings, there’s always plenty happening within the Macquarie University Sporting world. Whether it’s the Health Club and Gym programs, Learn to Swim and Squads, Group Fitness Classes, Gymnastics and Martial Arts, Social Sport and Competitions, competitive sport within the University or general venue information, there is something for everyone – and many more exciting things on the horizon.

Yours in health and fitness,

Christian Renford
Venue Manager – Sport and Aquatics