Trinity College Dublin
College on Trinity, Dublin 2
The University of Dublin

For more information or bookings contact:
01 896 1812 | sport@tcd.ie
www.tcd.ie/sport/

Trinity College Campus

Facilities off campus:
Santry Sports Grounds
Iveagh Grounds
Islandbridge Boathouse
Trinity Hall

Outdoor facilities on campus:
Synthetic tennis courts
Futsal pitch
Natural grass floodlit rugby pitch
Natural grass croquet lawn
Cricket
Outdoor athletics track

Sports Centre facilities:
Recently expanded gym
Sports hall with bleacher seating
Ancillary hall
Functional training zone
Fitness Studio
Wellness Studio
Swimming pool 25m, steam room and sauna
Climbing wall
Virtual spin
High-performance gym

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Trinity College Dublin Sport
@tcdsports
TCD Sport
Trinity Sport Dublin

Graduate & Alumni
Hire & Membership

Trinity College Campus
WELCOME TO TRINITY SPORT

It’s time to invest in you!

On behalf of all of us here at Trinity Sport, we are delighted to offer you a range of activities and services, with prices and packages exclusively tailored for you.

We have everything from team building activities, classes, courses, personal training, children’s camps and fun events, across a range of facilities from indoor to outdoor, and sports from climbing to football.

Conveniently located, and with the best facilities, our friendly team is ready to welcome you.

So what are you waiting for? Treat yourself to an active lifestyle. Grab a buddy and join us for a FREE trial by contacting us on sport@tcd.ie or call 01-8961812.

MEMBERSHIP BENEFITS

25-METRE SWIMMING POOL

The 25m deck level, 6 lane pool is used for lane swimming, adult and children’s swimming lessons. The floating floor changes the depth of the pool at one end from 2m to 0.5m, and allows for beginner swimming lessons. The 12 seater sauna and 12 seater steam room off the deck area is the relaxation zone. The changing area is village style with individual cubicles along with private and public showers.

GYM

Use of our fully equipped gymnasium with over 45 pieces of equipment. We have a full range of resistance training equipment, free weights area, body conditioning and flexibility zone. The use of our virtual spin studio, wellness studio and exercise studio offer an exclusive experience.

TRINITY GRADUATE & ALUMNI MEMBERSHIP OFFERS

80+ FITNESS CLASSES & COURSES PER WEEK

We have everything from CrossFit, Boxercise, studio cycling, Step Aerobics, Kettlebells, Bootcamp to Zumba, there is something to suit every need and fitness level.

WELLNESS PROGRAMMES

Here at Trinity Sport, we recognise that mental wellbeing is very much a key element of health. We have our very own wellness studio to help you get that much needed break from your hectic schedule. We provide yoga, pilates, Detox and Pregnancy Yoga.

CLEAN & LEAN

Do you want to learn how to eat clean to improve your healthy eating habits and sculpt the body you are looking for while losing fat? If the answer is yes then our Clean and Lean Programme is for you!

The course runs on Tuesday & Thursday, for 75mins per session, for 8 weeks. The MyZone Heart Rate system will be used to see how many calories you burn in class and track your effort and see how fitness levels improve over the 8 weeks.

PERSONAL TRAINING

Trinity Sport have house personal trainers who will tailor ranges of personal programmes for individuals, couples and groups. Contact us by email at personaltraining@tcd.ie or discussing your personal goals and requirements. They will tailor a programme best suited to your needs.

ROCK CLIMBING

Our climbing wall stands at 11m tall and 18m wide with 14 routes which can be used simultaneously along with an overhang to test your lead climbing. Get your CLIC (climb/grapple at Trinity Sport with south Eugene) from big boy in succession there are plenty of opportunities for you to learn and progress your climbing skills, whether you’re keen to rock climbing or a friendly neighborhood Spockman, Trinity Sport has everything you need to start your climb.

RACKET SPORTS

We provide lunch time and after work tennis courses and private lessons. It doesn’t matter what the standard is, have fun while exercising and learning a new skill.

NEW Squash, Racketball and Handball courts coming Summer 2019

5-A-SIDE FOOTBALL

Why not avail of one of our lunch time or evening slots for a game of 5-a-side? Our outdoor Futsal pitches are right in the heart of Trinity College campus. And you need not worry about the weather because we’ve got two indoor 5-a-side courts for the winter months.

TRINITY GRADUATE & ALUMNI MEMBERSHIP RATES 2019

Annual graduate/alumni rate of €329

Monthly graduate/alumni rate of €37

Children’s sports camp €135

Children’s swim lessons €70

Personal Training Sessions 2 for 1 €55

Climbing Course €29

Adult Swimming Classes €95

Locker rental available

GRADUATE & ALUMNI MEMBERSHIP EXTRAS

• Family membership options available.

• Children FREE up until the age of 15 years.

• Flexible short-term options available.

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