



# Trinity Sport

Bring your team together with our tailored corporate offers.



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

Trinity Sport  
— [www.tcd.ie/sport](http://www.tcd.ie/sport) —



# Trinity Sport memberships

## Memberships

Trinity Sport offers local companies or organisations discounted membership rates. To qualify for a corporate membership, your company must have a minimum of 6 or more Sports Centre members. Each membership will allow access to our fully equipped gym, our 25m swimming pool and our relaxing sauna and steam room.

## Membership Benefits

**Fitness and Wellness Courses:** All members will receive peripheral rates on yoga, pilates, Learn to Lift, swimming and tennis lessons.

**Classes** are pay as you go and all members will receive a peripheral rate starting at €5. You can add on an annual class pass for €150 or a 6 month pass for €90 to your membership. This will give you access to book all fitness instructor class at €0 price level on the Trinity Sport App.

Other benefits include discounted rates on our Bravehearts Multisport Camps which run 4 times a year: February midterm, Easter, Summer and Halloween midterm.





## Learn to Lift Courses in the High Performance Room

We offer two courses in our High Performance Room, a private and state-of-the-art gym: Learn to Lift and Lean & Lift.

**Learn to Lift** is aimed at helping you establish a solid foundation for a long-lasting, healthy relationship with exercise and well-being.

The course focuses on mastering the fundamental movements often referred to as the 'kings' of exercises, such as deadlifts, squats, and pull-ups, which are crucial for building overall body strength.

**Lift & Lean** is designed to take your overall fitness to the next level, incorporating a variety of cardio, strength, and endurance exercises in a fun and engaging way. (Although not required, it is recommended that participants complete the 'Learn to Lift' course prior to enrolling in 'Lift & Lean')

At Trinity College Dublin's High Performance Room, you will have the opportunity to learn or improve your strength-building techniques in a small group setting and a positive atmosphere.

## Corporate Team Building Events

Team building activities are time-consuming to plan, and it's often difficult to make sure everyone stays engaged.

As a business leader, you know how important it is for your team to work together as a cohesive unit, but if you don't provide exciting activities that engage all of your employees, it can lead to poor morale and efficiency in the workplace.

Trinity Sport has partnered with Team Works. With our stress-free approach, we provide high-quality events tailored to fit any budget and keep everyone engaged. From outdoor adventures & cooking classes to virtual treasure hunts & escape rooms, Trinity Sport caters to every type of individual, offering a range of activities that are sure to suit all tastes. Let us help you create unforgettable experiences today!





### 5 A-Side

Trinity Sport's 5-a-side pitches are located on Santry Avenue, Dublin 9 on a 34 acre site, 4.75km north of Trinity College. The Sports Grounds have undergone significant developments and now boast modern, fit for purpose, state of the art facilities including showers, changing facilities, function room in the Sports Pavilion and free car parking.

Get active outside with your colleagues playing a game of 5-a-side on one of our 3 pitches. We also offer indoor 5-a-side games in our Mail Hall on level 3.

### Squash Courts and Handball Alley

Newly opened, state of the art Squash courts. Located in the heart of the historic Trinity College campus in the city centre. The three courts are available to book individually or together. The Handball Alley is also available to hire and is perfect for all racket sports.

The courts are perfect for corporate team building events, birthday parties, private events and more.





### Tailored classes, courses and Facilities Options

Bring your team together with trinity sports tailored options: Spinning (45min class) with our blacked out studio we provide regular and virtual cycle classes. There is 16 Keiser M3 Indoor Cycles available.

- Bootcamp class
- Learn to Lift and Lean & Lift – small group personal training (6 or 8 week course)
- Tennis Lessons
- Small group PT or 1 to 1 – Special offers available



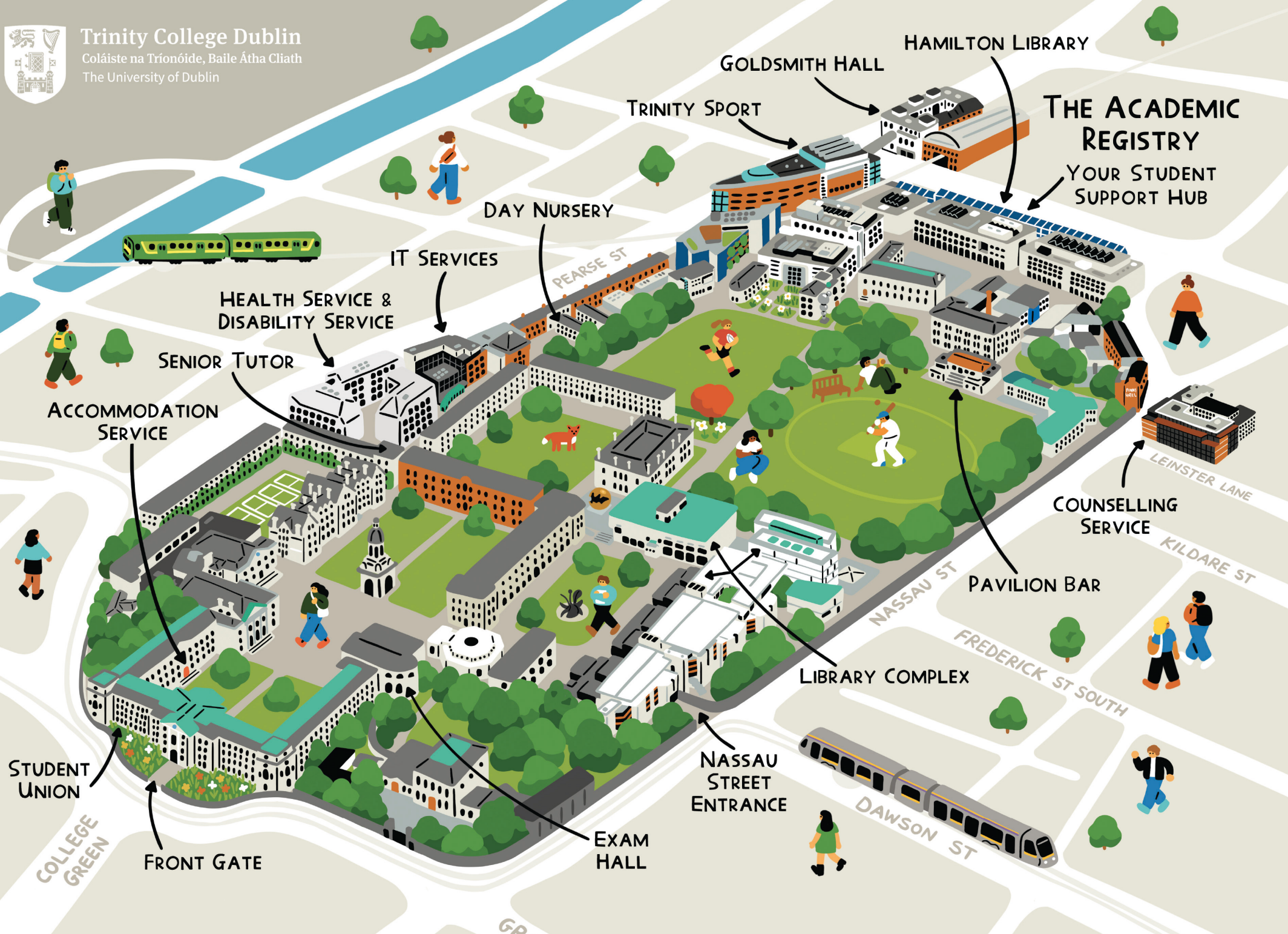




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UNION

COLLEGE  
GREEN

LEINSTER LANE

KILDARE ST

FREDERICK ST SOUTH

DAWSON ST

GRA



## Contact us

For enquiries regarding  
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