
UNIVERSITY RECREATION NEWSLETTER

Trimester 2

August 2026



Welcome back to Trimester 2!

Can you believe we're into the last third of the year?
We sure can't!

We've got a lot to update you on in this edition,
so get comfy and cosy!

You'll find updates on what's new, upcoming events,
and more.

Thank you for being part of our community!

An overview of this edition

- Page 3 ~ UniRec Survey Results
- Page 4 ~ Blue September 
- Page 5 & 6 ~ Also coming up..
- Page 7 ~ UTSNZ Trials and Nationals Results
- Page 8 ~ Group Exercise Warrior Wrap-Up
- Page 9 ~ Facility Timetables & Membership Checks
- Page 10 ~ Te Wiki o Te Reo Māori
- Page 11 ~ Thank you & contact us

What did you think of Uni Rec?
What are we doing about it?

Thank you to the 750+ of you who told us what you thought of Uni Rec in our annual survey during May.
We were so happy to see that the majority of our users value the Rec and that the work we do has such an impact!

The majority of our users value the Rec:

- **99%** report that Uni Rec improves their overall well-being
- **91%** report that Uni Rec enhances their student or staff experience
- **89%** report that Uni Rec enhances their academic or work performance
- **88%** report that Uni Rec encourages them to come to campus

What you liked:

- 💚 The environment is safe and welcoming
- 💙 Our staff friendliness
- 💛 Uni Rec improves well-being

🔍 We identified 6 key areas for improvement. To find out what they were and what we are doing about them, scan this QR code



💭 You told us your thoughts..
..we listened 🦻

Coming up..

University
Recreation
clubs | sports | fitness


We're doing PUSH UPS
to tackle prostate cancer
please support our challenge to raise funds 

Join the Te Herenga Waka team
and complete 739 push-ups* during September.

*or another fitness challenge of your choice.

**BLUE
SEPTEMBER**



University
Recreation
clubs | sports | fitness

Register or
donate here



Blue September is here!

Join our team! 

This September, we're raising awareness for prostate cancer, the most commonly diagnosed cancer among men in Aotearoa New Zealand.

Join the Te Herenga Waka team and challenge yourself to complete 739 push-ups throughout the month, or choose another activity that gets you moving. Every push-up, step, bike ride, or workout helps show support for this important cause.

As well as our monthly challenge, we'll be hosting a community push-up event in the Hub for all students and staff. Together, we're aiming to complete 8,000 push-ups in just 3 hours!

Whether you can do one push-up or one hundred, we'd love for you to get involved. Come along, contribute a set, and help us reach our goal. This event is all about getting active, having fun, and supporting a great cause.



Free drinks and cupcakes will be available on the day.



Weekly prizes will be up for grabs throughout September, with even more giveaways and prizes available at the community event.

When:

 29th September

 11am – 2pm

Where:

 The Hub

**Join our
team here**



Also coming up..

Women's Self-Defence Workshop

Womens Self Defence class

Saturday September 12

1:30pm - 4:30pm

Cost? FREE

No experience needed

**Scan to register
+ more info**



Learn practical self-defence skills with Tactical Survival Krav Maga in this hands-on workshop designed to build confidence, awareness and practical skills for staying safe.

Anyone who identifies as female is welcome to attend, regardless of previous experience or fitness level

When:



Saturday 12th
September



1:30pm-4:30pm

Where:



Recreation Centre,
Kelburn Campus

For any questions,
contact Shayal at
shayal.ram@vuw.ac.nz

Scan the QR
code to register

Also coming up..

A week of University Sport



This September, Victoria University of Wellington will join universities worldwide in celebrating the International Day of University Sport (IDUS) 🌍, a global initiative led by the International University Sports Federation (FISU).

Celebrating its 10th anniversary 🎉 this year, IDUS highlights the role of sport and physical activity in building healthier, more connected university communities 🤝.

To mark the occasion, University Recreation will run a week of activities for students and staff, including a campus-wide challenge 🏆, an on-campus participation event, and opportunities to win prizes 🎁.

We'll be releasing more information shortly 👁️. In the meantime, register your interest [here](#), or join our [Strava event](#) to be among the first to hear what's planned!

When:
17 July 20th September –
25th September
🕒 Time TBC

Where:
📍 The Hub



UTSNZ Trials & Nationals Results



Futsal results

⚽ UTSNZ Futsal Nationals 2026

Our Men's and Women's Futsal teams recently represented Te Herenga Waka—Victoria University of Wellington at the 2026

UTSNZ National Tertiary Futsal Championships in Christchurch.

Held at Parakiore Recreation & Sports Centre, the tournament brought together tertiary futsal teams from across the country for three days of high-level competition.

Here's how our teams placed:

- 👉 Men's Team – 6th place
- 👉 Women's Team – 4th place

UTSNZ Netball Trials 🏆 Registrations open! 🏐

The trials for our last 2026 UTSNZ Team are officially locked in!

When:

Trial 1

 Sunday 6th September
🕒 5:30pm – 7:30pm

Trial 2

 Tuesday 8th September
🕒 5:30pm – 7:30pm

Where:

📍 Ākau Tangi Sports Centre



Scan to sign up ➔

GROUP EXERCISE

Warrior



Group Exercise Warrior Wrap-Up

A huge thank you to everyone who took part in this year's Group Exercise Warrior Challenge! 🥳

Over the three weeks, an impressive 51 completed stamp cards were handed in. With each card representing 4 Group Exercise classes attended, that equates to 204 Group Exercise classes attended throughout the challenge. What an awesome effort from our members! 💪

It was fantastic to see so many participants getting involved and making the most of the challenge.

A special thank you goes to our amazing Group Exercise Instructors, whose energy, encouragement, and support helped make the initiative such a success. 🍊

We would also like to extend a huge thank you to LSKD for sponsoring the challenge and providing the grand prize voucher.

Well done to all of our participants, prize winners 🏆, and everyone who challenged themselves to become a Group Exercise Warrior. We look forward to bringing the challenge back even bigger and better next year! 🚀✨

Facility Timetables & Membership Checks

July
17

Facility timetables have moved!

Looking to find out when our recreation spaces are free to use? Our facility timetables have moved from Facebook to the University Recreation website!

You can now view current bookings, scheduled activities, and availability for the following facilities:

-  Main Gym
-  Dance Room
-  Boyd Wilson Field and Arena



Use the Room filter to check availability for a specific space. If a space is free, you can drop in and use it without booking — free spaces are shown in white for the next 7 days.

👉 Check the facility timetable using the QR code, to plan your next session.

Membership checks



A reminder to please ensure you bring your membership ID card with you on every visit, as we will be conducting *random* membership checks. Your card should also have a membership sticker on the back – please see reception if it doesn't!

 Fitness Studio – We require every user to scan into the Fitness Studio (Level 4) and/or the Functional Training Room (Level 1) on each use, so that we can account for everyone that's on site; keeping all our users safe!

 Group Exercise – Please bring your card with you into the Dance Room – this will save time when we do our checks!

Staff may randomly ask members in any of these areas to present their ID card – we appreciate your cooperation and understanding with this 😊

Te Wiki o Te Reo Māori



KIA KAHA TE REO MĀORI

From Monday 14 September to Sunday 20 September, we will be celebrating Te Wiki o Te Reo Māori.

At Uni Rec, we'll be embracing the week by incorporating basic Te Reo Māori greetings and phrases into our daily interactions and encouraging everyone to give them a go.

Be sure to look out for our special Te Reo Māori fitness class too.

More info coming soon!

THANK YOU

Our friendly team is always here to support you – whether you are chasing fitness goals, looking after your well-being, or just enjoying some sunshine in between studying.

We wish you all the best for the remainder of the year.
Keep moving, stay well and don't forget to take time for yourself as the days get longer and brighter!

Thank you for the continued support of our services,

The University Recreation Team

University Recreation

+64 4 463 6614

✉ university-recreation@vuw.ac.nz

Te Herenga Waka – Victoria University
of Wellington

+64 4 472 1000 or
0800 VICTORIA (542 567)

✉ info@wgtn.ac.nz

Get in touch



Subscribe to our
online newsletter!

Want to see more from us?
Follow our socials below:



@unirec_wgtn



@unirecwellington