



2025

What's On

HEALTH
CLUB &
GYM

UNION, UNIVERSITY & SCHOOLS CLUB OF SYDNEY
60 Phillip Street, Sydney NSW 2000



BUDDY UP

for Winter

**FREE
ACCESS
FOR YOUR
PLUS-ONE**

**Warm up this winter with a
workout buddy – on us!**

Members and Health Club Only members can bring a friend absolutely free. Whether it's sweating it out in a fitness class, challenging each other on the squash court, or relaxing in the pool after a gym session – it's more fun with a friend.



**For the 3 months: June to
August 2025**

Operating Hours

WEEKDAYS

Monday – Thursday: 6:00 am to 9:00 pm

Friday: 6:00 am to 6:00 pm

WEEKENDS

8:00 am to 1:00 pm

PUBLIC HOLIDAYS - Closed

All Club members can enjoy daily access to the Health Club & Gym.
If you would like a tour, please contact Jacob to arrange an appointment.

After a Workout

3 Terrace Bar

4.00 pm – 10.00 pm

Mon - Fri

Why not unwind with a well-earned drink at the Club's fabulous new Terrace Bar on Level 3? Perfect for a relaxing beverage and a casual catch-up with colleagues after your afternoon session.



Unwind in Style



BUSINESS CENTRE NEW LOCATION

Work. Recharge. Repeat.

Discover the New Business Centre at 60 Phillip Street

If you had any reservations about the Business Centre relocating – rest assured, the move has elevated both style and convenience. Now situated within our state-of-the-art Health Club and Gym at 60 Phillip Street, the new space offers a refreshing blend of productivity and comfort.

Smart yet informal, the redesigned layout offers private work booths alongside open workspaces that frame the historic charm of Phillip Street. Whether you're diving into meetings or catching up on emails, the natural light and thoughtful design make it feel like anything but a chore.

What sets this Business Centre apart? Lounge-style seating, complimentary tea and coffee facilities – and just steps away, a world-class gym, squash court, exercise rooms and even a pool. And where else can you rock up in your tracksuit and trainers? It's like working from home – but with all the added extras. No other workspace in the city comes with perks quite like these.

Why not stop by and take a look? The new Business Centre is more than just a place to work – it's a place to thrive.

Facilities & Services

Services

- Training by qualified staff
- Individual Fitness Program tailored to meet specific needs
 - Yoga, Pilates, Spin and Boxing group fitness classes
 - Senior Fitness Classes
 - Relaxing and therapeutic massage treatments
 - Complimentary towels
- Health and protein drinks, salads and sandwiches

Facilities

- 17 metre heated swimming pool
 - Spa and sauna
- Gymnasium offering both pin-loaded weight machines and a selection of free weights
 - Group fitness classes
- 'State of the art' cardio-vascular equipment with bikes, cross-trainers, summit-trainers, treadmills and rowers
 - Two competition-grade squash courts
- Full change room facilities including showers, hairdryers, iron and ironing board
 - Spin room
 - Lockers
- Business Centre

Group Classes Schedule 2025

TIMETABLE SUBJECT TO CHANGE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------------------------|---|---------------------------------------|---|
| 7.00am IN-HOUSE & ZOOM PILATES 1 hour | | 7.00am IN-HOUSE & ZOOM PILATES 1 hour | | 7.00am IN-HOUSE & ZOOM PILATES 1 hour |
| | | 8.00am ZOOM SENIOR EXERCISE 45 mins | | 9.30 am IN-HOUSE SENIOR EXERCISE 45 mins |
| 12.00pm IN-HOUSE SPIN CYCLE 45 mins | 12.00pm IN-HOUSE BOXING 45 mins | 12.00pm IN-HOUSE SPIN CYCLE 45 mins | 12.00pm IN-HOUSE BOXING 45 mins | 12.00pm IN-HOUSE SPIN CYCLE 45 mins |
| | 1.00pm IN-HOUSE PILATES 1 hour | 1.00pm YOGA 1 hour | 1.00pm IN-HOUSE PILATES 1 hour | 12.00 pm IN-HOUSE FREE SQUASH LESSONS 1 hour |

No classes on public holidays

Meet the Trainers



**PERSONAL
Trainer**



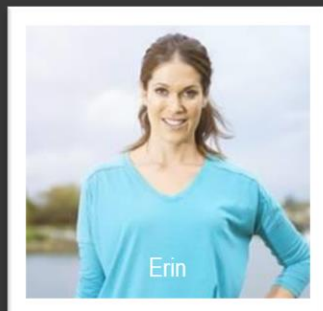
**PERSONAL
Trainer**



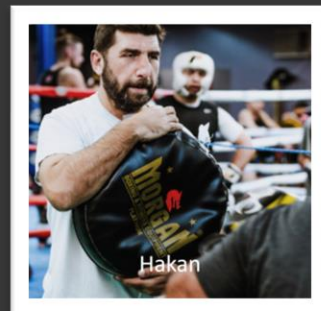
**PERSONAL
Trainer**



**PERSONAL
Trainer**



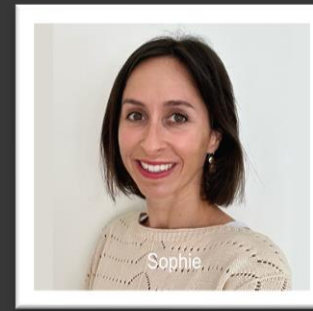
INSTRUCTOR



**INSTRUCTOR
Boxing**



**PERSONAL
Trainer**



YOGA



PILATES

Free Squash Coaching

with ex-England International Squash Player

Nick is an ex-England international squash player, representing England at 3 x European Junior Championships (winning all 3) and 2 x World Junior Championships. He was British Junior Champion, ranked number 1 in Europe, and was Top 10 in the world at all junior age groups. Upon finishing his junior career, Nick was the top recruit for Harvard University, where he attended and won a national and Ivy League title.

**NICK
HOPCROFT**



**EVERY
FRIDAY
12.00 pm to
2.00 pm**

Coaching Experience:

- 10+ years across England, USA, Australia, Germany & Holland.
- Head Coach Bondi Squash Club
- Head Women's Coach, Buckingham Brown & Nichols High School

Available to coach advanced, intermediate and beginner levels.

Please contact the Front Desk if you are interested in getting involved to improve your game.

Taking on all levels of squash players.

Contact Squash Convenor Scott Rimington: srimington@bellpotter.com.au

Winter INTER-CLUB



SNOOKER COMPETITION

Great news! We are excited to announce that we will be hosting four thrilling home matches this year in the Club's Billiards Room. On the dates listed below, visiting teams will be joining us for some intense competition.

Inter-Club Snooker Competition dates for 2025:

- Monday 2 June 2025 from 5.00 pm hosting: **Killara Golf Club**
- Monday 4 August 2025 from 5.00 pm hosting: **Royal Sydney Golf Club**
- Monday, 8 September 2025 from 5.00 pm hosting: **Killara Golf Club**

Please email any enquiries to the convenor:
Steve Thomson at smthomson175@gmail.com



MONDAY 15 September 2025, 12.15 pm

ANNUAL GOLF MATCH & BLACK TIE DINNER

UUSC v the Australian Club

St Michael's Golf Club, Little Bay



An evening with
WORLD NO. 1
Billiards player
PETER GILCHRIST

MEMBER ONLY BOOKINGS
Drinks & Canapes followed by live
demonstration

THURSDAY 4 September 2025, 6.00 pm

BILLIARDS AT THE CLUB

An evening with World No. 1 Peter Gilchrist

Master of Ceremonies: Peter Tankard



Golf Society



In 1947 members of the Royal Sydney Golf Club who were also members of the Australian Club or the union club decided to hold an annual golf match. It was organised as a team event and was followed by a dinner. At the dinner the lack of a trophy was discussed when suddenly an astute individual grabbed two of the silver serving spoons and said we will play for these. thus the 'Spoons' began and the tradition continues.

The UUSC Golf Group meets five times a year to play on some of Sydney's most prestigious golf courses. Four events are individual Stableford competitions where members compete for some of Sydney's most desired golfing trophies: The Millions Cup, University Club Golf Cup, the Haldrich Golf Cup, and the Alex McDonald Trophy. UUSC members may invite visitors to these four events, but only members can win the competition.




The year's main event is a team event against the **Australian Club** played at The Royal Sydney Golf Club for the Spoons Trophy. The Spoons Trophy has been played since 1948 and is perhaps the most hotly contested annual event between the two clubs.

Currently, over 60 members of the Club are also members of the UUSC Golf Group. There is no additional cost to join the UUSC Golf Group and members wishing to join should contact the convenor, Brett Waller with your GA number and handicap.

Convenor: Brett Waller



Tennis Group



The Club's enthusiastic group of tennis players relishes every opportunity to play socially amongst each other and in competition. The Club has a proud history of healthy tennis competition in keeping with its long tradition of inter-club sporting rivalry with the Australian Club, having played an annual match for the Aitken Trophy since 1985.

The competition is unique in that it is played in doubles teams' format and on grass at Royal Sydney Golf Club. There are very few grass courts remaining in Sydney, and the Royal Sydney courts are considered the finest. Since its inception, the Aitken Trophy has been won by the Australian Club 18 times and by the Union Club 13 times. We are the current holders of the trophy. Each Club takes turns in hosting the black-tie dinner afterward, at which the trophy is presented to the winning club.

All Members interested in either social or competitive tennis are encouraged to join the UUSC Tennis Society for monthly social tennis at Royal Sydney Golf Club and the Aitken Trophy in November each year.

Convenor: Hugo Loneragan



Ski Team



As the UUSC Ski Team knows Race Week falls in the second week of August. That is the focal point for the team with races nearly every day in Perisher and Charlotte Pass. Club racers have participated actively in these events for the past 25 years with plenty of silverware to be won.

The Club Skiing Trophies can be seen in the Health Club as you come out of the lift. Hotly contested from 'Rookie of the Year' all the way through to the highly prestigious 'Seaman Cup'. All the trophies bristle with history and winners are presented with their trophies at the annual end-of-season Skiers Lunch & Trophy Presentation. This will go ahead when the Club Dining Room reopens but without the silverware!

It will be a time to plan our next season, review the past season.
Stay tuned for the Ski Team Lunch in the MDR.

Ski Team Coach Andrew Horsley

Squash



- Two modern competition squash courts in Sydney CBD
- Regular games between members
- Internal competitions
- Inter-club competitions, including the City Houses Squash Racquets Association (CHSRA) Competition

The UUSC has an active list of squash players, up to ~ 40 + people, that play regularly during the week, including a social round robin every Monday ~ 12-130pm where anyone can attend. If you want to get involved for a regular hit during the week, please contact Scott Rimington on mobile at 0403827599. We also communicate via WhatsApp, coordinating games most lunchtimes between members.

A good source of information is the new squash board behind the glass backcourt, which includes details on our internal ladder competition.

The UUSC enters a corporate squash competition, “City Houses,” every year. The season usually runs from May to September each year.

With great competition, you get some exercise and also socialise.

Convenor: Scott Rimington

Rod Fishing

First Thursday of the Month

The UUSC enjoys a special connection with the NSW Rod Fishers' Society – formed in 1904. The oldest fly-fishing group in Australia meets the first Thursday of the month at the Club for a talk and lunch, offering training and fishing trips



HISTORY

Beginning in 1933 the Society lobbied the NSW Parliament for the introduction of new fisheries legislation, including trout licences and local acclimatisation societies and was successful in 1936 with the establishment of local acclimatisation societies. In 1938 a contest was held to celebrate the 150th Anniversary of Australia, during which the world's heaviest fish on rod and reel to that date was caught, one member landed two and a half tons of fish and another, Anthony Hordern, caught eight marlin and eight sharks.

The Society was instrumental in the formation of big game angling clubs along the coast of NSW. The Vaucluse Council handed the control of the Watson's Bay Weighing Station to the Society from 1939 until 1960. In 1961 with big game angling firmly established, the Society handed over control to the many active clubs in NSW and reverted to its traditions of fly fishing for trout.

Fly-tying remains a continuing interest to members. The 'Bredbo', a fly adopted by the Society as its motif, was designed by members, Dr R. Brady and C. R. Burnside in 1896, and was the first Australian-designed trout fly.

Convenor: Peter Pengilley