

Introduction

The Recreation and Events Complex (REC) in Saigon South campus provides RMIT students with world-class sports facilities as well as a variety of fitness and recreation programs that promote physical wellness, social connection, healthy and well-balanced lifestyle.

The REC is open to all RMIT students, staff and registered alumni.



Social sports & Fitness programs

We offer a wide range of social sports and fitness programs that promote a healthy lifestyle, foster social connections, teamwork, leadership, skill development, multi-cultural immersion and fun.

RECREATION & EVENTS COMPLEX (REC)

Indoor Facilities

- A 200 sqm Fitness Centre
- A 1,250 sqm multi-purpose sports hall caters for Basketball, Badminton, Volleyball, Futsal, Martial Arts, student activities and University-wide events
- Music room (West Flemington room)
- A multi-purpose room (East Flemington room) supports instructional activities, e.g., Music, Dance, Yoga, Meditation, fitness classes
- The Functional Training area at South REC lobby
- Table tennis area at North REC lobby
- Changing rooms with showers and day-use lockers
- International SOS clinic

Outdoor Facilities

- Two (2) sports fields can accommodate for Football, Baseball, Ultimate Frisbee, American Flag Football, Rugby, Australian-ruled Football (Footy), Field Hockey and Cricket
- Three (3) tennis courts
- One (1) combined basketball / volleyball court



OPERATIONAL HOURS

- Monday - Friday: 7am - 9pm
- Saturday & Sunday: 9am - 5pm
- Public holidays: Closed

