



MAARENA

Manipal Indoor Sports Arena

About the complex

Manipal University's Sports Complex named 'MARENA' is an exciting one with state-of-the-art facilities made to cater to the recreational and fitness needs of students and staff. The idea of a complex such as this stemmed from the fact that Manipal is totally drenched for about six months during monsoons, frustrating sports enthusiasts and the fitness freaks.



The complex is a marvel to behold from outside. And inside, the world of amazing facilities instantly transports a visitor to a sports wonderland. Manipal University never hesitates to create facilities and never compromises on quality. Marena with its uniqueness fully justifies that, as do the academic facilities on the campus.

What makes this complex different from the others, anywhere in the country, and perhaps internationally too, is that it is all under one roof, literally. Only the two floodlit tennis courts are open to the skies. But as both have synthetic surfaces, they can be used whenever pouring rain takes a break.



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General Information

The complex is open for students and staff right from 5.30 am till 9 pm and all 365 days, except national holidays when it is open only till noon.

There is membership fee for use of the gym, sauna and steam baths, the simulation games and cricket-bowling machine. The rest of the facilities can be used without fee. However, the university combo card is necessary to enter the complex and various facilities.

Proper kit is mandatory. The footwear in particular has to be of the non-marking kind. It is also recommended that none should enter the playing area with footwear worn outside the complex.

Facilities



Facilities in the complex include a gymnasium, a synthetic jogging track, separate locker rooms for boys and girls with sauna and steam baths, four squash courts, a basketball court with NBA specifics, five badminton courts, a playing area for futsal (five-a-side soccer), a cricket bowling machine and five enclosures for simulation games.

The complex has a built-up area of about 1,42,042 square feet and sits in a valley. The building has six storeys with the entrance to the complex being at ground floor level "0". The entire complex is air-conditioned. Parking is at the basement.

Fourteen LCD televisions have been provided in the complex, which also has music playing at all levels from morning till night.

Floor Plans

Entry Level “0”

Here's where the showpiece of the complex -- the gymnasium is situated. It has a wide variety of top-of-the-line equipment for the best possible workout. With about 200 different equipments, there is less time wasted waiting around. That means, more workouts in quick time.

At this level is the lobby; the cafeteria and a shop with sports wear for the benefit of the users. From the cafeteria, the distant view of Western Ghats is magnificent.



The gym itself has separate areas for cardiovascular equipment, weights, strength training etc. There are also flexibility machines and kinesis. Kinesis is the latest in gyms as it is very useful to improve stability, strength and flexibility. The machine can be used to perform hundreds of exercises and is useful to train specific muscles for specific games.

The cardio section has 14 treadmills, steppers, bikes etc. All the machines have heart rate monitoring, time, distance, calories, speed, incline etc. with a Techno Gym System (TGS) key reader.

The TGS key reader is a smart key, which enables data of individuals to be stored and transferred without wiring each equipment. It welcomes the user to the selected equipment and automatically starts the exercise programme. What the key actually does is to guide the user through each exercise in their training schedule.

Plus 1 Level

Just above the gym and running around it is a 200- metre jogging track with a rubberized surface imported from Malaysia. It is 4 metres wide. This is the only facility on the +1 level. The rest are down.



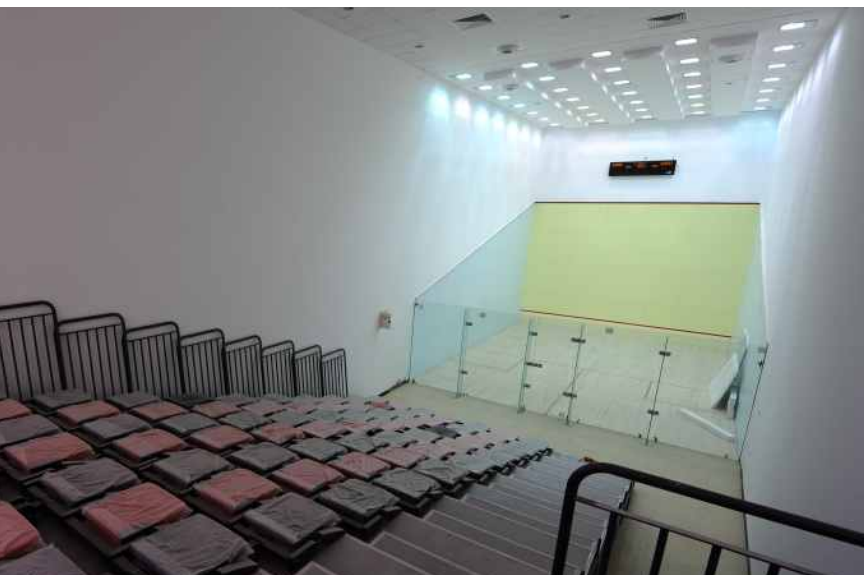
Minus 1 Level

The floor has locker rooms, separate for men and women. There are about 650 lockers each for both. And inside both locker rooms there is provision for steam and sauna baths. The sauna is made of western red cedar wood got from California, USA.

The viewing gallery for squash courts is also on this level.



Minus 2 Level



Four squash courts are present on this floor. Three of the courts are meant for practice and the fourth for championships. The one meant for competitions has retractable telescopic seating system imported from South Korea. There are about 100 chairs in all. The competition court has slightly different wall panels and the lights provided are different too.

The squash courts are at one end of the corridor and at the other is the gallery for the basketball court that looks down on the court from a great height. Therefore, viewing is a pleasure. The gallery can accommodate an audience of about 650. The black and red chairs are imported from South Korea. There is also provision to put up television cameras.

Minus 3 Level

The basketball court with its wooden flooring and magnificent lights along with the backboards and the seating gallery present a glorious sight. There is an electronic scoreboard and chairs similar to the ones in the gallery for teams and officials. The flooring is made of maple wood.



This floor also has five badminton courts with maple flooring imported from the US. Here too, there are electronic scoring systems and manually operated telescopic seating system to accommodate two rows of spectators. Basically, the courts are meant for the purpose of practice.

Minus 4 Level

This level caters to table tennis enthusiasts. There are four tables. The rest of the area is for services

Minus 5 Level

Another interesting level, with a synthetic turf for Futsal (five-a-side-football) and a cricket-bowling machine, this floor has outdoor games brought indoors. The grass for Futsal turf is brought from Holland. It is of international standard. The grass is filled with sand and rubber granules.

The cricket-bowling machine is good for batting practice. As the ball can be bowled to a batsman at any speed, it is good for both pace and spin bowling. Every delivery can be different giving the batsman a variety of deliveries to play.

The simulation games are in here as well. It is virtual game here in the five cubicles. One can play golf on a number of courses, with all the challenges and hazards intact. The main difference of playing on a regular course and the virtual one is that the long walk is absent in the latter.

There are other games like, basketball, rugby, baseball and football also.



Minus 6 Level



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MANIPAL
UNIVERSITY

Marena-Manipal Indoor Sports Arena

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