



Welcome to the first edition of our new Member Newsletter.

Let us help you get the most out of your membership experience by keeping you informed about recreation services here at the University of Manitoba. In our newsletter you can expect to find updates, announcements and articles that will assist you in your pursuit of active, healthy living. We trust you will find the information in this edition, and future editions to come, helpful in this pursuit.

Active Living for Life!

Sincerely - *Membership Services Team*

WHAT'S NEW

Family Swim Day - Coming Soon!

We are excited to announce the addition of Family Swim day to our pool schedule. Family Swim will run on the second Saturday of each month from 2:30pm to 4:30pm from September to April. The feature attraction of Family Swim Day is Nelson, our inflatable crocodile who comes complete with slide and obstacle course!



Family swim is open to all members and non-members. Children 14 years and younger will be admitted for **FREE** when accompanied by a paying adult. The first Family Swim Day will take place on January 14, 2012. Mark it on your calendars!

Table Tennis Now Available at Max Bell

We are pleased to announce that Table Tennis is now available at the Max Bell Centre! We recently acquired four Europa 25 tables by Butterfly. The Europa 25 was the official table of the 2011 U.S. Open and U.S. National table tennis championships.



You can book a table 48 hours in advance by calling the Max Bell customer service desk at 474.8634. Balls and paddles are available.

Youth Day Pass

We are pleased to introduce the Youth Day Pass for ages 14 and under. The Youth Day Pass is only \$5 and provides access to all recreation facilities when accompanied by an adult. Children 5 and under are always FREE!

MEMBER'S CORNER

NIRSA Health & Wellness Passport Program

Travelling and worried about missing your regular workout? We can help! Bison Recreation Services is a participating member of the National Intramural-Recreational Sports Association's (NIRSA) Health & Wellness Passport Program. The program allows *faculty* and *staff* members of Bison Recreation Services to use, at no cost, the recreation facilities at participating post secondary institutions across North America. Students also qualify if they are NIRSA members. For more information and for a list of participating schools, please visit NIRSA.org/passport or contact Jared Ladobruk at 474.9210.

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Recreation Services Holiday Hours

Bison Recreation Services at the Fort Garry Campus will close from **December 23, 2011 to January 2, 2012** for the University's Holiday Break. Normal hours will resume on January 3, 2012.

The Joe Doupe Centre at our Bannatyne Campus will remain open on a reduced holiday schedule. Please note that all Fort Garry members can also access the Joe Doupe Centre.

Joe Doupe Holiday Hours:

Dec 23: 630am-7pm

Dec 24-26: CLOSED

Dec 27: 900am-7pm

Dec 28: 900am-7pm

Dec 29: 900am-7pm

Dec 30: 900am-7pm

Dec 31: CLOSED

Jan 1: CLOSED

Jan 2: 9am-7pm

Jan 3: Normal hours resume



MEMBER'S CORNER continued...

Preferred Member Pricing

We offer preferred member pricing on all sport balls & accessories. We carry a complete line of premium balls from Wilson Sports including squash, racquetball, and badminton at our Frank Kennedy Centre Customer Service desk. At our Max Bell Centre, we carry Wilson tennis balls in addition to sock and stick tape, skate laces and pucks. We also carry a variety of convenience items including soap, shampoo, razors and deodorant. Please note that selection will vary by location.

Change to Towel Service

We have recently changed our towel service exchange procedure at our Fort Garry customer service desk. The new procedure now requires our members to exchange their member card for a towel and the card is then returned when the towel is brought back. A sticker is also being added to the member card that verifies towel service with our customer service staff. The blue tokens we have previously used will be phased out over the next few months.

We understand this new process may cause an inconvenience to our members. However, a recent audit of our current procedure revealed this switch was necessary to ensure we can continue to provide this service at a reasonable price. Your patience with this transition is greatly appreciated.

DID YOU KNOW?

Advanced Court Bookings (Members Only!)

Did you know that as a member you can book one of our table tennis tables, squash, racquetball or tennis courts **48 hours** in advance? To reserve a squash or racquetball court, please call the Frank Kennedy customer service desk at 474.6100. Tennis courts and table tennis tables can be booked by calling the Max Bell customer service desk at 474.8634.

We're MORE than just the Gritty Grotto!

Are you looking for a change to your routine? Want to shake things up by trying a new sport or activity? If so, you need to check out some of the great fitness and recreation facilities and programming that we have right here on campus! The following (in addition to the Grotto) are available at our Fort Garry Campus location:

- Saltwater pool with both lane swimming and a dive area
- 5 squash courts & 5 racquetball courts (3 courts are equipped for walleyball)
- Climbing wall
- Circuit Training Studio & Cycling Studio
- Complimentary group fitness classes (30+ classes/week during the fall and winter)
- 3 multi-use gymnasiums available for basketball, volleyball and badminton
- An indoor field house available for tennis, soccer and football
- Table tennis
- 200 meter indoor track
- Ice rink
- Combatives Studio (for martial arts programming i.e. Judo, Tae Kwon Do, Kung Fu)
- Dance and Wellness studios (for Yoga, Pilates, Bosu, Kick Aerobics etc.)
- Over 300 Adult Fitness, Health and Training & Certification Programs offered every year!

If you been meaning to try a new sport or activity but you've been putting it off because you don't have the right gear, we can help! We have a great selection of sports and recreation equipment that you can sign out at any one of our three customer service desks.

FREE WEEK!

Join us January 9-13th, 2012 for our **Open House!** All members can try one of our fitness and wellness programs for **FREE** all week long! Our member facilities will also be open so bring a family member, friend or your neighbor!

Please visit our website for our complete **FREE WEEK** schedule.



Professional Fitness Services

Bison Recreation Services employs a team of fully certified Fitness Testing & Personal Training Professionals that are dedicated to helping you improve your physical fitness and health.

For a complete schedule of our assessment and training services, please visit our website or contact our Fitness Testing & Personal Training Coordinator at **474.7976**.

bisonactiveliving.ca/personaltraining