



**University
of Manitoba**

RECREATION SERVICES MEMBERSHIP HANDBOOK



Be Active. Live Better.

Table of Contents

Welcome.....3

General Information4

Membership Features & Benefits.....7

Group Fitness Schedule (Fort Garry).....8

Week-at-a-glance Program Calendar (Bannatyne)9

Additional Features & Services 11

Personal Training Information 12

Athletic Therapy 13

Membership Facilities & You..... 15

Membership Terms & Conditions of Use 17

LOCATIONS & HOURS OF OPERATION

Active Living Centre
430 University Crescent &
Frank Kennedy Centre
420 University Crescent
T: 204.474.6100
Fax: 204.474.7503
Monday-Friday: 6:00am-10:00pm
Saturday: 8:00am-8:00pm
Sunday: 8:00am-8:00pm

Max Bell Centre
(including Wayne Fleming Arena and James Daley Fieldhouse)
109 Sidney Smith Street
T: 204.474.8634
Monday-Sunday: 6:30am-11:30pm
(Hours vary depending on time of year)

Investors Group Athletic Centre
75 Sidney Smith Street
For hours of operation: 204.474.7131

FACILITY RENTALS

Many of our recreation facilities can be rented for private use. Please contact the Scheduling Coordinator at 204.474.6495 for more information.



WE'RE MOBILE

Being active just got easier.

The Recreation Services mobile app can help to maximize your opportunities for being active by providing convenient access to our schedules and information whenever and wherever you need it.

Learn more or download for FREE: uofmactiveliving.ca



- Up-to-date schedules
- Event reminders
- Alerts & notifications
- Social media
- News & events
- General information

Welcome to Recreation Services at the University of Manitoba



I extend a warm welcome to all of our Recreation Services clients. We are proud to offer an exciting and enriching slate of sport, fitness and leisure programs at the University of Manitoba. We are exceedingly proud of our new Active Living Centre. The beautiful facility that opened in the winter 2015 is a perfect compliment to the outstanding leagues, classes and fitness programs that we have offered for years. Our goal is to serve a wide range of clients including students, staff, alumni and members of the community. Recreation Services is guided by the values of accessibility, diversity, integrity and respect. We offer programs and services for clients of all ages, abilities and social and cultural backgrounds.

I believe that health and well-being is a fundamental human right and that the University of Manitoba plays a significant role in ensuring that sport and physical activity is accessible and enjoyable. Too often we think of sport and physical activity as a means to an end. That is, exercise contributes to better health and a longer life. While this is true, I also believe that sport and physical activity helps us explore our humanity through movement. When we choose to play a game of floor hockey, swim in the Joyce Fromson pool, or lift weights in the Active Living Centre, we use our muscles and limbs in unusual “poetic” ways. We learn about our human potential to compete, how to move when the forces of gravity are altered in water, and how to test the limits of our strength with free weights. These are just “everyday” experiences. They are poetic.

I hope that Recreation Services and the Faculty of Kinesiology and Recreation Management are able to offer you access to activity that enrich life health and sense of well-being.

Sincerely,

DR. DOUGLAS BROWN

Dean, Faculty of Kinesiology and Recreation Management

STAY CONNECTED WITH RECREATION SERVICES



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youtube.com/uofmrecservices



instagram.com/uofmrecservices



Mobile App. Get it at the App Store or Google Play Store



Parking

Fort Garry campus: Parking in U and X Lot is free until 8:00am on weekdays. Parking after 4:30pm, on weekends, and holidays is free except where otherwise posted. Pay and Display lots and the University Parkade accept both coin and credit cards. "SD Lot" and "SD Lot West" offer full day parking at \$6/day.

Bannatyne campus: Pay parking is available in "H Lot" on McDermot Ave. by Tecumseh Street. Rates between 6:00am and 6:00pm are \$4/first hour and \$2/each additional hour with a \$12/day maximum. Evening and weekends are available at a flat rate of \$6.

**Please note that parking rates and availability are subject to change without notice.*

Transit Information

Fort Garry campus: Buses 36, 60, 72, 75, 76, 78, 160, 161, 162, 170, and 185 stop outside or near the Frank Kennedy Centre and Active Living Centre and travel to and from the University.

Bannatyne campus: Buses 12 and 33 stop on William Avenue, Bus 29 stops on Sherbrooke Street by the Health Sciences Centre. Route 36 travels between the Fort Garry and Bannatyne campuses. Shuttle #38 operates between both campus locations.

Customer Service Desk

The customer service desks in the Active Living Centre and the Joe Doupe Recreation Centre are staffed during all operating hours ensuring you have access to help when you need it. We can also help you with program and intramural registration, equipment rental and provide you with gym, fitness class and pool schedules. Please call upon us anytime for assistance.

Membership Expiry and Renewals

We require all members to complete a waiver, therefore renewals are only available in-person. If you would like to know when your membership will expire, please talk to our customer service staff.

All student memberships expire at the end of the semester, for example, if you have a student membership in the fall term your membership will expire December 31st.

If you currently subscribe to locker and/or towel service, please note this service will expire on the same day as your membership. If you choose to renew your locker and/or towel service, you must renew on or before your locker/towel service expiration date.

If you would like to receive advance notice for your membership and locker/towel services expiry, please leave your email address with our customer service desk. We will contact you approximately one week prior to your membership expiry with a renewal reminder.

Change in Personal Information

Please let us know if you change your mailing address, emergency contact information, phone number or email address.

Partner and Dependent Memberships

As a member, your partner and/or dependent (age 6 to 14) qualify for a reduced rate for membership. A partner or dependent pass can be purchased at any time during the active term of your membership. Partner and dependant memberships are prorated to expire on the same date as the primary membership holder.

Lost and Found

If you have lost or found an item, please inquire about the item at one of our customer service desk locations.

For Your Safety

Automated External Defibrillators (AED)

For your safety, our facilities are equipped with Automated External Defibrillators (AED). AEDs are located in the Active Living Centre, Frank Kennedy Centre, Max Bell Centre, Joe Doupe Centre and in Investors Group Athletic Centre. Please alert a staff member to activate emergency medical services (555 from a university phone or #555 from a cell phone) before using an AED.

Security Services

In the event of an emergency, please contact the University's Security Services office 24 hours a day, 7 days a week by dialing #555 from any MTS or Rogers Cell phone, 555 from any university line or by dialing 204.474.9341. For all non-urgent calls, please contact 204.474.9312 (Fort Garry campus) or 204.789.3330 (Bannatyne campus).

The campus Safewalk Program is available to escort an individual from one campus location to another 24 hours a day, 7 days a week. To reach the Safewalk office, contact 204.474.9312.

Emergency telephone stations (Code Blue Poles) are situated in various key locations across both campus locations. The stations provide instant communication to Campus Security in the event of an emergency.

Accessibility

The Active Living Centre is 100% accessible; the facility meets or exceeds the standards for accessible design as per guidelines set forth in the 2010 City of Winnipeg Accessibility Design Standards and is now officially LEED Certified.

Additionally the Joyce Fromson pool has a lift for individuals requiring assistance to enter and exit the pool. The Frank Kennedy Centre change rooms have also been re-designed making them more accessible.

Event Day Information

Investors Group Field – home to the University of Manitoba Bisons Football Team and the Winnipeg Blue Bombers – brings many visitors and fans to campus each year with an excitement and energy that is electrifying.

What This Means to You

When an event is scheduled that is expected to attract more than 15,000 attendees, an Event Day Plan goes into effect to help direct visitors to campus and alleviate some of the extra congestion that is expected on event days. As a Recreation Services member you should know that these changes will likely affect a small number of days throughout the fall, but it is important that our patrons are aware and well informed. Please visit umanitoba.ca/eventday for all up to date information or download the new Recreation Services mobile app to get all of our information whenever and wherever you need it, including all Investors Group Field event day notices.

Get the FREE app today on the App Store, Google Play store or at uofmactiveliving.ca.





MEMBERSHIP FEATURES & BENEFITS

Facilities

Recreation Services has over 1 million square feet of space devoted to fitness, recreation and sport! With two campus locations housing four facilities, we have more options for our members than any other facility in the province! Your membership gives you access to the following services and amenities:



Active Living Centre (Fort Garry campus):

- Over 1,000 pieces of free weights and accessories
- 160 pieces of cardio equipment
- 64 pieces of resistance equipment
- 49 pieces of strength equipment
- 200-metre elevated running track
- On-site certified fitness attendants
- Rental sports equipment
- Group fitness classes



Frank Kennedy Centre (Fort Garry campus):

- Six lane saltwater pool with dive area
- Three multi-use gymnasiums
- Four squash and five racquetball courts
- Cycling, Circuit Training & Wellness Studios
- Locker rooms with shower and sauna



Max Bell Centre (Fort Garry campus):

- Three indoor tennis courts
- 200-meter indoor track
- Multi-use indoor field
- Ice rink
- Table tennis



Joe Doupe Centre (Bannatyne campus):

- Fitness centre
- Indoor track
- Multi-use gymnasium
- Group fitness classes
- Locker and shower facilities
- Rental sports equipment

Group Fitness Classes

One of the more popular features of membership is our FREE group fitness classes! Our classes vary in both activity and intensity providing our members with a number of different challenges to choose from. To make sure you're getting a quality workout, all instructors are certified through the Manitoba Fitness Council (MFC). Classes are drop-in only. All skill levels are welcome!

To view our current group fitness schedules, visit uofmactiveliving.ca or download the Recreation Services Mobile app on the App or Google Play store.

(SAMPLE SCHEDULE) GROUP FITNESS CLASS SCHEDULE

Dance Studio, Wellness Studio, Circuit Training Studio and Cycling Studio – 2nd & 3rd floor Frank Kennedy Centre, Multi-Purpose Studios - 2nd floor Active Living Centre

FORT GARRY CAMPUS

*60 min class | **30 min class | All other classes 45 mins

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 AM	Cycle Xpress	*Body Fusion	(7 AM) Powerhouse	Aqua Boot Camp (Deep H2O) (7 AM) HIIT Circuit	(7 AM) Body Fusion		
9 AM						Cycle Xpress	*(8:45 AM) Body Fusion
9:50 AM						Power Circuit	HIIT Circuit
10:45 AM						**Cycle Xpress	**Abs & Glutes
11:30 AM	Cycle Xpress	**BOSU Core	**TRX Combo	**Active Stretch	**Abs & Glutes	(11:20 AM) Ultimate Tabata	(11:20 AM) Cycle Xpress
12:05 PM	Reebok Step Hard Core Fusion Power Circuit Tabata	Powerhouse Cardio Interval Cycle Xpress	Ultimate Tabata Body Fusion Cycle Xpress	Powerhouse Cardio Jam Cycle Xpress	Reebok Step Body Fusion Cycle Xpress		
1 PM	Cardio Jam TRX Combo	HIIT Circuit	Mindful Meditation Cardio Jam	Asana Cardio Fusion Cycle Xpress	Ultimate Tabata		
4:45 PM	Aqua Boot Camp (Deep H2O)		Aqua Interval (Deep H2O)		Power Circuit Tabata		
5 PM	*Powerhouse	*Ultimate Tabata *Cycle Xpress	*Powerhouse	Reebok Step Power Circuit			
6:10 PM	**Cardio Interval	**Active Stretch	**Hard Core Fusion	** (5:55 PM) Abs & Glutes			
7 PM	Ultimate Tabata	Powerhouse	Asana Cardio Fusion	Cycle Xpress			
7:35 PM	Aqua Interval (Shallow H2O)						

Class dates and times subject to change – download our mobile app for up-to-date schedules.



SAMPLE SCHEDULE – JOE DOUPE RECREATION CENTRE, BANNATYNE CAMPUS										
TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO
6:00 AM					Cardio Core Condition Camp					
7:00 AM										
7:30 AM										
12:00 PM	Fitness Class	Pilates	Fitness Class		Fitness Class	Hatha Yoga	Muscle Class	Pilates/ Zenga	Fitness Class	
12:30 PM										
1:00 PM	Fitness Class		TRX Combo						Fitness Class	Fitness Class
1:30 PM										
4:30 PM	Fitness Class	Yin Yoga	TRX Combo		Fitness Class		Fitness Class			
5:00 PM										
5:30 PM										
6:00 PM	Self Defence									
6:30 PM	Intramurals 6:45-9:45	Self Defence	Intramurals 5:45-8:45		Intramurals 5:45-8:45		Intramurals 5:45-8:45			
7:00 PM										
7:30 PM										

NEW! Member Exclusive Pricing

All Members receive up to 20% off Recreation Services programs and all Personal Training and Assessment services. Members can also bring a guest at a discounted day pass rate of \$10. Regular price is \$13.

Informal Recreation

We offer over 800 hours per week of open gym, court, ice rink, circuit training and pool time for informal drop-in recreation. Pick-up basketball, squash, racquetball, tennis, badminton, lane swimming and ice hockey are just some of the activities that you can try during a time that fits your schedule. Our drop-in schedules are available on our mobile app and at uofmactiveliving.ca.

Certified Fitness Attendants

Need a little direction or motivation to get started? Then talk to one of your Fitness Attendants today! Fitness Attendants are stationed in our fitness centre to ensure a safe and respectable exercise environment for our members. Fitness Attendants strive to inspire and educate our members about the benefits of adopting an active and healthy lifestyle.

Fitness Attendants are certified by the Manitoba Fitness Council/Canadian So-

ciety for Exercise Physiology and are equipped with CPR/First-Aid/AED training.

Strong Start Program

Receive a FREE Strong Start consultation that includes an Active Living Centre orientation, information on group fitness classes and tips on how to stick with your program! Visit the fitness attendant desk on the 3rd floor of the Active Living Centre for your Strong Start today!

Fitness Challenges (Active Living Centre)

If you are looking to challenge yourself and potentially win some great Recreation Services prizes, be sure to ask the fitness attendants about our fitness challenges which take place periodically throughout the year.

Equipment

Members can access a variety of recreation equipment at no charge including basketballs, volleyball/walleyball sets, badminton nets and table tennis equipment. Court sport racquets are available as a paid rental.

Day-Use Lockers

Day-use lockers are available at no charge. Users may provide their own lock or rent a lock from the customer service desk. Day-use lockers are emptied at the end of the business day and contents are held for 30 days.

Complimentary WiFi

Complimentary WiFi service is available in all Recreation Services facilities including the Active Living Centre Agora. If you do not have a UM student or staff account please log in under "UM Guest" service on your device.

Membership Freeze/Medical Extension

For a one time monthly fee of \$15, you can freeze your membership twice per 12 month term for a combined total of 3 months (freezes are not available to members with 4 or 8 month membership terms). We do require that you complete a membership freeze application form in person. Medical/Maternal extensions are also available, at no charge, when you provide written notification from your physician. A note from a medical doctor is required within 30 days of the patient assessment to qualify.

Upgrade & Save

Wished you had purchased a longer term to take advantage of our great membership rates? Upgrade your current membership (within 30 days of the original purchase date) and pay only the difference!



Locker & Towel Service

Locker and towel service is available for purchase at any time during your membership term. Upon purchasing locker service, be sure to remove the Recreation Services provided lock from the locker, return it to the customer service desk, and secure the locker with your own personal lock. Don't have a lock? No sweat! Locks are available for purchase at the customer service desk.

Lifestyle Membership

Are you getting ready to graduate? Worried about getting a job and keeping up with your bills? Let Recreation Services help alleviate some of your stress. Purchase a Lifestyle membership before you graduate.

Adult Programs

Recreation Services is committed to providing a wide variety of programs to meet all of your active living needs. We offer Aging Actively, Aquatics, Climbing, Dance, Group Fitness, Health Promotion, Martial Arts, Recreation and Wellness programming all year long! We also provide a full complement of Certification & Training programs including first aid and CPR. There are endless options to keep you active with programs starting in January, April, July and September. Visit our website for a complete listing of all programming including descriptions and pricing. Online registration is also available.



Personal Training & Assessments

Recreation Services provides the highest quality of personal training, counselling and fitness assessments. Our comprehensive services will assist you in defining your current state of fitness, improving on areas of weakness and enhancing areas of strength. A safe, effective and individualized program

can be developed according to your needs, interests and goals. Monitoring your fitness level provides an excellent motivator to keep you on track.

Services

All Inclusive Packages: the best bang for your buck-includes a selection of fitness assessments and personal training services in one package.

Assessment Only Packages: packages ranging from healthy fitness and life-style assessments to performance based assessments and body composition analysis.

Personal Training Only Packages: packages include 1 , 3, 6, and 12 sessions.

Discounts Available

We recognize that as a member you already devote valuable time and resources to being active with Recreation Services and we want to reward you for your dedication. All members will receive 20% off all personal training and assessment services. For our complete rate schedule for all our personal training & assessment services please visit that section of our website at uofmactiveliving.ca.

Book your Appointment

Registrations for personal training and assessments are accepted in person, or by mail/fax only. You can download the registration forms and appropriate consent forms online at uofmactiveliving.ca or complete at the customer service desk in the Active Living Centre or Joe Doupe Centre.

**We require 24 hours notice for any cancellations or changes to appointments otherwise there will be a \$20 charge. Personal / group training / instructing is prohibited by any individuals not employed as a Recreation Services Certified Personal Trainer.*





REC Clubs

If you're a student, staff, or alumni that enjoys activities through participation and competition, consider joining a REC Club. There are a variety of clubs currently operating including Badminton, Basketball, Climbing, Soccer, Table Tennis, Ultimate, Rugby, Tennis, Synchronized Skating, Wrestling, and Volleyball. New club proposals are always welcome.



Intramural Sports

If you are a student, staff, or faculty member, you qualify to compete in our Intramural Program. The Intramural Program provides UM students, staff and faculty the opportunity to compete in a variety of organized sports. With a variety of sports available, there is something for everyone. All skills levels are welcome!



Starting Block Café

The Starting Block café is the newest addition to the Active Living Centre Agora and is the perfect place for you to start your day or a great choice for lunch or dinner. Healthy menu options will be available daily.



Convenience Shop

Forgot your shampoo? Lost your racquetball? Tear a skate lace? No problem. Our customer service desks carry a full complement of court/table tennis balls, badminton birdies, skate laces, hockey pucks, swim goggles and swim caps in addition to a variety of toiletry items. Item availability may vary by location.



You've purchased a membership...now what do you do? With so many fitness and recreation options to choose from, it can be a little overwhelming trying to get started. That's why we have provided you with the following information so you can familiarize yourself with the many different spaces and equipment that are now available to you. If you have any questions, please do not hesitate to talk to one of your customer service staff or fitness attendants. Enjoy.

General Facilities Etiquette

- Please report any injuries immediately to a Fitness Attendant or Customer Service Representative.
- Food and beverages are not permitted (only plastic or metal water bottles are allowed).
- Outdoor footwear is permitted only in the locker room areas.
- All footwear must have non-marking soles.
- Proper athletic/training attire is mandatory at all times when using the facilities. We reserve the right to determine what defines generally accepted, appropriate footwear and attire.
- Children 14 and under must be accompanied by an adult at all times.
- Fitness Attendants and Customer Services personnel reserve the right to request member ID at any time.
- Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.

Active Living Centre Fitness Floor and Track (Fort Garry campus)

- ALC Track 8 laps=1 mile; 5 laps=1 kilometre
- Please look both ways when crossing the track.
- The track permits two-way traffic. Maximum two people wide when using track.
- Closed toe shoes must be worn at all times.
- Please do not place weights on stretching mats.
- Use of chalk is not permitted.
- If you are unfamiliar with any piece of equipment/machine, please consult a fitness attendant for assistance.

Cardiovascular Equipment

- Always read instructions before use.
- If at any time you become dizzy or short of breath while using the equipment, immediately cease your workout and consult a fitness attendant for assistance.
- Equipment is available on a first-come, first-served basis.
- Please limit your use to 30 minutes when area is busy.
- Please use the provided sanitizing wipes to clean equipment after use.

Weight Equipment

- Please do not drop weights.
- When using weight resistance equipment, please lower and raise plates carefully.
- When finished please replace dumbbells and plates on appropriate racks.
- Use a spotter when necessary.
- Please be courteous and let others use the equipment when you are between sets.

James Daly Fieldhouse Track at the Max Bell Centre (Fort Garry campus)

- 8 laps=1 mile; 5 laps=1 kilometre.
- Metal spikes are permitted to a maximum length of 3/8".
- Two-way traffic is allowed.

Joe Doupe Track (Bannatyne campus)

- 16 laps=1 mile; 10 laps=1 kilometer.
- Odd day of month track traffic moves counter clockwise; even day of month traffic moves clockwise.
- Track is available for both walkers and joggers.

Group Fitness Classes

- All group fitness classes included with membership are drop-in only. Registration is not required.
- Try as many classes as you can to find the one that benefits you the most.
- Class schedules are available on our mobile app and website.

Courts (Fort Garry campus)

- To guarantee space, it is recommended to book a court through the customer service desk.
- Court availability is subject to change.
- Protective eyewear is suggested for racquetball and squash courts.

Joyce Fromson Pool (Fort Garry campus)

- Please shower before entering the pool area.
- Street shoes are not permitted on the pool deck area.
- Children ages 14 and under must be accompanied by a guardian in the pool/pool area at all times.

Locker Rooms

- Videos and/or photos while inside the locker areas are strictly prohibited.
- Please do not use the sauna if you feel ill.
- During pregnancy, women are not advised to use the sauna room.
- Children 14 and under are not permitted to use the sauna unless accompanied by an adult.
- Appropriate attire while using the sauna is required (e.g. bathing suit, towel.)



MEMBERSHIP TERMS & CONDITIONS OF USE

Access

Your member ID card is required to access the facilities. Please visit or contact our Customer Service Desk if you forgot, lost or misplaced your member card.

Lost or Stolen Cards

Recreation Services will replace a lost or stolen member card at a cost of \$20. Cards that are damaged due to normal wear and tear will be replaced at no charge. University ID cards cannot be replaced by Recreation Services. To replace a University ID card, please visit the Registrar's Office, room 400 University Centre.

Locker & Towel Service

Locker and Towel service expires on the same date as your membership. Members may be held liable for any damages sustained to their locker during the rental period. If the member fails to clear their locker on or before the locker expiration date, the member will have their contents removed from the locker and held in storage for a period of 30 days from the date of expiry.

Partner & Dependent Members

Partner and Dependent memberships can only be purchased through the primary membership holder. Dependent members (defined as ages 6-14) may only access the facilities when accompanied by the primary or primary partner member. If accessed without the primary or partner member, both the primary and dependent member may be subject to suspension of member privileges.

Refunds

Please visit umanitoba.ca/sportandrec for our refund policies.

Card Sharing

For the safety of our patrons and staff, membership card sharing is not permitted. Loaning or sharing your member card violates the member agreement and may result in a suspension or loss of member privileges without refund.

Personal Training

Personal training by any individual(s) not employed by Recreation Services is prohibited.

Respectful Work & Learning Environment

Recreation Services endeavors to be a safe and fun facility and follows the Respectful Work and Learning Environment and Sexual Assault policy. Any acts of sexual assault and/or sexual harassment within our sport and recreation facilities is strictly prohibited and may lead to a lifetime ban.

Photos/Videos

Unless you have prior approval, taking videos and/or photos while inside any of the Sport & Recreation facilities is not permitted.

Full terms and conditions are available at uofmactiveliving.ca



uofmactiveliving.ca

Each year, more than 35,000 students, staff and community members engage with the Faculty of Kinesiology and Recreation Management through Active Living memberships, programs and recreation facilities.



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