

SPORT & RECREATION

SUMMER 2024



SPORT & REC

kpu.ca/sportrec

➤ Did you know that **less than 18% of Canadians meet the recommended activity guidelines** for basic health improvement?

PREVENTABLE CONDITIONS THROUGH ACTIVITY



TYPE 2
DIABETES



HEART
DISEASE



OBESITY



OSTEOPOROSIS



STRESS



SO... WHERE DO YOU FIT IN?

EACH WEEK I PERFORM:	YES	NO
3-5 days of moderate-vigorous cardiovascular activity for at least 30 minutes		
2-3 days of muscle strengthening exercise sessions for at least 60 minutes		
2-3 stretching sessions for at least 10 minutes		

If you answered **NO** to any of the above questions you are not meeting the minimum guidelines for basic health improvement. **Inquire about how to get more active with KPU Sport & Rec.**

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@kpusportrec



@KPU_SportRec



@kpu_sportrec



SPORT & REC

MEMBERSHIP INFO & PRICES

All current KPU students, employees and alumni with a valid physical KPU ID are eligible for the following:

	KPU STUDENTS	KPU EMPLOYEES/ALUMNI
FITNESS CENTRE	FREE with valid physical KPU ID	
FITNESS CLASSES	Flex Pass \$15.00 Drop-in \$5.00	Flex Pass \$30.00 Drop-in \$5.00
PERSONAL/SMALL GROUP TRAINING	By request only. Email sportrec@kpu.ca	
INTRAMURALS	Refer to page 10 for intramural prices	
TOURNAMENTS	FREE	

HOW TO PAY

Flex Pass

- » KPU Surrey Sport & Rec desk
- » KPU Langley Bookstore
- » KPU Richmond Bookstore

Intramural programs

- » KPU Surrey Sport & Rec desk (Cedar Building 1280)

Credit (VISA or MasterCard) or debit only

FITNESS CENTRES

KPU fitness centres are free for KPU students and employee with a valid KPU ID.

FITNESS CLASS FLEX PASS

A Flex Pass can be used for any 10 fitness classes on any campus and is valid for six months. Some sport and recreation programming may be subject to additional fees. Check online at kpu.ca/sportrec

Surrey Campus Facility additionally offers:

- » Towel service
- » Lockers (locks available upon request)
- » Showers
- » Change rooms

*KPU ID is needed for entry.



SPORT & RECREATION CENTRES

KPU SURREY

Fitness Centre (Cedar 1290)

Home to KPU's largest fitness facility, this centre features the latest strength equipment, free weights, and cardio machines.

Gymnasium (Cedar 1230)

KPU's full-size gymnasium features:

- » 7000 square feet
- » 1 full basketball court with 6 backboards
- » 4 regulation-sized badminton courts
- » 2 volleyball courts

KPU CIVIC PLAZA

Arcade Games (Student Lounge - 7th Floor)

Unwind on your study break and try out one of our arcade games! Featuring a classic arcade machine with 21 games built into it and a Bubble Hockey machine.

KPU RICHMOND

Lotus Studio (Room 1320)

Find your Zen while enjoying the tranquility of this space which hosts multiple weekly yoga classes.

KPU LANGLEY

Fitness Centre (East 2565)

This updated functional fitness centre offers new fitness equipment for the optimal workout.

KPU TECH

Fitness Centre (Room 1410)

Featuring state of the art multi-system Matrix equipment, this compact fitness centre packs a powerful punch.



FITNESS CLASSES



DROP-IN FITNESS CLASSES

Remember 150 minutes of moderate activity per week is the minimum for health benefit. For weight loss one must strive for 200+ minutes per week. Purchase a flex pass at the Sport and Recreation department in Surrey, or any campus bookstore and use it for most **on campus fitness classes** offered.

CLASS DESCRIPTIONS

GENTLE HATHA FLOW ❁

Hatha is an ancient, traditional style of yoga that benefits many aspects of both the body and the mind. Come and join us for this class if you are looking for a deep stretch, relaxation, as well as increased health benefits.

YIN YOGA ❁

Yin is a gentle, slow-paced class that will focus on flexibility and relaxation. Reduce stress and tension through your body and create a peaceful state of mind.

STRENGTH & CONDITIONING 🏃🏋️

These classes will incorporate cardio and strength training that will help build muscle, burn fat, and increase your fitness performance and sport ability. All fitness levels are welcome!

H.I.I.T 🏃🏋️

High Intensity Interval Training (H.I.I.T) is a full-body, high-energy class that combines strength training with bursts of cardio to improve your overall conditioning.

SPECIALTY FITNESS CLASSES

Specialty classes require preregistration at the Sport and Recreation department for each cycle. Please contact sportrec@kpu.ca if you have questions about our specialty classes.

CLASS DESCRIPTIONS

KICKBOXING 🥊

Kickboxing classes offer a full body workout that can improve your cardio, strength, and coordination. Classes are preregistered for 6 weeks at a time. Kickboxing will begin on Thursday, June 27 and will continue weekly until Thursday, August 1.

ON CAMPUS FITNESS CLASSES

KPU SURREY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 12:05 - 12:55pm			STRENGTH & CONDITIONING 🏃🏋️	H.I.I.T 🏃🏋️	
JUNE & JULY 12:05 - 12:55pm			STRENGTH & CONDITIONING 🏃🏋️	KICKBOXING* 🥊	

*Kickboxing is a pre-registered class and runs for 6 weeks at a time. Contact sportrec@kpu.ca to sign up.

KPU RICHMOND

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05 - 12:55pm		HATHA FLOW ❁			
4:35pm - 5:25pm				YIN YOGA ❁	

➤ All schedules are subject to change, please refer to webpage for any updates.

FREE FITNESS WEEK

May 6-10, 2024

*including Specialty Classes

All fitness classes are
FREE all week!

But if you miss free fitness week,
don't forget **YOUR FIRST CLASS**
IS ALWAYS FREE

FOR MORE INFO, VISIT
kpu.ca/sportrec/fitness-classes



Cardio



Mind/Body



Strength



Kickboxing

PERSONAL/SMALL GROUP TRAINING

Whether you are starting an exercise program or looking to add some variety and challenge to your existing routine, our certified personal trainers provide you with support, motivation, and accountability. Personal training ensures accountability and keeps you on track to reach your health and fitness goals faster than you would on your own. Small group training (3 people max) is a great way to workout with a friend and reduce the hourly cost of your sessions. Our packages allow you to choose between individual and small group training options.

For more information inquire at the Sport & Recreation department to **BOOK A FREE CONSULTATION** to chat about your health and fitness goals.



INTRAMURAL SPORTS



WHY JOIN?

Intramurals promote teamwork, respect, and most of all, fun! The KPU intramurals program strives to be inclusive of all members, meeting the interests and abilities of a wide range of participants. Sign up as a team or as an individual.

For any questions, please contact sportrec@kpu.ca

GYMNASIUM CLOSED

JUNE 5 - 21, 2024

As we celebrate KPU graduates! Convocation will be held June 10 - 14, 2024.

For more information visit: kpu.ca/convocation

***Fitness centers will remain open**

SUMMER INTRAMURAL SPORT LEAGUES



INDOOR CRICKET

This league gives students the opportunity to try something new. Join us for our first ever Indoor Cricket Intramural league.

LOCATION	KPU Surrey
DATES/TIMES	May 9 - May 30, 2024 Thursday 6 - 9:30 pm
COST	FREE

3V3 BASKETBALL

This 3v3 league has something for everyone with a focus on fun and sportspersonship.

LOCATION	KPU Surrey
DATES/TIMES	May 7 - May 28, 2024 Tuesday 6 - 9:30 pm
MINIMUM TEAMS	4
COST	Free

DROP-IN SPORTS

RACKET SPORTS

Join us for drop in Table Tennis and Pickleball. BYOP (bring your own paddle) or use one of ours, play solo or play in pairs.

LOCATION	KPU Surrey Gym
DATES/TIMES	May 7 - 28, 2024 Tuesday 12 - 2:00 pm
COST	FREE

VOLLEYBALL

LOCATION	KPU Surrey Gym
DATES/TIMES	May 6 - 27, 2024 Monday 6 - 9:30 PM
COST	FREE

REGISTER IN PERSON

Sport & Recreation Front Desk | Surrey Cedar 1280
April 22 - May 10 2024 *
**Please note our hours of operation*

Questions? Email sportrec@kpu.ca

For more information, visit
kpu.ca/sportrec/sports



OPEN GYM

Available at KPU Surrey, open gym provides free gym time for KPU students, alumni, and employees. For schedule information, visit kpu.ca/sportrec/schedule



SUMMER 2024 TOURNAMENTS



BADMINTON TOURNAMENT

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	May 31 Friday 5 – 8 pm
COST	FREE



HANDBALL TOURNAMENT

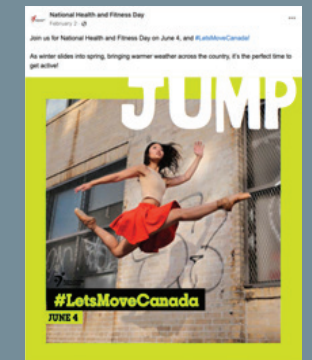
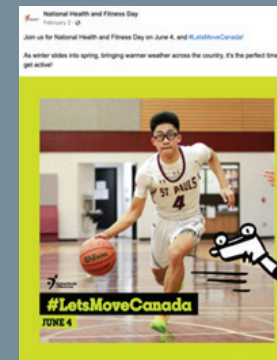
LOCATION	KPU Surrey Gymnasium
DATES/TIMES	July 10 Wednesday 5 – 7 pm
COST	FREE

To register email sportrec@kpu.ca

NATIONAL HEALTH & FITNESS DAY

As winter slides into spring bringing warmer weather across the country, it's the perfect time to get Active! Whatever your age, it is important to remember that regular movement has a profound positive impact on mood, sleep, memory, concentration, anxiety, depression, and much more. **That is why National Health and Fitness Day is here!**

While the official Day is June 1st, from **May 28 to June 3**, we are inviting the KPU Community to post a photo to Instagram and tag **@KPUSportRec**, use the hashtag **#LetsMoveCanada**



KPU TECH	Tuesday, May 28
KPU SURREY	Wednesday, May 29
KPU RICHMOND	Monday, June 3

To register email sportrec@kpu.ca



THE FINE PRINT

GUIDELINES

- » All KPU students are subject to the KPU Student Conduct policy while using any KPU facility. For more information, visit kpu.ca/policies
- » Valid KPU ID and membership is required to use any KPU facility.
- » All facility users must check-in with Sport and Recreation staff.
- » Unsporting conduct will not be tolerated.
- » Offensive language, disorderly conduct and abuse of others will result in immediate removal from the facility.
- » Users are responsible for all costs associated with damage resulting from disorderly conduct and misuse of equipment.

WAIVERS AND PAR-Q

- » A Par-Q is a form and questionnaire that determines if you are physically fit and able to participate in physical activity. All participants in any fitness class or using any fitness centre or studio will be required to fill out a Par-Q, available at the Sport & Recreation desk at KPU Surrey.
- » All participants in an intramural league or tournament will be required to fill out a waiver form prior to the sport league or tournament beginning.

CANCELLATIONS AND CLOSURES

- » KPU Sport & Recreation facilities may close temporarily due to convocation, rental groups, holidays and observances, or other unforeseen circumstances.
- » KPU Sport & Recreation reserves the right to cancel programs due to extremely low enrolment or unexpected situations.

REFUNDS

Fitness Programs

- » Approved refunds will be reimbursed on the initial method of payment.
- » Flex Passes are non-refundable and non-transferrable.
- » KPU Sport & Recreation is not responsible for lost or stolen Flex Passes.

Sport Programs & Intramurals

- » No-shows to any Intramural League will not receive a refund.
- » If a league is cancelled, a full refund will be provided.
- » Refunds will only be issued before the start of a league.



Student Experience Telephone and Chat Support 24/7 Support for KPU Students

The best way to access the **keep.meSAFE** Program is through the My Telus Health Student Support App app

Once downloaded, complete your profile set-up and read the disclaimers

Using the **My Telus Health Student Support App** app you can call or chat with a counsellor anytime

TELEPHONE SUPPORT

1.844.451.9700

From outside North America: 001.416.380.6578

Who answers the call?

When you call keep.meSAFE, you will be greeted by an automated menu that will ask you to confirm a few options such as:

- Menu language option: English vs French
- International vs Domestic student
- Service options: Support and Services or Emergency
- Intake language options: Mandarin, Cantonese, Korean, Arabic, Spanish, English and all others

To Speak with a keep.meSAFE Clinical Advisor

Select the Support and Services option (unless it is an emergency).

You will be greeted by a Clinical Care Representative who will collect additional information, including: school, full name, birthday, and language preference, prior to connecting you with a Clinical Care Counsellor.

This process only takes a few minutes.

CHAT SUPPORT

My Telus Health Student Support App

Initiate a chat support session directly through the My Telus Health Student Support app.

Before you can start chatting, you must read through the disclaimers and make sure your profile is complete (all check marks must be green) to proceed.

Who answers the chat?

When you initiate a chat, you will be greeted by a Clinical Care Representative who will confirm some information, including: school, full name, birthday, and language preference, prior to connecting you with a Clinical Care Counsellor.

This process only takes a few minutes.

Keep.meSAFE provides all KPU students with **24/7** Professional Counselling. Counsellors can provide immediate support and referral to address a range of concerns.



CAMPUS WELL

KPU Campus Well is a free, online monthly resource for the KPU community, promoting healthy bodies and minds. Each month is filled with information to encourage well-being and make the most of KPU resources.

➤ **Check your KPU email each month for the latest issue.**

EACH MONTHLY EDITION FEATURES:

- » Contests
- » Financial Advice
- » Fitness Tips
- » Recipes
- » Study Aids
- » Much more!

