

SPORT & RECREATION

FALL 2023



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 | \$20.00 per person, per sport | |
| 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, employees, and alumni 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 (with your own lock or \$0.25)
- » Showers
- » Change rooms

*KPU ID is needed for entry.



SPORT & RECREATION CENTRES

» **UPDATED HOURS**
kpu.ca/sportrec/facilities

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 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



ON CAMPUS FITNESS CLASSES

KPU SURREY

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 12:05 - 12:50pm | HATHA YOGA  | | KICKBOXING*  | KICKBOXING*  | HATHA YOGA  |

*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 - 12:50pm | | HATHA YOGA  | | | |

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

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

HATHA YOGA

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 benefit.

KICKBOXING

Kickboxing classes offer a full body workout that can improve your cardio, strength, and coordination. Contact sportrec@kpu.ca to express interest. Classes are preregistered for 6 weeks at a time.



FREE FITNESS WEEK

September 11th - 15th 2023

*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



FLEX PASS CLASSES



Cardio



Mind/Body



Strength



Kickboxing

thrive month OCTOBER 2023

WHAT YOU CAN DO FOR YOUR WELL-BEING



GET CONNECTED



GET ACTIVE



EAT WELL



TALK IT OUT



SLEEP WELL

To view the full schedule of events
and for more information, please visit
➤ kpu.ca/thrive/thrivemonth
#KPUThrive



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

FALL INTRAMURAL SPORT LEAGUES

BASKETBALL

Whether you are reminiscing about the good old days or you're new to the game, this league has something for everyone. This 3 v 3 league focuses on sportsmanship and fun competition.

| | |
|----------------------|-------------------------------------------------------------------------------------------------|
| LOCATION | KPU Surrey |
| DATES/TIMES | September 28th - November 30th Thursdays 6 - 9 pm |
| MINIMUM TEAMS | 4 Teams Required (Max. 10 players per team) No more than 1 player can be alumni per team. |
| COST | \$20 |

INDOOR SOCCER

For those looking to experience the game of soccer for the first time to those who live and breathe the beautiful game. Join us for this 5v5 league.

| | |
|----------------------|-------------------------------------------------------------------------------------------------|
| LOCATION | KPU Surrey Gymnasium |
| DATES/TIMES | September 25th - December 4th Mondays 6 - 9 pm No games on statutory holidays |
| MINIMUM TEAMS | 4 Teams Required (Max. 10 players per team) No more than 1 player can be alumni per team. |
| COST | \$20 |

VOLLEYBALL

This league will focus on fun and inclusiveness for a wide variety of players. Catering to those who are simply out for recreation and those looking for a competitive game. Come on out and bump, set, spike your way to the Rec Cup!

| | |
|----------------------|-------------------------------------------------------------------------------------------------|
| LOCATION | KPU Surrey |
| DATES/TIMES | September 27th - November 29th Wednesdays 6 - 9 pm |
| MINIMUM TEAMS | 4 Teams Required (Max. 10 players per team) No more than 1 player can be alumni per team. |
| COST | \$20 |

BADMINTON

This league gives each pair the chance to outwit their opponents by smashing their way to a win! All levels are welcome to join in on this competitive fun league!

| | |
|----------------------|-------------------------------------------------------------------------------------------------|
| LOCATION | KPU Surrey |
| DATES/TIMES | September 24th - November 28th Tuesdays 6 - 9 pm No games on statutory holidays |
| MINIMUM TEAMS | 4 Teams Required (Max. 10 players per team) No more than 1 player can be alumni per team. |
| COST | \$20 |

DROP-IN SPORTS

PING PONG

Join us for ping pong, BYOP (bring your own paddle) or use one of ours, play solo or play in pairs. Take advantage of our drop-in times where you can perfect that smash!

| | |
|--------------------|-----------------------|
| LOCATION | KPU Surrey Gym |
| DATES/TIMES | See open gym schedule |
| COST | FREE |

| | |
|--------------------|------------------------------|
| LOCATION | KPU Tech Student Lounge |
| DATES/TIMES | Mon, Tue, Thu 9 am - 4 pm |
| COST | FREE |

VOLLEYBALL

| | |
|--------------------|------------------------------------------------------------|
| LOCATION | KPU Surrey Gym |
| DATES/TIMES | September 27th - November 29th Wednesdays 3:30 - 6 pm |
| COST | FREE |

REGISTER IN PERSON

Sport & Recreation Front Desk | Surrey Cedar 1280
August 25th - September 22nd *
**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



FALL 2023 SPORTREC TOURNAMENTS



DODGEBALL TOURNAMENT

| | |
|-------------------------|-------------------------------------------|
| LOCATION | KPU Surrey Gymnasium |
| DATES/ TIMES | October 13th Friday 5 – 7 pm |
| COST | FREE |

To register email sportrec@kpu.ca

FALL 2023 SPORTREC TOURNAMENTS



DOUBLES BADMINTON TOURNAMENT

| | |
|-------------------------|--------------------------------------------|
| LOCATION | KPU Surrey Gymnasium |
| DATES/ TIMES | November 17th Friday 5 – 7 pm |
| COST | FREE |

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!

