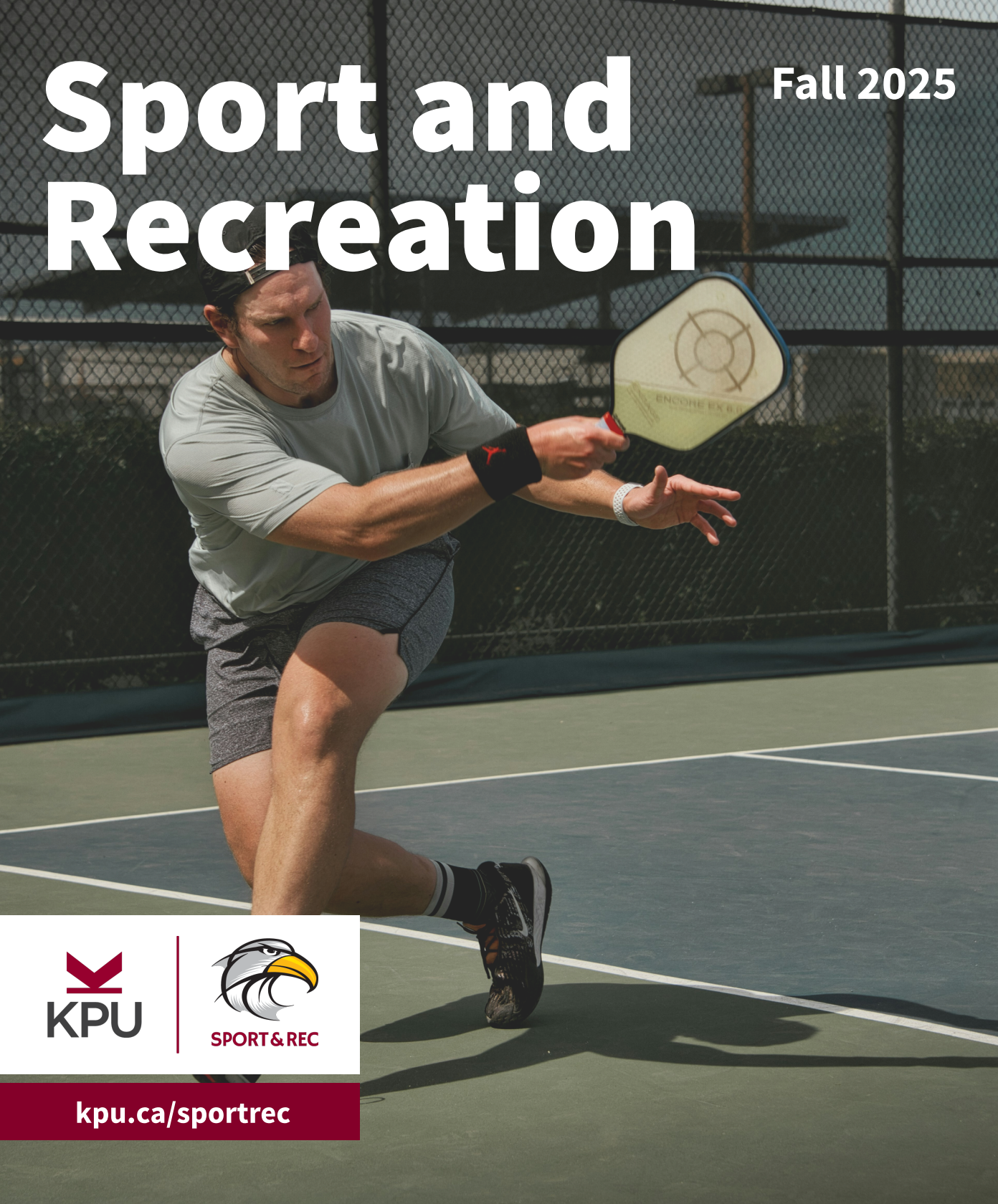


Sport and Recreation

Fall 2025



SPORT & REC

kpu.ca/sportrec

Preventable conditions through activity



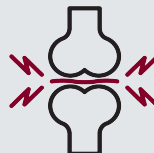
TYPE 2
DIABETES



HEART
DISEASE



OBESITY



OSTEOPOROSIS



STRESS

So... where do you fit in?

Each week I perform:

3–5 days of moderate-vigorous cardiovascular activity
for at least 30 minutes

YES ☐ NO ☐

2–3 days of muscle strengthening exercise
sessions for at least 60 minutes

YES ☐ NO ☐

2–3 stretching sessions
for at least 10 minutes

YES ☐ NO ☐



Did you know that **less than 50% of Canadians meet the recommended activity guidelines** for basic health improvement?



@kpu_sportrec

Content

Membership Info & Prices	4
Sport and Recreation Centres . .	5
Fitness Classes	6
Intramural Sports	9
The Fine Print	14



SPORT & REC

Membership Info and 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	Please contact sportrec@kpu.ca for fitness class pricing.	
PERSONAL/SMALL GROUP TRAINING	By request only. Please email sportrec@kpu.ca.	
INTRAMURALS	Refer to page 10 for intramural prices	
TOURNAMENTS	FREE	

Fitness Centres

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

Surrey Campus Facility additionally offers:

- » Towel service
- » Lockers (locks available upon request)
- » Showers
- » Change rooms
- » Gym shirt & shorts
- » Hair elastics

*KPU ID is required for entry.

How To Pay

Fitness Classes

- » KPU Surrey Sport and Recreation Front Desk
- Intramural programs**
- » KPU Surrey Sport and Rec desk (Cedar Building 1280)

Credit (VISA or MasterCard) or debit only





Sport and 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
- » 4 Pickleball courts

KPU Richmond

Lotus Studio (Room 1320)

Find your Zen while enjoying the tranquility of this space. Great for a post-class movement break!

KPU Langley

Fitness Centre (East 2565)

This functional fitness centre offers 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.



FREE FITNESS WEEK
September 15 - 19, 2025

All fitness classes are FREE!

Fitness Classes

Fitness Classes

Fitness classes require pre-registration at the Sport and Recreation department for each cycle of classes. Please contact sportrec@kpu.ca if you have any questions.

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.

Kickboxing

A conditioning class that will challenge your cardiovascular system at high intensities and mimic the demands of sparring in a ring!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Wednesdays
GAME TIMES	12:05 pm - 12:55 pm
DATES	Cycle 1: Sept 24 - Oct 22 Cycle 2: Oct 29 - Nov 26
NUMBER OF SESSIONS	5 per cycle
COST	\$25/5-weeks

Zumba

Looking for a fun way to de-stress after class? Join us for our new Zumba class - a high-energy workout to boost your mood and overall fitness levels!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Wednesdays
GAME TIMES	4:35 pm - 5:25 pm
DATES	Cycle 1: Sept 24 - Oct 22 Cycle 2: Oct 29 - Nov 26
NUMBER OF SESSIONS	5 per cycle
COST	\$25/5-weeks

Introduction to the Fitness Centre

Join this 1-hour workshop with a Certified Personal Trainer to receive an in-depth introduction to our facility!

LOCATION	KPU Surrey Fitness Centre
DATE	Tuesday, October 7
TIMES	12:00pm - 1:00pm
COST	FREE!

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 maximum) 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.



TABLE TENNIS

KPU RICHMOND
12:00 PM - 2:00 PM



SEPTEMBER 22
OCTOBER 11
OCTOBER 20
NOVEMBER 7
NOVEMBER 17

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 2025



Intramural Sport Leagues

5v5 Basketball

We're bringing back traditional full-court 5v5 Basketball! This self-refereed league focuses on sportspersonship and fun competition in a friendly atmosphere. All levels welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Tuesday
GAME TIMES	5:50pm – 8:30pm
DATES	Sept 23 – Nov 25
MINIMUM TEAMS	4
COST	\$15 per player

Register in Person

Registration Opens September 2

Sport and Recreation Front Desk

Registration Closed September 26, 4pm

Questions? Email sportrec@kpu.ca For more information, visit kpu.ca/sportrec/sports

Cost: \$15 player/sport

Doubles & Singles Badminton

This dual Badminton leagues provides not just the elements of rally fun and sportspersonship, but also the option to play Doubles and Singles; with Singles league offering Competitive and Recreational divisions. All level welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Wednesday
GAME TIMES	5:50pm – 8:30pm
DATES	Sept 24 – Nov 26
MINIMUM TEAMS/PLAYERS	4
COST	\$15 per player

Singles Pickleball

This Pickleball league offers a great combination of fast-paced rally fun and sportspersonship, whether you're new to the sport or not. All levels welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Thursday
GAME TIMES	5:50pm – 8:30pm
DATES	Sept 25 – Nov 27
MINIMUM PLAYERS	4
COST	\$15 per player



Open Gym

Open gym is free gym time for KPU students, alumni and staff to play basketball, badminton, and table tennis. For schedule information, visit kpu.ca/sportrec/schedule

Drop-In Sports

Join us for various drop-in sports throughout Fall semester like Basketball, Badminton, Volleyball, and Pickleball. Play some casual games or enjoy some drop-in fun! View the monthly gymnasium schedule to find out what's on.
If there's something you'd like to see...let us know!

LOCATION	KPU Surrey Gym
DAY OF THE WEEK	Monday - Volleyball Tuesday - Basketball Wednesday - Badminton Thursday - Pickleball/Table Tennis Friday - Open Gym *scheduling subject to change
DATE	Sept 22 - Nov 28
COST	FREE

Table Tennis Ladder League

Play an intramural league on your own time when you're free! BYOP (Bring your own paddle) or use one of ours. Move up or down the ranks based on your wins/losses!

LOCATION	KPU Surrey and KPU Tech
DAY OF THE WEEK	KPU Surrey Available during Open Gym times KPU Tech When table is free
MINIMUM PLAYERS	4 per campus
DATES	Sept 22 – Nov 27
COST	\$5

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 2025 Tournaments



Soccer Tournament

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	Friday, Oct 24 3:00 pm
COST	FREE

Floor Hockey Learn to Play

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	Monday, October 6 5:00 pm
COST	FREE

Dodgeball Tournament

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	Friday, November 28 3:00 pm
COST	FREE

Email sportrec@kpu.ca to register and confirm your spot!

THRIVE MONTH

OCTOBER 2025

Visit Sport and Recreation at the following **Student Resource Fairs** during THRIVE Month:

Thursday, October 9	KPU Surrey, Spruce Atrium	11:30 AM - 1:30 PM
Thursday, October 16	KPU Richmond, Rotunda	11:30 AM - 1:30 PM
Tuesday, October 21	KPU Tech, Student Lounge	11:30 AM - 1:30 PM
Wednesday, October 29	KPU Langley, West Building R1030	11:30 AM - 1:30 PM



To view the full schedule of events and for more information, please visit:

kpu.ca/thrive/thrivemonth
#KPUThrive



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.
- » Unsportsmanlike 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 and Recreation Front 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 and Recreation facilities may close temporarily due to convocation, rental groups, holidays and observances, or other unforeseen circumstances.
- » KPU Sport and 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 and Recreation is not responsible for lost or stolen Flex Passes.

Sport Programs and 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.



In partnership with



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!**



MORE INFORMATION:
kpu.campuswell.ca | studenthealth@kpu.ca

