

SPORT & RECREATION



SUMMER 2023

NHFD
MAY 29 -
JUNE 4



- FITNESS CLASSES PG. 6-7
- ESPORTS AT KPU PG. 8
- INTRAMURALS PG. 9-11
- NATIONAL HEALTH & FITNESS DAY PG. 12



kpu.ca/sportrec


KPU



SPORT & REC

➤ 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



OBSESITY



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.***



CONTENTS

Membership Info & Prices **4**

Sport & Recreation Centres **5**

Fitness Classes **6**

Esports at KPU **8**

Intramural Sports **9**

Fitness Tips **12**

The Fine Print **14**

 @kpusportrec 

 @KPU_SportRec

 @kpu_sportrec



MEMBERSHIP INFO & PRICES

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

	KPU STUDENTS	KPU EMPLOYEES/ALUMNI
FITNESS CENTRE	FREE with valid 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 – \$35.00 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



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.



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 			

KPU LANGLEY

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.

FREE FITNESS WEEK MAY 8 – 12, 2023

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

ESPORTS AT KPU

Are you a superstar on the pitch? Do you dominate in the arena? Are you constantly earning dubs on the Island? Then maybe it's time to test your mettle against the esports elite at KPU.

KPU Sport and Recreation is proud to host esports tournaments throughout the Spring, Summer and Fall semesters.



MAY 5
Chess

MAY 19
Jackbox Party

JUNE 2
Fortnite

JUNE 16
Chess

GET READY FOR SOME FRIENDLY COMPETITION!

REGISTER HERE:
kpu.ca/sportrec/esports



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

SUMMER INTRAMURAL SPORT LEAGUES

3 V 3 BASKETBALL

This summer we are happy to offer a brand new 3 v 3 basketball league! This open recreation league focuses on sportspersonship and fun competition.

LOCATION	KPU Surrey Gym
DATES/TIMES	May 11 – June 1 Thursdays 6 – 8 pm
MINIMUM TEAMS	4 Teams Required Max. 6 players per team No more than 2 players can be alumni per team
COST	FREE

BADMINTON DOUBLES

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 Gym
DATES/TIMES	May 9 – 30 Tuesdays 6 – 9 pm
MINIMUM TEAMS	4 Teams Required No more than 1 player can be alumni per team
COST	FREE

REGISTER IN PERSON

Sport & Recreation Front Desk | Surrey Cedar 1280
April 11 – May 5*

**Please note our hours of operation*

Questions? Email sportrec@kpu.ca

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





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	Wednesdays 6 – 9 pm
COST	FREE

OPEN GYM

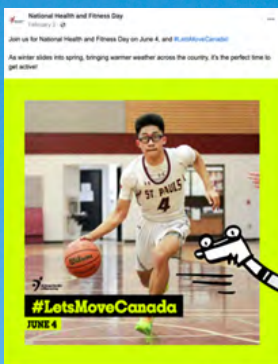
Available at KPU Surrey, open gym provides free gym time for KPU students, alumni, and employees. For schedule information, visit kpu.ca/sportrec/schedule



NATIONAL HEALTH & FITNESS DAY

As winter slides into spring, bringing warmer weather across the country, it's the perfect time to get active! The pandemic of the past few years has limited our options when it comes to activity, but it's also been a vital reminder about the importance of exercise for our physical and mental wellbeing. Whatever your age, regular movement has a profound positive impact on mood, sleep, memory, concentration, anxiety, depression, and much more. **That's why National Health and Fitness Day is here.**

While the official Day is June 4th, from **May 30 to June 5**, we are inviting the KPU Community to post a photo to Instagram and tag **@KPUSportRec**, use the hashtag **#LetsMoveCanada**



On June 6 we will select the top 10 submissions.
Selected submissions will receive a FREE 10 punch pass for Fitness Classes.

Your activities can go a long way to inspire other
Canadians to get up and get moving!

Join us for an afternoon of fun filled activities.

Tue, May 30 | 11 am – 1 pm
KPU Tech Plaza

Thu, June 1 | 11 am – 1 pm
KPU Surrey Courtyard

TABLE TENNIS TOURNAMENT

Friday, May 12

5 pm

KPU Surrey Gymnasium



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

MY
SSP

The best way to access the **keep.me.SAFE** Program is through the My SSP app

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

Using the **My SSP** 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 SSP App

Initiate a chat support session directly through the My SSP 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.

 **keep.meSAFE**

In partnership with

MORNEAU SHEPELL 

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!

