

# Sport and Recreation

Summer 2026



SPORT & REC

[kpu.ca/sportrec](https://kpu.ca/sportrec)

# Preventable conditions through activity



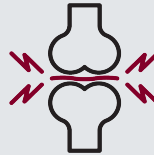
TYPE 2  
DIABETES



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

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**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	KPU ALUMNI
<b>FITNESS CENTRE</b>	FREE with valid physical KPU ID	FREE with valid physical KPU ID	\$60.00 per term \$5.00 per drop-in <i>*Fitness Centre only</i>
<b>GYMNASIUM</b>	FREE with valid physical KPU ID	FREE with valid physical KPU ID	No Access permitted
<b>PERSONAL/SMALL GROUP TRAINING</b>	\$30.00-\$45.00 per session	\$33.00-\$60.00 per session	\$33.00-\$60.00 per session
<b>INTRAMURALS</b>	\$15.00 per person	\$15.00 per person	No Access permitted
<b>TOURNAMENTS</b>	FREE with valid physical KPU ID	FREE with valid physical KPU ID	No Access permitted

## Fitness Centres

KPU fitness centres are free for KPU students and employees 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
- » Online at [sportrec.kpu.ca](http://sportrec.kpu.ca)

### Intramural programs

- » KPU Surrey Sport and Rec desk (Cedar Building 1280)
- » Online at [sportrec.kpu.ca](http://sportrec.kpu.ca)

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.



# Fitness Classes

## Fitness Classes

Ongoing fitness classes will resume in Fall 2026 - we can't wait to see you there! In the meantime, check out the classes below for a sneak peak of what's to come!

Please contact [sportrec@kpu.ca](mailto:sportrec@kpu.ca) if you have any questions.

### Kickboxing

A conditioning class that will challenge your cardiovascular system at high intensities and mimic the demands of sparring in a ring! Learn basic boxing skill and have fun in a dynamic and tough class!

### Tai Chi for All

Join us for this low-impact practice and experience reduced stress and increased mindfulness through controlled breathing and intentional movement. All ages, abilities, and fitness levels are welcome!

### Zumba

Zumba is a fun and fast-paced workout sure to boost your mood and your fitness levels! This class will incorporate various dance styles that will provide a high-energy way to improve your cardiovascular system!

### Brazilian Jiu-Jitsu

This class will allow you to explore the fundamental techniques of Brazilian Jiu-Jitsu, learn practical self-defense strategies, and get a great workout.

**Fitness class participants must be KPU students, staff, or alumni!**

### Online Registration!

Scan the QR code to visit us at [sportrec.kpu.ca](https://sportrec.kpu.ca) - our web location for online registration!



## 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, please contact [sportrec@kpu.ca](mailto:sportrec@kpu.ca) to **BOOK A FREE CONSULTATION** to chat about your health and fitness goals.



# Intramural Sports & Tournaments



## Why Join?

Intramural sports & tournaments 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](mailto:sportrec@kpu.ca)

# Intramural Sport Leagues



## Intramural Sport Leagues & Ladder Leagues

Ongoing Intramural Leagues will resume in Fall 2026! Check out the information below for an idea on some of the leagues we offer! Please contact [sportrec@kpu.ca](mailto:sportrec@kpu.ca) if you have any questions.

Visit <https://www.kpu.ca/sportrec> for sport drop-ins and events to come!

### Basketball

This self-refereed league offers half-court 3v3 and full-court 5v5 formats. Heavy focus on sportspersonship, teamwork, and collaboration while involving a fact-paced, energetic, and friendly environment with fun competition. All skill levels welcome!

### Volleyball

This refereed sport offers competitive & recreational divisions. Both divisions focusing on sportspersonship, teamwork, and collaboration while involving a fact-paced, highly energetic, and friendly environment with fun competition. All skill levels welcome!

### Badminton

This self-scoring sport offers competitive & recreational divisions, as well as the variety of Singles, Doubles, and Women's leagues in different formats. These leagues offer elements of fast-paced rally fun, and an energetic environment, all while focusing on sportspersonship and fun competition. All skill level welcome!

### Table Tennis Ladder Leagues

This flexible and unique league allows participants to communicate with each other to organize games and to play on their own time when they're free! Compete in the gym during 'open gym' or outside. BYOP (Bring your own paddle) or borrow one of ours. Move up or down the ranks based on your wins/losses!

*Provide us with feedback regarding sport leagues you'd like to see!*

### Online Registration!

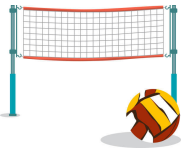
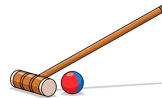
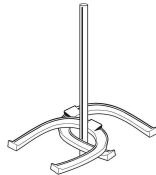
Scan the QR code to visit us at [sportrec.kpu.ca](https://www.kpu.ca/sportrec) for online registration!



\* All teams require a Team Captain.

\*\*All Team Captains are required to review the 'Team Captain Handbook' (viewable at <https://www.kpu.ca/sportrec/intramurals>).

# Outdoor Equipment



**Visit Sport and Recreation front desk for outdoor equipment hire!**



# Open Gym, Drop-Ins & Tournaments

Open gym is free gym time at Surrey Campus for KPU students and staff to play basketball, badminton, pickleball, and table tennis. For schedule information, visit [kpu.ca/sportrec/schedule](http://kpu.ca/sportrec/schedule)

## Drop-In Sports

Throughout each semester we offer various drop-in sports like Basketball, Badminton, Volleyball, Pickleball, Table Tennis, Futsal, Floor Hockey, Dodgeball, and Box Cricket sessions. Play some casual games or enjoy some drop-in fun! View the monthly gymnasium schedule to find out what's on.

## Tournaments

Throughout each semester we offer various single-day tournament events played through a bracket-style knockout format, culminating in a final match to determine the winner. Tournaments are an exciting way to provide individuals with the ability to participate in some friendly competition without the need of long-term commitment.

If there's a specific sport you'd like to see for a drop-in or tournament event...please let us know!





# National Health and Fitness Day

Join KPU Sport and Recreation and Student Health Promotion as we gather to celebrate and promote National Health and Fitness Day at KPU Surrey, Tech, and Langley Campuses!

National Health and Fitness Day in Canada is celebrated on Saturday, June 6, 2026 this year! We will be stopping by various campuses to encourage our community to engage in physical activity and celebrate active living on campus.

Please contact [sportrec@kpu.ca](mailto:sportrec@kpu.ca) if you have any questions about the events!

## Are we visiting your campus?

Join us for various events, games, or fitness classes to promote health and wellness!

*\*More information to come*

KPU Surrey	Wednesday, May 27 from 12 PM - 4 PM
KPU Tech	Monday, June 1 from 11 AM - 1 PM
KPU Langley	Tuesday, June 16 from 12 PM - 1 PM*

A group of graduates in black gowns with red stoles are celebrating, with their arms raised and black graduation caps flying in the air. They are standing in front of a large, ornate building with orange and white architectural details. The building has the words 'NAVATO 1897' and 'MOCS' visible on its facade.

# CONGRATULATIONS GRADUATES

## GYMNASIUM CLOSURE

The KPU Surrey Gymnasium will be closed between June 1 and June 16, 2026 to celebrate KPU graduates! Convocation will be held from June 8 to June 12, 2026.

**Fitness Centres will remain open!**



# 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](http://kpu.ca/policies)
- » Valid KPU ID and/or 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 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



# SHARE YOUR FEEDBACK



**Your comments help us improve!**  
*Scroll to the bottom of the page to find the survey.*