

Sport and Recreation

Spring 2026



kpu.ca/sportrec

Preventable conditions through activity



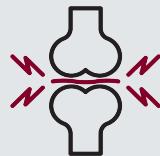
TYPE 2
DIABETES



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?



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@kpu_sportrec

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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
FITNESS CENTRE	FREE with valid physical KPU ID	FREE with valid physical KPU ID	\$80.00 per term \$5.00 per drop-in <i>*Fitness Centre only</i>
GYMNASIUM	FREE with valid physical KPU ID	FREE with valid physical KPU ID	No Access permitted
FITNESS CLASSES	\$20.00-\$80.00 per cycle	\$20.00-\$80.00 per cycle	\$20.00-\$80.00 per cycle
PERSONAL/SMALL GROUP TRAINING	\$30.00-\$45.00 per session	\$33.00-\$60.00 per session	\$33.00-\$60.00 per session
INTRAMURALS	\$15.00 per person	\$15.00 per person	No Access permitted
TOURNAMENTS	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

Intramural programs

- » KPU Surrey Sport and Rec desk (Cedar Building 1280)
- » Online at 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

Fitness classes require pre-registration at the Sport and Recreation department or online at sportrec.kpu.ca for each cycle of classes.

Please contact 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!

LOCATION	KPU Surrey, Gymnasium
DAY OF THE WEEK	Wednesdays
TIME	12:05 pm - 12:55 pm
DATES	Cycle 1: Jan 21 - Feb 11 Cycle 2: Mar 4 - Mar 25
NUMBER OF SESSIONS	4 per cycle
COST	\$30 per cycle

Zumba

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

LOCATION	KPU Surrey, Gymnasium
DAY OF THE WEEK	Wednesdays
TIME	4:35 pm - 5:25 pm
DATES	Cycle 1: Jan 21 - Feb 11 Cycle 2: Mar 4 - Mar 25
NUMBER OF SESSIONS	4 per cycle
COST	\$20 per cycle

NEW SPRING 2026: Online Registration!

Scan the QR code to visit us at sportrec.kpu.ca - our new location for online registration!



FREE FITNESS WEEK

January 12 - 16, 2025

Join us during Free Fitness Week to try out our variety of fitness classes!

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.

LOCATION	KPU Richmond, Lotus Studio
DAY OF THE WEEK	Tuesdays & Thursdays
TIME	4:15 pm - 5:15 pm
DATES	Cycle 1: Jan 20 - Feb 12 Cycle 2: Mar 3 - Mar 26
NUMBER OF SESSIONS	Tuesday OR Thursday: 4 Tuesday & Thursday: 8
COST	Tuesday OR Thursday: \$40.00 (4-classes) Tuesday & Thursday: \$80.00 (8-classes)

**Participants will have the option to register for once or twice per week.*

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 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

Spring 2026 Intramurals



NEW SPRING 2026: Online Registration!

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Intramural Sport Leagues

5v5 Basketball

This self-refereed full-court 5v5 basketball intramural league focuses on sportsmanship and teamwork, while involving a fast-paced, energetic, and friendly environment with fun competition.

All skill levels welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Tuesday
GAME TIMES	5:50pm – 8:30pm
DATES	Jan 20 – Apr 7 (No games Feb 17 & 24)
MINIMUM TEAMS	4
COST	\$15 per player

Registration Opens January 5

Register in-person at Sport and Recreation Front Desk or online at [https://sportrec.kpu.ca/](https://sportrec.kpu.ca)

Registration Closed January 16 @ 4pm

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

Cost: \$15 player/sport

Box Cricket

This fast-paced and dynamic Box Cricket intramural league brings an exciting modified version of cricket suitable for indoor play for everyone to enjoy. This game offers high energy, constant action, and an emphasis on teamwork and fair play. This league is perfect for both new players and seasoned cricketers looking for fun and friendly competition.

All skill level welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Monday
GAME TIMES	5:50pm – 8:30pm
DATES	Jan 19 – Mar 30 (No games Feb 16 & 23, Mar 2, Apr 6)
MINIMUM TEAMS	4
COST	\$15 per player

Open Singles, Women's (cis, trans and non-binary welcome), & Open Doubles Badminton

This multi-league badminton intramural league provides the elements of fast-paced rally fun, teamwork (for some), and an energetic environment all while focusing on sportsmanship and fun competition - with the option to play Doubles and Singles. All skill level welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Wednesday
GAME TIMES	5:50pm – 8:30pm
DATES	Jan 21 – Apr 8 (No games Feb 18 & 25)
MINIMUM PLAYERS/TEAMS	8/4
COST	\$15 per player

Mixed Volleyball

This Volleyball league offers a great combination of high-spirit, engaging rallies, and team-driven collaboration all while focusing on sportsmanship and fun competition in a friendly environment. All skill levels welcome!

LOCATION	KPU Surrey Gymnasium
DAY OF THE WEEK	Thursday
GAME TIMES	5:40pm – 8:30pm
DATES	Jan 22 – Apr 9 (No games Feb 19 & 26)
MINIMUM TEAMS	4
COST	\$15 per player

Spring 2026 Tournaments



Futsal

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	Friday, January 30 4:30 pm
COST	FREE

Dodgeball (In collaboration with Arts Department)

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	Friday, February 6 4:30 pm
COST	FREE

Doubles Pickleball

LOCATION	KPU Surrey Gymnasium
DATES/TIMES	Friday, March 27 4:30 pm
COST	FREE

Table Tennis

LOCATION	KPU Richmond Campus
DATES/TIMES	TBA TBA
COST	FREE

Visit Sport and Recreation front desk or <https://sportrec.kpu.ca> to register!



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 Spring semester like Basketball, Badminton, Volleyball, Pickleball, Table Tennis, Futsal, and Box Cricket. 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	See gymnasium schedule for monthly drop-ins activities. *scheduling subject to change
DATE	Jan 5 - April 10
COST	FREE

Open Gym

Available at KPU Surrey, open gym provides free gym time for KPU students and employees.

For schedule information, visit kpu.ca/sportrec

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
DAY OF THE WEEK	KPU Surrey Available during Open Gym times
MINIMUM PLAYERS	6
DATES	Jan 19 - Apr 9
COST	\$5

3RD ANNUAL INTERCAMPUS CUP

KPU v BCIT v SFU

Feel the pride. Bring the heat...this is our house, are you ready to compete?!?



March 21, 2026 | 9:00AM - 5:00PM



KPU Gymnasium - Surrey Campus

5V5 BASKETBALL

BADMINTON: OPEN SINGLES, WOMEN (CIS, TRANS & NON-BINARY WELCOME), OPEN DOUBLES

MIXED VOLLEYBALL

CONGRATULATIONS GRADUATES!

GYMNASIUM CLOSURE

The KPU Surrey Gymnasium will be CLOSED between February 13 and March 2, 2026 to celebrate KPU graduates! Convocation will be held from February 24 to 27, 2026.





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/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.

 **keep.meSAFE**

In partnership with

 **MORNEAU SHEPELL**

SHARE YOUR FEEDBACK!



Your comments help us improve!

Scroll to the bottom of the page to find the survey.