

# SPORT & RECREATION

FALL 2021

- FITNESS CLASSES PG. 6-7
- INTRAMURALS PG. 9-11
- ESPORTS LEAGUES PG. 12

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



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



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



# 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               |
|--------------------------------------|---|------------------------------------|
| <b>FITNESS CENTRE</b>                | FREE with valid KPU ID*                 |                                    |
| <b>FITNESS CLASSES</b>               | Flex Pass \$15.00   Drop-in \$5.00      | Flex Pass \$30.00   Drop-in \$5.00 |
| <b>PERSONAL/SMALL GROUP TRAINING</b> | By request only. Email: sportrec@kpu.ca |                                    |
| <b>INTRAMURALS</b>                   | \$20.00 – \$35.00 per person, per sport |                                    |
| <b>TOURNAMENTS</b>                   | 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](http://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](https://kpu.ca/sportrec/facilities)

### KPU SURREY

#### Fitness Centre (Cedar 1290)

Home to KPU's largest fitness facility, this center 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.

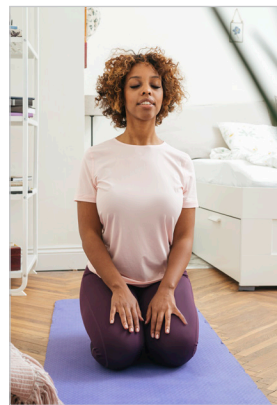
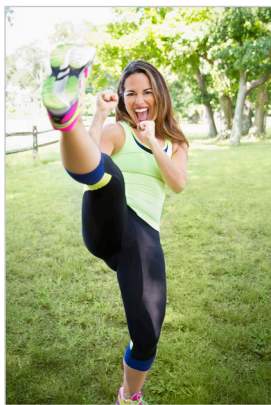
# FITNESS CLASSES



## DROP-IN FITNESS CLASSES

Fitness classes are a great way to get your weekly exercise in. All fitness classes are taught by a qualified Personal Trainer and include a variety of cardio, strength, and conditioning. If fitness classes are how you get in your weekly activity, strive for a minimum of 2 classes per week. However 3 – 5 classes per week will always be more effective!



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 all **on campus fitness classes** offered.










# ON CAMPUS FITNESS CLASSES

## KPU SURREY

|                 | MONDAY  | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY  |
|-----------------|---|--|-----------|----------|---|
| 12:05 – 12:50pm | HATHA YOGA<br> | POSTURAL YOGA<br> |           |          | HATHA YOGA<br> |

# VIRTUAL FITNESS CLASSES

|                 | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|-----------------|---|--|---|---|--|
| 12:05 – 12:50pm | HATHA YOGA<br> | CARDIO KICKBOXING<br> | HATHA YOGA<br> | HATHA YOGA<br> | FULL BODY WORKOUT<br> |

**FREE FITNESS WEEK  
SEPT 20-24, 2021**

All fitness programs  
free for you to try!

➤ **FIRST ON CAMPUS  
CLASS IS ALWAYS  
FREE!**

**FOR MORE INFO, VISIT:**  
[kpu.ca/sportrec/fitness-classes](https://kpu.ca/sportrec/fitness-classes)



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

# THRIVE MONTH OCTOBER 2021

## 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](https://kpu.ca/thrive/thrivemonth) | #KPUPhryve





# 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](mailto:sportrec@kpu.ca)**

# INTRAMURAL SPORT LEAGUES



## INDOOR SOCCER

For those looking to experience the game of soccer for the first time to those who live and breathe it. Join us at the KPU Surrey gymnasium for this 5 vs. 5 league.

|                      |  |
|----------------------|--|
| <b>LOCATION</b>      | KPU Surrey   Gym                               |
| <b>DATES/TIMES</b>   | Mondays (Sep 27 - Nov 29)   6-9 pm             |
| <b>MINIMUM TEAMS</b> | 4 Teams Required<br>(max. 10 players per team) |
| <b>COST</b>          | \$20.00/player                                 |

## 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!

|                      |  |
|----------------------|--|
| <b>LOCATION</b>      | KPU Surrey   Gym                               |
| <b>DATES/TIMES</b>   | Wednesdays (Sep 29 - Dec1)   6-9 pm            |
| <b>MINIMUM TEAMS</b> | 4 Teams Required<br>(Max. 10 players per team) |
| <b>COST</b>          | \$20.00/player                                 |

## BADMINTON

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

|                        |   |
|------------------------|---|
| <b>LOCATION</b>        | KPU Surrey   Gym                        |
| <b>DATES/TIMES</b>     | Tuesdays (Sep 28 - Nov 30)   6-9 pm     |
| <b>MINIMUM PLAYERS</b> | 8 Players Required<br>(Max. 32 players) |
| <b>COST</b>            | \$20.00/player                          |

## BASKETBALL

Whether you are reminiscing about the good old days or you're new to the game, this league has something for everyone! This 5 vs. 5 open recreation league focuses on sportpersonship and fun competition. All levels welcome.

|                      |  |
|----------------------|--|
| <b>LOCATION</b>      | KPU Surrey   Gym   |
| <b>DATES/TIMES</b>   | Thursdays (Sep 30 - Dec2)   6-9 pm                               |
| <b>MINIMUM TEAMS</b> | 4 Teams Required (8 Teams Maximum)<br>(Max. 10 players per team) |
| <b>COST</b>          | \$35.00/player (Includes a KPU Jersey)                           |





# DROP-IN SPORT PROGRAMS

## 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!

|                    |                             |
|--------------------|-----------------------------|
| <b>LOCATION</b>    | KPU Surrey   Gym            |
| <b>DATES/TIMES</b> | See open gym schedule       |
| <b>COST</b>        | FREE                        |
|                    |                             |
| <b>LOCATION</b>    | KPU Tech   Student Lounge   |
| <b>DATES/TIMES</b> | Mon, Tues & Thu   9 am-4 pm |
| <b>COST</b>        | FREE                        |
|                    |                             |
| <b>LOCATION</b>    | KPU Richmond   Rotunda      |
| <b>DATES/TIMES</b> | Tues & Wed   12-2 pm        |
| <b>COST</b>        | 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](https://kpu.ca/sportrec/schedule)



## REGISTER AT

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



# E-SPORTS 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.



**FOR UPCOMING TOURNAMENTS**  
[kpu.ca/sportrec/esports](https://kpu.ca/sportrec/esports)





# HEALTH AND WELLNESS

## BACK TO SCHOOL – NUTRITION TIPS FOR STAYING ON TRACK

It's hard to believe that summer is almost over and it's time for many students to go back to school! On any given year, back-to-school time can be a bit hectic. However, this year may be especially stressful and uneasy for many students, parents and teachers. Whether you are going back to school yourself, or you have children at home going back to school, it is important to prepare and eat foods that nourish not only your body, but your mind too! If staying on track while getting back into the school routine is something you are interested in, here are some quick tips from a Registered Dietitian:



### MEAL PLANNING & PREPARATION

When you've been in classes (or at work) all day, the last thing you want to do is come home and plan what you'll cook for dinner and what you'll have for lunch the next day. If you don't have anything planned or ready-to-go, you're more likely to grab something quick or pick up take-out on the way home.

The key is to do your meal planning and preparation on the weekends! In my house, Sunday's are for planning out our meals and lunches for the week. We don't always stick to this plan but it is nice to have a general idea of what groceries we have and what we can make with them. For

lunches, I typically roast a chicken so we can use it all week in salads, sandwiches, quesadillas, wraps, and pastas. If you are rushed in the mornings, consider planning and prepping your breakfasts as well. A great on the go breakfast that can be prepared ahead of time are egg muffin cups loaded with your favorite veggies!

### ORGANIZATION IS KEY

If your fridge and cupboards are organized and you know where everything is, it will make staying on track so much easier. I keep ready to eat fruits (sliced strawberries and blueberries), vegetables (sliced cucumber and carrots sticks), yogurt and cheeses in one area of the fridge that is visible to the eye. That way, I know exactly where the "work/school snacks" are located and can grab them quickly and easily. Additionally, if I can see everything in the fridge, I know what ingredients I have to work with to make a meal, and can determine if something is almost empty (instead of right before you need it for a recipe)!

### DON'T SKIP BREAKFAST!

There is a reason why they say breakfast is the most important meal of the day. Eating a balanced breakfast is crucial for your wellbeing, especially if you want to focus while you're at school. Eating a healthy breakfast that contains a combination of complex carbohydrates and protein will provide your body with the energy to concentrate at school and will keep you full until your mid-morning snack! Complex carbohydrates, like whole grains, provide the body and brain with energy and are packed with nutrients like fibre, B vitamins and iron. An example of a healthy, balanced breakfast could include whole grain toast, eggs, and fresh fruit.

These are just a few general tips to get back into a routine with healthy eating after a long summer vacation. If this is something you are interested in, why not try incorporating one of these tips into your daily routine!

*Blog post written by KPU Student Health Promotion*



# 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](https://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!

