SUMMER 2017

SPORT & RECREATION ACTIVITY GUIDE

KPU | SPORT & REC

FREE FITNESS FRIDAY!

SIGN UP FOR INTRAMURALS

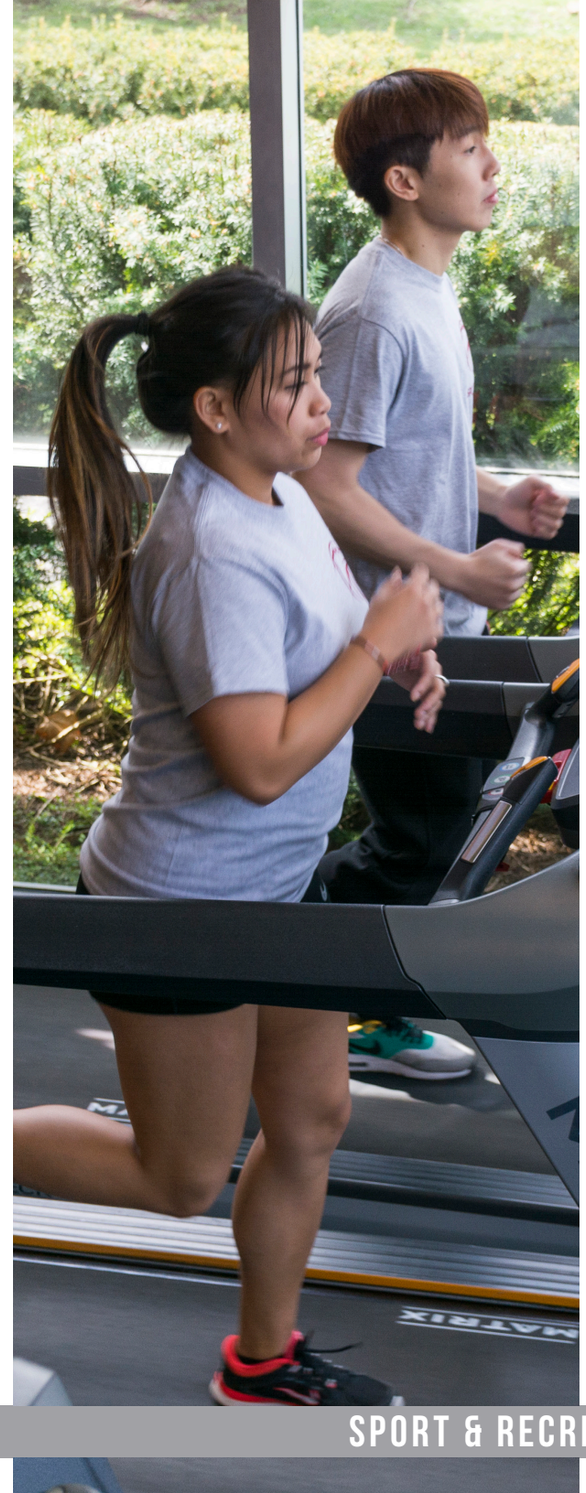
RICHMOND PING PONG

WE'RE LOOKING FOR *YOU!*

INTERESTED IN WORKING WITH THE SPORT & REC DEPARTMENT?

CHECK OUT OUR CURRENT OPPORTUNITIES AT:

KPU.CA/SPORTREC



SPORT & RECREATION ACTIVITY GUIDE

CONTENTS

MEMBERSHIP INFO & PRICES

SPORT & RECREATION FACILITIES

FITNESS & WELLNESS PROGRAMS

INTRAMURAL SPORT LEAGUES

SUMMER SPORT SERIES & TOURNAMENTS

THE FINE PRINT

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	
FLEX PASS (10 CLASS PASS)	Flex Pass $15.00 Drop-in $5.00	Flex Pass $25.00 Drop-in $5.00
SMALL GROUP TRAINING	By request only. Email: sportrec@kpu.ca	
INTRAMURALS	$10.00 per sport	
TOURNAMENTS	FREE	

How to Pay

- Flex Pass
  - » KPU Surrey Sport & Rec
  - » KPU Langley Bookstore
  - » KPU Richmond Bookstore
- Tournaments and Intramural programs—in person at KPU Surrey Sport & Recreation 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.
*KPU ID's will be needed for entry.

Fitness Class Flex Pass

A Flex Pass can be used for any 10 drop-in fitness classes on any campus and is valid for one year from date of purchase.

Some sport and recreation programming may be subject to additional fees. Check online at **kpu.ca/sportrec**

Lockers and towels are only available at the KPU Surrey gym and fitness centre. The cost for daily locker use is $0.25 and towel service requires valid KPU ID.

SPORT & RECREATION FACILITIES

HOURS OF OPERATION
Monday-Friday | 8:00am-9:50pm | Closed holidays

Summer hours start June 1, 2017
Monday-Thursday 8:00am-10:00pm | Friday 8:00am-7:00pm

KPU Surrey

Fitness Centre
Located in the Cedar Building, the fitness centre features industry-leading Matrix equipment.

Gymnasium
Known as The Eagles' Nest, KPU's full-size gymnasium features:
- 650 square metres
- 1 full basketball court with 6 backboards
- 4 regulation-sized badminton courts
- 2 volleyball courts
- Changing rooms with showers and lockers

KPU Sports Field
Home to KPU's soccer, ultimate Frisbee, and flag football programs. KPU operates the Sports Field in partnership with the City of Surrey at Newton Athletic Park, just 900 metres from KPU Surrey.

KPU Richmond

Active KSA Studio
The studio hosts fitness, dance, and martial arts programs.

KPU Langley

Fitness Centre
This multi-purpose fitness centre features low-impact fitness classes and industry-leading Matrix equipment.

KPU Tech

Fitness Centre
This fitness centre features strength-oriented industry-leading Matrix equipment.

FITNESS & WELLNESS PROGRAMS

Drop-in Fitness Classes

Use your Flex Pass to take advantage of KPU group fitness classes, including a variety of cardio, strength, and mind-body classes at any KPU campus where group fitness classes are offered.

GROUP FITNESS CLASSES

May 8 – August 25, 2017

BODY SCULPT

A total body-strengthening and sculpting workout. Using body weight, tubing and hand weights, burn calories, tone muscles and increase flexibility in this power-hour class. Suitable for all levels.

CARDIO KICKBOXING

A high energy kickboxing class that targets all major muscle groups to maximize your calorie burn! Includes speed, power drills and interval training to build cardio stamina, strength and endurance.

CORE CONDITIONING

A core workout sure to get your abs burning. Work on strengthening back muscles, balance, posture and stability.

CIRCUIT TRAINING

Work your way through multiple strength and cardio stations in this 45-minute power class. Be prepared to sweat!

YOGA FLOW

A dynamic series of flowing, strength-building postures created by rhythmic breathing. A challenging and invigorating mind-body workout recommended for all levels.

MINDFUL MOVEMENT (YOGA)

A gentle yoga class suitable for all levels focusing on physical health and mental well-being. This class will strengthen, tone, stretch, and relax your entire body through postures, breathing and relaxation techniques.

ZEN YOGA

Exploring the body's subtle energies with long, deep stretching, focusing on the connective tissues of the body and cultivating a meditative, peaceful mind. Suitable for all levels.

ALL FITNESS IS FREE ON FRIDAYS!

FITNESS SCHEDULE

Surrey

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FREE FITNESS FRIDAY
12:05 - 12:50	CIRCUIT TRAINING	BODY SCULPT	CIRCUIT TRAINING	BODY SCULPT	MINDFUL MOVEMENT
4:30 - 5:30		CARDIO KICKBOXING		CORE CONDITIONING	

Langley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FREE FITNESS FRIDAY
12:00 - 1:00		MINDFUL MOVEMENT		MINDFUL MOVEMENT	

Richmond

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FREE FITNESS FRIDAY
1:00 - 2:00		YOGA FLOW	YOGA FLOW	YOGA FLOW	
4:30 - 5:30	ZEN YOGA				

Schedule subject to change

FREE FITNESS WEEK MAY 1-5

All fitness programs free for you to try!

LEGEND

CARDIO · STRENGTH · MIND/BODY · DANCE

SMALL GROUP TRAINING

Whether you are just starting an exercise program or looking to add some variety and challenge to your existing routine, our certified personal trainers provide you with support and motivation. Combined with small classes of no more than four people, small group training ensures efficient and effective exercise performance, provides accountability, and keeps you on track to reaching your goals!

Maximum four people per group.

Available at any KPU campus upon request. For more information, please visit **kpu.ca/sportrec**

GYMNASIUM CLOSED

MAY 29 - JUNE 2
AS WE CELEBRATE KPU GRADUATES!

Fitness centres will remain open

SPORTS LEAGUES & INTRAMURALS

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.

Please contact KPU Sport & Recreation if you are interested in a sport that you do not see listed. You can email your inquiries and interests to **sportrec@kpu.ca**

Registered Intramural Sport Programs

OUTDOOR SOCCER LEAGUE – MIXED

Soccer enthusiasts will get a kick out of our co-ed outdoor soccer league! Featuring 7 v 7 league play with two 30-minute halves at KPU Sports Field.

LOCATION: KPU SPORTS FIELD
DATES/TIMES: MONDAYS | 6:30-8:30 PM (JUNE 5 - AUGUST 21)
MINIMUM TEAMS: 4 TEAMS REQUIRED (MAX 10 PLAYERS)
COST: $10.00/PLAYER

BASKETBALL

Whether you are reliving your high school glory days, or just want to learn the game and have a good time, this league has something for everyone. This 5 vs 5 open recreation league will focus on sportsmanship and fun competition. All levels welcome.

LOCATION: KPU SURREY GYM
DATES/TIMES: THU - 6:00-9:50 PM (JUNE 1 - AUGUST 10)
MINIMUM TEAMS: 4 TEAMS REQUIRED (MAX. 8 PLAYERS PER TEAM)
COST: $10.00/PLAYER

VOLLEYBALL

This league will focus on fun and inclusiveness in an open format. With a wide variety of team options, this league caters to all including those simply out for recreation. Come on out and bump, set, spike your way to the Rec Cup!

LOCATION: KPU SURREY GYM
DATES/TIMES: WED - 6:00-9:50 PM (JUNE 7 - AUGUST 9)
MINIMUM TEAMS: 4 TEAMS REQUIRED (MAX. 8 PLAYERS PER TEAM)
COST: $10.00/PLAYER

Sign-up for leagues online at **kpu.ca/sportrec** or in person at KPU Surrey Sport and Recreation.

Teams must register before the league starts. Must be a KPU student to register for leagues.

Drop-in Sport Programs

PING PONG

Join us on the First Tuesday and last Tuesday of every month for ping pong. BYOP (Bring your own paddle) or use one of ours, play solo or pair in pairs. The objective is to create community, play some pong, get students involved, and most importantly have fun. Plus, for bragging rights a staff member will even keep record of the table champion for the day. And did we mention that table tennis is an Olympic sport? Do you have it in you to be KPU's best table tennis player this summer?

LOCATION: KPU RICHMOND
TIMES: 12:00-4:00 PM
COST: FREE

SOCCER

This student-led co-ed initiative is open to KPU students and staff. Bring your cleats, wear your Messi jersey and be prepared for some footie action. Games are student-led and fun always comes first. See you on the pitch!

LOCATION: KPU SPORTS FIELD
TIMES: 6:30-8:30 PM (APRIL 6 - AUGUST 31)
COST: FREE

STRAVA

RUNNING/WALKING AND CYCLING CLUB

This motivational running/walking and cycling club is dedicated to the health and well-being of the KPU community! Together we will celebrate and encourage an increase in physical activity throughout our journey to a healthy lifestyle. All levels are welcome.

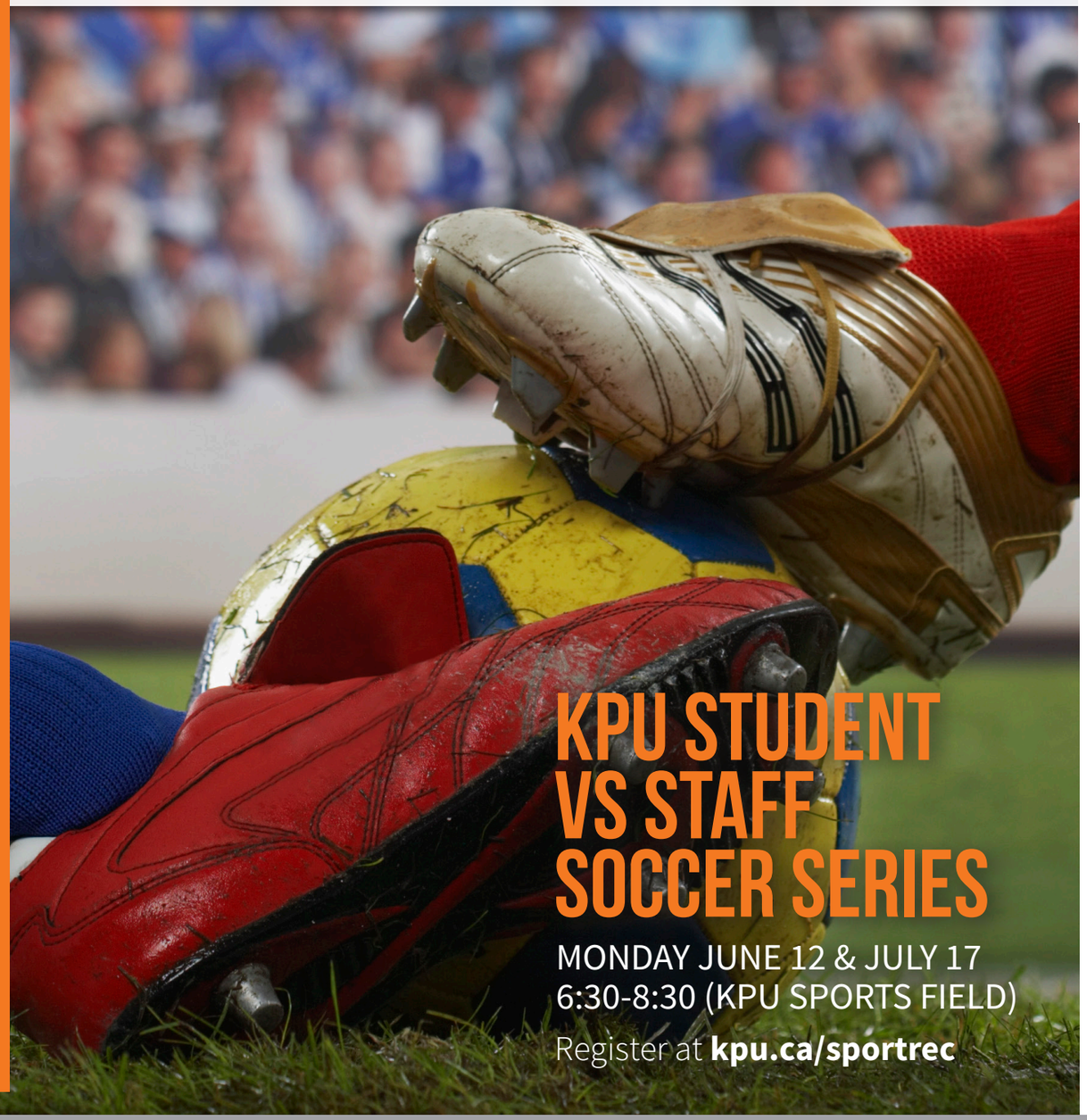
strava.com/clubs/kpu_sportrec

Check the schedule at **kpu.ca/sportrec**

OPEN GYM

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

SUMMER SPORT SERIES



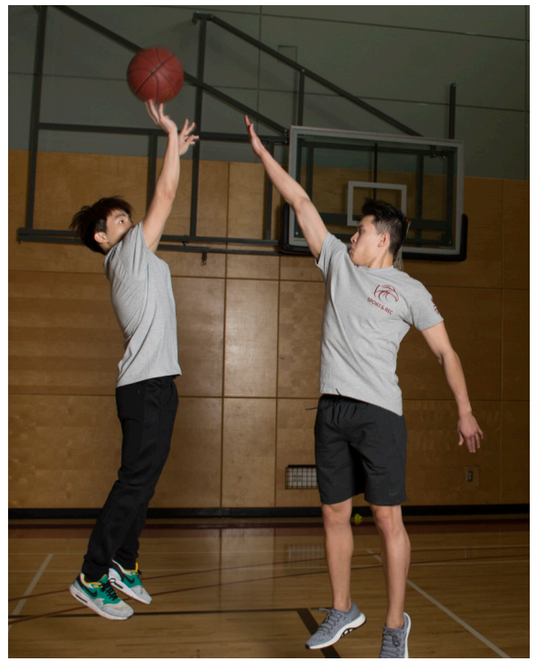
KPU STUDENT VS STAFF SOCCER SERIES

MONDAY JUNE 12 & JULY 17
6:30-8:30 (KPU SPORTS FIELD)

Register at **kpu.ca/sportrec**

TOURNAMENTS

Every semester, KPU Sport & Recreation offers a variety of inclusive, exciting, and fun recreational tournaments and events for all to enjoy. The sport tournaments planned for the summer 2017 semester include:



VOLLEYBALL SUMMER SLAM

WEDNESDAY JULY 12
4:00 – 8:00 PM
Register as team or individual

3 ON 3 BASKETBALL SUMMER SLAM

THURSDAY JUNE 22
5:30 – 8:00 PM
Register as team or individual

Register early as a team or individual at the KPU Sport & Recreation desk or online at **kpu.ca/sportrec**

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 visitors 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 Sport & Recreation desk at KPU Surrey or online at **kpu.ca/sportrec**
- 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 as 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 tournament will not receive a refund.
- If a league or tournament is cancelled, a full refund will be provided.
- Refunds will only be issued before the start of a league or tournament.

KWANTLEN STUDENT ASSOCIATION

KSA

THANK YOU KSA

FOR YOUR GENEROUS SUPPORT OF THE FITNESS CENTRES AT KPU LANGLEY, KPU TECH AND KPU SURREY

KUSA.CA

STUDENT HEALTH 101

Student Health 101 is a free monthly e-zine for KPU students promoting healthy bodies and minds. Each issue is filled with information to encourage students' well-being and to make the most of their time at KPU.

Each monthly edition features:

- Monthly Contests
- Financial Advice
- Fitness Tips
- Recipes
- Study Aids
- And more!

Check your KPU email each month for the latest issue

***Text "KPU" to 71441** to receive Student Health 101 on the go!*

STUDENT health101™

kpu.ca/student-health-101
sh101@kpu.ca