

AQUATIC CENTRE



Visit

www.ucalgary.ca/aquatics

For:

- Swimming, diving, kayaking and holiday schedules
- Swimming lessons for infants, children and teens
- Deep water running & fitness classes
- Swim Instructor, lifeguarding and SCUBA training
- Birthday parties

Please check-in at the Client Services desk with a valid ID card or Day Pass prior to accessing the Aquatic Centre

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AQUATIC CENTRE



KAYAKING

Reserve a Kayak at
www.calgaryoutdoorcentre.ca
or call 403-220-5038

A stamp must be obtained from Client Services and presented to the lifeguard on deck. Participants must be **14 years & older** and be able to perform a **Braced Entry and Wet Exit prior to attending.**

Maximum of 21 kayaks available.

GYMNASIUM SCHEDULES

Please contact Client Services at
403-220-5029
for information on drop in gym schedules.

All *gymnasium users must have a wristband or day pass to use the facility.*

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GENERAL INFORMATION

Use of all Health & Recreation facilities is included with the purchase of a day pass, with the exception of the Fitness Centre where an age requirement of 17 years is enforced. Non-member day pass fees are as follows: Adult: \$10.00; Youth & Seniors: \$7.00; children: \$4.20. Hours may vary due to academic scheduling or special events.

- 24 Hour Open Recreation Line.....403-220-6942

FITNESS CENTRE

Reception Area.....403-220-5185

**Must be 17 years to access the Fitness Centre.

- Mon - Thurs.....6:00AM-10:30PM
- Fri.....6:00AM-9:30PM
- Sat & Sun.....8:00AM-8:30PM

HOLIDAYS

- Sept. 7, Oct. 12 & Nov. 11.....10:00AM-5:30PM
- Dec. 24.....6:00AM-1:30PM
- Dec. 25 & 26.....CLOSED
- Dec. 27-30.....10:00AM-7:30PM
- Dec. 31.....10:00AM-3:30PM

Access to the Fitness Centre is with a membership card or drop-in pass ONLY

Fitness Classes

Register for Fitness Classes at

www.ucalgaryrecreation.ca

Call 403-220-7749 for more information.

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HEALTH & RECREATION CENTRE
UNIVERSITY OF CALGARY

open recreation
SCHEDULE

Fall 2009

Fitness Centre
Outdoor Centre
Gymnastics Centre
Racquet Centre
Aquatic Centre
Gymnasiums
Olympic Oval
& More



UNIVERSITY OF
CALGARY
KINESIOLOGY

403-220-6942

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UNIVERSITY OF
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CLIENT SERVICES

September 8 - December 31, 2009
Equipment Room Services

- Mon-Fri.....6:00AM-11:00PM
- Sat. & Sun.....8:00AM-9:00PM
- **Stat Holiday Hours**.....10:00AM-6:00PM
- Christmas Hours - see 'Building Hours' below
- Information.....403-220-5029

Membership & Registration Services

- Mon - Fri.....8:30AM-5:00PM
- Sat, Sun & Holidays.....CLOSED
- Dec. 24.....8:30AM-2:00PM
- Dec. 25-Jan. 3.....CLOSED
- **Registration Line**
(Mon-Fri.....8:30AM-4:30PM).....403-220-7749

KINESIOLOGY COMPLEX

Building Hours
September 8 - December 31, 2009

- Mon - Fri.....6:00AM-11:00PM
- Sat & Sun.....8:00AM-9:00PM

Holiday Hours

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- Dec. 25 & 26 & Jan. 1.....CLOSED
- Dec. 27-30.....10:00AM-8:00PM
- Dec. 31.....10:00AM-4:00PM

Last booking ends 1/2 hour before closing.
 *Pick up your wristband to access the pool, bouldering wall and gymnastics at the equipment room.

RACQUET CENTRE

Court Bookings & Cancellations
 403-220-5029
www.ucalgaryrecreation.ca/racquets

**All players must check-in at the Client Services desk with a valid ID card or purchase a Day Pass prior to accessing the Racquet Centre Facilities.

- Merchandise and rentals available at Client Services

Squash / Racquetball Hours
September 7-December 31, 2009

- Mon - Thurs.....8:00AM-10:30PM
- Fri.....8:00AM-9:30PM
- Sat/Sun.....8:30AM-8:30PM

Holidays

- Sept. 7, Oct. 12, Nov. 11.....10:00AM-5:30PM
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- Dec. 31.....10:00AM-3:30PM

Badminton Hours
September 8 - December 7, 2009

- Mon/Wed - Red Gym.....12:00-12:45PM
- Tues - Gold Gym.....5:30-6:30PM
- Thurs - Gold Gym.....6:00-7:00PM
- Red Gym - 10 Courts Gold Gym - 6 Courts

www.ucalgaryrecreation.ca

OLYMPIC OVAL



Visit
www.oval.ucalgary.ca
 for
 public skating and
 running schedules.


GYMNASTICS CENTRE

Birth Day Party Rentals.....403-220-7010
Gymnastic Information.....403-220-5559

September 15 - December 10, 2009
 Supervised gym time on all apparatus. First time users must attend an orientation session scheduled at 8:15PM at the Gymnastics Centre, cost is \$2.00. Remember to pick up a wristband or day pass from the equipment room.

- Tues & Thurs.....8:30PM-10:00PM

OUTDOOR CENTRE



Climbing Wall

All Climbers must watch an orientation video, pass a belay test and sign a liability waiver. Climbers under 18 years must have signed parental permission; climbers under 14 must have direct adult supervision.

For hours and reservations please call 403-220-5038
 OR
www.calgaryoutdoorcentre.ca

Bouldering Gym

No age restrictions or orientation required. Check-in at Equipment Room Services, KNA104, for a wristband or a day pass.

- Please see 'Kinesiology Complex Building Hours'

Rentals, Programs - 403 220-5038

Rental Shop

- Friday to Monday.....8:00AM-8:00PM
- Tues to Thurs.....8:00AM-6:00PM

Holiday Hours: Call for recorded schedule.

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