

Open Recreation

Open Recreation gymnasium times can be booked for:

- Basketball
- Soccer
- Volleyball
- Badminton & more

For information on Open Recreation gymnasium times, please call (403) 220-5029.

Pick up a copy of the Open Recreation schedule for all other facilities from Kinesiology Client Services or the Equipment Room (KNA 104).

Facility Tours

We're happy to show you the Health & Recreation Centre facilities. If you would like to organize a tour, give us a call at (403) 220-6562.

Health and Fitness Programs

The University of Calgary Health and Recreation Centre offers a wide variety of specialty fitness classes and recreational instruction, as well as personal training and nutrition counseling to assist you in reaching your health and fitness goals. No membership is required to register in our programs.

You will find information about registered programs in our program guides: Health & Recreation, Intramural Sports & Sport Clubs, Outdoor Centre Program Guide and UCalgary Camps found on campus and around the city.

Important Numbers

24 Hour Information Line.....	(403) 220-6942
Health and Recreation Centre Main Number.....	(403) 220-7749
Programs Registration (M-F 8:30am-4:30pm).....	(403) 220-7749
Aquatic Centre.....	(403) 220-6755
Dinos Athletics Event Line.....	(403) 220-3466
Equipment Room.....	(403) 220-5029
Fitness Centre.....	(403) 220-5185
Olympic Oval 24 Hour Line.....	(403) 220-7890
Olympic Oval Main Office.....	(403) 220-7954
Outdoor Centre:	
Equipment Rentals & Registration.....	(403) 220-5038
Climbing Wall.....	(403) 220-5038
Racquet Centre.....	(403) 220-5029
Photo Identification.....	(403) 220-7290
Gymnasiums.....	(403) 220-2831

Passes & Services

Day Pass	Children: 4-12. Youth: 13-16. Senior: 60+ Child.....4.20 Child Book of 10.....32.50 Youth/Senior.....7.00 Youth/Senior Book of 10.....60.00 Adult.....10.00 Adult Book of 10.....84.00 Family.....26.00
Week Pass	Child.....15.00 Youth/Senior.....25.00 Adult.....35.00 Monthly Pass.....84.00
Services	Daily Towel Service.....1.00 Monthly Towel Service.....11.00

Annual Locker Service:
Includes free towel service. Locker sizes and prices vary.
Please call (403) 220-5029 for more information.

Parking Passes

EARLY BIRD PASS	WEEKLONG #1 PASS	WEEKLONG #2 PASS
Meters, Lot #9 & Lot #16	Lot #10:	Lot #12:
Mon-Fri Before 8:15am \$30.00/Year	Mon-Fri After 3:00pm All Day Sat-Sun \$60.00/Year	Mon-Fri After 3:00pm All Day Sat-Sun \$120.00/Year

Membership Policies

- Memberships are fully refundable during the first 2 week period of the membership, after which they are non-refundable and non-transferable, with the following exceptions (Written documentation must be provided):
 - Relocation Outside Calgary
 - Injury or Accident
 - Work Related Leave
- Age restriction in the Fitness Centre is 17 years and older. Youth 12 - 16 must complete an orientation program and be accompanied by an adult to access the Fitness Centre.
- A family is defined as you, your domestic partner and children 17 years and under.
- Senior citizens (60+) receive a 50% discount on all membership prices.

Membership Rates

ANNUAL RATES 2009 - 2010

All Access

Membership includes the Fitness Centre, Racquet Centre, Aquatic Centre, Outdoor Centre climbing & bouldering walls, the Olympic Oval and gymnasiums during Open Recreation hours.

	Single	Senior	Family
Public	\$625	\$312.5	\$1003
Alumni	\$500	\$250	\$790
Faculty/Staff	\$340	\$170	\$545

Fitness Centre

Membership includes all of the above access, excluding the Racquet Centre.

	Single	Senior	Family
Public	\$520	\$260	\$835
Alumni	\$420	\$210	\$675
Faculty/Staff	\$280	\$140	\$445

Racquet Centre

Membership includes all racquet sports and the Olympic Oval.

	Single	Senior	Family
Public	\$395	\$197.50	\$635
Alumni	\$310	\$155	\$505
Faculty/Staff	\$235	\$117.50	\$375

Aquatic Centre

Membership includes access to the Aquatic Centre and gymnasiums during Open Recreation hours.

	Single	Senior	Family
Public	\$395	\$197.50	\$635
Alumni	\$310	\$155	\$505
Faculty/Staff	\$235	\$117.50	\$375

Climbing Wall

Membership includes indoor climbing & bouldering walls.

	Single	Senior	Family
Public	\$395	\$197.50	N/A
Alumni	\$310	\$155	N/A
Faculty/Staff	\$235	\$117.50	N/A

Alumni

All University of Calgary graduates receive their first Health and Recreation Centre membership at 50% off the regular alumni rate.

*Rates valid April 1, 2009 and are subject to change.

University of Calgary

Facilities & Memberships

Annual Rates 2009/2010



USE THE FACILITIES THAT SUPPORT WORLD-CLASS ATHLETES!

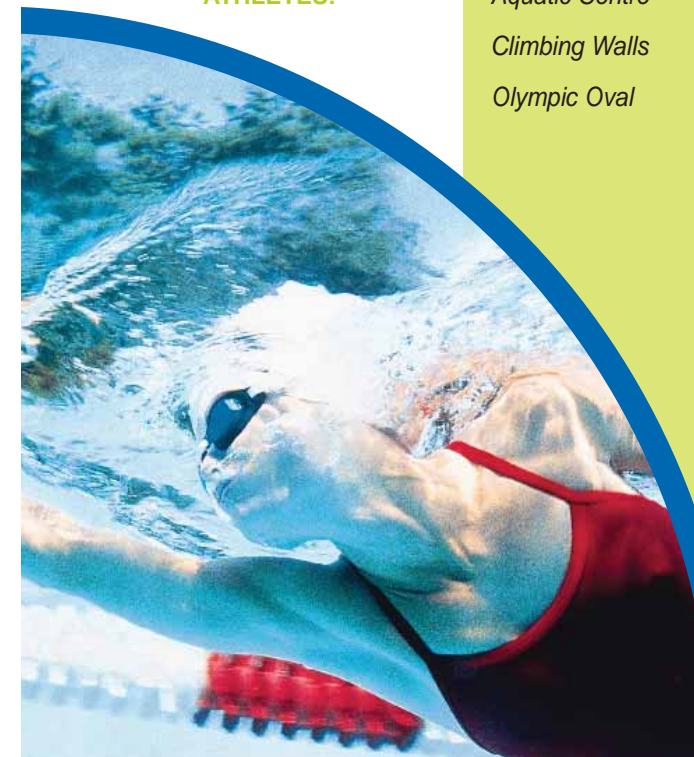
Fitness Centre

Racquet Centre

Aquatic Centre

Climbing Walls

Olympic Oval



www.ucalgaryrecreation.ca

Something for everyone!

Whether you are a student, a faculty/staff member, alumni or the general public, a Health & Recreation Centre membership will give you access to world class recreational facilities. Here you can workout, re-energize, create and maintain a healthy and active lifestyle.

As a member you can enjoy:

- 10,500 Sq. Ft. Fitness Centre and 200m 6 Lane Indoor Running Track
- 4 Story Indoor Climbing Wall
- Racquetball, Squash and Outdoor Tennis Courts
- 50m Olympic Size Pool
- Olympic Oval Public Skating and 450m Indoor Running Track
- Open Recreation Activities

* Programs, training and course fees are not included with memberships.

All full-time and part-time University of Calgary students enjoy full access to the Health & Recreation Centre.

Faculty, staff, alumni and the general public can purchase a membership and obtain additional information by contacting:

Campus Recreation (KNA 104)

Mon - Fri 8:30am - 5:00pm
Weekends/Holidays Closed
Ph: (403) 220-7749

Client Services (KNA 104)

Mon - Fri 6:00am - 11:00pm
Sat - Sun 8:00am - 9:00pm
Holidays 10:00am - 6:00pm
Ph: (403) 220-5029

Kinesiology Complex Closed:

New Years Day Heritage Day
Good Friday Christmas Day
Canada Day Boxing Day

Please visit our website for more information.

www.ucalgaryrecreation.ca

Fitness Centre

The 10,500 Sq. Ft. weight training and cardiovascular conditioning area offers the latest, most extensive and easy to use fitness equipment found at a Canadian university. Exercise equipment includes free weights, weight systems, ellipticals and state of the art cardio machines. Try the time efficient Super Circuit and 6 lane 200m indoor running track.

Personal trainers can provide you with the information and instruction you need to reach your health and fitness goals.



Racquet Centre

The Racquet Centre offers 13 international squash courts, 4 international racquetball courts, 4 seasonal outdoor tennis courts, and as many as 10 open recreation badminton courts.

There are instructional programs for adults and youths, leagues, free squash and racquetball rules clinic, racquet and eyewear rental program, a restringing service and more.



Aquatic Centre



The Aquatic Centre training and recreation facility includes a 50m Olympic size swimming pool with moveable bulkhead, 1 & 3 metre springboards.

A variety of open recreation activities, fitness programs, swimming lessons and certification courses for infants to adults are also available.

Climbing Walls



The Outdoor Centre 4 story indoor climbing wall is specifically designed to mimic real rock as closely as possible. This makes it ideal for learning climbing & mountaineering skills. A bouldering wall features a variety of climbing surfaces for a broad range of ability levels.

Take advantage of the quality programs and services offered with over 10,000 equipment rental items available that cater to any outdoor adventure.

Olympic Oval

Home to the fastest ice in the world, skate the Olympic Oval's 400m ice skating track during public skating hours. Walk, jog or run the 2 lane 450m indoor running track.

Speed skate and hockey skate rentals are available at the Olympic Oval Skate Shop.



Gymnastics Centre

The Gymnastics Centre features a variety of Olympic-standard equipment, including spring gymnastics floor, spring tumbling floor, trampoline, foam pits, ropes, bars, rings, beams and vaults.

Any member over age 18 can come and work out on the gymnastics equipment from mid-September to mid-April, Tuesdays & Thursdays, 8:30-10:00pm.

A variety of programs, from pre-school to competitive, for ages 3 and up are also offered.

