

TRINITY WESTERN UNIVERSITY RECREATION GUIDE

JANUARY - APRIL 2017

OUR INFORMATION

call us

Rec Services:

604-513-2121 ext 3441

Fitness Centre:

604-888-7511 ext. 2496

Facility Bookings:

604-513-2111 with Jason VanDyck or e-mail
jason.vandyck@twu.ca

follow us



Facebook

facebook.com/TWUrecservices

facebook.com/TWUathleticfacilities



Instagram

instagram.com/TWUrecservices



Twitter

twitter.com/TWUrecservices



Youtube:

youtube.com/TWUrecservices

athletic facilities hours

SEPTEMBER - APRIL

Mon- Thur	7:00am - 11:00am 11:30am - 11:00pm
Friday	7:00am - 11:00am 11:30am - 10:00pm
Saturday	9:30am - 9:00pm
Sunday	3:00pm - 9:00pm

Hours are subject to
change. For the latest
information visit
twu.ca/recreation.

MAY - AUGUST

Mon- Thur	8:00am - 7:00pm
Friday	8:00am - 6:00am
Saturday	10:30am - 6:00pm
Sunday	Closed



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REGISTRATION

- >> Registration for fitness centre memberships and personal training sessions takes place at the front desk of the David E. Enarson Gymnasium. One piece of photo ID will be required to sign up for a membership.
- >> Registration for fitness classes is done online. Go to recservices.twu.ca for more information

FITNESS CENTRE MEMBERSHIPS

Membership includes use of the weight room, showers and lockers upon availability.

Please note that fitness classes are not included in this membership. Refer to the "Group Fitness" section on this Guide for more information about fitness classes.

MEMBERSHIP DEFINITIONS:

TWU Student:

Students enrolled in classes at TWU pay a recreation fee that provides them unlimited access to the fitness centre during the fall and spring semesters. Students must be either taking summer courses or enrolled in classes for the following fall semester, to be considered a student for the summer.

TWU Staff/faculty:

Any person currently employed by TWU will have access to the fitness centre by using their staff or faculty ID.

University Affiliates: Individuals who work at TWU but are not employed by the university. This includes the following organizations on campus: Sodexo, CANIL, ACTS and Catholic Pacific College employees. University Affiliate rates can be found under the 'TWU Family' category.

TWU Family:

Spouse or dependant family members who live in the same household as a current TWU employee or student is eligible for this membership. Proof of address is required to register.

TWU Alumni:

Any person who has completed 15 or more semester hours at TWU and is not considered a current student can receive a TWU alumni membership rate.

TWU Alumni Association:

Alumni that are active members of the association are eligible to receive a discounted semester or summer rate. The alum must email the Alumni Department and wait to receive a confirmation email to get the discounted rate, which will typically take 2 business days.

Recent Graduate:

Any Trinity Western University alumnus who has graduated in the previous semester is eligible for a discounted rate for the term immediately following graduation.

Community:

Anyone who does not fit under any of the other membership groups and is over 16 years old can get a community pass or membership.

	TWU Family	TWU Alumni	Community
1 Year* From purchase date	\$150	\$220	\$325
Semester* Fall or Spring	\$60	\$85	\$150
Summer* May to August	\$60	\$75	\$125
25 Visits	\$57	\$57	\$100
10 Visits	\$27	\$27	\$45
Drop-in	\$3	\$3	\$5

Payment method:

We only accept Mastercard or VISA.
Sorry, no cash.

Refund policies:

- Annual, semester and summer Memberships may be cancelled within 14 days of purchase. Refund is subject to a \$10 administration fee.
- Semester and summer memberships may be cancelled within 10 days of purchase. Refund is subject to a \$5 administration fee.
- 10 and 25 visit passes may be cancelled within 10 days of purchase only if they have not been used. Refund is subject to a \$5 administration fee.
- Drop-in memberships are non-refundable.

* A one-time \$10.50 card fee will be charged the first time you sign up for a membership.

GENERAL INFORMATION

>>> We offer free *Fitness Tours* and *Facility Centre Orientation*

Equipment Lending

Students, staff and faculty are able to lend equipment for free from the Fitness Centre front desk. Your ID card must be provided to check-out equipment. Lended equipment must be returned in the same condition as it was lended out or a replacement fee may be charged. For more information visit the recreation website at twu.ca/recreation

Some of the equipment available includes:

- >> Racquets (badminton & tennis)
- >> Climbing shoes for bouldering wall
- >> Basketballs, volleyballs, frisbees, soccer balls, snowshoes, etc.

Lockers

Lockers are available to sign out at no cost for the summer and school year. To obtain a locker and lock, see the Facility Manager or Fitness Centre Coordinator at the fitness centre's front desk. Locker holders will be able to keep their locker for the whole school year and will be asked by email to emptied once the school term is over. To better serve our customers and to keep this service free of charge, we ask users to inform us.

Lost and Found

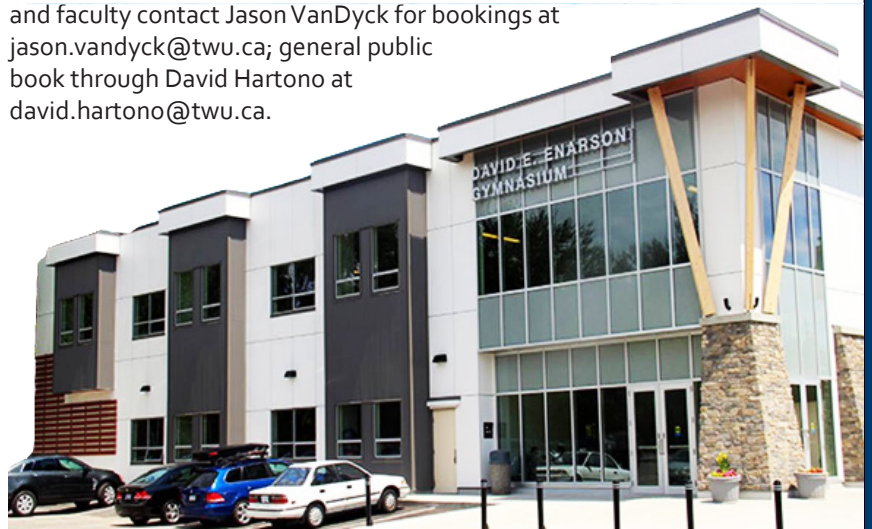
All lost and found items found in David E. Enarson Gymnasium will be store at the front desk of the Fitness Centre and will be kept until the end of the semester. Unclaimed items will be donated to charity by the end of the semester.

For general facility tours, book a tours through the fitness center's front desk or e-mail Jason VanDyck at jason.vandyck@twu.ca.

For complimentary Fitness Centre Orientations, speak to the Fitness Centre Coordinator, Michael Fama, at the front desk or e-mail him at Michael.Fama@twu.ca.

Facility Rentals

Group rentals for the TWU community and for the general public are available in most areas of our facility. TWU students, staff and faculty contact Jason VanDyck for bookings at jason.vandyck@twu.ca; general public book through David Hartono at david.hartono@twu.ca.



Beach Volleyball Courts

The beach volleyball courts are available to be rented by community groups at a cost of \$7 per court, per hour. Conference guests can use the courts for free as long as the courts are not being used; however, if a group is running a program, camp or tournament, they must pay the \$7 per court, per hour rate.

Tennis Courts

Tennis Courts are available for staff, faculty and students for free drop-in use. For people in the community they are available, at TWU's discretion, for a rate of \$21 per hour (rentals include all 3 courts unless noted). Conference guests are able to book courts at the above rate. The courts may not be available as TWU classes are given first priority on the use of the courts. The second priority belongs to student, staff and faculty drop-in. All other use is evaluated on a case by case basis.

Recreation Field

This field is available for recreational use for students, staff and faculty. Conference groups can use the field free of charge for recreational activities. However, any off-campus group that is running a program, camp or tournament must pay a rate of \$21 per hour for use of Recreation Field.

GUIDELINES & POLICIES

Conduct Guidelines

In order to offer the very best environment for friendly competition, working out and physical play, participants are expected to conduct themselves in a manner that reflects respect for themselves, others and the rules governing their activity/sport.



Recognizing that recreation is a privilege, each participant will:

- >> Act with **integrity** towards the welfare and dignity of others
- >> Conduct themselves in a **safe** manner
- >> Adhere to the **policies** of the University (see Student Handbook)

Inappropriate conduct by an individual or group of participants may result in recreation privileges being revoked. Depending on the type of misconduct notification may be made to appropriate University officials who oversee the Student Accountability Process.

Using the facilities:

In order to use the Fitness Centre you are expected to:

- >> Bring your **Fitness Centre card** every time you use the facilities
- >> Wear **appropriate athletic clothing and shoes**
- >> Follow the TWU Fitness Centre **Code of Conduct**

Inherent Risk Statement

Trinity Western University – David E. Enarson Gymnasium Waiver¹
Community Member

Rules Of Use

1. Members must always display their membership card upon entry of the facility
2. Members must wear appropriate fitness attire to use the facilities (Gymnasium, Fitness Centre, and Bouldering Wall)
3. Members must be at least 16 years of age
4. Please respect other facility members
5. Please respect the equipment by wiping off and putting equipment away
6. Please advise building management if any equipment requires maintenance or repair
7. No food is allowed in the David E. Enarson Fitness Centre, Gymnasium or Bouldering Wall
8. Towel service is being provided for the convenience of your workout experience within the Fitness Centre. However, all towels must remain in the Fitness Centre as we do not provide towel services for showers
9. Condition of Membership: All members must sign the attached "Waiver" (Waiver of Liability and Assumption of Risk) prior to being granted a membership to the Fitness Centre
10. All memberships² are available for refund or exchange for 10 days after purchase, after this date, all memberships are non-refundable

Electronic Devices Policy

Participants are allowed to use electronic devices in the facilities provided they are being used in a safe manner and that they are aware of their surroundings.

For the protection of our customers' privacy, the use of personal electronic devices for photographic and video purposes is strictly prohibited in change rooms. Failure to comply may result in loss of membership privileges and/or criminal charges. Please use electronic devices respectfully in all areas.

For special permission to take video or photos in the facilities for both academic and promotional purposes, contact the Facility Manager.

ID Card Policy

In order to serve you better and maintain a safe environment, all users (including TWU students and employees) must present their TWU ID or Fitness Centre Card to access the Fitness Centre. If your card has been lost or stolen, you must show another piece of government issued photo ID to enter the facilities and you will be given 3 days to replace it.

To replace a TWU student or employee ID, contact Student Life at the Reimer Student Center. To replace a Fitness Centre card, make your request at the front desk of the gymnasium for a cost of \$25.

¹This includes all athletic facilities with the David E. Enarson Gymnasium including the Fitness Centre, Gymnasium and Bouldering Wall

²This does not include Drop-in, as this purchase is final sale

FACILITIES INFORMATION

Fitness Centre

After doubling our footprint we can now offer more options to stay fit and workout in a positive environment. It is available to Staff/Faculty, students, alumni and community members.

Bouldering Wall

- Maintained for use of students, staff and faculty only.
- Bouldering shoes are available for rental

Gym

- 2 basketball courts
- 6 badminton courts
- 2 volleyball courts
- Half court curtain division

Change Rooms

- Men's and women's
- Free lockers available, check-in at front desk
- Showers

Fields

- North Field (athletic use)
- South Field (recreation & athletic use)
- Rec Field (recreation use)

Outdoors

- 3 tennis courts
- 2 beach volleyball courts
- 1 Israeli dodgeball court

Studios

- 2 fitness/dance studios
- Approx. 1,500 sq ft per studio or 3,000 sq ft combined
- Sprung hardwood floor

	<i>Fitness Centre</i>	<i>Gym</i>	<i>Bouldering Wall</i>	<i>Fitness Studio</i>	<i>Soccer Fields</i>
<i>Students, Staff & Faculty</i>	Full access	Full access	Full access	Restricted access (Must be part of a Fitness Class to use this area)	Contact jared.ginter@twu.ca for bookings
<i>Alumni & Retired Staff or Faculty</i>	Restricted access (Must purchase a Fitness Centre membership)	Restricted access (Included with a Fitness Centre membership)	No access	Restricted access (Must be part of a Fitness Class to use this area)	No access
<i>Community Members (Adult, 17+)</i>	Restricted access (Must purchase a Fitness Centre membership)	Restricted access (Included with a Fitness Centre membership)	No access	Restricted access (Must be part of a Fitness Class or rental group)	No access
<i>Community Members (Minors, 16 or under)</i>	Restricted access (Must purchase a Fitness Centre membership. Direct adult supervision required at all times)	Restricted access (Must be part of a rental group. Direct adult supervision required at all times)	No access	No access (Unless accompanied by supervising adult as a part of a rental group).	No access

PERSONAL TRAINING

There are different personal training options for fitness centre users.

Group Training Student Trainer		Student Trainer			The Student Trainer program is available only to TWU students and employees. This program offers personal training by Student Trainers who have been through the Human Kinetics personal training program and extensive in-house training to prepare them to get you in shape! Though most are not personal trainers, they are well on their way to becoming personal trainers and are excited to offer you low cost training.
2-4 people session	\$15 per person	1 session	\$40		
Personal Training Certified Personal Trainer		3 sessions	\$105	\$35 ea	
		5 sessions	\$135	\$27 ea	
		10 sessions	\$250	\$25 ea	
1 session	\$50				

FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA & PILATES 12-12:45PM	BOOTCAMP 7:30-8:30AM	YOGA & PILATES 12-12:45PM		BOOTCAMP 11:40AM-12:40PM
CIRCUIT TRAINING 5:30-6:30PM	ZUMBA 5-6:00PM		CIRCUIT TRAINING 5:30-6:30PM	
KICKBOXING 7:30-8:30PM		ZUMBA GROUP RENTAL 9-10:00PM		



FITNESS CLASSES

What you need to know

>> No Classes: Individual class schedules vary. Check our online registration system or your receipt for "No Classes" dates.

>> Rec Services reserves the right to cancel classes due to low registration. For semester passes, "make-up" classes are not available if you miss a class.

>> Registered participant spots are guaranteed only until class start time. If the class is not full when the class starts the fitness instructor may allow drop-in attendees to join.

>> To register for classes go to: recservices.twu.ca

Unlimited Passes

Unlimited passes can be used for any fitness class offered!

Want to get the best deal? Enjoy working out multiple times a week? Consider getting an Unlimited Pass for the semester so you can attend any of our fitness classes anytime you want! Unlimited Pass holders can access any of our fitness classes from Pilates/Yoga to Zumba and everything in between.

Student	\$ 50
Staff/Faculty	\$ 75
Alumni	\$ 100
Community	\$ 125

Class Passes

Planning on attending every class this semester?

STUDENT INSTRUCTOR

Student	\$ 10
Staff/Faculty	\$ 30
Alumni	\$ 40
Community	\$ 50

PROFESSIONAL INSTRUCTOR

Student	\$ 30
Staff/Faculty	\$ 40
Alumni	\$ 50
Community	\$ 60

Space in fitness classes is reserved for registered participants first.

Unlimited passes can be used for any fitness class that is not full of registered participants or that has open spots at the start of class due to registered participants not showing up for a particular class.

Registered participant spots are guaranteed only until class start time.

All Unlimited passes are non-refundable and must be used in the semester they were purchased (i.e. Spring 2017).

Unlimited passes are non-transferable between individuals. Only the member name on the Unlimited pass will be permitted to use the pass. A student card (or Photo ID) is required along with your Unlimited pass for verification.

Drop-In Option

We get it! Your schedule is busy and unpredictable. For any student-led class, you can just drop by for only \$2. Instead of signing up online, just bring a toonie to the class. Staff/faculty can drop-in too for \$5 per class.

FREE DROP-IN WEEK

January 16-20

NO CLASSES

February 13

February 27 - March 3

April 14 - 17

FITNESS CLASSES

Bootcamp

Get ready for our total body conditioning class. This class is designed to increase your metabolism and lean muscle mass while burning fat and having fun!

There are two separate bootcamp classes, each led by a different instructor.

Student Instructors: Hannah Ropp & Lindsay Ries

Zumba

If you like music, dancing and getting fit at the same time then come and check out our Zumba fitness classes. Zumba incorporates dance with aerobic movements. No dance experience required for this exciting hour of calorie-burning, body-energizing and engaging communal experience. Let loose and have some fun!

Student Instructor: Kira Banner

Circuit Training

This circuit training session combines high-energy cardio (running, walking, or bench steps) with a free weights workout. You'll improve your aerobic capacity, muscular strength and endurance while having fun doing it!

Student Instructor: Annisa Claasen

Kickboxing

Burn calories while you build total body strength with our kickboxing movement class!

Fitness instructing professional, Beata, will have you sweating with mixed martial arts moves done in rapid-fire succession. This is a great workout for those looking for a thrilling fitness experience!

Professional Instructor: Beata Piaseczny

Yoga/Pilates

Stretch and tone those muscles with our fitness class that combines the fundamentals of both Pilates and yoga!

Fitness instructing professional, Beata, will help you gain better balance, mobility, flexibility, and a stronger core while you breathe and sweat through this full body workout. This class incorporates about 70% yoga with 30% Pilates.

It is recommended that you bring your own yoga mat to these classes. General fitness mats are available but not ideal for this type of class.

Professional Instructor: Beata Piaseczny





MARTIAL ARTS CLASSES



Taekwondo

Learn martial arts through the basic skills and techniques of Taekwondo. Gain self-confidence, physical strength and relief from stress while learning self-discipline and self-defense.

Head Master Jin Lim, has 25 years of experience in Taekwondo and a 5th Degree Black Belt. Find out more about Lim by visiting his school's website: www.limstaekwondo.com

Professional Instructor: Jin Lim



IDF Krav Maga - Military Self Defense

Interested in getting fit and learning how to defend yourself? Come out and try the IDF Self Defense Class. IDF is the best and most efficient self defense system used around the world and by the military to help people protect themselves and others.

Omri Serper who teaches the class was part of the Israeli military and is a certified IDF Krav Maga instructor. You can find out more about Omri and Krav Maga at his website: www.idfkravmaga.ca

Professional Instructor: Omri Serper

**Martial Arts Classes are \$50 for students & \$60 for staff/faculty.
Register at recservices.twu.ca**

INTRAMURAL SPORTS

What are Intramural Sports?

Rec Services runs a number of recreational sport leagues at TWU. Our motto is "Where Friends Meet" and our goal is to provide a recreational environment that is fun and safe for all. Play a sport you enjoy, make friendships along the way and have fun doing it!

Create your own team of fellow TWU students, staff/faculty and/or alumni. If you do not have a team to join register as a "Free Agent" and our intramural coordinators will help you find one. Be sure to register early as space is limited and intramural leagues tend to fill up.

Not sure if intramural leagues are for you? Be sure to come out during the first week of classes for drop-in nights where you can try out the various intramural options before committing to register. Intramurals are for everyone no matter your skill level or experience. Our desire is to have intramurals be a place where all students can come out, stay active, have fun and make some amazing friendships. Come join us!

How to Register as an Individual or a Team

1. Go to IMLeagues.com/trinitywestern
2. Select "Create Account" from top menu bar
3. Type in "Trinity Western University" as your school and create an account.
4. All participants are required to create an account & fill out the online waiver.

Playing Time

To minimize conflicts, please refer to the activity descriptions which list event days and times as leagues may be scheduled for more than one day.

Please ensure that your team is available to play in all possible timeslots to avoid any forfeited games.

Intramural league play does not guarantee that your team will qualify for playoffs.

What Do You Get?

- The opportunity to play intramurals for FREE!
- Ability to view your team's schedule and standings online
- Receive emails and text notifications about your games
- Knowing the sport league's rules and guide-book
- The chance to use the team chat page

Who Can Play?

- TWU students (full & part-time)
- TWU staff/faculty
- TWU Alumni
- Note: Due to limited facility availability current TWU students will have priority if a league fills up. All TWU community members are welcomed and encouraged to sign-up and we will do our best to accommodate all those who would like to play.

Intramural League Definitions

Competitive Division -

For participants with high school, competitive club or post-secondary experience playing at a competitive high level. If you are new to the sport or have only played occasionally with friends this may not be the best fit for you. For those seeking a competitive outlet without the competitive physicality or language because it's about having fun.

Rec Division -

For participants who have played at a recreation/intramural level before, play the sport occasionally with friends or are new to the sport. The emphasis here is having fun with friends in a laid back environment.

Free Agent -

If you are a student, staff/faculty or alumni without a team then sign-up as a free agent. Our Rec Services Intramural Coordinators will either create a team with free agents or connect you with an already existing team needing more players.

INTRAMURAL SPORTS

Intramural Offerings

VOL
LEY
BALL



Co-ed Competitive

Mondays 8:00 - 10:00pm Jan 23 - April 3 Gym

Co-ed Rec

Mondays 7:00 - 9:00pm Jan 23 - April 3 Gym

Registration Deadline is Thursday, January 19th

Whether new to playing volleyball or a volleyball veteran we've got a league for you. Teams are co-ed with at least two players from each gender on the court at all times. Regular season games followed by playoffs for those teams that qualify.

No Games: February 27 - Spring Reading Break

BAS
KET
BALL



Men's Competitive

Tuesdays 8:00 - 10:00pm Jan 24 - April 4 Gym

Registration Deadline is Thursday, January 19th

Whether you've been a baller since birth or are just trying it out for the first time we've got a basketball option for you. Each semester Rec Services offers both men's and women's 5-on-5 drop-in options (see "Drop-In Sports" for details). For the spring semester there will also be a men's competitive 5-on-5 league.

No Games: February 28 - Spring Reading Break

SO
CC
ER



Co-ed Competitive

Thursdays 6:00 - 11:00pm Jan 26 - April 6 Gym

Co-ed Rec

Thursdays 6:00 - 11:00pm Jan 26 - April 6 Gym

Registration Deadline is Friday, January 20th

Come out and play the beautiful game. Show your skills or pick some up in whatever league best suits you. Leagues are five-on-five with a goalie. Games consist of two 25 minute halves with regular season games followed by playoffs. At least two members of each gender must be on the court at all times.

No Games: February 9 or March 2 - Spring Reading Break

DROP-IN SPORTS

>> Not able to commit for the full semester with an intramural league? Looking for another opportunity to play that sport you love? Maybe you enjoy the more low-key nature of pick-up sports. For all or any of these reasons come check out the drop-in sports available this semester.

● General Drop-In

For those wanting to just have some gym time and space to shoot on a hoop or pass a ball around with a friend Rec Services has half the gym open for general drop-in two days a week.

Mondays	6:00 - 7:00pm	Jan 16 - April 10	East Side of Gym
Tuesdays	6:00 - 7:00PM	Jan 10 - April 11	East side of gym
wednesdays	6:00 - 7:00pm	Jan 11 - April 12	Gym

● Volleyball (Co-ed Rec)

Are you set to play? Co-ed teams will be organized by a Rec Services student leader with rotational substitutions every service change. Play rally point games to 15, six-on-six.

****No Drop-In: February 27 - Spring Reading Break**

Mondays	6:00 - 7:00pm	Jan 16 - April 3	West Side of Gym
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● Badminton (Co-ed Rec)

Need a break from your studies? Come out once a week to Rec Services Badminton

Drop-In! It's a great place to get in some physical activity while connecting with students from many different nationalities. All skill levels are welcome as are staff/faculty and alumni who would like to participate.

****No Drop-In: March 1 - Spring Reading Break**

Wednesdays	7:00 - 10:00pm	Jan 18 - April 5	GyM
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DROP-IN SPORTS

● **Basketball**

Play some recreation b-ball. Teams will be organized by a Rec Services student leader with rotational substitutions every five minutes. Play five-on-five with games to 25 points. ****No Drop-In: February 28 - Spring Reading Break**

Men's Rec

Tuesdays 6:00 to 7:00pm Jan 17 - April 4 west Side of Gym

Women's Rec

Tuesdays 7:00 to 8:00pm Jan 17 - April 4 west Side of Gym

● **Dodgeball (Co-ed Rec)**

Want to play dodgeball in a fun setting? All skill levels are welcome and teams are made with those who come out each week. No experience necessary just a great attitude and maybe occasionally a great dodgeball outfit!

Tuesdays 10:00 - 10:45pm Jan 17 - Feb 21 Gym



CLUBS

>> The recreation clubs program is designed to provide the opportunity for individuals with common interests to participate in a recreational sport/activity they enjoy while being encouraged to fully integrate their faith.

Clubs are open primarily to current students but if a club is not fully subscribed by students than staff/faculty and/or alumni can participate. Clubs require participants to become members as there is a membership fee that helps to cover the cost of running the club.

Outdoor Club

If you love epic hiking, climbing, camping, surfing, etc. This club is for you. A great way to adventure in the beauty of the Pacific Northwest. The club plans most of their trips for Saturdays with the occasional overnighiter.

Full Member: \$165

A full membership covers both semesters and allows these members priority on all trips!

Half Member: \$90

This covers one semester of membership.

Members of the club will also receive a Rec Services Outdoor Club t-shirt, participation in a kick-off & end-of-year dinners as well as many other perks!

Email questions to: twurecservices@gmail.com

Shinny (Hockey) Club

Looking for something more than ball hockey but not quite a competitive hockey league?

The Shinny Club could be a great fit for you! The club plays once a week at a local 3-on-3 rink in Langley. All you need is a pair of skates, gloves, helmet and your stick.

Space is limited to ensure all club members get a great chance to play. Membership is done on a per semester basis.

Full Member: \$300

A full membership covers both semesters & guarantees you'll play from September to April.

Half Member: \$160

This covers one semester of membership.

This fee pays for the ices times the club uses as well as providing each member with a Rec Services Shinny Club t-shirt, participation in a kick-off & end-of-year dinner as well as many other perks!

Email questions to: twurecservices@gmail.com

Running Club

Calling all runners from the experienced to entry level the Running Club is an opportunity for students, staff/faculty & alumni who love running to connect at TWU. Throughout the local area there are plenty of great running routes & trails. Get out and enjoy regular runs coordinated by the club and meet new friends!

Club Member: \$30

This fee provides each member with a Rec Services Running Club t-shirt, participation in a kick-off & end-of-year dinner as well as many other perks! Join anytime, however, the fee is not prorated.

Email questions to: twurecservices@gmail.com



CLUB TEAMS

>> Rec Services offers a number of competitive club teams. These teams run tryouts at the start of the fall semester to determine their rosters. Teams play in local men's, women's or co-ed leagues. Depending on the team players can expect one or two practices per week with a game on the weekend. Seasons run from September through to March for most leagues.



Teams Offered:

Men's Soccer

(Titans)

Women's Soccer

(Titans)

Co-ed Volleyball

(Titans)

Men's Hockey

(Bombers)

Women's Hockey

(Titans)



*** Club teams are partially subsidized by Rec Services, but players are required to pay a player fee. The amount of the player fee varies between sports and teams. Check out the recreation website at recreation.twu.ca for details about specific teams.*



SPECIAL EVENTS

Glow with the Flow

Be a part of this interactive and fun event. Get your stretch on with the help of our yoga instructor while you glow in the dark! Wear clothing that works well with black lights.

Thursday, January 19

9:00 - 10:30pm

Fitness Studio

Can-Am Football

Hosted by Rec Services and TWUSA

As part of the Can-Am Sports Series, flag football is the second of three sporting events in this series. Happening on the Super Bowl Weekend this competitive football game brings the TWU community out to cheer on their friends. Canadian students line up across from their American and International friends to see who has what it takes to take home the Can-Am title.

Saturday, February 4

1:00 - 3:00pm

South Field

Can-Am Hockey

Hosted by Rec Services and TWUSA

As part of the Can-Am Sports Series, hockey is the third of three sporting events in this series. As the Canadian girls face the International and American guys, fans are able to come out, enjoy snacks, facepaint, and the highest level of patriotism.

Sunday, March 19

Langley Events Centre

Spartan Strong

Be a part of history as TWU offers its first ever Tough Mudder'esque event! Register as an individual participant or as a team for this high intensity challenge course experience. Rain or shine this event is sure to be memorable and a TWU experience you won't want to miss.

March 31



TOURNAMENTS

>> Whether you have played the sport before or are interested in learning a new activity, tournaments are a great opportunity to connect with others. Take a study break, win some prizes, and grab a snack!

To register for tournaments go to the recreation website at www.twu.ca/recreation

Table Tennis

Rec Services is partnering with International Cultural Programs to offer TWU's first table tennis tournament. Whether you're an avid player, someone looking to join in the fun or a fan wanting to watch, be sure to come out and enjoy this fun event.

Thursday, January 12

4:00 - 7:00pm

Atrium

