

# Recreation Guide

SPRING 2014



FITNESS &  
DANCE  
CLASSES

BASKETBALL &  
VOLLEYBALL  
LEAGUES

FITNESS  
CENTRE

INDOOR  
CO-ED  
SOCCER  
TOURNAMENT

MARCH  
MADNESS  
BASKETBALL  
TOURNAMENT

FALL 2013  
REC  
CHAMPIONSHIPS



KWANTLEN POLYTECHNIC UNIVERSITY



KPU



REC

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## CONTACT US

1280 Cedar Building - 12666 72 Ave, Surrey, BC

### KPU REC

Recreation Coordinator: Loren Dillane

loren.dillane@kpu.ca

Coordinator, Student Life & Recreation: Theresa Voorsluys

theresa.voorsluys@kpu.ca

 KPU REC     @KPUREC    W: kpu.ca/recreation  
E: recreation@kpu.ca    T: 604.599.2307

### Athletics

Athletics Coordinator: Darren Stolz

darren.stolz@kpu.ca

Coordinator, Athletic Facilities & Events: Cody Hindle

codie.hindle@kpu.ca

 Kwantlen Eagles Athletics     @kwantleneagles  
W: kpu.ca/eagles    E: athletics@kpu.ca    T: 604-599-2980

## HOW TO REGISTER

### Online

kpu.ca/recreation

### In-Person

Surrey Campus - Fitness Desk, Cedar 1280

Monday-Friday 8am - 7pm (by debit or credit only)

## KWANTLEN REC CANCELLATION POLICY

- No refunds are given after the first day of your registered program.
- All programs are subject to cancellation due to insufficient registration. Participants are notified of the cancellation within 48 hours of the start date and are issued a refund for the full cost of the class.
- If you are required to withdraw from a program due to a health related issue you will receive a full refund for the classes that you have yet to attend. 24 hour notice and a doctor's note may be required before the refund is issued. Please allow up to 10 business days for processing.

## GYMNASIUM POLICY

- All gymnasium users must wear indoor running shoes and proper gym clothing.
- All users must report to the Athletics Desk and show Kwantlen ID before entering.
- The gym schedule is posted on [kpu.ca/athletics](http://kpu.ca/athletics)

Do you wish there was more? If you're looking to start a club, get more involved in recreation or try something new let us know! We're always open to suggestions for new sport clubs, events and activities. Take advantage of our energetic and knowledgeable Athletics and Recreation team by asking for their support in getting started.

Potential future club ideas for KPU Rec:

Dance team, Martial Arts, Rugby, Running, Softball/ Baseball, Ultimate Frisbee

If interested please contact us at: [recreation@kpu.ca](mailto:recreation@kpu.ca)

# FITNESS & DANCE SCHEDULE



## Try Me Week January 13-16th

Not sure which fitness class you want to join? Come try one out for free! You can choose any class among our wide variety of fitness styles led by our team of highly experienced instructors. We offer classes in Surrey, Richmond and Langley. Registration required online at: [kpu.ca/recreation](http://kpu.ca/recreation)

## 8 WEEK FITNESS CLASSES

Once you've decided which class to take sign up for our 8 week courses. Classes begin January 20-23rd and end March 17-20th.

We are pleased to announce our new partnership with the KSA! All Fitness Classes are now funded for students by the KSA Multipass!

### Surrey Fitness Schedule (Gymnasium)

Monday	Tuesday	Wednesday	Thursday
	<b>ABT</b> 12:15-12:55PM Instructor: Tanya	<b>Zumba</b> 12:00-1:00PM Instructor: Marifer	<b>Kickboxing</b> 12:00-12:55PM Instructor: Cory
	<b>Fitcamp</b> 1:00-2:00PM Instructor: Tanya		<b>Hip Hop</b> 1:00-2:00PM Instructor: Aimee
<b>Latin Dance</b> 4:15-5:15PM Instructor: Marifer	<b>Yoga Flow</b> 4:05-5:05PM Instructor: Janine	<b>Basic Yoga</b> 4:15-5:15PM Instructor: Richelle	

### Langley Fitness Schedule (Room 1010)

Tuesday	
12:00-1:00	<b>Yoga</b> Instructor: Richelle

### Richmond Campus (Blossoming Lotus Studio)

Monday	Tuesday	Wednesday	Thursday
<b>Basic Yoga</b> 1:00-2:00PM Instructor: Miki	<b>Basic Yoga</b> 1:00-2:00PM Instructor: Miki	<b>Yoga Flow</b> 1:00-2:00PM Instructor: Miki	<b>Hip-Hop</b> 1:00-2:00PM Instructor: Tree
	<b>Kickboxing</b> 4:00-5:00PM Instructor: Cedric	<b>Krav Mag (self-defense)</b> 4:00-5:00PM Instructor: Jonathan	<b>Kickboxing</b> 4:00-5:00PM Instructor: Cedric
<b>Relaxation Yoga</b> 5:30-6:30PM Instructor: Miki	<b>Ju Jitsu</b> 5:30-6:30PM Instructor: Cedric	<b>Basic Yoga</b> 5:30-6:30PM Instructor: Miki	

## ACTIVE KSA

# KPU REC LOYALTY PROGRAM

KPU Rec is committed to creating a wide variety of recreation opportunities for students and staff to enjoy. As a thank you for your dedication and loyalty we are rewarding multi-use participants of our programming.

Participate in 2 or more fitness or dance classes and receive a free KPU Rec t-shirt

Play in both our Basketball and Volleyball Leagues and receive a free KPU Rec t-shirt

**Combine and Save:**  
Sign up for a 3 month Fitness Centre membership and register in a fitness class for great combined price of: **Student \$50** (save \$12.56)  
**Staff \$80** (save \$19)

# FITNESS CLASSES

## YOGA

This class focuses on fundamentals of postures and techniques, while improving on the motions you may already know. Sharpen your balance, alignment and concentration while melting away stress.

**Langley Room 1010    Tues 12:00-1:00PM**

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## BASIC YOGA

A gentle yoga class, that covers the basics and provides excellent conditioning for the body, breath and mind. This is an ideal for beginners and those looking to reconnect to the fundamentals of yoga.

**Surrey Gymnasium    Mon 4:15-5:15PM**  
**Richmond Studio    Mon 1:00-2:00PM, Tues 1:00-2:00PM,**  
**Wed 5:30-6:30PM**

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## RELAXING YOGA

Exploring the body's subtle energies with long, deep stretching that focuses on the connective tissues of the body, release stress and tension throughout the entire body, creating structural and mental balance. And cultivates a peaceful and meditative mind. Ideal for all levels.

**Richmond Studio    Mon 5:30-6:30PM**

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## YOGA FLOW

A flowing sequence of postures that synchronizes the breath with movement. This invigorating practice has a strong foundation in Vinyasa with a focus on core strength, breath awareness and key alignment principles. Sequences include standing, balancing, seated, twisting and inverted postures that will keep your yoga practice fresh and lively. All levels welcome.

**Surrey Gymnasium    Tues 4:05-5:05PM**  
**Richmond Studio    Wed 1:00-2:00PM**

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## ABT

Abdominals, Butts, Thighs is an intense low impact toning class targeting your core, legs and glutes. These fun and effective exercises are challenging and rewarding for all fitness levels. The class may involve the use of dumbbells, resistance bands, med balls, and body weight training.

**Surrey Gymnasium    Tues 12:00-1:00PM**

## KICK OFF 2014

by getting a head start on your New Year's resolutions! Our Fitness Centre and Fitness Classes are perfect opportunities to stick to your goals and keep active.

## KRAV MAGA (SELF-DEFENCE)

Krav Maga (self-defence) is an effective form to defend ones self and it is used by military, law enforcement and civilians world wide. It uses simple methodology based on natural human responses to create an easy-to-learn but highly effective system. This is a beginners class open to all students and staff wishing to learn how to properly defend themselves.

**Richmond Studio    Wed 4:00-5:00PM**

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## FITCAMP

Supportive and motivating classes that help you to lose weight get in shape and feel great! You will burn serious calories and improve your cardio, strength and agility. Modifications provided to keep up an intense workout without worry of injuries. This class is geared for all ages and fitness levels.

**Surrey Gymnasium    Tues 1:00-2:00PM**

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## JIU JITSU

Do you want to learn some of the techniques used by UFC Fighters? Jiu Jitsu is often described as submission wrestling and is commonly used in UFC. The next time you watch a fight you can brag to your friends that you can do the same moves!

**Richmond Studio    Tues 5:30-6:30PM**

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## KICKBOXING

Learn valuable kickboxing techniques in an easy going and friendly atmosphere. Join our challenging and fun workouts that will condition, tone and strengthen your body, by doing pad work, shadow boxing and sprint drills.

**Surrey Gymnasium    Thurs 12:00-12:55PM**  
**Richmond Studio    Tues & Thurs 4:00-5:00PM**



# DANCE CLASSES

## LATIN DANCE

This class is great for beginners (no experience needed), and excellent source of review for experienced dancers. You will learn the basic dance steps, partnering, how to count the music, and most of all just have fun! This class will cover Latin dances such as Salsa, Merengue and Cha-cha-cha

Cedar Room G1175

Mon 4:15-5:15PM



## ZUMBA

Zumba

A feel-happy workout that is great for the body and mind. Groove to zesty Latin music for a fun and dynamic workout. Come join the party!

Surrey Gymnasium Wednesday 12:00 - 1:00 pm

## HIP HOP

Hip Hop is a funky, energetic and stylized dance. This introductory-level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment. You will learn a new combination every week to add into a full dance routine.

Surrey Gymnasium  
Richmond Studio

Thurs 1:00-2:00PM  
Thurs 1:00-2:00PM

Schedule & Registration  
[kpu.ca/recreation](http://kpu.ca/recreation)

## FITNESS CLASSES ARE FREE\* FOR STUDENTS

\*\$20 deposit required. Eligible students must attend 75% of classes for deposit refund. Funded by the KSA Multipass.

# FITNESS CENTRE

## ATHLETICS AND RECREATION 1280 CEDAR BUILDING, SURREY

Monday to Fridays: 8:00AM-7:00PM

Saturday, Sunday, Statutory Holidays: CLOSED

Member Rates	Drop-in	Monthly	3-month	Annual
Student	\$5.32	\$15.96	\$42.56	\$127.68
Employee/Alumni	\$5.32	\$26.67	\$64.00	\$192.00
Community	\$5.32	\$32.00	\$80.00	\$256.00

Note: All prices include GST. Please note that we only accept debit and credit card as forms of payment.

- Purchase or renew Fitness Centre memberships at the Athletics & Recreation Desk.
- All members must swipe their Kwantlen Photo ID at the front desk before entering the Fitness Centre.
- Members are required to wear exercise clothing and footwear. No jeans or open toed shoes.

### Combo & Save:

Sign up for a 3 month Fitness Centre membership (4th month is free) and your choice of a Fitness/Dance class for:

**Student \$50** (save over \$12)

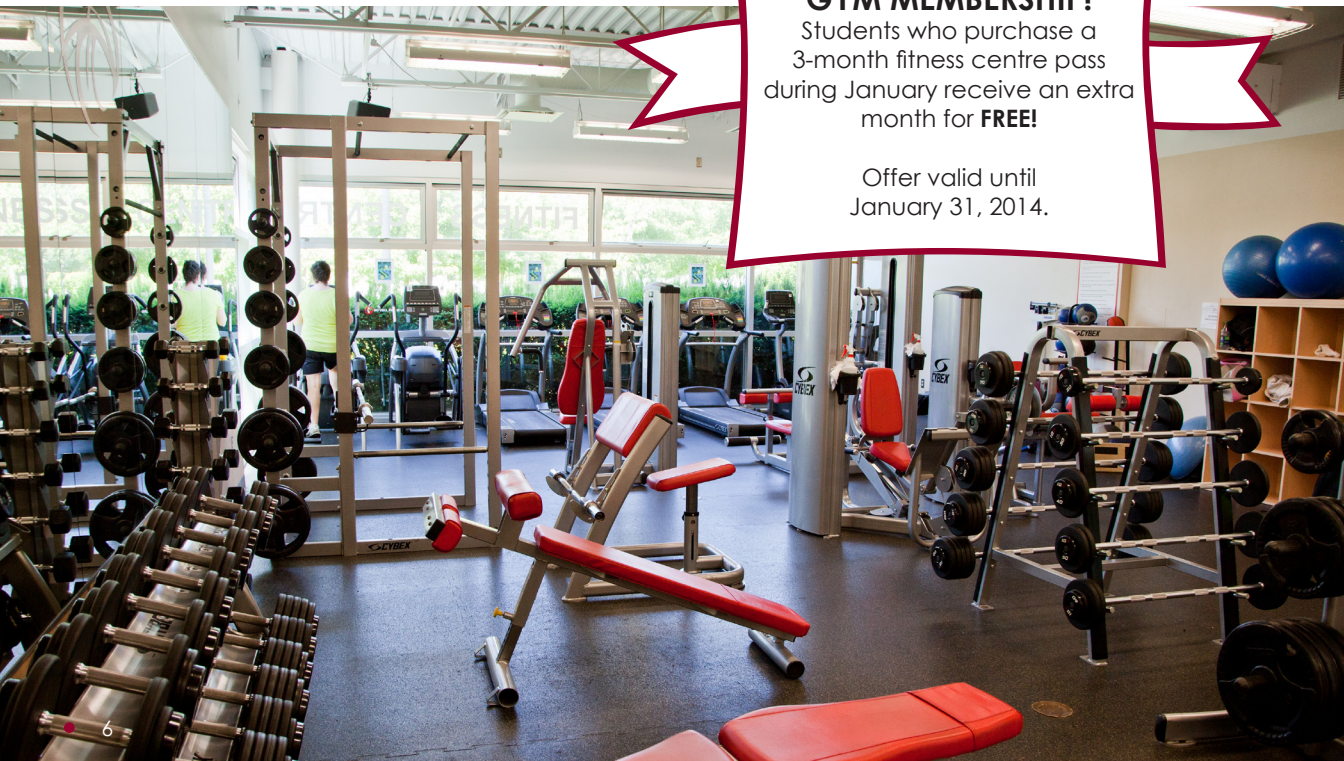
**Staff \$80** (save \$19)

Offer ends January 24th 2014.

### 1 MONTH FREE GYM MEMBERSHIP!

Students who purchase a 3-month fitness centre pass during January receive an extra month for **FREE!**

Offer valid until  
January 31, 2014.





# WEIGHT TRAINING AND FITNESS PROGRAMS

## SMALL GROUP TRAINING

Want the benefit of personal training but don't want to pay the prices? We can help to get a couple of people together for small group training! You will receive individual attention from a certified trainer while being pushed to achieve more that you would be able to do on your own. Suitable for all fitness levels. Space is limited and sessions are 50 minutes.

**Tues 2:10-3:00PM**

To sign-up, email [recreation@kpu.ca](mailto:recreation@kpu.ca)

**Packages include a free one month fitness centre membership!**

	<b>4 Session Package</b>
<b>2-3 People</b>	\$40/Student \$50/Staff



# CO-ED VOLLEYBALL LEAGUE

New to KPU Rec is our first ever Coed Volleyball League! This exciting, fast paced sport is played in the KPU Gymnasium during the spring semester. Our 6-on-6 indoor coed volleyball league is open to all KPU students, staff, faculty, and KPU Alumni. Come on out and serve, set, spike! Sign up for 7 weeks of volleyball to burn off some stress between your busy study and work schedule. Games are played 3 males & 3 females on the court.

**January 29 – March 19, 2014**

**Location:** KPU Surrey Gym

**Time:** Wednesdays 1:30-4:00pm

*(Players must be available for a one hour block in the time above)*

**Teams: 3 males & 3 females on the court (9 player maximum)**

## **Team Registration**

Online at [kpu.ca/recreation](http://kpu.ca/recreation) or In-person at the Surrey Athletics Desk (download registration form online). Deadline to register is Friday January 24 @ 12pm.

Team captains must have a complete roster in by Friday January 24 @ 12pm. Teams unable to meet this deadline will forfeit their spot to teams on the waitlist (with refund). Please see complete details and rules/regulations on our website.





# BASKETBALL LEAGUE

## CALLING ALL KPU RECREATION BALLERS!

KPU Rec's basketball league returns for its second installment this spring. Our 3-on-3 recreational league is open to all KPU students and staff (some restrictions apply to non-KPU students) and all levels are welcome. Teams play a 6 week regular season followed by 1 week of playoffs. The final playoff games are held on March 20th 2014.

### January 30-March 20, 2014 in the KPU Surrey Gym

Thursdays 2:00-4:30PM

Limited to 8 teams

5 Player Maximum

### Team Registration

Online at [kpu.ca/recreation](http://kpu.ca/recreation) or In-person at the Surrey Athletics Desk (download registration form online). Deadline to register is Friday January 24 @ 12pm. The cost is \$20/team. Space is limited, sign up quickly!

Team captains must have a complete roster in by Monday January 28 @ 12pm. Teams unable to meet this deadline will forfeit their spot to teams on the waitlist (with refund). Please see complete details and rules/regulations on our website.



# SPRING TOURNAMENTS

## 2014 KWANTLEN WORLD CUP

Every 4 years a champion is crowned the best at Kwantlen. Don't wait another 4 years for your opportunity to prove supremacy in the soccer universe! Sign up to be one of the 8 teams competing in this year's World Cup Soccer Tournament. This is an indoor coed tournament as at least one girl is required on the court at all times.

**Friday March 7, 2014**

**Location:** Surrey Gymnasium

**Time:** 11:00am – 5:00pm

**Team:** 4 on 4 with a maximum of 2 subs

Teams must have at least one female on the court at all times.

**Cost:** \$5/player or \$25/team

**Register at:** [kpu.ca/recreation](http://kpu.ca/recreation) or at the Athletics and Recreation Desk G1280 (Surrey)

**Deadline to register:** Friday Feb 28, 2014



## KPU REC'S 5TH ANNUAL MARCH MADNESS TOURNAMENT

It's that time of year again! The most highly anticipated 64-team tournament in North America begins and we're celebrating by hosting our 5th annual March Madness Basketball Tournament! This year we're doing 4 on 4 full court.

### Team Registration

Registration can be done online at [kpu.ca/recreation](http://kpu.ca/recreation) or it can be done at the Athletics and Recreation Desk G1280 (Surrey) in order to be guaranteed a spot in the tournament.

**Cost:** \$20/team

**Date:** Friday March 14, 2014

**Deadline to register:** Friday March 7, 2014



## YOUR FALL 2013 CHAMPIONS



Road Hockey: The Clappers



Coed Volleyball: Punjabi Warriors



3 on 3 Basketball: Coach & the Kids



November Dodgeball: Swaggy Lou

# ACTIVE KSA



## OAK: OUTDOOR ACTIVE KSA

Outdoor trip: January 18

Outdoor trip: February 27

Outdoor trip: March 15

### KSA events off campus

Sun Run

April 27



### Dragon Boating

Take place in early May

\*Registration for Dragon Boating opens late January/early February



2013 KSA Dragon Boat team  
-Sea Eagles

## SPORTS CLUBS

### Kwantlen Ping Pong Club

Have fun, play and practice table tennis in school! We have club tournaments with lots of prizes, and we also play with other schools. The club is open to beginners and competitors alike. Come join the Kwantlen Ping Pong Club! Club members will meet once a week in Richmond.

### Kwantlen Brazilian Jiu Jitsu Club

Learn intermediate to advance moves, sparring maneuvers, and everything else you need to know about Jiu Jitsu. Grow and learn with a team that will encourage you to be better. Join now!

Meeting Thursday 5:30pm-6:30pm at the Active KSA studio

For more information on KSA clubs and events contact [activeksa2@kusa.ca](mailto:activeksa2@kusa.ca)

# 2013-2014 EAGLES VARSITY HOME SCHEDULE

Date	Day	Sport	Opponent	Game Times	Location
<b>January</b>					
10	Friday	Basketball	Camosun	6:00PM & 8:00 PM	Kwantlen Gymnasium, Surrey
11	Saturday	Basketball	VIU	1:00PM & 3:00PM	Kwantlen Gymnasium, Surrey
24	Friday	Basketball	Capilano	6:00PM & 8:00 PM	Kwantlen Gymnasium, Surrey
25	Saturday	Basketball	Quest	6:00PM & 8:00 PM	Kwantlen Gymnasium, Surrey
31	Friday	Basketball	VIU	6:00PM & 8:00 PM	Kwantlen Gymnasium, Surrey
<b>February</b>					
1	Saturday	Basketball	Camosun	1:00PM & 3:00PM	Kwantlen Gymnasium, Surrey
6	Thursday	Basketball	Langara	6:00PM & 8:00PM	Kwantlen Gymnasium, Surrey
8	Saturday	Basketball	Douglas	6:00PM & 8:00PM	Kwantlen Gymnasium, Surrey
15-16	Sat-Sun	Badminton	2014 Provincial Championships		Khas Badminton Centre, Richmond
21	Friday	Basketball	Columbia Bible College	6:00PM & 8:00 PM	Kwantlen Gymnasium, Surrey
<b>Eagles Home Game Locations</b>					
Eagles Stadium, Newton Athletic Park: 7395 128th Street, Surrey					
Khas Badminton Centre: #170-2351 No. 6 Road, Richmond					
Kwantlen Gymnasium: 12666-72nd Avenue, Surrey (Cedar Building)					



**KPU**

