



**TRENT STUDENT &
COMMUNITY
PROGRAM GUIDE**
Winter 2023

THE ATHLETICS CENTRE
HOME OF THE TRENT EXCALIBUR

HOURS OF OPERATION

REGULAR HOURS

Monday to Friday
6:00 am - 11:00 pm

Saturday and Sunday

7:00 am - 9:00 pm

CONTACT A MEMBER OF OUR TEAM

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Sport Centre
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Youth Development
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Finance and Facility Bookings
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Marketing & Communications Assistant
Trent cell: 249-387-0589
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SANDY TOWNS
Facility & Pool Operations
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FREE FITNESS CONSULTATION/ORIENTATION FOR TRENT STUDENTS AND NEW MEMBERS

New to the gym and not sure where to start?

Make an appointment with one of our certified personal trainers for a free fitness consultation. During this session a personal trainer will work with you to determine your individual fitness needs and goals as well as suggest exercises to help you reach those goals. Orientation to the cardio and weight equipment will help ensure that you understand how to use the equipment safely and effectively. At any time, our Sport Centre staff are available to answer questions or provide instruction on how to use the cardio and weight equipment.

TOWEL RENTALS

For convenience and comfort, enjoy a Towel Membership. Great for after a shower. Come to the Trent Athletics Centre and enjoy all we have to offer!

4 Months \$36.75 +HST 1 Year \$99.75 +HST

LOCKER RENTALS

Enjoy peace of mind with a Locker Membership, keeping personal items in a secure area 24 hours a day at the Athletics Centre. Make the Trent Athletics Centre your home away from home

4 Months \$52.50 +HST 1 Year \$105.00 +HST

PERSONAL TRAINING

The Athletics Centre offers a dynamic and diverse team of certified trainers who can tailor programs to meet your individual needs and goals. Our trainers are experienced to work with a range of ages and abilities. More information and pricing is available on page 5.

GROUP FITNESS CLASSES

All Trent students and community members get unlimited access to group fitness classes with their memberships. Delivered by quality instructors in a non-intimidating environment, designed to be challenging and fun. Whether you're a beginner or more experienced, you'll find something to suit your fitness level. All classes are drop in with no pre-registration required. Class descriptions are available on pages 6 & 7 and a current schedule can be found on our website at trentu.ca/athletics

REGISTERED PROGRAMS

Challenge yourself and try something new! The Athletics Centre registered programs are a great way to learn and be active while having fun. Our programming mix includes activities for different ages and abilities. Check out the opportunities listed in this program guide to learn something new or build on an interest that you already have. What are you waiting for? Registration opens December 8th and closes one week after the first session.

EXCALIBUR

MEMBERSHIP HIGHLIGHTS

BENEFITS OF BEING A MEMBER

- Your Athletics Centre membership includes access to:
- FREE consultation and orientation to the Sport Centre and equipment with a qualified fitness staff.
- Sport Centre with Life Fitness cardio and strength equipment.
- Unlimited access to group fitness classes to suit all fitness levels.
- Specialty features like the indoor climbing wall, rowing tank and squash courts.
- A variety of outdoor facilities like beach volleyball courts, artificial grass stadium field, track, hiking trails and the Trent Excalibur Camp (children must be registered in a membership to receive the member rate.).
- Change rooms with day-use lockers and a sauna.
- 12 guest passes to share with friends or family.
- Option to purchase locker rental and towel service.
- Complimentary parking for all community members, Trent alumni (who are not Trent staff) and Trent Retirees.
- Ability to put your membership on hold.

MEMBERSHIP RATE DESCRIPTIONS

Adult: Ages 18+ and not a full time student

Senior: Ages 55+. Proof of age required.

Senior Family: Two adults each aged 55+. Proof of age required.

Family: All members of the immediate family who reside at the same address, including 1 or 2 adults and all dependants under the age of 18 and still living at home, or over 18 and enrolled in post-secondary school. Family members over 18 must show proof that they are a full-time student from a recognized institution. Youth aged 12-15 must take part in mandatory Teen Fitness Orientation.

Student (18+): Full-time students who are 18 years of age or older and have a valid full-time student card from a recognized educational institute (University, College or high school) other than Trent.

Youth/Child (0-17): School aged children through 17 years old.

Youth(12-15): Must take part in the mandatory Teen Fitness Orientation Program which allows unsupervised access to the Fitness Centre. Youth aged 16 and older can access the Fitness Centre without adult supervision.

Trent Faculty & Staff: Available to staff and faculty of Trent University who are actively employed with the University. Staff I.D must be shown at time of registration.

Trent Retirees: Available to retired staff and faculty of Trent University and their spouses or partners.

Trent Alumni: Applies to Trent alumni and their spouses or partners. Must present alumni card at time of registration.

COMMUNITY MEMBERSHIPS

Membership	Monthly Fee
Adult 18+	\$47.00
Two Adult Family	\$88.00
One Adult Family	\$78.00
Senior Adult 55+	\$44.00
Senior Family 2 senior adults	\$82.00
Student 18+, non-Trent	\$25.00
Youth/Child 3-14 years	\$20.00

*HST is applied to all monthly adult membership fees listed above.

TRENT MEMBERSHIPS

Membership	Monthly Fee
Faculty & Staff Individual Adult	\$34.00
Trent Retirees Individual Adult	\$38.00
Trent Alumni Individual Adult	\$42.00

*HST is applied to all monthly adult membership fees listed above.

A one-time capital fee of \$50, applied to all community and alumni memberships, supports reinvestments in equipment and facilities. This fee is waived on child, youth, Trent faculty and staff and Trent retiree memberships. Cancellation policy: Memberships may be cancelled with 30 days written notice by sending an email to ac@trentu.ca or by completing a Membership Withdrawal Form at the Sales Centre. Cancellations cannot be backdated

DAY RATES

Day Passes provide complete access to the Athletics Centre and Group Fitness Classes

Children/Youth ages 4-17	\$5.25
Student	\$5.25
Senior	\$6.50
Adult	\$9.50
Family	\$17.00

*HST is applied to all adult fees listed above

Ask about our special corporate membership rates and packages for our business!
Email acsales@trentu.ca for more information.

SPECIALTY FEATURES

CAROL LOVE ROWING TANK

The Carol Love Rowing/Paddling Tank is a premier training facility for both elite athletes and community members. This unique combination tank enables eight rowers to either sweep row (one large oar) or scull (two small oars) It is also equipped for up to 32 Dragon Boat paddlers to practice and refine their skills.

Trent students and members who have received an orientation to the tank can access the rowing/paddling tank when not in use by requesting access from a Sport Centre staff member. To reserve the rowing tank or to inquire about group use, email acbookings@trentu.ca

SQUASH COURTS

As an Athletics Centre member or Trent student, access to our three squash courts and equipment is available at no charge. Squash is a great sport for both beginners and elite athletes and is a workout guaranteed to raise your heart rate and improve agility in a fun and social setting

The sport of squash has evolved over the years, with the international court emerging as the court of choice used around the world for competitive play. This enables members of the community and the University to play, train or learn on an internationally recognized court (32ft x 21ft - 2 ft wider than the North American court).

The two North American squash courts at Trent stimulates participation in the sport for all ages and helps to draw competitive and recreational squash players alike to hone their skills, develop new strategies and experience the sport in an athletics centre unlike any other.

CLIMBING WALL

Our indoor rock climbing wall is available to all Trent students and community members after they have completed a rock wall orientation session. The rock wall is 28 feet high with routes varying in difficulty and terrain to challenge all level of climbers from novice to advanced. We have harnesses and helmets available to use at no charge. The mandatory half-hour basic orientation session provides climbers with knowledge of basic climbing and safety procedures for climbing and belaying. Register online for both orientation and climbing times.

CLIMBER SIGN IN

Climbers must check in with the Sport Centre Attendant before using the rock wall. Only those climbers whose names appear on the completed Rock Wall Orientation List will be permitted to climb.

CLIMBER WAIVER FORMS

Climbers must sign a waiver form prior to their first use of the rock climbing wall. Each waiver form is good for one academic year.

CLIMBING HOURS

Please visit www.trentu.ca/athletics for climbing wall hours of operation or call the Sport Centre Desk at 705-748-1011x. 6138

BOOK YOUR SQUASH COURT OR CLIMBING WALL VISIT ONLINE TODAY!

Visit trentu.ca/athletics and select either MEMBER LOGIN (existing customers) or BUY ONLINE to set up a new account. All three squash courts are available to book online by selecting MAKE A BOOKING after you login. Then choose DROP-IN BOOKING. Squash courts are also available with the purchase of a day pass.

REGISTRATION INFORMATION

HOW TO REGISTER

REGISTER ONLINE: Visit us online at: trentu.ca/athletics and click on the REGISTER NOW button.

Register for upcoming programs using our online registration system, powered by Legend Software. Online registration is fast, easy, convenient and secure, 24 hours a day, 7 days a week.

Online registration is available to Trent students and members of the community.

This enhanced system allows you to manage your family's account, print receipts and reserve squash court bookings.

Visa, MasterCard and Visa Debit are accepted online.

REGISTER IN-PERSON:

Registration can be done in person at our Sales Centre Desk in the Athletics Centre during business hours

Visa, MasterCard, Debit, Cash, Cheque and TrentU Cards are accepted.

ONLINE ACCOUNT ACCESS

CURRENT MEMBERS (FIRST-TIME ACCOUNT SET-UP)

1. Go to trentu.ca/athletics and click on
2. Select Reset My Password and follow the instructions. You will receive an e-mail with a link to reset your password, which allows you to login and search for programs.

NEW ACCOUNT SET-UP FOR NEW CUSTOMERS:

1. If you are a new customer (not a Trent student or member), go to trentu.ca/athletics and click on the REGISTER NOW button.
2. You will be asked to create a new profile. Select **"Click to register for an online account"** Add your details and be sure to include your e-mail address so that we can send you confirmation e-mails, class updates and receipts. Note you can add family members later
3. You will receive a confirmation e-mail with a link to validate your e-mail address. Remember to check your SPAM folder for this e-mail if it does not arrive in your Inbox.
4. Search for your program of interest, select the program, and click **"Register"** If you wish to add family members to register them for a course, you can select **"Add a New Participant"**.

ACCESS CARD

ONE CARD FOR ALL OF YOUR PROGRAMS

To improve safety and security, and as part of our new registration software, all individuals registered in our fee-based programs will now receive a Program Access Card to use when you attend the Athletics Centre for your course or lesson.

PARKING PROCESS

Trent University uses License Plate Recognition, which replaces the need to have parking passes displayed in vehicles. Complimentary parking is provided when you sign up for a membership or a registered program. Upon registering, you will be prompted to provide your license plate number so that we can share it with parking enforcement.

Please visit our website for more information.



MEET OUR CERTIFIED TRAINERS



Melissa Cipparone

Melissa Cipparone is a certified personal trainer with a passion for helping people reach their greatest potential. Melissa graduated from McMaster University with a BSc Kinesiology degree and is currently undertaking a Compressed Timeframe BSc Nursing degree here at Trent University. During her time at McMaster, Melissa worked collaboratively with McMaster Performance, training varsity rugby, football, wrestling, and cross-country athletes. She also had the opportunity to work with McMaster's Advanced Fitness program training high school students, and with McMaster's Competitive Edge training a U15 girls rep soccer team. As a previous competitive soccer player, Melissa likes to challenge herself and others to get out of their comfort zone. Melissa's passions for helping and fitness translate into creating individualized training plans for all clients. She is an advocate for functional fitness and mobility and loves to create a fun, positive, and motivational atmosphere to fuel the mind, body, and spirit.

Sophie Lepage



Sophie Lepage is a Certified Personal Trainer who is passionate about fitness. Sophie is a current Trent University student working on her B.A. (Honours) in Psychology with a specialization in Health and WellBeing. After her undergraduate studies, Sophie plans to continue in clinical psychology, clinical neuropsychology or physiotherapy. As a current psychology student, Sophie firmly believes that physical exercise is essential for mental health and well-being. She has been participating in weight-lifting and cross-fit for multiple years. She has also competed in triathlons, cross-country running and competitive swimming. In the past year, Sophie has worked at a long-term care facility as a physiotherapist assistant, helping patients with individualized programs and offering fitness classes. Sophie's drive as a personal trainer is to guide and encourage clients to reach their personal goals as well as seeing them experience the physical and mental benefits of exercise.



Mackenzie Barr

Mackenzie Barr is a certified personal trainer with a passion for physical health and well-being. Mackenzie graduated from Ontario Tech University with a BHSc degree in Kinesiology and is currently enrolled in the Compressed Timeframe BSc Nursing degree here at Trent University. During his time at Ontario Tech, Mackenzie volunteered with Elite Training Systems, or ETS, as an assistant strength and conditioning coach. This allowed him to work with all the varsity teams at the university. Most often this was helping train the hockey, volleyball, lacrosse, and softball teams at school. As Mackenzie trained throughout high school, into university, and even now, he likes to challenge himself and make progress in the gym. Mackenzie's passion for health and wellness allows him to create and present customized training plans to meet all client's needs. He is an advocate for all forms of physical activity but primarily works on improving strength, technique, and overall health. Mackenzie creates a positive and motivational atmosphere as he helps improve on one's goals.



PERSONAL TRAINING

The Athletics Centre offers a dynamic and diverse team of certified trainers who can tailor programs to meet your individual needs and goals. Our trainers are experienced to work with a range of ages and abilities and we have specialists in the following areas:

- Senior strength, improved mobility and range of motion
- Therapeutic training for those clients who suffer from chronic illnesses - such as arthritis: are in recovery from injury or surgery: or are simply looking for a gentle approach to fitness
- Weight loss programs inclusive of nutrition counseling
- High Performance athletic program development and training

Personal training is about making an investment in yourself and in your health and wellness!

RATES AND PACKAGES

All personal training packages need to be used within 12 months of the purchase date. To book a consultation, please call the Sport Centre at 705-748-1011 x 6131 or email sport@trentu.ca

ADULT & YOUTH PRICING

	Member	Non-Member	With a friend (members only)
1 Session	\$58	\$70	\$95
5 Sessions	\$280	\$340	\$465
10 Sessions	\$530	\$650	\$860
25 Sessions	\$1,200	\$1,500	\$1,900

TRENT STUDENT PRICING

	Trent Student	With a friend (both must be Trent Students)
1 Session	\$45	\$70
5 Sessions	\$215	\$330
10 Sessions	\$420	\$640
25 Sessions	\$1,025	\$1,550



GROUP FITNESS PROGRAMS

Fun, motivational group fitness classes are the perfect addition to any fitness routine. Our certified instructors lead a variety of classes for different fitness interests and abilities -- from HIIT to low impact. The best part is that group fitness classes are included with every Trent student and community membership!

Drop in fitness classes are 45-55 minutes in length. Group fitness classes run on a first-come, first-served basis

BOOTCAMP

With alternating segments of aerobic and muscle conditioning, this high-energy class will push you to new limits. This is a high intensity workout designed to challenge your whole body.

HIIT (High Intensity Interval Training)

Improve your overall strength, endurance, power and coordination in this all out total body class. Maximum fitness through short intense efforts followed by short recovery periods.

ZUMBA

Perfect For everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A mix of low intensity and high-intensity moves for an interval-style, dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called exercise in disguise.

CORE

Equipment and body weight exercises to condition and strengthen your core muscles in a fun, high-energy class. This class is designed for all experience levels, and helps you focus on this critical part of your body that connects to overall well being! Exercises will target muscles of the abdominals, back and muscles around the pelvis. This class is great for all levels of fitness and will build the foundation for further muscle development.

BELLY DANCING

While working to both isolate and combine multi-directional movements of various muscle groups participants experience improved coordination, muscle tone, posture, digestion and a general feeling of relaxation and rejuvenation. This class is designed for all levels as participants are given opportunities to work at their own pace by building on a repertoire of movements, which will be reviewed and expanded upon each week.

DANCE MIX

Dance mix starts with an exhilarating cardio component that uses vibrant music & easy-to-follow moves combining fast & slow rhythms (interval training). Sample various dance styles. These dance styles promote balance, strength, digestion, coordination and confidence as well as being fun and highly expressive dance forms. To complete this whole body workout this class also includes a strength and flexibility component using mat work and the bar.

YOGA AND MEDITATION

MAT PILATES

This class will take you through the fundamentals of Pilates mat exercises. You will be taught to move while keeping your core muscles engaged, challenging not only your focus and control, but balance and stability as you gain greater strength and awareness of your body. You're encouraged to work at your own pace and modifications are provided to help you work at a space that is challenging and dynamic for you.

POWER PILATES

This class will take you through the traditional Pilates mat work with focus and power to perform each of the exercises to burn fat and tone muscles. You will leave this class feeling reenergized as we go to new levels of intensity all at a pace that increases deeper core muscle engagement while never losing sight of the importance of always moving with control, balance and intention. The goal is to leave you wanting to come back for more!

* Pilates equipment is an asset and offered in both classes. We use the equipment in a way that continues to work with your core, signalling the muscles to turn on more effectively, Hand weights may be used to create definition, strength and stability to shoulders, core and pelvis.

OSTEOFIT

Feel confident navigating the world with Osteoporosis Fit, using fall prevention-targeted movements. With an emphasis on posture and balance, we will work towards better muscle development and bone strength in a variety of functional exercises.

MOVEMENT & STRETCH

Functional fitness + flexibility, range of motion, low impact cardio, balance+ strength. Using a functional fitness approach, stay strong and mobile with a combination of low impact cardio, bone-strengthening resistance training and maintain flexibility with balance and strength- focused stretching.

HATHA YOGA

A beginner to intermediate yoga class that includes a series of yoga postures, breathing and mindfulness to help bring balance to mind body and spirit.

SENIOR'S YOGA

A gentle Hatha yoga practice for those who want to improve energy, build strength, flexibility, balance and range of motion in joints and spine. This class will involve pranayama (breath work), asana (postures) studies and meditations.

CHAIR YOGA

A yoga practice blended with postures and breath work. The majority of the practice will focus on stretching, strengthening and balancing all from the support of a chair.

RESTORATIVE YOGA

A yoga practice designed to reduce stress, create opportunities to relieve muscle tension and slow down the mind. This restorative practice holds postures longer while using supportive props such as bolsters. Breath work is integrated throughout the practice.

YOGA NIDRA

Yoga Nidra is a state of yogic sleep or deep relaxation. While resting in a relaxed, reclined position, you are guided into a state of relaxation that helps to restore balance in the nervous system and release mental and physical tension. Experience meditation without any effort. Perfect for times when you are needing extra rest and a nervous system reset.

Consider bringing eye-covering or any extra props to be more comfortable and dress warmly as the body cools in relaxation. Yoga bolsters and blankets will be available for this class.

MEDITATION

In life we have to deal with many stressful situations. Mindfulness meditation improves our ability to cope. It is a natural, easy-to-follow meditation method that offers physical, emotional and psychological benefits leading to a positive impact on overall wellness.

MINDFUL MOVEMENT

This class can include standing & walking meditation (sometimes set to music) strengthening our mind-body connection, getting us to move in a gentle focused way to lower stress & release stagnant energy, It is a great way to practice self care as we aim to bring our awareness to our movement to experience the here & now.



ADULT PROGRAMS

Adult Judo

The ultimate goal of Judo is education; learning to make the best use of your energy through body/-mind training. Develop respect, control, calmness, willpower, perseverance, and confidence while training your flexibility, balance, and endurance through self-defense. Please note that there is in addition to the cost of registration; a Judo Ontario membership fee.

Session 1

DATE: January 9th-February 27th
SCHEDULE: Mondays, Wednesdays 6:30pm – 8:00pm
& Fridays 7:00pm – 8:30pm
Fee: \$231+ HST (21 classes – no class Feb 20)

Session 2

DATE: March 1st - April 28th
SCHEDULE: Mondays, Wednesdays 6:30pm – 8:00pm
& Fridays 7:00pm – 8:30pm
Fee: \$275 + HST(25 classes - no class April 7)

Learn and Return to Row

This program will introduce, review, and enhance proper rowing technique and blade work with a particular emphasis on sweeping technique. Two weeks of Learn to Row programming followed by 10 weeks of Return to Row. One of our Varsity Athletes who is also a qualified coach will guide you through each lesson. Upon completion of this program, participants will then be able to access the row tank during regular operating hours.

DATE: January 11th - March 29th
SCHEDULE: Wednesdays from 6:00pm - 7pm
Fee: \$226 +HST for community members, \$24 for Trent Students (12 sessions)

**MEMBERS GET AN ADDITIONAL
15% OFF PROGRAM
REGISTRATION!**

Advanced Pickleball Ladder League (4 courts) (20 players)

Pickleball is the fastest growing racket sport in North America, combining elements of badminton and tennis. It is played on a court with the same dimensions as a doubles badminton and played with a hard paddle and whiffle ball. Great for all ages and ability. This program is for advanced level players with experience playing the game.

DATE: January 14th-March 18th
SCHEDULE: Saturdays 8:00am-10:00am
Fee: \$50 +HST (10 sessions)

Recreational Pickleball Social Play (6 courts) (32 players)

Join us to practice, learn and develop your game in a friendly and fun environment. Pickleball is the fastest growing racket sport in North America, combining elements of badminton and tennis. It is played on a court with the same dimensions as a doubles badminton and played with a hard paddle and whiffle ball. Great for all ages and abilities. This level is for players new to the game or for players looking to play in a non-competitive environment.

DATE: January 11th-March 15th
SCHEDULE: Wednesdays from 8:00am-10:00am
Fee: \$50 +HST (10 sessions)

Learn to Play Pickleball (aged 17+)

Learn to Play Pickleball (4 courts) (18 players)
Have fun while developing an understanding of the rules of the game, the equipment, the scoring, the basic strategy and the fundamental skills. Focus on drills that include serving deep, returning serves deep, third shots options, moving to the kitchen line under control, and keeping your opponents back. Emphasis will be on cooperative play to help everyone on the court master the skills, to prolong rallies and have fun!

DATE: January 15th - March 5th
SCHEDULE: Sundays from 8:30am-9:30am
Fee: \$88 + HST (8 sessions)



YOUTH PROGRAMS

JR. NBA (Ages 6 - 12)

Jr. NBA is a national youth program designed to develop fundamental skills, sportsmanship and a love of the game of basketball. We aim to develop young athletes through stage-appropriate drills and games by following a robust curriculum. This program provides entry to the Canada Basketball development pathway, encouraging athletes to pursue high performance opportunities. Our goal is to help athletes maximize their potential, develop character and life skills, and to have fun learning and playing the game of basketball! Participants will receive an NBA reversible jersey and a Spalding basketball included with registration!

DATE: January 14th – March 18th
SCHEDULE: Saturdays from 10:30 - 11:30am
FEE: \$140 (8 sessions, no sessions Jan. 28th or Feb 18th)

TEEN FITNESS (Ages 12 - 16)

Training is more than lifting weights, it is multi-dimensional, incorporating aspects of weight training, nutrition and mentality. Trent's Teen Fitness is a unique and novel experience for teens to get comfortable being in the weight room and to learn fundamental knowledge that can be carried throughout their life. Trent's fitness camp is an opportunity for teens to learn about themselves and how exercise is beneficial to everyday life. Completion of this program will allow your teen to access the Sport Centre unsupervised.

DATE: January 9 – February 13
SCHEDULE: Mondays from 6:00pm – 8:00pm
FEE: \$210 (6 sessions)

DATE: February 27 – April 3
SCHEDULE: Mondays from 6:00pm – 8:00pm
FEE: \$210 (6 sessions)

YOUTH PROGRAMS

JUNIOR JUDO - COMPETITIVE (Ages 10 - 14)

Building on the principles learned in Junior Judo, this program will provide training for youth to perform at a more competitive level of Judo. Please note that there are two fees in addition to the cost of registration; the first is the purchase of a judogi (uniform) at a cost of \$100-\$110 including tax and shipping; the second is a Judo Ontario membership fee.

Session 1

DATE: January 10 – February 28th

SCHEDULE: Tuesdays & Thursdays from 6:30-8:00pm AND Fridays from 5:30-6:30pm

FEE: \$242 (22 classes)

Session 2

DATE: March 2 – April 28

SCHEDULE: Tuesdays & Thursdays from 6:30-8:00pm AND Fridays from 5:30-6:30pm

FEE: \$275 (25 classes– no class April 7th)

JUNIOR JUDO - RECREATION (Ages 7 - 12)

Judo is a fun sport for all ages. It is currently practiced in 200 countries worldwide. Participants in this program will develop respect, control, calmness, willpower, perseverance and confidence. This class focuses on fitness, flexibility, balance, endurance and self-defense. There is a large educational component to Judo as participants learn to make the best use of their energy through body/mind training. Please note that there are two fees in addition to the cost of registration; the first is the purchase of a judogi (uniform) at a cost of \$100-\$110 including tax and shipping; the second is a Judo Ontario membership fee.

Session 1

DATE: January 10-February 28th

SCHEDULE: Tuesdays & Thursdays from 5:30-6:30pm

FEE: \$165 (15 classes)

Session 2

DATE: March 2 – April 27

SCHEDULE: Tuesdays & Thursdays from 5:30-6:30pm

FEE: \$187 (17 classes)

REGISTER YOUR CHILD IN OUR PASSPORT TO FUN PROGRAM & RECEIVE A FREE ALL ACCESS MEMBERSHIP TO THE ATHLETIC CENTRE FOR THE DURATION OF THE PROGRAM!

Passport to Fun (Ages 7-10)

Welcome to Passport to fun! Where One Registration gets you access to a Passport of fundamental sports to develop a strong sense of physical literacy in your children that will last a lifetime. Let your kids explore a wide range of activities, while achieving a stamp on their passport to fun. Your kids will develop the skills, confidence and a love for physical movement that keeps them active for life. Our Multi-sport programs are the ideal way to get your child involved in physical activity in a fun and engaging way!! The fun doesn't stop there, Parents of kids registered in this program receive an all-access membership to the Athletic Centre for the duration of the program.

DATE: January 15th – March 5th

SCHEDULE: Sundays from 10:00am – 12:00pm

FEE: \$280 (8 sessions)



FIRST AID COURSES

Healthcare Provider (HCP) CPR

CPR-HCP (Adult, Child & Infant, AR, AED, BVM) covers all aspects of CPR including rescue breathing and the use of AEDs and BVMs. This Health Care Provider (HCP) level is designed specifically for those who as part of the job description as Health Care Providers have a duty to respond to medical emergencies (e.g., doctors, nurses, paramedics, and allied health care professionals).

Fee is \$120.00 plus HST.

Saturday February 25th 9am to 1pm

Saturday March 18th 9am to 1pm

Standard First Aid & CPR C - Full Course

Standard First Aid provides comprehensive training in all facets of first aid and CPR. This course provides an in-depth understanding of first aid and treatment for medical emergencies such as: heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns and spinal injuries. Provides knowledge of how the heart works and what goes wrong when defibrillation is required. This course covers: when and how to operate an AED; AED maintenance; data management and the reporting protocols required after an incident in which an AED unit is used.

This qualification is current for 3 years under the WSIB. The cost of this course includes Canadian First Aid Manual, first aid supplies, and a barrier device mask.

Fee is \$120 plus HST and includes a first aid manual.

Saturday February 4th 8am to 5pm & Sunday February 5th 8am to 3pm

Saturday March 25th & Sunday March 26th 9am to 5pm

Standard First Aid & CPR C – Recertification

In accordance with WSIB, Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than 3 years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses.

Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Pre-requisites: Standard First aid and CPR C with the Lifesaving society – full course- less than 3 years from the certification date.

Fee is \$100.00 plus HST.

Sunday February 5th 8am to 4pm

Sunday March 26th 9am to 5pm





CAMPUS RECREATION

HOW TO SIGN UP:

1. Team Captain's and Free Agents - Register and pay here <https://trentu.legendonlineservices.ca/enterprise/program/index>
2. From the main search at the top of the page, select the drop-down menu labeled "Main Category" and change it to "Campus Recreation"
3. Select the drop-down "Sub-category" and change it to Campus Rec Leagues
4. Click on "Search"
5. Find the league you are looking for and complete your registration.

You can also call us at the Athletics Centre where one of our team members will be happy to support you with your registration.

COMPLETE MY REGISTRATION:

1. All team Captains and free agents will be required to pay for your Campus Recreation league to complete your registration (see above). Please ensure you have done this before continuing to the next step.
2. All participants will be required to create an account with our service partner, IMLeagues.
3. To create an IMLeagues account:
 - Go to www.imleagues.com/trent and click on "Create Account"
 - Or, click here to be taken directly to the registration page
 - Enter all information, and be sure to use your @trentu.ca email address.
 - Click the activation link you will receive within 24 hours of creating your account to complete your registration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Futsal L1 OPEN Recreational 5v5 Gymnasium	Hockey L1 OPEN Competitive 5v5 Healthy Planet Arena 10pm-12:15am	Volleyball L2 OPEN Competitive 6v6 Gymnasium 8pm-11pm	Volleyball L2 OPEN Competitive 6v6 Gymnasium 8pm - 11pm	Basketball L1 OPEN Recreational 5v5 Gymnasium 8pm - 11pm	Dodgeball L2 OPEN Competitive 6v6 Gymnasium 7:30pm - 11pm	
	Squash L1 OPEN Recreational 1v1 Squash Courts 6pm-9pm	Squash L2 OPEN Recreational 2v2 Squash Courts 5pm - 8pm	Squash L2 OPEN Recreational 2v2 Squash Courts 5pm-8pm	Hockey L1 OPEN Competitive 5v5 Healthy Planet Arena 10pm - 12am		*please note that registration for Hockey has closed.



DROP-IN PROGRAMS

If you are looking to stay fit, meet new friends and have fun all without having to commit to a team all semester or year then the Drop-In programs are for you! Hosted in either the gymnasium or Justin Chiu Stadium, the Drop-In programs are free for Trent Students and Community Members.

Drop-In programming includes the following sports: Futsal, Pickleball, Badminton, Basketball, Table Tennis, Cricket, Dodgeball, Ultimate Frisbee, Spikeball and Soccer-Baseball. With a wide variety of sports and recreation programming our Drop-In program offers multiple opportunities for students and members to try something new or to participate in your favourite sport.

E-SPORTS

Trent Athletics Campus Recreation E-Sports fields multiple teams in the National E-Sports Collegiate Conference (NECC) across four games: Rocket League, Overwatch, Valorant, and League of Legends. These teams work in collaboration with the Trent University E-Sport Club, an on-campus club which provides opportunities for all Trent students to participate in e-sports beyond these teams.

ROCKET LEAGUE

Rocket League is a sensational sport game played on the PC, where two teams of three play a virtual game of soccer. The hook is the game is played with cars instead of people. The goal, as in soccer, is to score more goals than your opponents.

OVERWATCH

Overwatch is a first-person shooter game played on the PC, where two teams of six battle to complete various objectives. This can include defending a point of interest or pushing a payload. Players pick from a selection of thirty-one heroes to bring together a team composing of two tanks, two DPS and two supporters.

LEAGUE OF LEGENDS

League of Legends is a strategy game played on the PC, where two teams of five battle each other across a three-laned map. The objective is to destroy the nexus within the opposing team's base. Each player on these teams chooses a role out of the five options (Top, Jungle, Mid, Bot, Support) and picks from one of 156 playable champions.

VALORANT

Valorant is a first-person shooter game played on the PC, where two teams of five take turns attacking and defending points of interest. The attacking team's goal is to either wipe out the defending team or plant the spike and have it complete its countdown. The defending team's goal is to wipe out the attacking team or defuse the spike once it has been planted.

FACILITY RENTALS

Many of the Athletics Centre's indoor and outdoor facilities are available to rent. Facilities include the gymnasium, Justin Chiu Stadium, fitness studios, beach volleyball courts, the indoor climbing wall and our Carol Love Row/Paddle Tank.



GYMNASIUM

The gymnasium can be divided into two courts. Commonly used for activities such as basketball, volleyball and badminton. This large space can also accommodate special events.

HOURLY RATE

Gymnasium - Full	\$90.00
Gymnasium - Half	\$75.00



FITNESS STUDIOS & MULTIPURPOSE SPACES

Accommodates meetings, fitness classes, dance practices, and other small group activities.

HOURLY RATE

Fitness Studio 1	\$45.00
Fitness Studio 2	\$45.00
Riverside Classroom	\$45.00



OUTDOOR SPACES

Outdoor spaces available to book include the Justin Chiu Stadium, an artificial turf field used for a variety of sports and two beach volleyball courts frequently used for recreational leagues.

HOURLY RATE

Justin Chiu Stadium	\$95.00
Beach Volleyball Courts*	\$21.00



SPECIALTY AREAS

The Carol Love Rowing/Paddling tank is a premier training facility used by elite athletes and community members. Our indoor rock-climbing wall is 28 feet high with routes varying in difficulty and terrain to challenge all level of climbers from novice to advanced.

HOURLY RATE

Rowing/Paddling Tank	\$120.00
Climbing Wall	\$110.00

All rates are subject to HST
*fees per court

For information on how to book a space for your event visit trentu.ca/acbookings.
For general inquires please contact acbookings@trentu.ca or call 705-748-1011 ext. 7521

ATHLETICS CENTRE POLICIES

PROGRAM WAITLISTS

Individuals are strongly encouraged to place themselves on the waitlist for specific programs that are at capacity. The Athletics Centre utilizes the waitlists to schedule additional lessons or classes when possible, or to contact individuals when spaces become available in high demand programs

CLASS TRANSFERS

There are no fees to transfer from one class to another in the same session. Any difference in cost as a result of the transfer is charged, and there are no refunds of fees for transferring to a lower priced class. No transfers may take place after the second lesson

PROGRAM CANCELLATIONS

The Athletics Centre at Trent reserves the right to cancel or transfer classes due to insufficient registration. Should classes be cancelled due to power failure, inclement weather, pool fouling, etc., the department will schedule extra instructors during the final weeks of the session where possible to help ensure program quality. Due to time and space restrictions, we cannot schedule makeup classes for individuals who miss a class.

PROGRAM WITHDRAWALS & REFUND POLICY

Up to seven business days prior to the first class: Refund issued, less an administration fee of 10% or \$10 minimum.

Less than seven business days prior to the first class: Refund issued only with medical certificate, less an administration fee of 10% or \$10 minimum

After first class: Pro-rated refund issued with a medical certificate less an administration fee of 10% or \$10 minimum

One day clinics/crash courses/exam fees/recertification courses/materials: No refund

HST

All fitness memberships, personal training, and registered programs are subject to HST. Fitness memberships or programs for individuals 14 years and under are HST exempt.

LOCKERS

Day-use Locker contents must be removed daily by facility closing time. Locks and contents will be removed from any lockers that are not emptied by facility closing time

Rental lockers can be rented by Trent students and all members. Lockers must be vacated by the expiry date of the locker rental. Locker rental customers must supply their own locks. Locks and contents will be removed from any inappropriately occupied locker.

CELL PHONES/CAMERAS

The use of camera/video enabled devices is prohibited in change rooms, washrooms, and saunas. The use of cell phones in all other areas of the facility is permitted, provided it is for personal use only and does not disrupt the activity of others and is in accordance with the Standards of Conduct

MEMBERSHIP CARDS

All Trent students and community members must swipe their membership/student card when they enter the Athletics Centre, as well as use the Sport Centre (weight room and cardio loft). Membership cards may only be used by the registered member. Any fraudulent use of the membership card may result in immediate suspension and loss of membership privileges with no refund provided by the Athletics Centre. Members who lose their card are subject to a \$15 replacement fee. Trent students and members who have forgotten their card must check in at the Sales Centre Welcome Desk for access

FACILITY ACCESS POLICY

Facility: Children under the age of 10 years must be accompanied at all times by a parent/guardian (who is 16 years or older)

Sport Centre: Individuals age 16 and older can fully access the Sport Centre without a parent or guardian. Youth age 12 to 15 can access the Sport Centre and equipment unsupervised, once they have completed the Teen Fitness Orientation.

APPROPRIATE ATTIRE

For your safety and for facility maintenance reasons, appropriate exercise clothing and footwear is required for all participants while using program/ workout areas. Proper athletic wear that includes comfortable tops and bottoms suitable for your fitness regime. Clothing that expresses any profane or discriminating messages is prohibited.

Casual street clothes, jeans, cutoffs, and pants with zippers, belts, snaps, metal studs and other material on clothing that may damage equipment and upholstery are not permitted

Indoor, clean athletic footwear must be worn. Bare feet, sandals, work boots, cleats, open-toe or dress shoes are not permitted. Shoes that are dirty or that leave marks on the floor or equipment are not acceptable

STANDARDS OF CONDUCT

The Trent Athletics Centre welcomes Trent students and participants of all ages and abilities and promotes a healthy, inclusive and safe environment based on mutual respect and a spirit of cooperation. As an employer,

Trent University is responsible to provide its employees with a rewarding, challenging and safe work environment (in accordance with Trent University's Workplace Violence and Harassment Policy)

By adhering to the following policies, all students, members and visitors can help us achieve this goal:

- Treat staff and fellow participants with respect and courtesy, allowing others to enjoy programs and the facility
 - Comply with requests and direction from Trent Athletics staff, officials, instructors and volunteers who are acting in the performance of their duties
 - Wear appropriate fitness attire, including shirts and shoes, which are required at all times outside the locker room (see Dress Code Policy) to ensure a safe environment.
 - Take care of the Athletics Centre facility and equipment to keep them in safe and good working order
- All students, members and visitors must adhere to University policies and shall refrain from:
- Aggressive behaviour in any form, including physical or verbal abuse, threats, intimidation, harassment, bullying, coercion, and/or other conduct which threatens or endangers the health or safety of any person.
 - Rude/argumentative behaviour with staff, officials, instructors or other participants
 - Willful damage or destruction to the facility or property.
 - Lewd, obscene, or indecent conduct or expression, including profanity, or offensive remarks.
 - Forgery or sharing membership cards for access to the facility or programs, services or classes
 - Unauthorized commercial activity - no person may post, advertise, instruct in private lessons or solicit individuals in the facility for personal services or for personal businesses that are not directly approved through Trent Athletics.
 - Recording images, either by photograph, video or digitally without knowledge of the individual being recorded and without prior approval from Trent Athletics.
 - Use of alcohol or drugs. Anyone demonstrating signs of intoxication will be denied access to the Athletics Centre



EXCALIBUR



THE ATHLETICS CENTRE
AT TRENT UNIVERSITY
1650 West Bank Drive
Peterborough, Ontario
K9L 0G2

CHEER ON OUR ATHLETES

Our student-athletes love to see a packed crowd. Download a copy of the varsity home game schedule and come out to cheer on the Trent Excalibur!



/TRENTEXCALIBUR
WWW.TRENTVARSITY.CA