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EARLY REGISTRATION DISCOUNT
SAVE $10!
REGISTER BY MIDNIGHT!
FALL: Friday, Sept. 16
WINTER: Friday, Jan. 13
Applies to Fitness & Recreation activities.
Not applicable to Certifications.

OUR VISION
To provide programs and services that will enhance the student experience and enable participation in activities ranging from recreation to high performance athletics. We also connect with the community of Guelph to provide access to facilities and programs that will satisfy their needs. We are committed to building healthier bodies and stronger minds, leading to enhanced academic performance, personal growth, empowerment and the development of the whole person. The Department of Athletics contributes to the education process, by delivering a diverse spectrum of physical activities, encompassing instruction, self-directed recreation, group endeavors, lifestyle and health initiatives, and high performance opportunities.
On behalf of the Department of Athletics, here at the University of Guelph, I’d like to welcome you. You may have noticed some historical yet unbelievable advancements in our athletic infrastructure. We welcome you to enjoy your brand new Guelph Gryphons Athletic Centre, a hub for health, wellness and physical activity. As the fitness areas are ready to go, we are excited for the other additions opening throughout the fall semester, this is a must see when you arrive on campus. Thank you students for your commitment in making this amazing new facility a reality.

As part of our changes, we are excited this year to introduce the new NRG pass, which includes Fitness Centre access as well as Group Fitness, TRX, Yoga, Pilates, Group Cycle, and Boot Camp Classes. With your support in building this new facility, our team looked at ways of creating greater opportunity for programming options and access, while lowering the membership fee. We have something for every level of skill and ability, including individual recreation, group fitness, aquatics, instructional, drop-in, learn to play, team sports, so come out and try something new.

I look forward to seeing you in our new state of the art building, you have waited for this and now it is here. I strongly encourage each and every one of you to take part in one of our many programs. If any member of our staff can be of assistance to furthering your experience, please do not hesitate to contact one of us. I wish you much success in the classroom and for a healthy and enjoyable year.

Sincerely,

Scott McRoberts
Director, Department of Athletics
**DIRECTORY**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Athletics</td>
<td>Scott McRoberts</td>
<td>56593</td>
<td><a href="mailto:mrobert@uoguelph.ca">mrobert@uoguelph.ca</a></td>
</tr>
<tr>
<td>Assistant Director of Athletics</td>
<td>Sarah Mau</td>
<td>52124</td>
<td><a href="mailto:smau@uoguelph.ca">smau@uoguelph.ca</a></td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>Lorraine Hammond</td>
<td>56133</td>
<td><a href="mailto:lch@uoguelph.ca">lch@uoguelph.ca</a></td>
</tr>
</tbody>
</table>

**FITNESS & RECREATION**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Manager</td>
<td>Dave Trudelle</td>
<td>54297</td>
<td><a href="mailto:trudelle@uoguelph.ca">trudelle@uoguelph.ca</a></td>
</tr>
<tr>
<td>Fitness &amp; Recreation Program Assistant</td>
<td>Melinda Botter</td>
<td>56132</td>
<td><a href="mailto:mbotter@uoguelph.ca">mbotter@uoguelph.ca</a></td>
</tr>
<tr>
<td>Aquatics &amp; Safety Certifications Supervisor</td>
<td>Beth Fisher</td>
<td>52220</td>
<td><a href="mailto:bfisher@uoguelph.ca">bfisher@uoguelph.ca</a></td>
</tr>
<tr>
<td>Fitness Programs Supervisor</td>
<td>Lynne Skilton-Hayes</td>
<td>52670</td>
<td><a href="mailto:lskilton@uoguelph.ca">lskilton@uoguelph.ca</a></td>
</tr>
<tr>
<td>Fitness Program Coordinator</td>
<td>Leslie Clarke</td>
<td>56323</td>
<td><a href="mailto:lclark12@uoguelph.ca">lclark12@uoguelph.ca</a></td>
</tr>
<tr>
<td>Martial Arts &amp; Sports Supervisor</td>
<td>Justin Toth</td>
<td>53763</td>
<td><a href="mailto:tothj@uoguelph.ca">tothj@uoguelph.ca</a></td>
</tr>
<tr>
<td>Recreation Drop-in Supervisor</td>
<td>Beth Fisher</td>
<td>52220</td>
<td><a href="mailto:bfisher@uoguelph.ca">bfisher@uoguelph.ca</a></td>
</tr>
</tbody>
</table>

**INTRAMURALS & SPORTS CLUBS**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Intramurals, Clubs &amp; Community Leagues Supervisor</td>
<td>Justin Toth</td>
<td>53763</td>
<td><a href="mailto:tothj@uoguelph.ca">tothj@uoguelph.ca</a></td>
</tr>
<tr>
<td>Intramurals, Clubs &amp; Community Leagues Coordinator</td>
<td>Sarah Cahill</td>
<td>53738</td>
<td><a href="mailto:cahills@uoguelph.ca">cahills@uoguelph.ca</a></td>
</tr>
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**CAMS**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
<th>Email</th>
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<tbody>
<tr>
<td>Camps Supervisor</td>
<td>Justin Toth</td>
<td>53763</td>
<td><a href="mailto:tothj@uoguelph.ca">tothj@uoguelph.ca</a></td>
</tr>
<tr>
<td>Camps Coordinator</td>
<td>Sarah Cahill</td>
<td>53738</td>
<td><a href="mailto:cahills@uoguelph.ca">cahills@uoguelph.ca</a></td>
</tr>
<tr>
<td>Registration</td>
<td>Sarah Cahill</td>
<td>56131</td>
<td><a href="mailto:camps@uoguelph.ca">camps@uoguelph.ca</a></td>
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**CLIENT SERVICES**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Manager</td>
<td>Sarah Mau</td>
<td>52124</td>
<td><a href="mailto:smau@uoguelph.ca">smau@uoguelph.ca</a></td>
</tr>
<tr>
<td>Client Services Supervisor</td>
<td>Adam Bailey</td>
<td>54001</td>
<td><a href="mailto:abaile06@uoguelph.ca">abaile06@uoguelph.ca</a></td>
</tr>
<tr>
<td>Client Services Front Desk</td>
<td>Sarah Cahill</td>
<td>56253</td>
<td><a href="mailto:reghelp@uoguelph.ca">reghelp@uoguelph.ca</a></td>
</tr>
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</table>

**BUSINESS OFFICE**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Manager</td>
<td>Rob Laird</td>
<td>52160</td>
<td><a href="mailto:rob@uoguelph.ca">rob@uoguelph.ca</a></td>
</tr>
<tr>
<td>Business Clerk</td>
<td>Kate Horvath</td>
<td>56136</td>
<td><a href="mailto:horvathk@uoguelph.ca">horvathk@uoguelph.ca</a></td>
</tr>
</tbody>
</table>

**FACILITIES**

<table>
<thead>
<tr>
<th>Role</th>
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<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manager</td>
<td>Bill Clausen</td>
<td>52610</td>
<td><a href="mailto:bclausen@uoguelph.ca">bclausen@uoguelph.ca</a></td>
</tr>
<tr>
<td>Assistant Manager - Business Development</td>
<td>Frank Cain</td>
<td>52734</td>
<td><a href="mailto:fcain@uoguelph.ca">fcain@uoguelph.ca</a></td>
</tr>
<tr>
<td>Facility Supervisor - Athletics Centre &amp; Facility Booking Office</td>
<td>Andrew Godard</td>
<td>58863</td>
<td><a href="mailto:godarda@uoguelph.ca">godarda@uoguelph.ca</a></td>
</tr>
<tr>
<td>Facility Supervisor - Gryphon Field House &amp; Alumni Stadium</td>
<td>Cameron Lawrie</td>
<td>56140</td>
<td><a href="mailto:lawrie@uoguelph.ca">lawrie@uoguelph.ca</a></td>
</tr>
<tr>
<td>Facility Supervisor - Gryphon Centre (Arena)</td>
<td>Jordan Grau</td>
<td>53607</td>
<td><a href="mailto:jgrau@uoguelph.ca">jgrau@uoguelph.ca</a></td>
</tr>
<tr>
<td>Facility Booking Clerk</td>
<td>Rebecca Best</td>
<td>53790</td>
<td><a href="mailto:athfacility.booking@uoguelph.ca">athfacility.booking@uoguelph.ca</a></td>
</tr>
</tbody>
</table>

**MARKETING & COMMUNICATIONS**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Extension</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Manager</td>
<td>Dave Easter</td>
<td>53130</td>
<td><a href="mailto:deaster@uoguelph.ca">deaster@uoguelph.ca</a></td>
</tr>
<tr>
<td>Media Relations &amp; Communications Officer</td>
<td>Michelle Pino</td>
<td>53159</td>
<td><a href="mailto:mpino@uoguelph.ca">mpino@uoguelph.ca</a></td>
</tr>
<tr>
<td>Marketing &amp; Communications, Officer</td>
<td>Amber Paxton</td>
<td>52231</td>
<td><a href="mailto:paxtona@uoguelph.ca">paxtona@uoguelph.ca</a></td>
</tr>
<tr>
<td>Event &amp; Community Relations Coordinator</td>
<td>Nathan Young</td>
<td>53354</td>
<td><a href="mailto:nyoun01@uoguelph.ca">nyoun01@uoguelph.ca</a></td>
</tr>
<tr>
<td>External Relations &amp; Events Officer</td>
<td>Jen Green</td>
<td>56027</td>
<td><a href="mailto:jgreen15@uoguelph.ca">jgreen15@uoguelph.ca</a></td>
</tr>
<tr>
<td>Media Relations, Communications &amp; Sports Information</td>
<td>Andy Baechler</td>
<td>TBA</td>
<td><a href="mailto:baechler@uoguelph.ca">baechler@uoguelph.ca</a></td>
</tr>
</tbody>
</table>

**UNIVERSITY OF GUELPH DEPARTMENT OF ATHLETICS**

50 Stone Road East, Guelph, ON, N1G 2W1  
Phone: 519-824-4120  
Fax: 519-766-9563  
Email: gryphons@uoguelph.ca  
Website: gryphons.ca
DIRECTORY

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Manager Angela Orton 53555 aorton@uoguelph.ca
Intercollegiate Coordinator Michelle Turley 53799 mturley@uoguelph.ca
Intercollegiate Assistant Skye Angus 56134 anguss@uoguelph.ca
Head Athletic Therapist Gunner Obrascovs 53951 gobrasco@uoguelph.ca
Assistant Athletic Therapist Judy Lynch 53522 mjlynch@uoguelph.ca
Strength and Conditioning Coach Josh Ford 53305 joshford@uoguelph.ca

COACHES
Baseball Matt Griffin 56134 baseball@uoguelph.ca
Basketball - Men Chris O’Rourke 58916 corourke@uoguelph.ca
Basketball - Women Mark Walton 52742 mwalto02@uoguelph.ca
Cross Country - Men & Women Dave Scott-Thomas 53430 dscottth@uoguelph.ca
Field Hockey Michelle Turley 53799 mturley@uoguelph.ca
Figure Skating Janet Gibson 56134 varsity.skating@uoguelph.ca
Football Kevin MacNeill (Head Coach) 52590 macneilk@uoguelph.ca
Adam Grandy (Defensive) agrandy@uoguelph.ca
Todd Galloway (Offensive) 54049 tgallowa@uoguelph.ca
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Hockey - Men Shawn Camp 52154 shcamp@uoguelph.ca
Hockey - Women Rachel Flanagan 53335 rachelf@uoguelph.ca
Lacrosse - Men Sam Kosakowski 58463 skosakow@uoguelph.ca
Lacrosse - Women Staci Morris 56134 wlacross@uoguelph.ca
Nordic Skiing - Men & Women TBA 56134 nordic@uoguelph.ca
Rowing - Men & Women Dave Leger 56134 rowing@uoguelph.ca
Rugby - Men Cory Hector 52168 hectorc@uoguelph.ca
Rugby - Women Colette McAuley 56134 cmcauley@uoguelph.ca
Soccer - Men Keith Mason 53974 kmason@uoguelph.ca
Soccer - Women Randy Ragan 56134 w soccer@uoguelph.ca
Swimming - Men & Women Don Burton 56155 dburton@uoguelph.ca
Track and Field - Men & Women Dave Scott-Thomas 53430 dscotth@uoguelph.ca
Volleyball - Men Cal Wigston 52224 cwigston@uoguelph.ca
Volleyball - Women Paul Funk 58464 pfunk@uoguelph.ca
Wrestling - Men & Women Doug Cox 53405 dcox@uoguelph.ca

UNIVERSITY OF GUELPH DEPARTMENT OF ATHLETICS
50 Stone Road East, Guelph, ON, N1G 2W1
Phone: 519-824-4120
Fax: 519-766-9563
Email: gryphons@uoguelph.ca
Website: gryphons.ca
IMPORTANT DATES!

**FITNESS & RECREATION REGISTRATION**

Registration opens for Fall and Winter Fitness and Recreation Programs on:
- **Friday, September 2nd @ 6:30am**
- **Monday, August 15th @ 6:30am** - Kids Programs
- **FALL**: September 12th - 15th, 12pm-9pm
- **WINTER**: November 28th - December 1st, 12pm-9pm

*See see pages 28-29 for more details.*

**INTRAMURAL REGISTRATION**

- **FALL**: September 12th - 15th, 12pm-9pm
- **WINTER**: November 28th - December 1st, 12pm-9pm

*See see pages 28-29 for more details.*

**LOCKERS**

Purchase your new locker membership beginning:
- **FALL**: Friday, September 2nd
- **WINTER**: Tuesday, January 3rd

Want to renew your locker membership for Winter?
Renewals begin Monday, December 5th @ 6:30am

**CLOSURES**

- **Thursday, March 30, 2017** - Athletic Banquet @ 4:00pm
- **Saturday, April 29, 2017** - Campus-Wide Electrical Shutdown

Check out our website to stay up-to-date with all classes, drop-in rec, clubs, closures, reduced hours and holiday hours.

[gryphons.ca](http://gryphons.ca)
How to Register:

Client Services, Athletics Centre or gryphons.ca

Register @ gryphons.ca > Go to Fitness & Recreation, select your desired activity to view details and complete your registration.

How to Register:

Students, Staff & Faculty:
You already have a user name & login! Please do not set up an new account.

1. Click the ‘Sign In’ button.
2. Click ‘Forget Your Password’
3. Type your UNIVERSITY OF GUELPH email in and hit ‘Submit’
4. CHECK YOUR EMAIL! A temporary password will be sent to you.
5. Upon signing in, you will be prompted to change your password.

Gryphons.ca is the place to find out about everything happening in athletics from program memberships to facility bookings.
GENERAL INFORMATION

FACILITY GUIDELINES
Athletics is committed to providing a safe, inviting recreation experience for the University of Guelph community. Please assist us by adhering to the following guidelines.

1. Athletic clothing appropriate to the activity must be worn.
2. Clean athletic footwear with non-marking soles must be worn on all surfaces.
3. Programming space is to be shared appropriately with all participants.
4. Food or glass bottles are not permitted in the gymnasiums or program rooms.
5. Inappropriate behavior such as swearing, physical or verbal abuse will not be tolerated and may result in loss of building access privileges and/or immediate removal from facility.
6. Persons 15 years of age* and under participating in Drop-In Recreational activities must be accompanied by a paying parent or guardian at all times.
7. All programming ends 30 minutes prior to the building closing. All equipment must be returned at this time.
8. Change rooms will be inspected by a Client Services Representative upon building closure.

Failure to follow may result in removal from facility and/or loss of access privileges.

*Please note that individuals must be 12 years or older to participate in NRG Pass classes. Individuals must be 16 years old to use the Fitness Centre.

FACILITY AND PROGRAM ACCESS
All users must enter via the turnstiles at the front entrance. University of Guelph students and Members swipe in with their Membership cards. Daily recreation or fitness program users can purchase a daily access pass. You must keep your receipt to show proof of purchase to the instructor or facility staff.

DO NOT SHARE your membership card. This will result in loss of privileges.

All NRG Pass users must swipe their membership card at the Fitness Centre and/or studio entrance for admittance.

BAGS/KNAPSACKS
All gym bags and knapsacks must be stored prior to entering any activity. Activity lockers are for use while you are participating in your activity. Bring your own lock or rent a lock from Client Services. PLEASE REMOVE ALL CONTENTS FROM DAY LOCKERS AT THE END OF YOUR ACTIVITY.

Locks and contents will be removed at the end of the day. Failure to do so results in a $10 fee.

Please see page 11 for more information on lockers. Lockers sell out fast!

*Please note that you are responsible for the security of your personal items. Leave valuables at home or lock them up!

LOST AND FOUND
Valuable items such as wallets, ipods, keys, etc. are taken to Campus Police. Student cards are returned to the Registrar. All other items such as clothing, books, etc. are placed in the Lost & Found Bin. Items not claimed are donated to charity.

PHOTOGRAPHY/VIDEOGRAPHY
For the protection of all guests, the use of photographic equipment such as cameras and video equipment is prohibited in change rooms, washrooms, and program areas. This includes cell phones and ipods with photographic capabilities.

CONDUCTING PERSONAL BUSINESS
Conducting or soliciting for any form of business within the facility (i.e. private lessons, personal training, sales) is strictly prohibited.

INJURIES WHILE USING FACILITIES
Please report any injuries to Client Services. First Aid Kits and AED units are located at Client Services, on the pool deck, Fitness Centre, Field House, West Gym, Football Stadium and in the Arena.

Fair Play Code of Conduct
\- Demonstrate respect for all individuals.
\- Respect the facility in which you participate.
\- Share equipment, space, and facilities willingly.
\- Maintain self control at all times.
\- Condemn violence and harassment in all forms.
\- Always attempt to contribute to the betterment of your experience at Guelph’s Athletics Centre.

Failure to abide by our Fair Play Code of Conduct will result in expulsion and/or loss of membership and access privileges.

REPLACEMENT CARD
A $10 fee will be applied for anyone requiring a new membership card.

STRETCHING
Mats are available to sign out for stretching after your recreational workout. Feel free to stretch in the perimeter of the gymnasiums during recreational time.

REGISTER ONLINE AT gryphons.ca
Click Fitness & Recreation

REGISTRATION IS EASY! Just head to our website to find all of our activities, rentals and more!
POOL ADMISSION STANDARDS

Children 5 years of age and under must be directly supervised (within arms reach), regardless of swimming ability, by a guardian 16 years of age or older. Maximum of 2 children per guardian.

Children 6-9 years of age, who cannot swim 2 uninterrupted widths of the Red Pool, must be supervised by a guardian 16 years of age or older. Guardian must be present at the time of the swim test. Maximum of 4 children per guardian.

The ratio of guardians to swimmers 6-9 years of age, who cannot complete the facility swim test, may be increased to a maximum of 8 bathers to one guardian if approved personal flotation devices are worn by all non-swimmers in their care.

Those with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision.

RECREATIONAL SWIM INFORMATION

• All recreation swim participants must enter the facility through the turnstiles at the front of the Athletics Centre.

• Children 7 years of age or older are required to use the change room designated for their gender. NEW! Universal changerooms are available for families and for individuals looking for a non-gender specific space.

• Please refrain from entering the pools and remain in the change room area until a lifeguard is on duty.

• Street shoes are not permitted on the deck.

• Children 15 years of age and under are not permitted in the Steam Room or Hot Tub unless accompanied by an adult.

YOUR ASSUMPTION OF RISK

When using our facilities and registering for a program, you accept the following statement of risk:

I agree on behalf of myself, my assignee, executors and heirs, to release, indemnify, and hold harmless the University of Guelph and their trustees, officers, agents and employees from any and all liability, damage, claim of any nature brought by me, my assignee, executors and heirs arising out of and in any way related to my participation in these indicated activities.

I hereby acknowledge and accept the risks inherent in my physical activity and assume responsibility for my personal health, medical and accident coverage.

Each participant is responsible for his or her own personal health, medical, dental and accident insurance coverage. Medical coverage and a recent medical are strongly recommended.

SQUASH COURT RESERVATION PROCEDURES

Courts must be booked in person at Client Services.

• Court times can be reserved 7 days in advance of the current day. Individuals may book a maximum of 3 slots for the week on Tuesdays.

• Individuals may only book 1 court per day.

• If you are more than 10 minutes late for a reserved court, you will forfeit your reservation.

• Squash safety glasses are strongly recommended and are available at no charge from Client Services.

• Clean athletic footwear is required.

PLEASE NOTE THAT HOURS ARE SUBJECT TO CHANGE

Building hours and facility availability will be altered due to special events. These events include, but are not limited to: Convocation, Conference Bookings, Varsity Games, Gryphon Camps, Campus Days, College Royal and Athletic Banquet.

PLEASE REFER TO THE WEBSITE FOR DETAILED INFORMATION ON REVISED HOURS.

POOL AND ICE RENTALS - A limited number of hours are available to rent.

Contact the Facilities Office:
thefacility.booking@uoguelph.ca or 519-824-4120 ext. 53790.
ATTENTION!

Registered full and part-time undergraduate and full-time graduate students *YOU ARE A MEMBER!* 

You have paid for your Athletics Base Membership in your academic registration fees. 
*This applies to students taking a class on the University of Guelph Campus.

ALL OTHERS GUESTS  
You must purchase an Athletics Base Membership and pay the applicable fee for Activities & Programs. 
SEE PAGE 12 FOR MORE DETAILS

Access to the facilities for all Drop-in Recreation + Reduced Fees to register for fitness and recreation activities and programs 
SEE PAGE 11 FOR MORE DETAILS

REGISTER ONLINE AT 
gryphants.ca  
Click Fitness & Recreation 
REGISTRATION IS EASY! Just head to our website to find all of our activities, rentals and more!
MEMBERSHIPS: ADD-ONS

LOCKER & TOWEL MEMBERSHIPS

Half Locker and Towel Service
1 SEMESTER 2 SEMESTERS
$52 $104
2/3 Locker (Mens Locker Room Only) & Towel Service
$65 $130
Full Locker and Towel Service
$75 $150

Towel Only: available online at gryphons.ca
Lock Purchase: $8.00

Towels cannot be kept over-night!

LOCKER RENEWAL & CLEAN-OUT

Renewal of Existing Locker Memberships for upcoming Semester Starts:
Lockers Must be Cleaned out or Renewed by:
Athletics Centre Staff Clean-out Date:

Renewal of Existing Locker Memberships for upcoming Semester Starts:
Lockers Must be Cleaned out or Renewed by:
Athletics Centre Staff Clean-out Date:

FALL WINTER
Monday, Dec. 5, 2016 Monday, April 3, 2017
Friday, Dec. 30, 2016 Sunday, Apr. 30, 2017
Tuesday, Jan. 3, 2017 Monday, May 1, 2017

DAILY RATES

Child (ages 5-10) $5
Youth** (ages 11-15) $8
Adult* (ages 16-64) $10
Senior* (ages 65+) $8
Family (Up to 4 people, min 1 adult, max 2 adults) $20

* Daily rate for Adults & Seniors includes use of NRG Pass for the day
** Daily rate for Youth includes access to NRG Pass. Classes for the day (no Fitness Centre Access permitted)

DAILY RENTALS

Payment is made at Client Services

<table>
<thead>
<tr>
<th>MEMBER</th>
<th>NON-MEMBER</th>
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<tbody>
<tr>
<td>Day Locker Use</td>
<td>FREE</td>
</tr>
<tr>
<td>Daily Lock Rental</td>
<td>$1.00</td>
</tr>
<tr>
<td>Daily Towel Rental</td>
<td>$5.00</td>
</tr>
<tr>
<td>Racquet Rental</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

The Department of Athletics is not responsible for the replacement or reimbursement for any lost or damaged items that are stored in the change room and/or locker.

FREE RECREATION FOR MEMBERS

GO TO GRYPHONS.CA FOR THE FULL REC SCHEDULE

We offer a wide range of recreational activities. Some of the activities require supervision by law (swimming), some require supervision by our regulations (skating), but most are pick-up activities with no supervision. So, grab a friend and join us for some activity or come and meet some new friends! For the safety and courtesy of our users, organized and/or coached groups are not permitted to use the facility space during recreation hours. Exclusive use time slots can be booked by contacting: athfacility.booking@uoguelph.ca.

EQUIPMENT RENTAL FOR MEMBERS

A selection of equipment is available for loan to Members during recreational times. Please see Client Services for availability, pricing and fees for lost equipment. All rental equipment must be returned 30 minutes prior to the building closure.

*NOTE: Equipment lending is NOT available to Daily Access Pass users. Equipment lending to Members allows us to better track equipment and reduce the increasing amount of Lost/Missing equipment annually.
CANCELLED & MISSED CLASSES
Discounts, refunds, or make up classes will not be issued for missed classes. If a Fitness and Recreation class is cancelled due to an unforeseen circumstance such as instructor illness, the class will be re-scheduled if possible. If this is not possible, participants will be credited for the cancelled class.

INCLEMENT WEATHER
When the University of Guelph is closed during inclement weather, the Department of Athletics will be closed and all programming will be cancelled. As with academic programming, Athletics programming cancelled due to such a closure is not re-scheduled or credited. To check if the University is closed during inclement weather, visit www.uoguelph.ca or call 519-824-4120 and listen to the general update.

WITHDRAWALS AND REFUNDS
A $10 fee applies to all withdrawals and refunds. Withdrawal and refund requests for registered Group Personal Training (Cardio Shred, Fit in 30, Special Aqua Program) and Skill Development Activities (such as Aquatics, Dance, Martial Arts and Sports programs) must be requested prior to the 2nd class.* After this date, refunds may be issued for unique situations (injury, accident, relocation outside of the Guelph area), at the discretion of the program supervisor. Written documentation will be requested. Refunds placed back on your account will remain there for 365 days.

*Refunds for Certification courses** must be requested at least three days prior to the start of the course.

**Refunds for Yoga Teaching Certifications must be requested two weeks prior to the start date of the course.

***Refunds for NRG Passes must be requested no later than 10 days from the time of purchase to receive a full refund. After this 10 day cooling off period, any requested refunds must be accompanied by a medical note and are approved on a case by case basis.

We reserve the right to cancel any activity that does not have sufficient registration. In this case, participants will receive a full refund and notification prior to the start of the activity. It is your responsibility to ensure that your contact information (phone, email, mailing address) is current.

FEEDBACK
If you have feedback on the Gryph Guide, Memberships, or Fitness and Recreation programming, please contact us at 519-824-4120 ext. 52124.

FEES INCLUDE TAXES.
— ADULT SEMI PRIVATE SWIM LESSONS

Participants will increase their awareness of personal safety. Participants will improve their front crawl, as well as develop a back crawl and elementary backstroke.

Classes run Mondays & Wednesdays

- Monday, Sept. 19 8:00-8:30pm $135 9 classes #14654
- Monday, Sept. 19 8:00-8:30pm $135 9 classes #14655
- Monday, Sept. 19 8:30-9:00pm $135 9 classes #14656
- Monday, Sept. 19 8:30-9:00pm $135 9 classes #14657
- Monday, Oct. 24 8:00-8:30pm $150 10 classes #14658
- Monday, Oct. 24 8:00-8:30pm $150 10 classes #14659
- Monday, Oct. 24 8:30-9:00pm $150 10 classes #14660
- Monday, Oct. 24 8:30-9:00pm $150 10 classes #14661
- Monday, Jan. 16 8:00-8:30pm $120 8 classes #14778
- Monday, Jan. 16 8:00-8:30pm $120 8 classes #14779
- Monday, Jan. 16 8:30-9:00pm $120 8 classes #14780
- Monday, Jan. 16 8:30-9:00pm $120 8 classes #14781
- Monday, Feb. 13 8:00-8:30pm $120 8 classes #14782
- Monday, Feb. 13 8:00-8:30pm $120 8 classes #14783
- Monday, Feb. 13 8:30-9:00pm $120 8 classes #14784
- Monday, Feb. 13 8:30-9:00pm $120 8 classes #14785

— SCUBA

A weekly lecture will be held 6:15-8:00pm in the classroom, followed by a 2 hour pool session from 8:00-10:00pm. Attendance at the first session is mandatory. Successful completion of a swimming evaluation (first session) is required for continuation in the course (full refund for unsuccessful candidates). Course fees do not include cost of log book, text book, open water orientation, certification, or cost of personal equipment which includes mask, fins, snorkel and weight belt (rental approximate. $45.00, purchase approximate. $250.00).

- Thursday, Sept. 22 6:15-10:00pm $294 8 classes #14662
- Thursday, Jan. 19 6:15-10:00pm $294 8 classes #14786

— TRIATHLON STROKE IMPROVEMENT

A 120 minute coed class held weekly throughout the semester. Participants will have the opportunity to work on their Freestyle stroke mechanics as well as the fitness component in preparation for their Triathlon season.

- Sunday, Sept. 25 9:00-11:00am $80 8 classes #14663


derived:
AQUATIC & SAFETY CERTIFICATIONS

REGISTER ONLINE AT

Click Fitness & Recreation

--- ADVANCED INSTRUCTOR/EXAMINER STANDARDS CLINIC ---

This course is designed to prepare candidates to become Bronze Cross Examiners, as well as, prepare them to pursue advanced instructor certifications in areas such as, First Aid Instructors, NLS and AED Instructors. Achievement of Examiner status is dependent upon successful completion of co-exams the candidate will be responsible for arranging. Prereq: LSS Lifesaving Instructor Certification.

- Saturday, Nov. 26 11:00am-6:00pm $80 1 class #14666

--- AQUATIC SUPERVISOR TRAINING ---

The Lifesaving Society Aquatic Supervisor Training course is designed for deck-level supervisory staff. This 10 hour course provides the knowledge and skills, beyond the National Lifeguard certification, to manage a safe aquatic environment. Prerequisite: Current NLS or current Lifesaving Society Instructor (Swim or Lifesaving); and 100 hours experience as a lifeguard/instructor.

Classes run Fridays, & Saturdays

- Friday, Nov. 11 F 5:00pm-10:00pm $112 2 classes #14667
  S 9:00am-2:00pm

--- BRONZE MED/EFA/BRONZE CROSS CRASH ---

Participants will learn how to respond to complex water rescue situations by using physical fitness, decision making and judgment skills. Rescuers learn tows, carries, and release techniques in preparation for challenging rescues of increased risk. Students develop stroke efficiency and endurance. Recent program revisions will result in candidates receiving an Emergency First Aid and CPR B Certification. 100% attendance is mandatory.

Classes run Monday - Saturdays

- Monday, Jan. 2 M-F 10am-3:30pm $272 6 classes #14944
  S 9:00am-4:00pm

--- EMERGENCY FIRST AID WITH CPR B ---

This course is designed for individuals wanting to be certified in First Aid principles and the emergency treatment of injuries. Skills include; victim assessment, rescue breathing, CPR, choking, and what to do for external bleeding, heart attack, and stroke victims. All modules taught with the 2010 CPR guidelines.

- Sunday, Sept. 18 9:00am-5:00pm $85 1 class #14670
- Sunday, Oct. 16 9:00am-5:00pm $85 1 class #14671
- Sunday, Nov. 27 9:00am-5:00pm $85 1 class #14672
- Saturday, Jan. 21 9:00am-5:00pm $85 1 class #14792
- Saturday, March 4 9:00am-5:00pm $85 1 class #14794
- Wednesday, March 8 W 7:00-10:00pm $85 2 classes #14793
  F 6:00-10:00pm (this class runs Wed & Fri)

--- FIRST AID INSTRUCTOR ---

This course prepares LSS instructors to teach first aid courses up to and including Standard First Aid and CPR -A, -B, and -C. Candidates must hold current LSS Standard First Aid, current Lifesaving Instructor and Advanced Instructor.

- Sunday, March 5 9:00am-6:00pm $130 1 class #14795

--- NATIONAL LIFEGUARD SERVICE ---

Effective May 1st, 2013, all NLS courses will be taught and evaluated following the Revised 2012 NLS program. This 40 hour course fulfills a need for an advanced and recognized training standard for those charged with the safety of all persons in the swimming pool. It is coed and reasonably demanding both physically and intellectually and an individual requires the kind of personality, which allows for cooperative work with a large number of people. Candidates will learn how to supervise swimmers, maintain a facility, control patrons, establish and enforce appropriate rules, educate patrons in the appropriate use of the facility, be skilled in the use of specialized rescue equipment, and to evaluate the facility operation making changes and improvements where necessary. Excellent attendance required. Candidates must possess a valid Bronze Cross & Standard First Aid with CPR C Certification. Registration after the course start date must be approved by the Program Coordinator (519-824-4120 Ext.52220).

- Tuesday, Sept. 20 7:00-11:00pm $215 9 classes #14675
- Tuesday, Jan. 17 7:00-11:00pm $215 9 classes #14796

--- NLS RECERTIFICATION ---

Effective May 1st, 2013, all NLS Recertification courses will be taught and evaluated following the Revised 2012 NLS Program. Evaluated items will include all ‘management’ items, lifeguarding situations and the following physical standards: endurance challenge, sprint challenge, object recovery. For more information please visit, www.lifesavingsociety.com/lifeguarding.

- Wednesday, Sept. 14 6:00-11:00pm $93 1 class #14676
- Thursday, Dec. 1 6:00-11:00pm $93 1 class #14677
- Saturday, Dec. 3 8:00am-1:00pm $93 1 class #14678
- Monday, March 27 6:00-11:00pm $93 1 class #14798
- Wednesday, March 29 6:00-11:00pm $93 1 class #14797
RED CROSS INSTRUCTOR RECERTIFICATION

This recertification course is designed for current Red Cross Water Safety Instructors. The program will cover lesson content, evaluation skills, teaching techniques, Red Cross updates, etc. Prerequisite: Must hold a current Red Cross Water Safety Instructor Certification. If your certification has expired more than 5 years, you must participate in the Red Cross Water Safety Instructor Splashback Program.

- Tuesday, Sept. 6 5:00-10:00pm $85 1 class #14679

STANDARD FIRST AID WITH CPR C

The Lifesaving Society Standard First Aid with CPR C certification course covers a broad spectrum of first aid treatments for medical emergencies and injuries. This course will also cover situation management, use of bystanders, and legal implications. Participants will also perform CPR and choking procedures for Infant, Child and Adult victims. All modules taught with the 2010 CPR guidelines. Please note according to WSIB standards, individuals who hold this certification must recertify the award every two years. The recertification process requires participants to alternate between attending the full Standard First Aid course, followed by the recertification course every two years.

Classes run Saturday & Sunday
- Saturday, Oct. 22 9:00am-5:00pm $119 2 classes #14945
- Saturday, March 11 9:00am-5:00pm $119 2 classes #14800
- Saturday, April 8 9:00am-5:00pm $119 2 classes #14801

STANDARD FIRST AID WITH CPR C RECERTIFICATION

This is a one day recertification course for participants who already hold the Lifesaving Society Standard First Aid certification. Individuals who hold a first aid certification through another agency (St. John, Red Cross, Can Ski Patrol) must register for the FULL two day Lifesaving Society Standard First Aid course. This recertification course covers a broad spectrum of first aid treatments for medical emergencies and injuries. This course will also cover situation management, use of bystanders, and legal implications. Participants will also perform CPR and choking procedures for Infant, Child and Adult victims. All modules taught with the 2010 CPR guidelines. Please note according to WSIB standards, individuals who hold this certification must recertify the award every two years. The recertification process requires participants to alternate between attending the full Standard First Aid course, followed by the recertification course every two years.

- Saturday, Sept. 17 9:00am-5:00pm $102 1 class #14682
- Sunday, Nov. 13 9:00am-5:00pm $102 1 class #14681
- Sunday, March 19 9:00am-5:00pm $102 1 class #14799

WILDERNESS SURVIVAL

Learn how to survive in the wilderness ... this course is a must for anyone who ventures into the great outdoors; i.e. environmental and resource professionals, hikers, skiers, canoeists & outdoor leaders. Topics include trip planning, map & compass, G.P.S., survival & safety kits, outdoor clothing/footwear, gear & what to do skills (survival game plan) if you become lost: shelters, fire building, signaling, safe use of water, food procurement & basics of search & rescue. The program culminates with a survival simulation weekend outing to a crown land preserve. Fee includes 5 in-class sessions, the weekend survival simulation, plus an option to attend an Edible Wild Plants 1-day workshop. Late Registration must be approved by the Program Coordinator (519-824-4120 Ext.52220).

- Wednesday, Sept. 21 7:00-10:00pm $186 5 classes #14685
- Wednesday, Jan. 18 7:00-10:00pm $186 5 classes #14802

NOTICE

Standard First Aid award holders may recertify their certification just once on a Standard First Aid Recertification course. To renew Standard First Aid certifications subsequently, award holders must repeat the full Standard First Aid course. Thereafter, individuals may renew by alternating with a recertification and an original full course. Holders of Standard First Aid certifications from agencies other than their original agency may NOT recertify their certificate with an alternate agency. To change agencies, participants must register for the full course.

Registration after the course start date for Certification programs must be approved by the Program Supervisor:
Beth Fisher 519-824-4120 ext. 52220

EARLY REGISTRATION DISCOUNT
SAVE $10!

REGISTER BY MIDNIGHT!
FALL: Friday, Sept. 16
WINTER: Friday, Jan. 13
Applicants must be registered within 7 days of midnights to certification.
CERTIFICATIONS: FITNESS & YOGA

-- CYCLE INSTRUCTOR CERTIFICATION
The University of Guelph has developed its own Group Cycle Certification course. The principles of conditioning will be applied by incorporating details around set-up, class format, applied anatomy and kinesiology. Learn the do’s and don’ts, precautions of cycling and the basics to coaching participants through this type of workout. Certification includes a written exam and a practical assessment to be booked for a later date.

- Sunday, Sept. 25  9:00am-5:00pm  $147  1 class  #14688
- Sunday, Jan. 22  9:00am-5:00pm  $147  1 class  #14804

-- FITNESS INSTRUCTOR CERTIFICATION
Become a group fitness instructor. Help people achieve their goals in a fun and motivating group setting with music. This 32 hour course affiliated with the canfitpro national certification program will be split into two days of theory and two days of in-class practical training. This course offers extensive theory information and good practical application of that theory. Competency is determined in two stages; a written exam and a practical assessment which will be booked for a later date.

Classes run Saturdays & Sundays
- Oct. 1, 2, 15, 16  9:00am-5:00pm  $271  4 classes  #14689
- Jan. 28, 29, Feb. 4, 5 9:00am-5:00pm  $271  4 classes  #14805

-- PERSONAL TRAINER CERTIFICATION
This applied comprehensive 36 hour course is designed to give you the knowledge, skills and confidence to work with clients in a one on one or small group setting. We are affiliated with the canfitpro national certification program. Course content includes physiology, anatomy, applied kinesiology, energy metabolism, movement mechanics, principles of conditioning, postural assessment and correction, health screening and goal setting, injuries, adherence and motivation and the business of personal training. Program design options and guidelines for cardiovascular, resistance training, flexibility training and weight management will also be discussed. Competency is assessed in 2 stages: a written exam and a practical assessment which will be booked for a later date.

Classes run Saturdays & Sundays
- Nov. 5, 6, 12, 13  8:30am-5:30pm  $407  4 classes  #14691
- March 18,19, 25, 26 8:30am-5:30pm  $407  4 classes  #14807

-- WEIGHT TRAINER SUPERVISOR CERTIFICATION
This comprehensive 16 hour course will educate and prepare you to be a Fitness Centre Staff supervisor or enhance your own personal interest in the fitness realm. Topics covered include: anatomy, physiology specific to weight training, cardiovascular, flexibility and strength training theory and guidelines, principles of conditioning, equipment and exercise analysis, technique correction, spotting techniques, typical roles and responsibilities of a weight room supervisor. This course concentrates on developing your practical teaching skills for exercise instruction. Competency is assessed by a written exam and a practical assessment which will be booked for a later date. This course is strongly recommended as a prerequisite for our Personal Training Certification Course and mandatory to work in the Fitness Centre.

Classes run Saturday & Sunday
- Sept. 17, 18  9:00am-5:00pm  $203  2 classes  #14692
- Jan. 14, 15  9:00am-5:00pm  $203  2 classes  #14808

-- YOGA TEACHING CERTIFICATION
This is a 200 hour certification course with an intensive focus on Classical Yoga. The instructor has been practicing and teaching yoga for more than 30 years and will help you learn not only the benefits of the physical components of yoga, but also the mental and spiritual benefits as well. If you are looking for a yoga course that will teach you how to engage the mind and body as well as understand the philosophy behind the practice of yoga, this is the course for you. Prior yoga experience is not required but is highly recommended. Certification of this course requires a minimum attendance of 180 hours, active participation in practice hours and a practical examination. We are affiliated & recognized with Yoga Alliance. Registration is available in the Fall Session ONLY. Please note: there are NO classes during the month of December. Payment Plan available.

Classes run Sundays & Tuesdays
- Sunday, Sept. 11  6:00-10:00pm  $2,938  50 classes  #14693

-- ADVANCED CLASSICAL YOGA TEACHING CERTIFICATION
This 300 hour certification course is designed to build upon and deepen ones understanding of the fundamental concepts taught in the 200-hour level. This course will prepare you to teach principles and techniques of yoga that are more advanced, more detailed, and more subtle allowing you to teach with greater skill. You will study in depth anatomy, physiology and focus on gaining awareness, among many other skills in this rigorous program. The 200 hour Yoga Teaching Certification is a prerequisite for this course. Certification of this course requires active participation in practice hours and a practical examination. We are affiliated & recognized with Yoga Alliance. Registration is available in the Fall Session ONLY. Please note: there are NO classes during the month of December. Payment Plan available.

Classes run Mondays & Saturdays
- Monday, Sept. 12  M 6-10pm  S 9-5pm  $4,294  50 classes  #14687

Lynne Skilton-Hayes, Program Supervisor
519-824-4120 ext. 52670
WE HAVE OVER 20 CLUBS!
WHICH ONE WILL YOU JOIN?

BADMINTON
CHEERLEADING
CLIMBING
DANCE PAK
DRAGON BOAT
FENCING
FIGURE SKATING
HIP HOP
JAPANESE SWORD ARTS
KARATE
NERF
EQUESTRIAN
QUIDDITCH
NINJUTSU
RINGETTE
SYNCHRONIZED SWIMMING
SQUASH
TABLE TENNIS
ULTIMATE FRISBEE
UNDERWATER HOCKEY
WATERPOLO
WOMEN’S FASTPITCH
INTRODUCTION BALLET
This introductory ballet class will introduce the basic elements of ballet technique including positions of the arms and feet as well as body alignment. Throughout the term participants will progress through simple exercises as well as centre work.
- Tuesday, Sept. 20 4:00-5:30pm $78 10 classes #14697
- Tuesday, Jan. 17 4:00-5:30pm $78 10 classes #14812

INTERMEDIATE BALLET
This class will incorporate intricate choreography but will be taken at a pace appropriate for your learning. It is recommended you have some Ballet experience, but this class is organized to develop your understanding of language and positioning.
- Monday, Sept. 19 4:00-5:30pm $78 10 classes #14696
- Monday, Jan. 16 4:00-5:30pm $78 10 classes #14811

ADVANCED BALLET
This class will focus on technique and artistry and requires that you have at least 5 years of experience in ballet and a firm understanding of language and positions. The choreography will be intricate and focused on technical movement and proper position.
- Tuesday, Sept. 20 5:30-7:00pm $78 10 classes #14695
- Tuesday, Jan. 17 5:30-7:00pm $78 10 classes #14810

BALLET BARRE BODY BLAST
Want to jump higher, stretch further and become a STRONGER dancer? Designed for dancers at all levels, this class will utilize the ballet barre to sculpt and tone your body from head to toe! Ending with a stretch this class is the perfect addition to your dance routine!
- Wednesday, Sept. 21 7:30-8:30pm $58 10 classes #14698
- Wednesday, Jan. 18 7:30-8:30pm $58 10 classes #14813

BOLLYWOOD FUSION
Join us for this spectacular form of dance that fuses classical and folk forms of Indian dance with hip-hop and modern movements. You will learn to move your hips, shoulders, stomach and hands in elegant positions that meld with the music and create a fun and dynamic experience. Oh...and don’t forget the bonus - abdominal toning!
- Thursday, Sept. 22 5:30-7:00pm $78 10 classes #14699
- Thursday, Jan. 19 5:30-7:00pm $78 10 classes #14814

INTRODUCTION CONTEMPORARY
So...do you think you can dance? Maybe not yet, but take this course and you will. Contemporary dance is about expression of emotion and exploring the movement of the body. It has a personal element that allows you to express emotion through movements and learn to connect with the music. This class is designed for people with little to no dance experience, if celebrities can learn to do it, why can’t you?
- Thursday, Sept. 22 4:00-5:30pm $78 10 classes #14702
- Thursday, Jan. 19 4:00-5:30pm $78 10 classes #14815

CONTEMPORARY
This class is for students with previous dance experience. The course content includes more difficult, intricate and stylized lyrical/contemporary and open movement pieces. Prerequisites: Preferably Advanced Dance or Advanced Ballet at the University of Guelph Gryphons Athletics Centre.
- Monday, Sept. 19 8:00-9:30pm $78 10 classes #14700
- Friday, Sept. 23 4:30-6:00pm $78 10 classes #14701
- Monday, Jan. 16 8:00-9:30pm $78 10 classes #14816
- Friday, Jan. 20 4:30-6:00pm $78 10 classes #14817

DISCOVER DANCE
The instructors teaching this course have been trained in a variety of styles such as hip hop, swing (rock and roll), Latin styles, contemporary, tap and jazz. This is a great class to take if you are looking to pursue dance and are not sure what style you would enjoy. It will give you a flavour of different styles and you get to learn the basics for many different styles in one course.
- Tuesday, Sept. 20 8:00-9:00pm $58 10 classes #14703
- Tuesday, Jan. 17 8:00-9:00pm $58 10 classes #14818

HIGHLAND
A great chance to learn one of the Scottish Performing Arts while getting lots of exercise. Fun, traditional dances such as the Highland fling and the sword dance will be taught. All levels of experience are welcome however this class is designed for beginners.
- Wednesday, Sept. 21 5:30-7:00pm $78 10 classes #14704
- Wednesday, Jan. 18 5:30-7:00pm $78 10 classes #14819

HIP HOP
The focus of this class will be on footwork, isolations and development of individual style and flow. If you are looking for a class that is extremely high energy and a lot of fun, this is the one for you.
- Monday, Sept. 19 8:30-10:00pm $78 10 classes #14706
- Monday, Jan. 16 8:30-10:00pm $78 10 classes #14821

Register Online at
Click Fitness & Recreation
### Advanced Hip Hop

Combinations will focus on more advanced hip hop choreography. Previous hip hop experience is required.

- **Tuesday, Sept. 20** 8:30-10:00pm $78 10 classes #14705
- **Tuesday, Jan. 17** 8:30-10:00pm $78 10 classes #14820

### Line Dancing

Line dancing is a fun and social way to get active for both beginner and seasoned dancers. Line dancing has expanded from the typical country scene and has taken on almost every style of dance and music imaginable. This class will focus on learning the fundamental steps and combining them in choreography to music spanning several genres. Join us for fun, fitness, and an experience like no other.

- **Monday, Sept. 19** 8:00-9:30pm $78 10 classes #14707
- **Monday, Jan. 16** 8:00-9:30pm $78 10 classes #14822

### Musical Theatre

Have you ever wanted to dance to your favorite music theatre song? So come and get in touch with your theatrical side and explore the world of musical theatre. You will get to experience both acting and dancing techniques as well as different styles that pushed Broadway-Jazz to what it is known today (such as Fosse). All levels are welcome, so come and join us in this exciting new class!

- **Wednesday, Sept. 21** 8:00-9:30pm $78 10 classes #14708
- **Wednesday, Jan. 18** 8:00-9:30pm $78 10 classes #14823

### Pop Jazz

Pop jazz is a fun, flirty, and upbeat dance style that is guaranteed to make you feel sassy and confident. It combines traditional jazz technique with some hip hop flare. Focus will be on overall style and attitude but will also incorporate learning jumps, turns, and kicks. Join in on the fun and we guarantee a fierce experience!

- **Thursday, Sept. 22** 7:00-8:30pm $78 10 classes #14709
- **Thursday, Jan. 19** 7:00-8:30pm $78 10 classes #14824

### Salsa

From nightclubs and lounges to wedding receptions and tropical vacations, this exciting dance has captivated millions. In this class, students with little or no salsa experience will learn the basics in footwork, partnering, and timing as well as fundamental turning and crossing techniques. Signing up with a partner is strongly suggested but not required, as partners will rotate during the class so that lead/follow skills can be developed.

- **Thursday, Sept. 22** 8:00-9:30pm $78 10 classes #14710
- **Thursday, Jan. 19** 8:00-9:30pm $78 10 classes #14825

### Seductive

Seductive dance will not only provide you with a great workout, but also allow you to feel comfortable and confident as you learn the intricacies of how to dance seductively. This class is designed so you can be yourself and have the confidence to express what makes you feel good both on and off the dance floor. Join this class and let us help you find your seductive side.

- **Tuesday, Sept. 20** 9:00-10:30pm $78 10 classes #14711
- **Thursday, Sept. 22** 8:00-9:30pm $78 10 classes #14712
- **Tuesday, Jan. 17** 9:00-10:30pm $78 10 classes #14826
- **Thursday, Jan. 19** 8:00-9:30pm $78 10 classes #14827

### Social

With a foundation of ballroom and Latin movements, you and a partner will learn to work together with the music and wow onlookers as you gracefully glide around the dance floor. The class environment is relaxed and sociable. It is designed to allow you to develop comfort in your dance abilities as well as be creative and enjoy the social environment. It is not mandatory that you register with a partner, but it is suggested.

- **Tuesday, Sept. 20** 7:00-8:00pm $58 10 classes #14713
- **Tuesday, Jan. 17** 7:00-8:00pm $58 10 classes #14828

### Tap Intermediate/Advanced

If you are someone who used to tap and are considering getting back into it or if you are looking to learn some new choreography, this is your chance. The instructor will be reviewing steps and teaching intermediate/advanced level choreography so you must have at least a couple years of experience (it is okay if you haven’t done it in a year or two, we’ll help you remember). Although shoes are fun, they are NOT mandatory. We know you want to get in touch with your inner Gene Kelly or Fred Astaire, so join us for this fun class format.

- **Tuesday, Sept. 20** 7:00-8:30pm $78 10 classes #14714
- **Tuesday, Jan. 17** 7:00-8:30pm $78 10 classes #14829

### Dance Recital

Stay tuned for details about this year’s recitals! All proceeds go to the United Way
GET ACCESS TO THE
NEW FITNESS CENTRE +
UNLIMITED CLASSES*
FOR ONE LOW PRICE
WITH THE GRYPHON
NRG PASS!

*Includes both the Fitness Centre & unlimited classes listed below!

+ ACCESS TO BRAND NEW 22,000 SQ FT FITNESS CENTRE!

$45
STUDENT RATE
/PER SEMESTER
INCLUDES TAX

$1125
NON-STUDENT RATE
/PER MONTH
INCLUDES TAX

PICK UP A COPY OF THE SCHEDULE AT CLIENT SERVICES OR DOWNLOAD IT ONLINE
VISIT GRYPHONS.CA FOR CLASS DESCRIPTIONS, VIDEOS & UPDATES.
GROUP PERSONAL TRAINING

CARDIO SHRED

Ever feel like you are going through the motions and not getting the results you want from your cardio workouts? Join us in the fitness centre for cardio shred. We will utilize treadmills, ellipticals, AMTs and ergs in this small group class. Learn how to shred away the calories, improve your cardiovascular health and maximize your results in an interval style class that has all the ups and downs of a roller coaster. This workout is 30mins.

- Tuesday, Sept. 27 7:00-7:30pm $50 8 classes #14720
- Thursday, Sept. 29 10:15-10:45am $50 8 classes #14721
- Tuesday, Jan. 24 7:00-7:30pm $50 8 classes #14835
- Thursday, Jan. 26 4:00-4:30pm $50 8 classes #14837

FIT IN 30

Do you struggle to find a way to get to the gym? You want to be fit but you just can’t find the time? Is the thought of regular exercise a workout on its own? If you answered yes to any of these questions then Fit in 30 has been created with you in mind. We want you to succeed so that you can enjoy the benefits of a fit and healthy lifestyle. Welcome to the 30 day program that is designed to get you to exercise consistently and be recognized for doing so. One of our multi talented trainers will oversee your 30 minute workout 3x/week for 4 weeks to ensure you stay motivated and get the most out of your workout. We track your progress and follow up if you miss a session. Complete the tracking card and you will receive an incentive at the end of the program. Kick start your fitness adventure and let us help you make fitness a part of your life!

Classes run Mondays, Wednesdays & Fridays
- Monday, Sept. 26 7:15-7:45am $78 12 classes #14726
- Monday, Sept. 26 12:15-12:45pm $78 12 classes #14728
- Monday, Oct. 31 10:30-11:00am $78 12 classes #14731
- Monday, Oct. 31 5:00-5:30pm $78 12 classes #14733
- Monday, Jan. 23 7:15-7:45am $78 12 classes #14839
- Monday, Jan. 23 12:15-12:45pm $78 12 classes #14841
- Monday, March 6 10:30-11:00am $78 12 classes #14844
- Monday, March 6 5:00-5:30pm $78 12 classes #14846

SPECIAL AQUA PROGRAM

Participants must receive approval from Lynne Skilton-Hayes to participate in this class by calling 519-824-4120 Ext.52670. This water workout is designed for individuals dealing with specific health issues. These include Arthritis, Fibromyalgia, Osteoporosis, Diabetes, Chronic Fatigue, Multiple Sclerosis and more.

Classes run Mondays, Wednesdays & Fridays
- Mon., Sept. 7 10-11am $270 Member 45 classes #14744
  $357 Non-Member
- Mon., Jan. 2 10-11am $294 Member 49 classes #14855
  $381 Non-Member

HALLOWEEN CLASS

Join us for a really ghoul time!! Our Haunted Halloween class will feature our most popular formats with some of your favourite instructors, if you can recognize them in costume!! Door prizes and a free program registration prize will be awarded for the best dressed, so come in costume and celebrate in the spirit of Halloween. All proceeds will be donated to the United Way. Don’t miss out, as space is limited. Please Note: The following classes will not run so everyone can join this special class: 4:00pm Tabata, 5:00pm F’Ab Step, 6:00pm ZUMBA, 7:00pm Knockout Boxing and 8:00pm Pound.

Classes run Mondays, Wednesdays & Fridays
- Wednesday, Oct. 26 5:30-7:30pm $3 1 class #14737

EARLY REGISTRATION DISCOUNT
SAVE $10!

REGISTER BY MIDNIGHT!
FALL: Friday, Sept. 16
WINTER: Friday, Jan. 13
Applies to Fitness & Recreation activities. Not applicable to Certifications.

Lynne Skilton-Hayes, Program Supervisor
519-824-4120 ext. 52670
# PERSONAL TRAINING

<table>
<thead>
<tr>
<th>Sessions</th>
<th>1</th>
<th>2</th>
<th>5</th>
<th>10</th>
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<tbody>
<tr>
<td><strong>FITNESS CENTRE ORIENTATION</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
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<tr>
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<td>n/a</td>
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<tr>
<td>Fitness Centre Orientation - Non-Member</td>
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<tr>
<td><strong>PERSONAL TRAINING</strong></td>
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<tr>
<td>Personal Trainer - Student</td>
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<td>$90</td>
<td>$198</td>
<td>$362</td>
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<td>$123</td>
<td>$279</td>
<td>$513</td>
<td>$975</td>
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<tr>
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<td>$192</td>
<td>$452</td>
<td>$825</td>
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<td>Master Trainer - Non-Member/Off-site</td>
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<td>$477</td>
<td>$875</td>
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<td>Water Therapy - Member</td>
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<td>$452</td>
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<tr>
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<td>$202</td>
<td>$477</td>
<td>$875</td>
<td>$2090</td>
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<tr>
<td><strong>GROUP TRAINING</strong> (Group training is for NRG Pass members only)</td>
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<td></td>
</tr>
<tr>
<td>2 Person Personal Trainer - Student</td>
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<tr>
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<td>$475</td>
<td>$848</td>
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</tr>
</tbody>
</table>

REGISTER ONLINE!

Our minimum package of one-on-one personal training is a 2-session package. This includes a 1-hour consultation and a 1-hour program follow-up with a trainer.

When you purchase a 5, 10 or 25 session package, you receive a complimentary health screening and consultation. **The more you buy, the more you save!**

Non-member rates are member rates, plus $5 per session (daily access membership).
**FITNESS CENTRE ORIENTATION**
A personal trainer will show you the basics to get you started. Learn how to use our cardio and strength equipment as well as learn some basic stretches. This is a one-hour session and does not include a consultation.

**PERSONAL TRAINING**
Achieve results and meet your goals. One of our multi-talented personal trainers will design a program to specifically meet your needs and assist you through your workouts.

**MASTER TRAINER**
If you want to push your limits and achieve dramatic results, then our master trainer is the way to go. These individuals have multiple certifications and years of education and experience to offer you. Their expertise means results guaranteed. Sessions with our master trainer include a consultation, postural assessment, and gait analysis. The consultation will discuss such things as goal setting, lifestyle modification, and health history. From there, your personal coach will design and assist you through a fitness program tailored to your specific needs.

**WATER THERAPY**
This program is a comprehensive therapeutic approach that uses aquatic exercise to assist in the management of various conditions i.e. arthritis, pre and post hip/knee replacement, Multiple Sclerosis, chronic back pain, orthopaedic conditions, stroke rehab, Fibromyalgia and more. Taking an active role in your recovery can aid in the transition to an independent program and lead to an improved quality of life.

**GROUP TRAINING MEMBERS ONLY**
Workout with a buddy under the guidance of one of our personal trainers. This is a great way to stay motivated and save money at the same time. These are workout sessions and therefore do not include a personal health screen or consultation. For this personalized service, see personal training.

**REGISTER ONLINE AT**
gryphons.ca

Click Fitness & Recreation

Lynne Skilton-Hayes, Program Supervisor
519-824-4120 ext. 52670
**MARTIAL ARTS**

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**AIKIDO**

Aikido is a Japanese art of self-defense, which promotes the well-being & coordination of mind & body suitable for both men & women. This discipline functions by guiding & utilizing the force of an attack including exercises with ken (sword) and jo (stick), but the main emphasis is on unarmed defense against unarmed/armed attack. Aikido develops suppleness, resilience & quick reflexes rather than 'static' strength and can be quite strenuous. Regular practice builds stamina & endurance. Aikido has a hierarchical structure of ranks, and if desired you can progress through these ranks. The World Aikido Federation through the Canadian Aikido Federation certifies all ranks awarded at Guelph. Thus, the participant can continue Aikido practice not only at many Canadian locations, but also with Aikido groups throughout the U.S., Europe, & Asia.

*Classes run Tuesdays, Thursdays & Saturdays*

- **Tuesday, Sept. 20**
  - T, Th 7:30-9:00pm $78 30 classes #14751
  - Sat 4:00-5:30pm
- **Tuesday, Jan. 17**
  - T, Th 7:30-9:00pm $78 30 classes #14863
  - Sat 4:00-5:30pm

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**JIU-JITSU**

Jiu-Jitsu is a martial art focusing on grappling including throws, joint locks, and compression techniques. This discipline emphasizes technique and leverage over strength making it an effective means of self-defense for smaller individuals fending off larger aggressors. Classes consist of a warm-up, technical lessons, and practice in roughly equal amounts. No previous martial arts or athletic experience is required; beginners are welcome!

*Classes run Mondays & Wednesdays*

- **Monday, Sept. 19**
  - M 9:00-10:30pm $80 30 classes #14752
  - W 7:30-9:00pm
  - F 8:00-9:30pm
- **Monday, Jan. 16**
  - M 9:00-10:30pm $80 30 classes #14864
  - W 7:30-9:00pm
  - F 8:00-9:30pm

---

**KARATE**

This class is intended for Karate beginners. Karate is a form of martial art that originated in Okinawa. Training in Karate is intended to build physical and emotional strength, develop character, and provide an effective method for self-defense. Participants in this course will receive instruction in the traditional art of Goju-kan Karate. Course fees include the cost of a Gi (karate suit) and membership in Gojukai Canada. Participants who attend regularly will be eligible to attend a grading test at the end of the course. If they pass successfully, they will receive the grade of yellow belt.

*Classes run Mondays & Wednesdays*

- **Monday, Sept. 19**
  - 6:30-7:30pm $130 20 classes #14885
- **Monday, Jan. 16**
  - 6:30-7:30pm $130 20 classes #14887

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**KENDO**

Kendo, also widely known as Kumdo (in Korea) stands for 'The way of Sword'. This form of martial art emphasizes the mind, body, and ki (the inner energy) and utilizes them in harmony to train the way of swords. Beginners are expected to purchase & train with a bamboo sword (Shinai) and become familiarized with Bogu (Kendo Armour) and actively train in sparring & advanced techniques. The Shinai can be purchased at Client Services for $40.00.

*Classes run Tuesdays & Thursdays*

- **Tuesday, Sept. 20**
  - 8:30-10:00pm $73 20 classes #14753
- **Tuesday, Jan. 17**
  - 8:30-10:00pm $73 20 classes #14865

---

**MUAY THAI**

Muay Thai, the national sport of Thailand, is a full contact ring sport, like boxing, in which competitors use fists, feet, elbows & knees to strike their opponents. Students of this dynamic martial art find its techniques incredibly simple & practical, explaining its increasing popularity among Mixed Martial Arts athletes and for self-defense. Training is typically conducted by hitting pads & sparring, but the latter is not required of students. Many students practice Muay Thai for the varied and intense workout that it provides, as well as for competition and self-defense. Training is conducted in a safe & inclusive manner, providing challenges for all ability levels. Participants should be in good physical condition & must have their own hand wraps and mouth guard, with both being available to purchase at Client Services.

*Classes run Mondays & Wednesdays*

- **Monday, Sept. 19**
  - 5:30-7:30pm $120 20 classes #14754
- **Monday, Jan. 16**
  - 5:30-7:30pm $120 20 classes #14866

---

**SELF DEFENSE FOR WOMEN**

To give women knowledge of how to stay safe, emphasis is on the practice of useful skills through which greater confidence is also acquired. While some discussion takes place, it is a very practical program. This basic philosophy of this program is to evade & escape, strike with arms & hands, pinch, head butt, kick to lower legs, as well as fight from the ground and safely fall and roll. This 1 day course is designed as an introduction to learning physical defense.

- **Saturday, Oct. 1**
  - 11:00am-5:00pm $33 1 class #14755
- **Saturday, Feb. 4**
  - 11:00am-5:00pm $33 1 class #14867

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**TAE KWON DO**

This Korean art of hand and foot fighting dates back many centuries. Noted for dynamic kicking combinations, Tae Kwon Do training is a method of achieving mental discipline, self-defense, and physical fitness. With emphasis on speed and accuracy rather than physical strength, both men and women of any age can effectively utilize this discipline. Skills introduced include blocks, punches & kicks and understanding of the philosophy on which the art is founded. This course accommodates all skill levels. Grading opportunities are offered at the end of each semester.

*Classes run Tuesdays & Thursdays*

- **Tuesday, Sept. 20**
  - 5:30-7:00pm $73 20 classes #14756
- **Tuesday, Jan. 17**
  - 5:30-7:00pm $73 20 classes #14868

---

**LEARN FENCING**

This is an introduction to the skills of fencing. It includes a review of the norms and values associated with fencing to develop techniques in basic body movements - advance, retreat and lunge - and in basic blade movements - parries and ripostes; and understanding of basic tactics and strategy. Working in matched pairs, classes will warm-up and practice techniques. Time will be spent in competition with other class members. Please bring running shoes, long athletic pants & a water bottle. Eye glasses can be worn when wearing a fencing mask, however, contact lenses are recommended. All other equipment is provided.

*Classes run Tuesdays & Thursdays*

- **Tuesday, Sept. 22**
  - 8:00-10:00pm $73 10 classes #14758
- **Thursday, Jan. 19**
  - 8:00-10:00pm $73 10 classes #14870

---

**REGISTER ONLINE AT**

Click Fitness & Recreation

---

Justin Toth, Program Supervisor
519-824-4120 ext. 53763
– LEARN TO PLAY HOCKEY
Instructed by the Gryphon Women’s Hockey Team, this four session course will be dedicated to learning how to play more effectively while developing your hockey skills. You must provide your own equipment (full hockey equipment including face mask required).

- Monday, Sept. 19 7:00-9:00pm $55 4 classes #14760
- Monday, Jan. 9 7:00-9:00pm $55 4 classes #14872

– LEARN TO PLAY HOCKEY - GOALIE
Instructed by the Gryphon Women’s Hockey Team, this four session course will be dedicated to learning how to play more effectively while developing your hockey skills. You must provide your own equipment (full hockey equipment including face mask required).

- Monday, Sept. 19 7:00-9:00pm $55 4 classes #14759
- Monday, Jan. 9 7:00-9:00pm $55 4 classes #14871

– LEARN ROCK CLIMBING
Located in the new UGAA Rock Wall Centre. This five week course offers participants a safe and positive environment in which technical know-how and introductory climbing techniques will be taught. Focus will be spent on indoor gym climbing safety, belay methods, rock climbing for fitness, rock climbing technique, games to play on vertical surfaces, indoor route finding, skill and strength training, as well as cooperative efforts and team building. All equipment is provided.

- Tuesday, Nov. 1 5:30-7:30pm $85 5 classes #14761
- Thursday, Nov. 3 5:30-7:30pm $85 5 classes #14763
- Tuesday, Jan. 17 5:30-7:30pm $85 5 classes #14873
- Thursday, Jan. 19 5:30-7:30pm $85 5 classes #14874

– LEARN TO SKATE
This class is intended for non-skaters or for those with limited skill. Skaters will practice skating forward and backwards, developing confidence and control. Development will include stops and turns, elementary jumping and may lead into an elementary form of power skating, or figure moves or ‘skate fit’. Participants must provide their own skates (figure or hockey) and recommend sharpening the blades prior to the first class. Safety pads and a hockey helmet would be an asset to beginners. Participants are expected to practice between sessions.

- Monday, Sept. 19 4:30-5:20pm $60 10 classes #14764
- Monday, Jan. 16 4:30-5:20pm $60 10 classes #14875

– SQUASH BASICS
Squash is one of the fastest growing sports and this six week course will explore the fundamentals on how to play the game. No previous skill or experience is required to learn this fun and social game. The course will include the basic rules & norms of squash; basic techniques of service, forehand & backhand returns, as well as drop shot, lob & alley shot. Practice between classes is recommended. During the in-person registration process, you will choose your 40 minute time slot and be partnered with another individual with similar abilities, if registering online, please call 519-824-4120 Ext.56253 for time slot choice. Squash racquets & protective glasses (mandatory) are available to sign-out at Client Services at no charge.

- Monday, Sept. 26 5:00-9:00pm $70 6 classes #14765
- Monday, Jan. 23 5:00-9:00pm $70 6 classes #14877
September marks the official opening of the New Guelph Gryphons Athletics Centre. Whether you’re a current student, a varsity athlete or a member of the greater Guelph community you will benefit when you return to U of G campus in the fall!

**BUILDING & PROGRAMMING HIGHLIGHTS:**

**RECESS LEAGUE:** Tailored to those who want to play during the break from work or school, the new Recess Leagues will have you remembering your childhood while being active!

**PRIME-TIME REC SPORTS:** More space means better times for the Rec Sports that you want to play!

**NEW STUDIO SPACES:** More classes, in times that better suit your schedule. New studios in the Gryphon Athletics Centre combined with the current studios will allow for those to happen.

**STEAM ROOM:** The perfect place to relax and unwind after a long workout in both the men’s & women’s locker rooms.

**NRG FITNESS MEMBERSHIP:** You asked and Athletics listened! The new NRG Pass is both affordable and includes your favourite programming. See page 20 for details.

**FITNESS CENTRE:** With 22,000 square feet of fitness space and new state of the art equipment, the Gryphon Athletics Centre will be the best spot in town for your workout!

**BUBBLE SOCCER:** This fast growing sport combines your love of being inside a giant bubble and the sport of soccer! Check it out in either a league or available to rent.

**PICKLE BALL:** Based on popular demand, Gryphon Athletics will be offering a new Pickle Ball league!

**EVENTS CENTRE:** Whether it is to watch a game, a concert, or host your large event, the new Event Centre in the Gryphon Athletics Centre will be the place you want to go! And don’t forget you can still get your name put on a seat! Buildingpotential.ca

**SOCIAL SPACES:** Looking for a new place to study or hang out on the East end of campus?

**CLIMBING WALL:** The Gryphon Climbing Club has new digs. Funded by the Alumni Association and the Gryphon Climbing Club, the Gryphon Athletics Centre will have a new feature climbing wall!
September marks the official opening of the New Guelph Gryphons Athletics Centre. Whether you’re a current student, a varsity athlete or a member of the greater Guelph community you will benefit when you return to U of G campus in the fall!

FUNDED BY THE GRYPHON CLIMBING CLUB AND THE ALUMNI ASSOCIATION

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+ SO MUCH MORE! COME VISIT US AND FIND OUT FOR YOURSELF!

buildingpotential.ca
FOR ALL LEAGUE INFORMATION PLEASE VISIT GRYPHONS.CA > SPORTS & CLUBS
TO REGISTER PLEASE GO TO UOUGELPH.CA/CONNECT.

**FALL**
September 12 - 15, 2016
12:00PM - 9:00PM

**LATE REGISTRATION**
September 16, 2016
10:00AM - 4:00PM
No refunds after September 16, 2016

**WINTER**
November 28 - December 1, 2016
12:00PM - 9:00PM

**LATE REGISTRATION**
January 9 - 10, 2017
12:00PM - 9:00PM
No refunds after January 10, 2017

Watch our online tutorial on how to register for an Intramural team on ‘Connect’. Search Connect Team Registration Tutorial on our Gryphon Intramural YouTube Channel.

THANK YOU FOR SPONSORING GRYPHON INTRAMURALS!

Justin Toth, Program Supervisor
519-824-4120 ext. 53763
### Available Divisions in Most Sports

<table>
<thead>
<tr>
<th>Competitive (6 games + playoffs)</th>
<th>Fun (8 games, no playoffs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A - Experience playing at a high level</td>
<td>A - Played recreationally but don’t want playoffs</td>
</tr>
<tr>
<td>B - Competitive player but not at a high level</td>
<td>B - Never played before but like playing sports</td>
</tr>
<tr>
<td>C - Played recreationally and want playoffs</td>
<td>C - Just out there to have a good time</td>
</tr>
</tbody>
</table>

### Available Divisions in Ice Hockey

<table>
<thead>
<tr>
<th>Men’s Contact</th>
<th>Men’s Non Contact</th>
<th>Coed Non Contact</th>
<th>Women’s Non Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>A - AAA and above</td>
<td>A - Rep and above</td>
<td>A - Rep and above</td>
<td>A - Rep and above</td>
</tr>
<tr>
<td>B - A and above</td>
<td>B - Recreational</td>
<td>B - Recreational</td>
<td>B - Recreational</td>
</tr>
</tbody>
</table>

### Multi-Sport League

**Not sure which sport you would like to play? Interested in competing in several sports?**

Sign up a team today for the Multi-Sport League. Teams will play a different sport each week, with the winning team being the one to perform best across all of the sports.

**Sports Included Are:**

- Basketball
- Dodgeball
- Flag Football
- Floor Hockey
- Indoor Soccer
- Innertube Waterpolo
- Ultimate Frisbee
- Volleyball
- Mystery Sport - Last Week!

**Cost:** $75 bond per team

**Coed teams only, minimum of 2 of each gender.**

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### Save the Date!

**Charity Golf Tournament**
Saturday, October 1, 2016

**Charity Curling Tournament**
Sunday, November 27, 2016

Proceeds go to United Way. Details available on Connect!
### INTRAMURAL SCHEDULE

<table>
<thead>
<tr>
<th><strong>MONDAY</strong> 5:30PM-12AM (1AM Ice Hockey)</th>
<th><strong>TUESDAY</strong> 5:30PM-12AM (1AM Ice Hockey)</th>
<th><strong>WEDNESDAY</strong> 5:30PM-12AM (1AM Ice Hockey)</th>
</tr>
</thead>
</table>
| **BADMINTON**  
FALL & WINTER | **BADMINTON**  
FALL & WINTER | **BADMINTON**  
FALL & WINTER |
| COED, MENS, WOMENS | COED, MENS, WOMENS | COED, MENS, WOMENS |
| **BASKETBALL**  
FALL ONLY | **BASKETBALL**  
FALL ONLY | **BASKETBALL**  
FALL ONLY |
| MENS, WOMENS | MENS, WOMENS | MENS, WOMENS |
| **BEACH VOLLEYBALL**  
FALL ONLY | **BEACH VOLLEYBALL**  
FALL ONLY | **BEACH VOLLEYBALL**  
FALL ONLY |
| COED 4'S, OPEN 2'S | COED 4'S, OPEN 2'S | COED 4'S, OPEN 2'S |
| **FLAG FOOTBALL**  
FALL ONLY | **FLAG FOOTBALL**  
FALL ONLY | **FLAG FOOTBALL**  
FALL ONLY |
| COED, MENS | COED, MENS | COED, MENS |
| **FLOOR HOCKEY**  
WINTER ONLY | **FLOOR HOCKEY**  
WINTER ONLY | **FLOOR HOCKEY**  
WINTER ONLY |
| COED, MENS | COED, MENS | COED, MENS |
| **ICE HOCKEY**  
FALL & WINTER | **ICE HOCKEY**  
FALL & WINTER | **ICE HOCKEY**  
FALL & WINTER |
| COED, MENS, WOMENS | COED, MENS, WOMENS | COED, MENS, WOMENS |
| **INDOOR SOCCER**  
WINTER ONLY | **INDOOR SOCCER**  
WINTER ONLY | **INDOOR SOCCER**  
WINTER ONLY |
| COED, MENS, WOMENS | COED, MENS, WOMENS | COED, MENS, WOMENS |
| **LOBBALL**  
FALL ONLY | **LOBBALL**  
FALL ONLY | **LOBBALL**  
FALL ONLY |
| COED, MENS, WOMENS | COED, MENS, WOMENS | COED, MENS, WOMENS |
| **OUTDOOR SOCCER**  
FALL ONLY | **OUTDOOR SOCCER**  
FALL ONLY | **OUTDOOR SOCCER**  
FALL ONLY |
| COED, MENS, WOMENS | COED, MENS, WOMENS | COED, MENS, WOMENS |
| **MULTI-SPORT LEAGUE**  
FALL & WINTER | **MULTI-SPORT LEAGUE**  
FALL & WINTER | **MULTI-SPORT LEAGUE**  
FALL & WINTER |
| COED | COED | COED |
| **VOLLEYBALL**  
FALL & WINTER | **DODGEBALL**  
FALL & WINTER | **VOLLEYBALL**  
WINTER ONLY |
| WOMENS | COED | WOMENS |
| **3-PITCH**  
FALL ONLY | **ULTIMATE FRISBEE**  
FALL ONLY | |
| COED | COED | |

*PLEASE NOTE: THIS IS ONLY FOR ILLUSTRATION OF WHEN GAMES MAY PLAY

Justin Toth, Program Supervisor  
519-824-4120 ext. 53763

FALL 2016 - WINTER 2017
**TEAM BONDS**

$75

Per Team (except Ice Hockey)

$250

Per Team Ice Hockey

**INDIVIDUAL FEE**

(non-refundable)

$10

Per Team (except Ice Hockey)

$20

Per Team Ice Hockey

Space is not guaranteed.

*PLEASE NOTE: THIS IS ONLY FOR ILLUSTRATION OF WHEN GAMES MAY PLAY*

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**THURSDAY 12:00PM-1:00PM (Recess League)**

5:30PM-12AM (1AM Ice Hockey)

**SUNDAY 11AM-12AM (1AM Ice Hockey)**

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**BASKETBALL**

FALL & WINTER | MENS, WOMENS

**BEACH VOLLEYBALL**

FALL ONLY | COED 4’S, OPEN 2’S

**FLOOR HOCKEY**

WINTER ONLY | COED, MENS

**ICE HOCKEY**

FALL & WINTER | COED, MENS, WOMENS

**INDOOR SOCCER**

WINTER ONLY | COED, MENS, WOMENS

**MULTI-SPORT LEAGUE**

FALL & WINTER | COED

**RECESS LEAGUE**

FALL & WINTER | COED
@ Lunch 12:00-1:00pm

**ULTIMATE FRISBEE**

FALL ONLY | COED

**INNERTUBE WATERPOLO**

FALL & WINTER | COED

**FLOOR HOCKEY**

WINTER ONLY | COED, MENS

**ICE HOCKEY**

FALL & WINTER | COED, MENS, WOMENS

**SNOW FLAG FOOTBALL**

WINTER ONLY | COED, MENS

**LOBBALL**

FALL ONLY | COED, MENS, WOMENS

**OUTDOOR SOCCER**

FALL ONLY | COED, MENS, WOMENS

**MULTI-SPORT LEAGUE**

FALL & WINTER | COED

**VOLLEYBALL**

FALL & WINTER | COED, MENS, WOMENS

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**5v5 BUBBLE SOCCER**

FALL & WINTER | COED

**FLAG FOOTBALL**

FALL ONLY | COED, MENS

**LOBBALL**

FALL ONLY | COED, MENS, WOMENS

**OUTDOOR SOCCER**

FALL ONLY | COED, MENS, WOMENS

**MULTI-SPORT LEAGUE**

FALL & WINTER | COED

**VOLLEYBALL**

FALL & WINTER | COED, MENS, WOMENS

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**3-PITCH**

FALL ONLY | COED

**3-PITCH**

FALL ONLY | COED

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All league schedules and standings can be found at: IMLeagues.com/Guelph.
KIDS LEARN TO SWIM

--- STARFISH, DUCK | AGES 4 MONTHS - 5 YEARS

Starfish - 4 to 18 months of age or older, and able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in water and to teach the parent/caregiver age-specific water safety. Duck - 18 months of age or older. Participants will perform front, back, and vertical position floats with assistance. Using floating objects, swimmers will move through the water on their front and back with assistance, as well as, learn how to choose and wear an appropriate Personal Floatation Device (PFD). Parent must be in the water with the child.

- Saturday, Sept. 17 9:00-9:30am $74 8 classes#14351
- Saturday, Jan. 14 9:00-9:30am $74 8 classes#14502
- Tuesday, Jan. 17 6:30-7:00pm $82 9 classes#14501

--- SEATURTLE, OTTER, SALAMANDER | AGES 3-5 YEARS

This program is designed for preschool aged children attending lessons for the first time without a parent/caregiver in the water. With a smoother transition from one level to the next, swimmers learn to float on both front and back, glide and kick, don a PFD and jump into chest deep water. Participants will attempt to swim up to 2m. Games and songs enhance the fun of the class.

- Saturday, Sept. 17 8:30-9:00am $98 8 classes#14350
- Thursday, Sept. 22 5:00-5:30pm $109 9 classes#14349
- Saturday, Jan. 14 9:30-10:00am $98 8 classes#14499
- Saturday, Jan. 14 10:30-11:00am $98 8 classes#14500
- Tuesday, Jan. 17 6:30-7:00pm $109 9 classes#14498

--- SUNFISH, CROCODILE, WHALE | AGES 3-5 YEARS

This program for preschool aged children will guide swimmers to complete both front and back swims independently. They will explore deep water with an aid, perform a dolphin kick and begin using rhythmic breathing. Participants will attempt to swim up to 10m.

- Saturday, Sept. 17 9:30-10:00am $98 8 classes#14352
- Tuesday, Sept. 20 6:30-7:00pm $109 9 classes#14353
- Thursday, Jan. 19 5:00-5:30pm $109 9 classes#14503

--- SWIM KIDS 1 | AGES 5-13 YEARS

Participants will learn to enter shallow water safely; float and glide on the front and back without assistance, move around in a PFD, perform rhythmic breathing 3 times. Jump into chest deep water, do front and back floats and recover and swim on front for 2m.

- Saturday, Sept. 17 8:30-9:00am $74 8 classes#14354
- Saturday, Jan. 14 8:30-9:00am $74 8 classes#14504

--- SWIM KIDS 2 | AGES 5-13 YEARS

Participants will learn to float front and back, exhale through mouth and nose, flutter kick while gliding on front and back, swim 5m continuously.

- Saturday, Sept. 17 9:30-10:00am $74 8 classes#14355
- Saturday, Jan. 14 9:30-10:00am $74 8 classes#14505

--- SWIM KIDS 3 | AGES 5-13 YEARS

Participants will be introduced to deep water activities, breathe rhythmically 10 times, glide front/back with kick for 5m and swim 10m continuously.

- Saturday, Sept. 17 10:00-10:30am $74 8 classes#14356
- Saturday, Jan. 14 10:00-10:30am $74 8 classes#14506

--- SWIM KIDS 4 | AGES 5-13 YEARS

Participants will be introduced to front crawl, and back swim with shoulder roll. Deep water activities such as kneeling dives and surface support are practiced. Emphasis on achieving endurance through a strong flutter kick towards 15m completion.

- Saturday, Sept. 17 10:30-11:00am $74 8 classes#14357
- Saturday, Jan. 14 10:30-11:00am $74 8 classes#14507

--- SWIM KIDS 5 | AGES 5-13 YEARS

Participants will learn to surface support 45 seconds, swim front crawl at least 20m, swim on back with kick 10m, swim 25m continuously.

- Saturday, Sept. 17 10:00-10:30am $74 8 classes#14358
- Saturday, Jan. 14 10:00-10:30am $74 8 classes#14508

--- SWIM KIDS 6 | AGES 5-13 YEARS

Participants will learn to swim front and back crawl at least 15m, perform the whip kick on back at least 5m, perform kneeling dive and swim 50m continuously.

- Saturday, Sept. 17 10:00-10:30am $74 8 classes#14359
- Saturday, Jan. 14 10:00-10:30am $74 8 classes#14509

--- SWIM KIDS 7,8 | AGES 5-13 YEARS

Participants will learn to swim front and back crawl at least 25-50m, swim coordinated elementary backstroke at least 15-25m, and swim 75-150m continuously.

- Saturday, Sept. 17 8:30-9:15am $106 8 classes#14360
- Saturday, Jan. 14 8:30-9:15am $106 8 classes#14510

--- SWIM KIDS 9,10 | AGES 5-13 YEARS

Participants will learn to swim front crawl and back crawl at least 75-100m, swim elementary backstroke and breaststroke at least 25m, swim 400m continuously, swim head first sculling on back 10m, perform a stride jump and swim 300m continuously.

- Saturday, Sept. 17 9:15-10:00am $106 8 classes#14361
- Saturday, Jan. 14 9:15-10:00am $106 8 classes#14511

Beth Fisher, Program Supervisor
519-824-4120 ext. 52220
--- SEMI PRIVATE 1,2 | AGES 3-16

Small class size allows for a more personalized lesson. Participants will work with the instructor on focused skill level goals. Participants will learn to enter shallow water safely; float and glide on the front and back without assistance, move around in a PFD, perform rhythmic breathing 3 times. Jump into chest deep water, do front and back floats and recover and swim on front for 2m.

- Sunday, Sept. 18 9:30-10:00am $122.50 9 classes #14468
- Tuesday, Sept. 20 6:30-7:00pm $122.50 9 classes #14469
- Thursday, Sept. 22 5:30-6:00pm $135 10 classes #14470
- Thursday, Sept. 22 6:30-7:00pm $135 10 classes #14471
- Friday, Sept. 23 5:00-5:30pm $135 10 classes #14473
- Friday, Sept. 23 6:30-7:00pm $135 10 classes #14472
- Saturday, Sept. 17 10:00-10:30am $110 8 classes #14466
- Saturday, Sept. 17 10:30-11:00am $110 8 classes #14467
- Saturday, Jan. 14 9:00-9:30am $110 8 classes #14634
- Saturday, Jan. 14 10:30-11:00am $110 8 classes #14628
- Tuesday, Jan. 17 10:30-11:00am $122.50 9 classes #14629
- Tuesday, Jan. 17 6:30-7:00pm $122.50 9 classes #14630
- Thursday, Jan. 19 4:30-5:00pm $122.50 9 classes #14631
- Thursday, Jan. 19 5:00-5:30pm $122.50 9 classes #14632
- Thursday, Jan. 19 5:30-6:00pm $122.50 9 classes #14633
- Friday, Jan. 20 6:30-7:00pm $122.50 9 classes #14635

--- SEMI PRIVATE 3,4 | AGES 3-16

Small class size allows for a more personalized lesson. Participants will work with the instructor on focused skill level goals. Participants will be introduced to deep water activities, breathe rhythmically 10 times, glide front/back with kick for 5m and swim 10m continuously. Participants will be introduced to front crawl, and back swim with shoulder roll. Deep water activities such as kneeling dives and surface support are practiced. Emphasis on achieving endurance through a strong flutter kick towards 15m completion.

- Saturday, Sept. 17 8:30-9:00am $110 8 classes #14475
- Sunday, Sept. 18 10:00-10:30am $122.50 9 classes #14476
- Tuesday, Sept. 20 6:00-6:30pm $122.50 9 classes #14477
- Tuesday, Sept. 20 6:00-6:30pm $122.50 9 classes #14479
- Tuesday, Sept. 20 6:00-6:30pm $122.50 9 classes #14480
- Thursday, Sept. 22 5:30-6:00pm $135 10 classes #14478
- Saturday, Jan. 14 8:30-9:00am $110 8 classes #14639
- Saturday, Jan. 14 9:00-9:30am $110 8 classes #14640
- Sunday, Jan. 15 8:30-9:00am $110 8 classes #14642
- Sunday, Jan. 15 9:30-10:00am $110 8 classes #14643
- Sunday, Jan. 15 10:00-10:30am $110 8 classes #14644
- Thursday, Jan. 19 4:30-5:00pm $122.50 9 classes #14637
- Thursday, Jan. 19 5:30-6:00pm $122.50 9 classes #14638
- Friday, Jan. 20 6:00-6:30pm $122.50 9 classes #14641
- Friday, Jan. 20 6:30-7:00pm $122.50 9 classes #14645

--- SEMI PRIVATE 5,6 | AGES 3-16

Small class size allows for a more personalized lesson. Participants will work with the instructor on focused skill level goals. Participants will learn to surface support 45 seconds, swim front crawl at least 20m, swim on back with kick 10m, swim 25m continuously. Participants will learn to swim front and back crawl at least 15m, perform the whip kick on back at least 5m, perform kneeling dive and swim 50m continuously.

- Sunday, Sept. 18 10:30-11:00am $122.50 9 classes #14482
- Saturday, Sept. 17 8:30-9:00am $110 8 classes #14484
- Saturday, Sept. 17 9:30-10:00am $110 8 classes #14481
- Thursday, Sept. 22 6:00-6:30pm $135 10 classes #14483
- Saturday, Jan. 14 9:30-10:00am $110 8 classes #14646
- Saturday, Jan. 14 10:30-11:00am $110 8 classes #14647
- Thursday, Jan. 19 6:00-6:30pm $122.50 9 classes #14648
- Thursday, Jan. 19 6:30-7:00pm $122.50 9 classes #14649

--- SEMI PRIVATE 7,8 | AGES 3-16

Small class size allows for a more personalized lesson. Participants will work with the instructor on focused skill level goals. Participants will learn to swim front and back crawl at least 25-50m, swim coordinated elementary backstroke at least 15-25m, and swim 75-150m continuously.

- Thursday, Sept. 22 4:30-5:00pm $135 10 classes #14485
- Tuesday, Jan. 17 6:30-7:00pm $122.50 9 classes #14651
- Thursday, Jan. 19 4:30-5:00pm $122.50 9 classes #14650

--- SEMI PRIVATE 9,10 | AGES 3-16

Small class size allows for a more personalized lesson. Participants will work with the instructor on focused skill level goals. Participants will learn to swim front crawl and back crawl at least 75-100m, swim elementary backstroke and breaststroke at least 25m, swim 400m continuously, swim head first sculling on back 10m, perform a stride jump and swim 300m continuously.

- Thursday, Sept. 22 6:00-6:30pm $135 10 classes #14486
- Thursday, Jan. 19 5:00-5:30pm $122.50 9 classes #14652
**BRONZE STAR | AGES 11-14**

Bronze Star provides training for your body and your brain. You will become a stronger swimmer. You will learn CPR and practice problem-solving and decision making. This course is designed for the strong swimmer who does not yet meet the minimum age for Bronze Medallion. If you hold a Bronze Star you can take Bronze Medallion regardless of your age.

- **Tuesday, Sept. 20** 7:00-9:00pm $80 9 classes #14338
- **Tuesday, Jan. 17** 7:00-9:00pm $80 9 classes #14488

**RED CROSS BABYSITTER COURSE | AGES 11-15**

Basic first aid and care-giving skills for youth. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. This course also offers youth the training to promote themselves as a babysitter to prospective parents. Course fee includes: Red Cross Babysitter’s Manual & Certificate.

- **Sunday, Feb. 12** 9:00am-4:00pm $55 1 class #15034

**SPRINGBOARD DIVING | AGES 6-16**

Participants ages 6-16 will receive individualized instruction appropriate to their level of expertise. This class is most appropriate for children at the beginning to intermediate levels.

- **Wednesday, Sept. 21** 8:00-9:00pm $70 10 classes #14344
- **Wednesday, Jan. 18** 8:00-9:00pm $70 9 classes #14495

**INTRO TO WATERPOLO | AGES 8-14**

Participants will attend a 1.5 hour coed pool session once a week. Classes consist of developing skills such as game basics, shooting, passing, and moving with the ball. Team play with safe physical maneuvering and contact are also included. Mini games will be organized by the coaches.

- **Saturday, Sept. 17** 4:00-5:30pm $70 8 classes #14345
- **Saturday, Jan. 14** 4:00-5:30pm $70 8 classes #14496

**LEARN ROCK CLIMBING | AGES 4-7 & 8-13**

Rock climbing is an inherently dangerous sport where proper safety, technique & communication are essential for kids to learn the fundamental concepts of rock climbing. Kids will be taught technical know-how & introductory climbing techniques in a safe and positive environment. Focus will be spent on indoor gym climbing safety, belay methods, climbing for fitness, rock climbing technique, vertical surface games, indoor route finding, skill & strength training as well as cooperative efforts & team building. All equipment is provided, sessions are 1 1/2 hours in length held at the new UGAA Rock Wall Centre.

**Ages 4-7**
- **Sunday, Nov. 6** 2:00-3:30pm $95 5 classes #14340
- **Sunday, Jan. 15** 2:00-3:30pm $95 5 classes #14490

**Ages 8-13**
- **Sunday, Nov. 6** 3:30-5:00pm $95 5 classes #14341
- **Sunday, Jan. 15** 3:30-5:00pm $95 5 classes #14491

**LEARN TO SKATE | AGES 3-12**

The Kids Learn to Skate Program is designed for children with skating ability ranging from no experience to beginner skaters. This program offers group lessons, and children will be grouped based on skating level to facilitate instruction. Through fun games and activities, qualified instructors will encourage your child to skate and build your child's confidence. We recommend that participants practice between classes. Safety pads and a hockey helmet are mandatory. Attendance at the first lesson is very important.

- **Monday, Sept. 19** 4:00-4:50pm $120 10 classes #14342
- **Tuesday, Sept. 20** 4:00-4:50pm $120 10 classes #14343
- **Monday, Jan. 16** 4:00-4:50pm $120 10 classes #14492
- **Tuesday, Jan. 17** 4:00-4:50pm $120 10 classes #14493

**WRESTLING | AGES 8-13 & 14-18**

This program welcomes both boys and girls to participate in learning wrestling techniques and skills as well as improving their body awareness and fitness levels. The program will be run out of the new Wrestling room at the University of Guelph under the direction of certified coaches who were also provincial and national champions. The varsity wrestling team will also help by volunteering their time to help these athletes improve as wrestlers and community leaders. This program also includes the athletes membership to the Ontario Amateur Wrestling Association for insurance coverage, clothing package and use of the university wrestling room for the times assigned.

**Ages 8-13 - Classes run Wednesday, Friday & Saturday**

- **Wed., Nov. 9 F, W 6:15-7:30pm $375 72 classes #14347**
- **S 10:45am-12:00pm**

**Ages 14-18 - Classes run Wednesday & Friday**

- **Wed., Nov. 9 F, W 4:30-6:00pm $375 45 classes #14346**

**WINTER ACTIVITY CAMP**

The camp will emphasize fun in a safe and friendly environment, combining educational activities with recreational sports and games all at an age appropriate level. Free supervision is available from 8:00-9:00am and 4:00-5:00pm.

**Dates:** Jan. 3 - 6 | **Ages:** 4-12 | **Cost:** $150 | **Code:** 15039
STUDENTS GET IN **FREE** TO **ALL REGULAR SEASON HOME GAMES**!

*Does not include Fall or Winter Homecoming Games

**CAN'T MAKE IT TO A GAME? WATCH LIVE AND ON DEMAND ON:**

![Gryphon Vision Logo]

FULL SCHEDULE ONLINE AT GRYPHVISION.CA

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**NEW APPAREL ARRIVING WEEKLY!**

SHOP ON-LINE & IN PERSON IN THE ATHLETIC CENTRE

gryphons.ca/gryfanredzone

**GryFan RedZone**