Get the most out of your student membership, make friends & stay active - safely!

gryphons.ca/fitandrec  Gryphons_Fitness  GuelphFitness
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.

CONTACT US:
University of Guelph, Department of Athletics  |  50 Stone Road East, Guelph, ON, N1G 2W1
Phone: 519-824-4120 ext. 56253  |  Fax: 519-766-9563

gryphons.ca/fitandrec  @Gryphons_Fitness  GuelphFitness
THE DEPARTMENT OF ATHLETICS WELCOMES EVERYONE

We affirm and celebrate the breadth of our racialized, Indigenous, ethno-cultural, sexual, gender, physical, ability, disability, and other equity-seeking identities and promote equitable, safe and welcoming access to our facilities, events, programs and services.

Learn more at gryphons.ca/EDI_advisory

Below are some initiatives which are part of our programming and facilities that are designed to help us welcome everyone! We’re always eager to improve, so we want to hear what you have to say.

Give your feedback by completing our survey.

**Gryphons Empowered through Movement (GEM)**

This peer-to-peer program is designed to break down barriers to fitness for those with mental health identifications such as anxiety or depression. This program incorporates different forms of physical activity to help students improve their mood through the power of physical activity and encourages physical literacy. You must be referred to the GEM program by a UofG counsellor.

Email gem@uoguelph.ca for information.

**Facility Accessibility**

Our facilities are some of the first on campus to be equipped with the Blind Square program – an app-based wayfinding system for people who are blind or have a vision disability. For more information on how to use this wayfinding system, please visit our Client Services Desk.

The Guelph Gryphons Athletics Centre has a universal change room available for anyone to use, with private stalls to be used for changing.

**Campus Partnerships**

We have partnered with Student Wellness Services to offer specialized yoga classes.

Please ask your practitioner in Student Wellness for more information.

Athletics has partnered with Student Financial Services (SFS) to offer a free semester NRG Pass to students in financial need to help encourage them to stay active and improve their mental well-being. Limited quantities are available and must be approved through SFS. Please see your advisor in Student Financial Services for more information.

**Land Acknowledgement**

Department of Athletics and Recreation programs take place at the University of Guelph which resides on the ancestral lands of the Attawandaron peoples and the treaty lands and territory of the Mississaugas of the Credit. Acknowledging territory allows us to start our work together in a good way and gives us an opportunity to remember our commitment to building stronger relationships with the people who were on this land before and who are now our neighbours and partners in the work we do. Additionally, it is important to acknowledge the Dish with One Spoon Covenant. The Dish represents what is now known as southern Ontario and reinforces that we all eat out of the same dish with only one spoon. This concept illustrates that we share the responsibility of ensuring that the dish is never empty; which includes, taking care of the land and the creatures we share it with. Importantly, there are no knives at the table, representing that we must keep the peace within our communities.
STUDENT BASE MEMBERSHIP

If you are a registered full or part-time undergraduate or a full-time graduate student of the University of Guelph...

YOU HAVE A MEMBERSHIP as part of your academic registration fees. Here’s what’s included your Student Base Membership and additional programming you can add:

- **BASE MEMBERSHIP**
  - Building Access
  - Drop-in Rec
  - E-sports Leagues & Tournaments
  - Fitness On-Demand
  - GryphFit App Challenges
  - Intramurals

These activities and features are included in your academic fees:

- Building Access
- Drop-in Rec
- E-sports Leagues & Tournaments
- Fitness On-Demand
- GryphFit App Challenges
- Intramurals

See page 4 for more details.

- **UPGRADES**
  - NRG PASS which includes:
    - Fitness Centre access
    - Unlimited fitness classes
    - Rock Wall Access
    - See page 10 for more details. *Included in the NRG Plus Pass only.
  - Lockers
    - See details below.
  - Rock Wall Membership
    - See details below.

- **OPTIONAL ADD-ONS**

Look for these symbols at the top of the programming pages throughout the guide to see which activities are free and included with your student athletics membership!

**NRG PASS MEMBERSHIP = FITNESS CENTRE + FITNESS CLASSES**

This membership includes both access to the 22,000 sqft fitness centre and unlimited fitness classes in the NRG schedule like TRX®, yoga, pilates, cycle, boot camp, and aquafit. More details & pricing on page 10.

**NRG PLUS PASS MEMBERSHIP = NRG PASS + ROCK CLIMBING**

Upgrade your NRG Pass Membership to include access to the Rock Climbing Wall! More details & pricing on page 10.

**ROCK CLIMBING WALL MEMBERSHIP**

Get access to our 40ft rock wall located in the lobby of the Athletics Centre! The rock wall includes 11 belay stations, dozens of routes, and lead climbing. **$60+HST per semester.**

Want to learn how to rock climb? Visit gryphons.ca/fitandrec for upcoming ‘Learn To Rock Climb’ courses!

**LOCKER & TOWEL MEMBERSHIPS**

- **Daily lockers are available free of charge!** Bring your own lock or rent a lock from Client Services.

- **Lockers & Towel Memberships are available to purchase** at Client Services (not available online). Fees apply for unreturned towels and locks. All gym bags and knapsacks must be stored prior to any activity.

  **Please note that you are responsible for the security of your personal items. Leave valuables at home or lock them up! The Department of Athletics is not responsible for the replacement or reimbursement for any lost or damaged items that are stored in the change rooms and/or lockers.**

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**MORE LOCKER & TOWEL RENTAL INFORMATION**
Certification Registration Opens:
Monday, Aug. 23, 2021 @ 7am

Registered Programming Opens:
Friday, Sept. 3, 2021 @ 7am

NRG Memberships Registration Opens:
Wednesday, Sept. 1, 2021 @ 7am

Register no later than 4 days prior to your desired course start date so we know you’re interested!
Registration ends at various times depending on the program type.
Please check each program’s details for specific dates.

INTRAMURAL REGISTRATION

Games will commence the week of Sept. 19/2021 (Fall) & Jan. 16/2022 (Winter)

Fall: Monday, Sept 13 – Thursday, Sept 16/2021
No refunds after Sept 15/2021; late fees will apply on Sept 16/2021

Winter: Monday, Nov 29/2021 – Wednesday, Jan 12/2022
No refunds after Dec 1/2021; late fees will apply on Dec 2/2021

LAST CHANCE REGISTRATION (FUN LEAGUES ONLY)
Fall: Friday, Sept 17 - Thursday, Sept 23/2021 No refunds after Sept 18/2021
Winter: Wednesday, Jan 12 - Friday, Jan 14/2020 No refunds after Jan 13/2022

LOCKERS

Purchase your new locker membership beginning:
Fall: Tuesday, Sept. 7, 2021
Winter: Monday, Jan. 10, 2021

Want to renew your locker membership for Winter? Renewals begin Monday, December 6, 2021

HOLIDAY HOURS

Check out our website for updated hours during exams and holidays. Check our website for up-to-date hours.

DON’T FORGET!
Lockers must be cleaned out or renewed by:
FALL:
Thursday, Dec. 30/2021
WINTER:
Friday, Apr. 30/2022
Find out what’s happening today!
gryphons.ca/fitandrec

See our daily Drop-in Rec & NRG Class schedules

How to find the daily NRG or DROP-IN REC Schedules:

ARE YOU LOOKING FOR...? NRG CLASS SCHEDULE DROP-IN REC SCHEDULE
gryphons.ca/fitandrec
GET ACCESS TO ALL OF OUR DROP-IN REC ACTIVITIES
INCLUDED IN YOUR BASE MEMBERSHIP!
We offer a wide range of recreational activities & Drop-in Rec! Non-Members can purchase a daily access pass at Client Services. Please note that due to COVID-19 restrictions, some activities may not be available.

SPORTS & ACTIVITIES AVAILABLE TO STUDENTS:
Visit our website for an up-to-date list of offerings for the fall 2021 and winter 2022 semesters.

- Badminton
- Baseball
- Basketball
- Beach Volleyball
- Disc Golf
- Hockey (Sept – Apr)
- Hot Tub
- Skating (Sept – Apr)
- Soccer
- Squash
- Swimming - Lane (Gold Pool)
- Swimming - Recreational (Red Pool)
- Table Tennis
- Volleyball

EQUIPMENT RENTAL: A selection of equipment is available 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.

WANT TO FIND OUT WHAT'S HAPPENING THIS WEEK?
Drop-in activities and schedules are updated weekly on Tuesdays. Please check the schedule at gryphons.ca/fitandrec for programming. On the home page you will see weekly schedule. You can then narrow your search by choosing 'type' or 'location' & 'date' then click the filter button. More details on previous page.

SQUASH COURT RESERVATIONS
Manage, reserve and cancel all of your squash court bookings in one place!

STEP 1: Go to gryphons.ca/reservations or scan QR code in the bottom right

STEP 2: Choose the date/time* you are looking to reserve

*Note: if there are no spots available, this means they are all booked for the next 7 days. Time slots can be reserved as early as 7 days in advance (blocks will open exactly 7 days in advance. For example, the 11am slot for 7 days in advance will open up at 11am).

STEP 3: Complete your information/sign in

Additional features include:
- An option to receive a text or email reminders
- Option to download the App or utilize it through your web browser
- Login to cancel your reservation

Questions? Client Services can help you cancel or modify your bookings. Call 519-824-4120 x56253

COVID-19 PROTOCOLS: Stay up-to-date on how these activities may be affected by current COVID-19 protocols. Visit gryphons.ca/fitandrec for more information.
ATHLETICS FACILITIES

Come check out your new home for fitness and recreation and find your space in our numerous new and updated facilities on-campus!

**Guelph Gryphons Athletics Centre (GGAC)**

**Indoor Walking Track** - 200m three-lane Walking Track

**3 Multi-Use Gyms** - Drop-in rec & intramurals take advantage of three multi-use gyms.

**22,000 sqft fitness centre** - Housed on two floors and contains a full range of fitness equipment. Get access through the NRG Pass.

**Change rooms** - Choose from Men’s, Women’s & Universal/Family.

**Rock Climbing Wall & Bouldering Cave** - 40’ wall including 11 belay stations, dozens of routes, and lead climbing. Get access through the NRG Plus Pass or purchase a Rock Wall Membership.

**Aquatic Centre** - Includes two pools & recreational hot tub. Gold pool is 8 lanes, 25m long, 6’ deep. The Red pool has both a shallow (4’) and a deep-end (11’) with a diving board and accessible lift.

**Squash Courts** - Available for booking & free to use for members.
**Gryphon Centre Arena**

Gryphon Centre Arena - Home to two rinks including both an Olympic-sized and an NHL-sized ice rink. Both are great for any ice activities ranging from recreational skating to hockey tournaments.

**Gryphon Field House**

Indoor Track - 4-lane, 200m IAAF indoor track, 60m sprint lanes, high jump, long jump, pole vault and throws.

Turf - the GFH has an indoor artificial turf field that is used for various intramurals and drop-in rec

**Outdoor Facilities**

Arboretum - A great place for a walk/jog through nature. Home of U of G disc golf.

Beach Volleyball Courts - Four standard outdoor courts which host both community leagues & intramurals.

Gryphon Soccer Complex (GSC) - Features three synthetic turf fields and two natural grass fields. GSC facilities host intramural soccer, ultimate frisbee, and flag football. GSC is home for the Gryphon Varsity Lacrosse and Soccer teams.

Low Ropes - Our new low ropes course is situated in a natural setting near South Residence complex. Sign up as individuals and/or small groups.

Varsity Field - A synthetic turf field used for different activities like field hockey, lacrosse, rugby, football, soccer, and ultimate frisbee.

Softball Diamonds - We have three softball diamonds on campus used for college, high school, intramural or little league games and practices.
The NRG Pass membership is your all-access pass to the Department of Athletics’ fitness centre and fitness classes. Open 7 days a week, our 2-storey, 22,000 sqft fitness centre has everything you need to keep your physical and mental health in top shape while at school. Our fitness instructors have years of industry experience and are a great place to have fun and feel a part of a community.

**GET UNLIMITED ACCESS TO ANY OF OUR FITNESS CLASSES WHICH INCLUDE:**
- Pilates & Yoga (Restorative Yoga, Power Yoga, Roll N Release)
- **Group Fitness** (TRX®, HIIT Tabata, Body Blast, Pure Strength, Hardcore, Rockbottom, Cardio Kickbox, Knockout Boxing, ZUMBA®, Strong Nation, Pound, Step ‘N Core, Interval Step)
- Cycle, AquaFit + Women’s Only

**NRG PASS**

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<td><strong>NRG Pass includes:</strong></td>
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<td>✓ Access to the Fitness Centre</td>
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<tr>
<td>✓ Unlimited classes included within the NRG Schedule</td>
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$50 +HST per semester

**NRG PLUS**

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<tr>
<td><strong>NRG PLUS includes:</strong></td>
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<td>✓ Access to the Fitness Centre</td>
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<tr>
<td>✓ Unlimited classes included within the NRG Schedule</td>
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<tr>
<td>✓ Access to the Rock Climbing Wall</td>
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</table>

$85 +HST per semester

Stay tuned to our schedule as we update the list of classes available!

QR code link below.

**VIEW THE SCHEDULE ONLINE!**

With unlimited access to all of our NRG Classes, you can schedule your workout around your day, and maybe try something new!

The schedule is always up-to-date online at gryphons.ca/fitandrec
NEW YEAR - BETTER YOU
PERSONAL TRAINING PROMO

ONLY $109 FOR 3 SESSIONS!*  

Promo is on sale from Sept. 1/21- Jan 31/22

Take advantage of some great savings and hire a personal trainer! Our ‘New Year, Better You’ promo will get you started on your journey to becoming a better version of you this academic year. Whatever the goal, we can help you get there.

Includes a 30 minute consult + 2 1/2 hours of follow up in the gym

A Trainer will contact you to book your first session. This promo is exclusive to U of G Students/Members. *Must be used by April 30, 2022. Limit one per member. New PT clients only.

*New Personal Training clients only.
TRACK YOUR WORKOUTS WITH THE GRYPH FIT APP!

- **SET GOALS**  Choose your fitness goals & strive to accomplish them!
- **GET SUPPORT**  Team up with a trainer to optimize your workouts and see results - fast!
- **ACHIEVE**  Track your workouts and reach your goals!
- **JOIN THE MOVEMENT**  Join-in or start your own fitness challenges with friends and other U of G members

Download our GryphFit App and join our monthly challenges for a chance to win some great prizes!

**UPCOMING CHALLENGES YOU CAN JOIN FOR FREE:**
- Move Better, Feel Stronger / Oct 4-31, 2021
- Move to Improve Concentration / Dec 4-17, 2021
- Step challenge: Consistent effort yields results / Jan 1-31, 2022
- March Madness Mileage Challenge / March 1-31, 2022

Available in the App Store
The University of Guelph houses two full-sized swimming pools (Gold Pool & Red Pool) located in the historic wing of the Guelph Gryphons Athletics Centre. Here’s a list of activities that each space offers!

**WHAT’S OFFERED IN THE GOLD POOL?**

- **8 LANES**
- **25 M**
- **80°F**

Home to the varsity swim team, clubs (Water Polo, Artistic Swimming, Underwater Hockey) and various community clubs and groups.

**Used for:**
- Registered programming like lifesaving, lifeguard, Red Cross and First Aid certifications (pg 14)
- Drop-in rec lane swim which is free to members (pg 7)

**HOT TUB**

Access to the hot tub is free for members to use during drop-in times.

**WHAT’S OFFERED IN THE RED POOL?**

- **4 - 11 FT**
- **25 Y**
- **84°F**

Features a diving board and accessible lift.

**Used for:**
- Registered programming like 1:1 and semi-private adult swim lessons and scuba diving lessons
- Drop-in rec swim which is free to members (pg 7)
- NRG Pass Aqua Classes (pg 10)
- Intramural sports like inner tube water polo (pg18)

**COVID-19 PROTOCOLS:** Stay up-to-date on how these programs and activities may be affected by current COVID-19 protocols. Visit [gryphons.ca/fitandrec](http://gryphons.ca/fitandrec) for more information.

**Find dates, times, program descriptions and Covid-19 restrictions online.**

[gryphons.ca/fitandrec](http://gryphons.ca/fitandrec)
CERTIFICATIONS

FITNESS CERTIFICATIONS

Designed to give you the knowledge, skills and confidence to work in the fitness industry including here at the University of Guelph! Courses are offered throughout the fall and winter semesters. Visit our website for upcoming certification courses, details and registration.

- Cycle Instructor Certification
- Fitness Instructor (accredited by canfitpro)
- Personal Trainer Certifications (accredited by canfitpro)
- Weight Trainer Certification

For more information about these certifications, contact Lynne Skilton-Hayes, Fitness Program Supervisor 519-824-4120 ext. 52670

Click for more information and to see all of our current fitness certification programs for 2021-22

AQUATIC & LIFESAVING CERTIFICATIONS

A variety of certifications are offered by trained instructors throughout the fall and winter semesters. Visit our website for upcoming certification courses, details and registration. Aquatic and lifesaving certifications for 2021-22 may include:

- Emergency First Aid with CPR B (LSS)
- Standard First Aid with CPR C (LSS) and Recertification
- National Lifeguard Certifications and Recertification
- Red Cross Swim Instructor Certification
- Scuba Diving

For more information on these certifications, contact Beth Fisher, Aquatics Program Supervisor 519-824-4120 ext. 52220

Click for more information and to see all of our current aquatic and lifesaving certification programs for 2021-22

These programs are membership add-ons and not included in your fees.
Our registered programs let you keep up with a skill or learn a new one. With everything from beginner to advanced options we have something for you to try.

**DANCE PROGRAMS**

Individuals with little to no dance experience are welcome to register for any of our dance classes each semester. We offer a variety of styles from beginner to advanced that will keep you moving and making new friends.

Our dance program has the most options in a year and includes an end of year recital!

2021-22 Dance programs may include:
- Acro (Intermediate/Advanced)
- Ballet (Barre, Intermediate/Advanced)
- Contemporary (Intermediate/Advanced)
- Heels Video Dance (open to any level)
- Hip Hop (Intro, Intermediate/Advanced)
- Jazz (Intermediate/Advanced)
- Latin Fusion (open to any level)
- Salsa (Intro, Intermediate/Advanced)
- Seductive (open to any level)
- Tap (Intermediate/Advanced)

For more information, contact Lynne Skilton-Hayes, Fitness Program Supervisor 519-824-4120 ext. 52670

**MARTIAL ARTS PROGRAMS**

Whether you’re new to martial arts and looking to learn a new skill or continue your training here at the University of Guelph, our talented instructors will demonstrate the skills for each in a safe and inclusive manner. Hand wraps, mouth guards & Shinai Swords may be available for purchase depending on COVID-19 restrictions. See Client Services.

2021-22 Martial Arts programs may include:
- Jiu Jitsu
- Muay Thai (Beginner, Intermediate & Advanced)
- Tae Kwon Do

For more information, contact our Program Supervisor at 519–824–4120 ext. 53763

**SPORTS/“LEARN TO” PROGRAMS**

Have you ever wanted to learn how to skate backwards or boulder up rock climbing wall? This is your chance to learn a new skill and have fun here on campus! These programs are designed for beginners and will introduce you to the related techniques and skills for each sport.

2021-22 “Learn To” programs may include:
- Rock Climbing
- Skating
- Swimming
- Low Ropes Course

For more information, contact our Program Supervisor at 519-824-4120 ext. 53763

**COVID-19 PROTOCOLS:** Stay up-to-date on how these programs and activities may be affected by current COVID-19 protocols. Visit gryphons.ca/fitandrec for more information.
ACHIEVE RESULTS & MEET YOUR FITNESS GOALS WITH PERSONAL TRAINING!

Not seeing results, our nationally certified personal trainers can help you achieve all your goals.

For details and to book your session now, scan the QR code to the right or visit gryphons.ca/fitandrec > Fitness/Wellness > Personal Training & Nutrition. You will be contacted within 48 hours (Monday-Friday inclusive) to book your first session. All prices listed are for UofG Full-time students. Fees do not include HST.

PERSONAL TRAINING (ONE-ON-ONE)

These sessions begin with a 1-hour consultation including health history, lifestyle questions, goal setting, postural assessment, and the FMS (Functional Movement Screen). From there, our personal trainers will guide you through a follow-up session to ensure you get the most out of your workout.

Purchase a 3, 6, 11 or 26 session package and the consultation is FREE. Starting as low as $35 per session. The more you buy, the more you save! New to PT here at the University? Check out our introductory promo.

GROUP TRAINING

Group Training sessions save you money and keep you motivated while you workout with a buddy under the guidance of one of our personal trainers. Group Training sessions do not include a health screen or consultation and are available to NRG Pass members only. Each individual must register independently and pay the applicable fee.

Purchase a 1, 5 or 10 session package and the consultation is FREE. Starting as low as $25 per session per person. The more you buy, the more you save!

WATER THERAPY (ONE-ON-ONE)

This program is a comprehensive therapeutic approach that uses aquatic exercise to assist in the management of various health conditions ie. Arthritis, pre and post hip/knee replacement, Multiple Sclerosis, chronic back pain, orthopaedic conditions, stroke rehab, Fibromyalgia and more.

Purchase a 3, 6, 11 or 26 session package and the consultation is FREE. Starting as low as $96 per session. The more you buy, the more you save!

For more information, please contact Lynne Skilton-Hayes 519-824-4120 ext. 52670 or lskilton@uoguelph.ca

MASTER TRAINER (ONE-ON-ONE)

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, FMS (Functional Movement Screen) 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.

Purchase a 3, 6, 11 or 26 session package and the consultation is FREE. Starting as low as $78 per session. The more you buy, the more you save!

FITNESS CENTRE ORIENTATION FREE! (ONE-ON-ONE)

This free one-hour session will give you an overview of the equipment we have to offer in the GGAC Fitness Centre. Book yours today by contacting the GGAC Fitness Centre, 519-824-4120, ext. 52105.

NEW YEAR - BETTER YOU PERSONAL TRAINING PROMO

ONLY $109 FOR 3 SESSIONS!* Promo is on sale from Sept. 1/21- Jan 31/22 * new clients only.

MORE DETAILS

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Lynne Skilton-Hayes
Fitness Program Supervisor
519-824-4120 ext. 52670
Our Athletics Clubs are student run programs lead by a team of student executives and are funded through student set membership rates, fundraising and a small grant pool. The clubs we support come from the interest of our student body. They bring together community and let students meet like minded peers and in some cases compete as a University of Guelph team.

Go to gryphons.ca/fitandrec for a complete list of available athletics clubs, tryout dates or to find out how you can create your own club!

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<td><a href="mailto:ringette@uoguelph.ca">ringette@uoguelph.ca</a></td>
<td>@gryphonringette</td>
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<tr>
<td>Artistic Swimming</td>
<td><a href="mailto:synchro@uoguelph.ca">synchro@uoguelph.ca</a></td>
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<td>Squash*</td>
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<td>Ultimate Frisbee</td>
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<td>Underwater Hockey</td>
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<td>Waterpolo</td>
<td><a href="mailto:h2opolo@uoguelph.ca">h2opolo@uoguelph.ca</a></td>
<td>@gryphonwaterpolo</td>
</tr>
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*OUA Eligible These teams are sanctioned by the Ontario University Athletics association. For more information, visit OUA.ca.

Click for more information about each of our Gryphon Clubs, how to register and for details pertaining to COVID-19

Questions? Contact our Program Supervisor at 519-824-4120 ext. 53763
Intramurals is a great place to meet friends, learn a new activity, or continue to compete at a high level in sport. We plan to offer a variety on Intramurals that will meet all Covid-19 Province of Ontario and local public health protocols.

**STEP 1: CHOOSE YOUR LEVEL OF PLAY & SPORT**

**COMPETITIVE LEAGUES** You’re a skilled and knowledgeable player having experience at a rep or travel level. You enjoy a competitive atmosphere and take the game seriously. This level is geared towards the intermediate and advanced player. This level includes a playoff format.

*Fall:* Games will commence the week of **Sept. 19/2021**  
*Winter:* Games will commence the week of **Jan. 16/2022**

**RECREATIONAL LEAGUES** You’ve played the sport before probably at the house league level. You take the game serious but aren’t overly competitive. This level is geared towards the novice player. This level includes a playoff format.

*Fall:* Games will commence the week of **Sept. 19/2021**  
*Winter:* Games will commence the week of **Jan. 16/2022**

**FUN LEAGUES** You’ve never played the sport before or you’re looking for a social experience. You want to get out and meet people in a fun and athletic atmosphere. This level is geared towards the beginner player. This level does not include a playoff format.

*Fall:* Games will commence the week of **Sept. 19/2021**  
*Winter:* Games will commence the week of **Jan. 16/2022**

**2021-22 Intramural Sports may include:**

- 3-Pitch  
- Basketball  
- Badminton  
- Dodgeball  
- Flag Football  
- Outdoor & Indoor Soccer  
- Ice & Floor Hockey  
- Innertube Waterpolo  
- Lobball  
- Pickleball  
- Multi-Sport  
- Recess League  
- Court & Beach Volleyball  
- Ultimate Frisbee

*Full time U of G student teams get access to intramural programming - you just pay a refundable bond! Solo? Register as a Free Agent starting at $12/sport/semester.

**Questions?** Contact Intramural Office 519-824-4120 ext. 53763 or iplayim@uoguelph.ca

Click for more information on Intramurals including the sports being offered, fees, tournaments and to register.
**STEP 2: REGISTER**

Go to gryphons.ca/fitandrec > Sports & Clubs > Intramurals

<table>
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<tr>
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<th>STEP THREE</th>
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<tr>
<td>Registration</td>
<td>CREATE IM LEAGUE ACCOUNT</td>
<td>VIEW STATS/STANDINGS</td>
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</table>

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.

**REGISTRATION DATES**

**Fall:** Monday, Sept 13 - Thursday, Sept 16/2021  *No refunds after Sept 15/2021; late fees will apply on Sept 16/2021*

**Winter:** Monday, Nov 29/2021 - Wednesday, Jan 12/2022  *No refunds after Dec 1/2021; late fees will apply on Dec 2/2021*

**LAST CHANCE REGISTRATION (FUN LEAGUES ONLY)**

**Fall:** Friday, Sept 17 - Thursday, Sept 23/2021  *No refunds after Sept 18/2021*

**Winter:** Wednesday, Jan 12 - Friday, Jan 14/2020  *No refunds after Jan 13/2022*

**ELIGIBILITY REQUIREMENTS:**

**MEN’S/WOMEN’S:** A team roster contains players that self-identify solely as either male or female.

**COED:** A team roster contains a combination of players that self-identify as either male or female. Each sport will have a specific minimum of either gender required in order to field a team.

**OPEN:** Team rosters are open to anyone regardless of what gender they self identify with.

**INTRAMURAL OFFICE PROVIDES:**

- General inquiries about registration, sport rules, stats, and scheduling
- Rescheduling/cancellation requests
- Feedback regarding officials, equipment, and facilities
- Promotions
- Graces passes/OK to play slips
- Referee applications

**Questions?** Contact Intramural Office at 519-824-4120 ext. 53763 or iplayim@uoguelph.ca

**RENTALS AVAILABLE!**

Looking to rent intramural equipment for your next group event? Call to discuss pricing & availability 519-824-4120 ext. 53763

**BECOME AN OFFICIAL**

Referees are hired the first two weeks of September and sporadically throughout the year. No previous referee experience is needed, just experience with the sport. Contact the IM Office for applications.
E-SPORTS LEAGUES & TOURNAMENTS

New in 2020, our Intramural leagues have gone digital and expanded. Join us from the comfort of your residence room on campus or from your bedroom internationally! E-sports at University of Guelph is focused on the recreational player looking to meet a community and new friends. With multi-console options you should have everything with you to be able to participate. Game tournaments may include Fortnite, NHL21, NBA21 and more. We will also offer collaborative games such as Among Us, chess and even card tournaments.

MORE INFO

FITNESS ON-DEMAND

Gryphon Fitness On-Demand is a library of Gryphon Instructors teaching some of your favourite classes. Access is free to current U of G Students & Athletics Members. You are an Athletics Member if you are a registered full or part-time undergraduate or a full-time graduate student of the University of Guelph (Athletics Base Membership paid within your academic fees) or if you have purchased an Athletics Base Membership.

More Info

GYPHTFIT APP CHALLENGES

Download our GryphFit App and join our monthly challenges for a chance to win some great prizes!

UPCOMING CHALLENGES:
- Move Better, Feel Stronger Oct 4-31, 2021
- Move to Improve Concentration Dec 4-17, 2021
- Step challenge: Consistent effort yields results Jan 1-31, 2022
- March Madness Mileage Challenge March 1-31, 2022

MORE INFO

Digital Programs

These activities are included in your membership.
LOW ROPES COURSE

LOCATED ON THE U OF G CAMPUS

Experience a challenge of activities that help to build teamwork, leadership & communication in a group setting. No previous experience is required.

Book your group by contacting 519-824-4120 Ext. 53763
THE PLACE TO SCORE ALL YOUR GRYPH FAN APPAREL!

GRYPH’S LOCKER
OFFICIAL MERCHANDISE OF THE GUELPH GRYPHONS

FIND US IN THE GUELPH GRYPHONS ATHLETICS CENTRE
Check online for hours bookstore.uoguelph.ca or Follow us on Instagram for deals and new merchandise updates > @gryphs.locker
I am a Gryphon.

I am respectful of others and the physical environment we share. I have self-respect and I create space for diverse voices to be heard.

I am caring. In my daily interactions I am kind, compassionate, supportive and honest. I want others to feel welcome here and will do my part to convey a caring sense of community.

I am determined. I want to achieve the highest goals I can envision, and I will do so with integrity, perseverance and courage. I will welcome a helping hand when I need it and extend mine to others along the way.

I am engaged. Contributing to the life of my campus and community is important to me. I will strive to meet my commitments and offer my best effort. I will be held accountable for my actions because I understand that they reflect on all of us.

I am authentic. Being true to who I am, my values and beliefs are important to me. I recognize that every person is on a journey of self-discovery and don’t make assumptions about them or their motivations.

These commitments represent my promise to all Gryphons past, present and future, that I will do my part to ensure that Guelph’s legacy as a supportive and inclusive community is upheld today and for years to come.

I am a Gryphon.
YOUR HOME 3/4  YOUR TEAM

WELCOME TO

GYPHNNATION

DON’T MISS A GAME!
FULL SCHEDULE HERE

gryphons.ca

UofG STUDENTS GET IN TO GAMES *FREE!
*REG. SEASON GAMES ONLY NOT INCLUDING HOMECOMING OR FROSTY MUG
Check gryphons.ca for schedule and ticket details.

CAN’T MAKE IT TO A GAME?
Watch live and on-demand at OUA.tv presented
by our award-winning broadcast, GryphVision
**INCLUDES MOST PLAYOFF GAMES, FOOTBALL, HOCKEY, BASKETBALL, AND VOLLEYBALL

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