

aquatics

	mon	tues	wed	thurs	fri	sat	sun
Adult Fitness	SC lanes (25m) 6:15 am - 8:30 am SC lanes (25m) 9:30 am - 8:00 pm	SC lanes (25m) 6:15 am - 8:30 am SC lanes (25m) 9:30 am - 6:30 pm	LC lanes (50m) 6:15 am - 8:30 am LC lanes (50m) 9:30 am - 1:30 pm SC lanes (25m) 2:00 pm - 8:00 pm	SC lanes (25m) 6:15 am - 8:30 am SC lanes (25m) 9:30 am - 6:30 pm	LC lanes (50m) 6:15 am - 8:30 am LC lanes (50m) 9:30 am - 6:30 pm	 SC lanes (25m) 9:30 am - 4:00 pm	 SC lanes (25m) 10:15 am - 11:45 am LC lanes (50m) 12:15 pm - 4:00 pm
Rec Swims	6:30 pm - 8:00 pm		6:30 pm - 8:00 pm			2:00 pm - 4:00 pm	10:15 am - 11:45 am
Pool is Closed	8:30 am - 9:30 am	8:30 am - 9:30 am	8:30 am - 9:30 am 1:30 pm - 2:00 pm	8:30 am - 9:30 am	8:30 am - 9:30 am		11:45 am - 12:15 pm

• LC = long course or 50 m swimming and SC = short course or 25 m swimming
 • 3 lanes (minimum) will be available during all advertised fit lane times.
 Our pool is multi-programmed and multiple activities may have allocated space at the same time.



Building Hours:

Mon Jan 9 - Fri Apr 13, 2012

Mon-Thur 6am-12 midnight
Fri 6am-10pm
Sat 8am-10pm
Sun 8am-12 midnight

Membership Services:

519 661.3090

Court Reservations:

519 661.3078

westernmustangs.ca

campusrec@uwo.ca

drop-in recreation

	mon	tues	wed	thurs	fri	sat	sun
Blue upper (4th Floor)	Badminton 7:15am-4:30pm	Badminton 7:15am-5:00pm	Badminton 7:15am-5:00pm	Badminton 7:15am-4:00pm	Badminton 7:15am-2:00pm	Badminton 8:15am-11:30am Futsal 2:30pm-9:45pm	Badminton 8:15am-11:00am
Yellow	Futsal 7:15am-4:45pm	Futsal 7:15am-5:00pm	Futsal 7:15am-5:15pm	Futsal 7:15am-5:15pm	Futsal 7:15am-2:15pm	Badminton 8:15am-11:30am Futsal 2:30pm-9:45pm	Futsal 8:15am-11:15am
Orange	Basketball 7:15am-5:15pm	Basketball 7:15am-6:45pm	Basketball 7:15am-8:00pm	Basketball 7:15am-6:45pm	Basketball 7:15am-9:45pm	Basketball 8:15am-1:30pm Badminton 4:30pm-9:45pm	Basketball 8:15am-11:15am
Purple lower (1st Floor)	Badminton 7:15am-1:00pm Basketball 1:30pm-5:15pm	Badminton 7:15am-1:00pm Basketball 1:30pm-5:15pm	Badminton 7:15am-1:00pm Basketball 1:30pm-5:15pm	Badminton 7:15am-1:00pm Basketball 1:30pm-5:15pm	Badminton 7:15am-1:00pm Basketball 1:30pm-9:45pm	Basketball 8:15am-9:45pm	Basketball 8:15am-11:15am
Red	Volleyball 7:15am-5:15pm	Volleyball 7:15am-5:15pm	Volleyball 7:15am-5:15pm	Volleyball 7:15am-5:15pm	Volleyball 7:15am-9:45pm	Volleyball 8:15am-9:45pm	Volleyball 8:15am-11:15am

Gymnasia will be closed for cleaning Mon-Fri 6:00am - 7:15am.

WINTER 2012 SCHEDULE

CAMPUS RECREATION
westernmustangs.ca

	mon			tues			wed			thurs			fri			sat			sun			
	studio 1	studio 2	spin	studio 1	studio 2	spin	studio 1	studio 2	spin	studio 1	studio 2	spin	studio 1	studio 2	spin	studio 1	studio 2	spin	studio 1	studio 2	spin	
7:00	Pilates 7:05-7:55am	Biggest Loser 7:05-8:15am		Sculpt & Sweat 7:05-7:55am			Biggest Loser 7:05-7:55am	The Pump 7:05-7:55am		Pilates 7:05-7:55am		Cycle 7:05-7:55am		Step Intermediate 7:05-7:55am								
7:30																						
8:00																						
8:30																						Cycle 8:05-9:25am
9:00																						
9:30																						
10:00																						Pilates 9:35-10:25am
10:30																						
11:00																						Hatha Yoga 10:35-11:25am
11:30																						
12:00	Cardio Kickbox 12:05-12:55pm	Zumba 12:05-12:55pm	Cycle 12:05-12:55pm	Boot Camp 12:05-12:55pm	Yoga Stretch 12:05-12:55pm	Cycle 12:05-12:55pm	Step & Sculpt 12:05-12:55pm	Zumba 12:05-12:55pm	Cycle 12:05-12:55pm	Cardio Kickbox 12:05-12:55pm	Step Intermediate 12:05-12:55pm	Cycle 12:05-12:55pm	Cardio Ball 12:05-12:55pm	Sculpt & Sweat 12:05-12:55pm	Cycle 12:05-12:55pm							
12:30																						Ab Attack 12:35-12:55pm
1:00	Yoga Stretch 1:05-1:55pm	Sculpt & Sweat 1:05-1:55pm		Sculpt & Sweat 1:05-1:55pm	Step Intermediate 1:05-1:55pm	Cycle 1:05-1:55pm	Yoga Stretch 1:05-1:55pm	Ab Attack 1:05-1:25pm		Sculpt & Sweat 1:05-1:55pm	Cardio Ball 1:05-1:55pm		Cardio Kickbox 1:05-1:55pm	Rock Bottom 1:05-1:25pm								Sculpt & Sweat 1:05-1:55pm
1:30								Rock Bottom 1:35-1:55pm														
2:00																						Rock Bottom 2:05-2:25pm
2:30										Yoga Stretch 2:05-2:55pm												
3:00																						
3:30																						Rock Bottom 3:35-3:55pm
4:00																						Ab Attack 4:05-4:25pm
4:30																						Gun Show 4:05-4:25pm
4:30	Yoga Stretch 4:35-5:25pm																					
5:00																						Cycle 4:35-5:25pm
5:00																						Boot Camp 4:35-5:25pm
5:30																						
5:30																						Cycle 5:35-6:25pm
5:30																						Rockbottom 5:35-5:55pm
6:00																						Cycle 5:35-6:25pm
6:00																						Gun Show 6:05-6:25pm
6:30																						
6:30	Step Advanced 6:35-7:25pm	Gun Show 6:35-6:55pm																				Boot Camp 6:35-7:25pm
7:00																						
7:00																						Ab Attack 7:05-7:25pm
7:30																						
7:30	The Pump 7:35-8:25pm	Rockbottom 7:35-7:55pm																				Sculpt & Sweat 7:35-8:25pm
8:00																						
8:00																						Cycle 8:05-8:55pm
8:30																						
8:30	Zumba 8:35-9:25pm																					Cycle 8:05-9:25pm
9:00																						
9:00																						Skip & Sculpt 9:35-10:25pm
9:30																						
9:30																						Yoga Stretch 9:05-9:55pm

Non-Registered Class
Registered Class

Registered classes are free to attend until Monday January 23rd, 2012. After this date, participants must register to attend. Payment is due at time of registration.

AQUA FIT:
AquaFit will take place in the Pool area from 12:05-12:55pm Monday, Wednesday and Friday.

STORE YOUR STUFF:
Day-use lockers are available in each locker room and throughout the facility. Locks must be removed prior to close each day. Campus Recreation and The University of Western Ontario are not responsible for lost or stolen items.

FOR YOUR SAFETY:
No admittance 5 minutes after start of any group fitness class.

FALL HOURS OF OPERATION:

(Mon Jan 9 - Fri Apr 13, 2012)
Monday - Thursday: 6am - midnight
Friday: 6am - 10pm
Saturday: 8am - 10pm
Sunday: 8am - midnight

Family Day Weekend Hours:
(Feb 18 - 20, 2012)
Sat, Sun, Mon 8am - 6pm

Reading Week Hours:
(Feb 21 - 26, 2012)
Tues - Fri: 6 am - 10 pm
Sat Feb 26: 8 am - 6 pm
Sun Feb 27: 8 am - midnight

EASTER Weekend Hours:
(Apr 6 - 8, 2012)
Fri & Sat: 8am - 6pm
Sun: 8am - 10pm

SERVICE DISRUPTIONS:
Jan 10 (7:00 PM - 10:00 PM)
Upper Blue Gym CLOSED for Frost Week Events

Jan 14 (8:30 AM - 4:30 PM)
Upper Gyms CLOSED for Faculty of Health Sciences Games

Jan 20 (4:00 PM) - **Jan 21** (4:00 PM)
ALL Gyms CLOSED for Campus Recreation & Right to Play 24 Hour Rez Challenge

Jan 28 (hours TBD)
Upper Gyms CLOSED for Science Council Event

Feb 01 (4:00 PM) - **Feb 02** (until 8:00 PM)
Upper Gyms CLOSED for Western Job Expo

Feb 10 (8:00 AM - 4:30 PM) & **Sat Feb 11** (8:00 AM - 5:30 PM)
Lower Gyms CLOSED for Ontario Special Olympics 3-on-3 Basketball Regional Tournament

March 10 (2:00 PM - 5:00 PM)
Upper Blue Gym CLOSED for Table Tennis Spring Tournament

March 12-16 (8:00 AM - 4:30 PM)
Upper Gyms CLOSED for Sport Western March Break Camps

March 12-16 (8:00 AM - 12:00 PM)
Lower Orange Gym CLOSED for Sport Western March Break Camps

March 24
Upper Gyms (8:30 AM - 5:00 PM) & Pool (hours TBD) CLOSED for Nursing Games Event

March 31 & April 1 (11:00 AM - 5:00 PM)
Lower Gyms CLOSED for 3 on 3 Intramural Basketball Tournament

On occasion, certain facilities/programs may not be available for members' use due to special events or maintenance. Advance notice will be posted whenever possible; memberships will not be extended.