



## Fitness & Lifestyle Centre

Membership Rates	Drop-in	1 Month	3 Months	6 Months	12 Months
FLC User	\$10.00	\$35.50	\$95.85	\$181.05	\$319.50
High School Student & Senior	\$7.00				
FLC Couple PKG (2)	N/A	\$61.77	\$166.78	\$315.03	\$555.93
FLC Family PKG (3+)	N/A	\$80.62	\$217.67	\$411.16	\$725.58
U of R Student	\$23.83 per calendar month for FLC and Aquatic Centre				
	*Included in tuition for on campus students*				

## Aquatics Centre

Membership Rates	Drop-in	1 Month	3 Months	6 Months	12 Months
Pool User	\$6.00	\$20.00	\$54.00	\$102.00	\$180.00
Child (13 and under)	\$4.00	Children can only swim on Saturday and Sunday			
U of R Student	\$23.83 per calendar month for FLC and Aquatic Centre				
	*Included in tuition for on campus students*				

## Locker Rentals

Full Locker	\$15.00/ per calendar month – Up to 12 months
Half Locker	\$12.00/ per calendar month – Up to 12 months

## Dr. Paul Schwann Centre

Program Rates	Drop-in	Jan to Apr	Feb to Apr	May to Jun	Jul to Aug
DPSC Love 2 Live User	N/A	\$235.00	\$180.00	\$131.25	\$125.00
5 Sessions	\$50.00	Can drop-in to any class providing there is availability			
10 Sessions	\$80.00				
20 Sessions	\$145.00				

**L2L Cardiac & Chronic Continuing Rehabilitation: 8:00 am**  
**L2L Cardiac & Chronic Continuing Rehabilitation: 9:00 am**  
**L2L Cardiac & Chronic Continuing Rehabilitation: 10:00 am**

\*Registration for Spring/Summer Semesters begins January 2<sup>nd</sup>\*

Participants in Love 2 Live Continuing rehabilitation are able to access the FLC independently during hours outside of their scheduled programming and use of any of the equipment including DPSC area equipment providing it is not being used for a class.

No refunds will be provided for any membership without a medical note or proof of relocation out of the city. All refunds are subject to a \$20.00 withdrawal fee (no exceptions). Lockers are subject to a \$10.00 withdrawal fee.

# Centre for Kinesiology, Health & Sport Hours of Operation

**Fall & Winter Semesters** | Monday – Friday: 6:00AM – 11:00PM | Saturday & Sunday: 7:00AM – 11:00PM  
**Summer Semester** | Monday – Sunday: 7:00AM – 11:00PM  
**Recreation & Athletic Services Office Hours** | Monday – Friday: 8:30AM – 12:00PM, 1:00PM – 4:15PM

<b>Fitness &amp; Lifestyle Centre</b>	<b>September - June</b>	<b>July &amp; August</b>
Monday - Friday	6:00AM - 10:00PM	6:00AM – 9:00PM
Saturday & Sunday	8:00AM - 8:00PM	9:00AM – 5:00PM

**Please note the following:**

- Up to 3 drop-in receipts can be used towards the cost of a membership if presented within 1 week of purchase to qualify.
- The FLC will be closed all statutory holidays unless otherwise posted.
- The FLC will be closed December 25 to January 2. No compensation will be issued for university-wide closures.
- The walking track will be closed for U of R Track & Field practices, mid October to mid March.
  - Visit <http://www.uregina.ca/recservices/fitness-centre/hours.html> for times.
- The walking track will be closed during **all** University of Regina intervarsity athletic events.

Terms & Conditions: <http://www.uregina.ca/recservices/fitness-centre/flcpolicy.html>

## Recreational Swim Times

<b>Aquatics Centre</b>	<b>Sept - Dec</b>	<b>Jan - Apr</b>	<b>May &amp; Jun</b>	<b>Jul &amp; Aug</b>
Monday	6:15AM – 8:55AM 11:30AM – 1:25PM 8:30PM – 10:25PM	6:15AM – 8:55AM 11:30AM – 1:25PM 8:30PM – 10:25PM	6:15AM – 8:55AM 11:30AM – 1:25PM 4:15PM – 5:25PM 8:30PM – 10:55PM	12:00PM – 1:25PM 4:00PM – 5:25PM
Tuesday & Thursday	11:30AM – 1:25PM 8:30PM – 10:25PM	11:30AM – 1:25PM 8:30PM – 10:25PM	11:30AM – 1:25PM 4:15PM – 5:25PM 8:30PM – 9:55PM	12:00PM – 1:25PM 4:00PM – 5:25PM
Wednesday	6:15AM – 8:55AM 11:30AM – 1:25PM 8:30PM – 10:25PM	6:15AM – 8:55AM 11:30AM – 1:25PM 8:30PM – 10:25PM	4:15PM – 5:55PM	12:00PM – 1:25PM 4:00PM – 5:25PM
Friday	6:15AM – 8:55AM 11:30AM – 1:25PM	6:15AM – 8:55AM 11:30AM – 1:25PM	6:15AM – 8:55AM 11:30AM – 1:25PM 4:15PM – 5:25PM	12:00PM – 1:25PM 4:00PM – 5:25PM
Saturday	4:15PM – 5:55PM	4:15PM – 5:55PM	3:00PM – 5:55PM	CLOSED
Sunday	3:00PM – 5:55PM	3:00PM – 5:55PM	3:00PM – 5:55PM	CLOSED

**Please note the following:**

- Children (13 and under) may only use the pool Saturdays & Sundays WITH adult supervision. A drop-in must be purchased.
- Up to 3 drop-in receipts can be used towards the cost of a membership if presented within 1 week of purchase to qualify.
- Due to unforeseen circumstances, scheduled recreation swim times may change or be cancelled.
- The Aquatics Centre will be closed all statutory holidays unless otherwise posted.
- The FLC and Aquatics Centre will be closed December 24th to January 2nd inclusive.
- Open Swim times can be viewed at <http://www.uregina.ca/recservices/aquatics/open-swim.html>

### Facility Bookings

- To book a facility, please email [ckhs.book@uregina.ca](mailto:ckhs.book@uregina.ca). PHONE CALLS AND WALK-INS ARE NOT ACCEPTED.
- To book the swimming pool, please contact Gabor Jerkovits at [Gabor.Jerkovits@uregina.ca](mailto:Gabor.Jerkovits@uregina.ca)

Please visit us online at [www.uregina.ca/recservices](http://www.uregina.ca/recservices) for the most up-to-date information!