

FALL 2021

Recreation Guide

BCIT RECREATION SERVICES



@BCITrec

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TABLE OF CONTENTS

In the 2021-2022 academic year, BCIT Recreation programs and facility are subject to change as a result of public health orders or communicable disease management. Users should refer to the [website](#) for the most up-to-date information.

BCIT Recreation Services is committed to building a safe and inclusive space where diversity is celebrated. All members of our community are welcome to play, learn, and grow with us!

Fitness Centre.....	1
Fitness Classes.....	2
Services.....	3
Intramurals.....	4
Open Gym.....	5
Drop-In Programs.....	6
Facilities.....	7
Facility Rentals.....	9
Welcome Message.....	10



FITNESS CENTRE

ABOUT



A large training facility equipped with the latest strength equipment, dumbbells, free weights, mirrors, and a large variety of cardio machines, including treadmills, stair climbers, rowing machines, and much more. Our facility is well-maintained and provides a safe, clean and welcoming environment for all to enjoy.

ACCESS

All current BCIT students, staff and faculty have complimentary access to the fitness centre with their BCIT student or employee ID card. Public membership prices can be found on our website.

HOURS

Monday	6am - 8:30pm
Tuesday	6am - 8:30pm
Wednesday	6am - 8:30pm
Thursday	6am - 8:30pm
Friday	6am - 8pm
Saturday	9am - 4pm
Sunday	9am - 4pm

The building closes 30 minutes after the fitness centre



FITNESS CLASSES

ABOUT

Recreation Services offers a wide variety of courses designed to provide opportunities to learn a new skill or to increase and maintain your fitness level. Fall courses include boxing, spin, yoga, and stretch therapy.

Group Fitness Classes [GF] are complimentary for all students and staff.

Classes start Monday, September 27th. Some of our fitness classes will be offered *online* this semester.



SCHEDULE

	MON	TUE	WED	THUR	FRI
11:40 am - 12:20 pm	GF Cardio & Weights	GF Definition	GF Stretch*	GF Spin	GF Cardio & Weights*
12:40 pm - 1:30 pm	Pilates	Zumba*	Power Yoga	Low Intensity Intervals	Ballet
4:40 pm - 5:30 pm			Boxing		

*This class is being offered online only

SERVICES

LOCKER ROOMS

The recreation centre offers both men's and women's changeroom facilities equipped with lockers, showers and a sauna/steam room. In addition there are two individual changerooms that are available to anyone.

HALF LOCKER

BCIT Students	\$68.25
Staff & Public	\$87.75

FULL LOCKER

BCIT Students	\$136.50
Staff & Public	\$175.50



TOWEL & LAUNDRY

Towel service equips you with a clean towel with each visit to the recreation facility. Laundry service includes a towel and a laundry loop for your workout gear. Drop off your dirty clothes and pickup your clean clothes from the front desk before your next workout.

TOWEL TOKEN

BCIT Students	\$68.25
Staff & Public	\$87.75

LAUNDRY TOKEN

BCIT Students	\$102.38
Staff & Public	\$131.63

INTRAMURALS

ABOUT

Team registration forms can be picked up at the Recreation Services front desk from September 3-20. Singles can sign up at the Recreation Services front desk. Completed forms and fees will be accepted anytime up to the day of the captain's meeting. Spots in the leagues are given out on a first-come, first served basis.



SCHEDULE

LEAGUE	DAY	TIME	TEAM FEE	CAPTAIN'S MEETING
Co-Ed Volleyball*	Monday	5:30 PM - 8:00 PM	\$80	September 20 5:30 PM
Badminton Singles & Doubles	Tuesday	5:30 PM - 8:00 PM	\$10 per person	September 21 5:30 PM
Dodgeball	Tuesday	5:30 PM - 8:00 PM	\$120	September 21 5:30 PM
Futsal Co-Ed Futsal**	Wednesday	2:30 PM - 6:00 PM	\$120	September 22 2:30 PM
3 Vs 3 Basketball	Thursday	5:30 PM - 8:00 PM	\$80	September 23 5:30 PM
Non-Contact Floor Hockey	Thursday	5:30 PM - 8:00 PM	\$120	September 23 5:30 PM

*Two female players must be on the floor at all times during game play

** One female player must be on the floor at all times during game play

OPEN GYM

ABOUT

The Recreation Centre offers a 14,500 sq. ft. hardwood court, which can accommodate 2 basketball courts, 3 volleyball courts, 8 badminton courts, or 2 indoor hockey/ soccer courts. You can borrow sports equipment from the front desk using your BCIT ID.

ACCESS

All current BCIT students, staff and faculty have complimentary access to the gymnasium with their BCIT student or employee ID card. Public membership prices can be found on our website.

HOURS

Monday	6am - 5pm
Tuesday	6am - 5pm
Wednesday	6am - 2pm
Thursday	6am - 5pm
Friday	6am - 7pm



DROP-IN PROGRAMS



ABOUT

Recreation Services offers a number of drop-in programs available to all BCIT students, staff, and public members. Drop-in fees range from just \$3-\$10 and we provide all of the necessary equipment free of charge. If you are interested in attending any of our drop-in programs, check in at the front desk and be sure to bring your BCIT ID or membership card.



SCHEDULE TBD

MON

TUE

WED

THUR

FRI

SAT

SUN

Multi-Sport

9:00am

-

12:30pm

Badminton

9:00am

-

12:30pm

Basketball

1:00pm

-

4:00pm

Basketball

1:00pm

-

4:00pm

Boxing

Climbing

Archery

****Weekend drop-in is complimentary for all BCIT students with a valid BCIT ID card****

FACILITIES



ACTIVITY ROOM - 171

This 2,500 sq ft air-conditioned, open studio space plays host to a number of diverse classes we offer. Check out our fitness class schedule to find the weekly group class for you.

SQUASH COURTS - 181 & 182

Whether you are new to the game or a seasoned veteran, our courts are available to you for hourly bookings. Play with a friend or ask us about joining the squash ladder league.



CLIMBING WALL - 183

Let your stress go as you lift, push, and carry your body up. Our climbing wall is updated with new routes that cater to climbers of any experience level. This space is available during drop-in hours.

FACILITIES CONT'D

BOXING STUDIO - 184

We are proud to offer an exclusive boxing studio. Complete with heavy bags, speed bags, agility bags, practice space, and a skipping area. This space is available during scheduled drop-in or one of our structured classes.



THE CYCLE SPACE - 185

Our cycle studio features 20 top-of-the-line M3i Spin Bikes complete with Bluetooth technology that tracks your ride. We offer classes for every skill level and all of our cycle classes are wheelchair accessible.

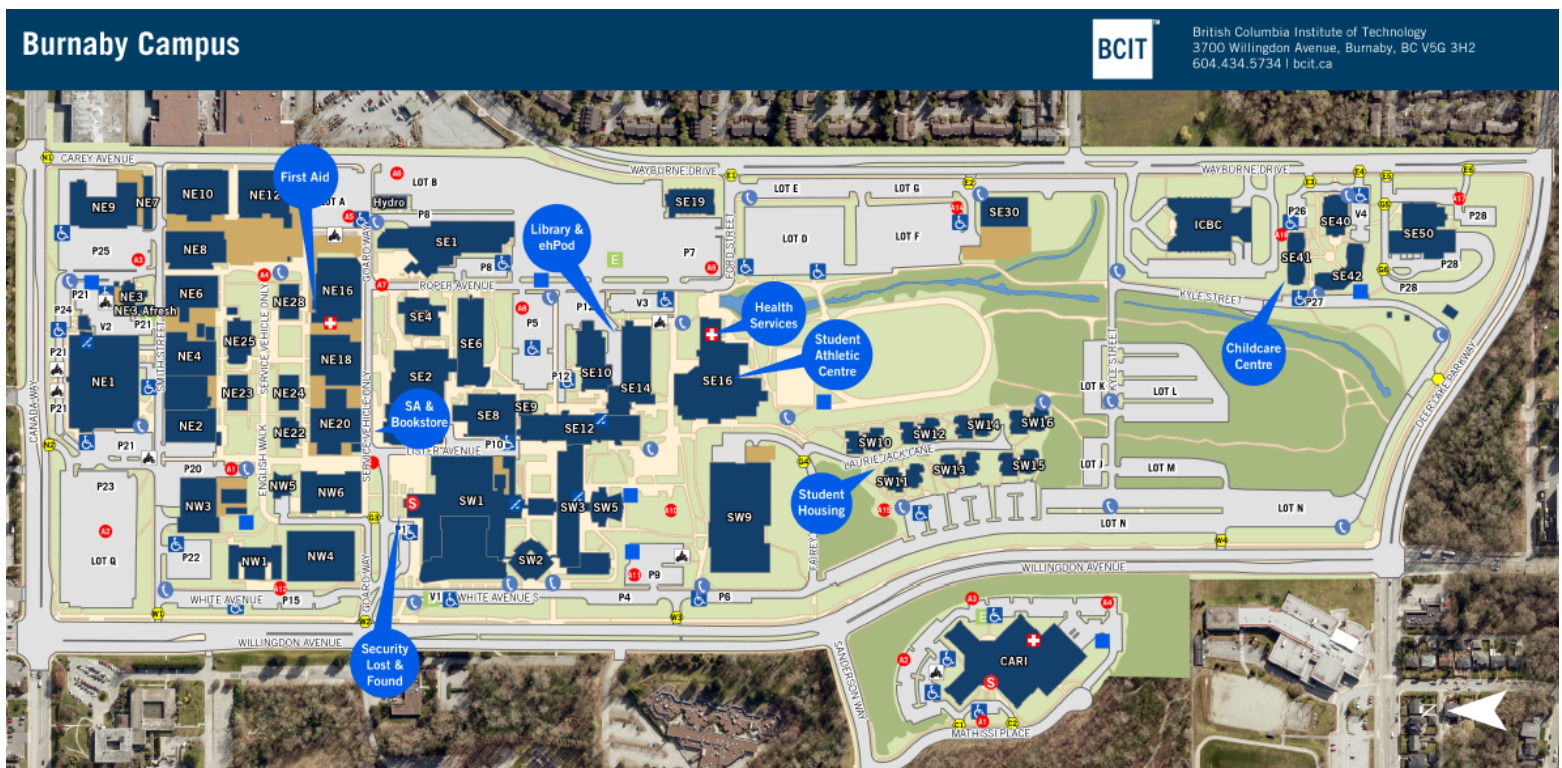
MIND & BODY STUDIO - 186

This tranquil studio has everything you need to unwind, focus, and practice finding your calm. Join one of our weekly Yoga, Pilates, or Ballet Fit classes. Mats, bolsters, blocks, and ballet bars are all included.



ABOUT

A photograph of the exterior of the Recreation Centre building. The building has a reddish-brown facade. A large mural is painted on the side, featuring three black silhouettes of athletes in motion (a runner, a jumper, and another runner) against a background of vertical stripes in green, yellow, and blue. To the left of the mural, the words "RECREATION CENTRE" are written in white capital letters on a dark background. To the right of the mural, there is a blue sign with white text that reads "XPIRE" and "Recreation Centre". The building has a glass entrance on the right side. The foreground shows a paved area with yellow bollards. The background includes trees and a clear blue sky.





BCIT Recreation Services is here to promote, encourage and enable the practice of physical well being. We consider recreation an integral part of campus life and we welcome all students, staff and public members to enjoy our services. Welcome to the Fall 2021 semester!

bcit.ca/recreation

#recwithus