

SHERIDAN

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BRUINS

SHERIDAN

ATHLETICS & RECREATION

2019 - 2020

VIEWBOOK

STUDY COMPLETE GRADUATE SUCCESS

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WELCOME

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 TRAFALGAR FACILITY COORDINATOR
 STUDENT-ATHLETE ADVISOR
 MARKETING AND INFORMATION COORDINATOR
 VARSITY COORDINATOR
 HEAD VARSITY ATHLETIC THERAPIST
 DAVIS EVENING FACILITY COORDINATOR

COVER ARTIST

Originally from Calgary, Alberta, Madison Schaeffer is a graduate of Sheridan's Visual Creative Arts program (VCA) and now lives in Oakville full-time. She is pursuing her Bachelor of Game Design while being dedicated to improving student life at Sheridan. She is one of the founding members of the Trafalgar Recreation Council and President of the Gaming Analysis and Discussion Club. Her goal is to promote a welcoming, healthy and active student lifestyle both on and off campus.



To see more of Madison's work visit
<https://www.artstation.com/ulysies>



Sheridan Stadium, located on the Trafalgar Campus, is home to the varsity rugby and soccer teams.

IFITNESS FACILITIES



DAVIS

HOURS OF OPERATION

FACILITY IS CLOSED ON ALL MAJOR HOLIDAYS

SEPTEMBER 1 - APRIL 30

MONDAY	7AM - 10PM
TUESDAY	7AM - 10PM
WEDNESDAY	7AM - 10PM
THURSDAY	7AM - 10PM
FRIDAY	7AM - 10PM
SATURDAY	8AM - 9PM
SUNDAY	8AM - 9PM

MAY 1 - AUGUST 31

MONDAY	8AM - 10PM
TUESDAY	8AM - 10PM
WEDNESDAY	8AM - 10PM
THURSDAY	8AM - 10PM
FRIDAY	8AM - 10PM
SATURDAY	9AM - 9PM
SUNDAY	9AM - 9PM

Double court gymnasiums, cardio and weight equipment, shower facilities, table tennis, and aerobics areas. Access for full-time students is included in student fees; daily lockers are available for use.



TRAFALGAR

HOURS OF OPERATION

FACILITY IS CLOSED ON ALL MAJOR HOLIDAYS

SEPTEMBER 1 - APRIL 30

MONDAY	7AM - 10PM
TUESDAY	7AM - 10PM
WEDNESDAY	7AM - 10PM
THURSDAY	7AM - 10PM
FRIDAY	7AM - 10PM
SATURDAY	8AM - 9PM
SUNDAY	8AM - 9PM

MAY 1 - AUGUST 31

MONDAY	8AM - 10PM
TUESDAY	8AM - 10PM
WEDNESDAY	8AM - 10PM
THURSDAY	8AM - 10PM
FRIDAY	8AM - 10PM
SATURDAY	9AM - 9PM
SUNDAY	9AM - 9PM

Double court gymnasiums, cardio and weight equipment, shower facilities, table tennis, squash/racquetball court, spin studio, aerobics areas, and outdoor turf field. Access for full-time students is included in student fees; daily lockers are available for use.



HMC

HOURS OF OPERATION

FACILITY IS CLOSED ON ALL MAJOR HOLIDAYS

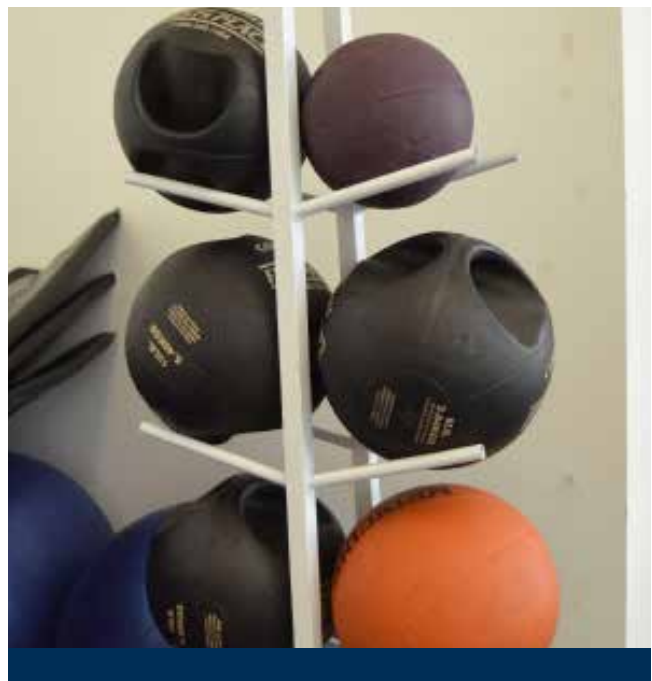
SEPTEMBER 1 - APRIL 30

MONDAY	7AM - 10PM
TUESDAY	7AM - 10PM
WEDNESDAY	7AM - 10PM
THURSDAY	7AM - 10PM
FRIDAY	7AM - 10PM
SATURDAY	8AM - 5PM
SUNDAY	8AM - 5PM

MAY 1 - AUGUST 31

MONDAY	7AM - 10PM
TUESDAY	7AM - 10PM
WEDNESDAY	7AM - 10PM
THURSDAY	7AM - 10PM
FRIDAY	7AM - 10PM
SATURDAY	9AM - 5PM
SUNDAY	9AM - 5PM

HMC students have access to a “Boutique” Fitness Centre on the second floor of the A-Wing. As well, HMC students can present their student card at the YMCA adjacent to the campus to access that facility. HMC students are fully eligible to participate in all activities at Trafalgar and Davis.

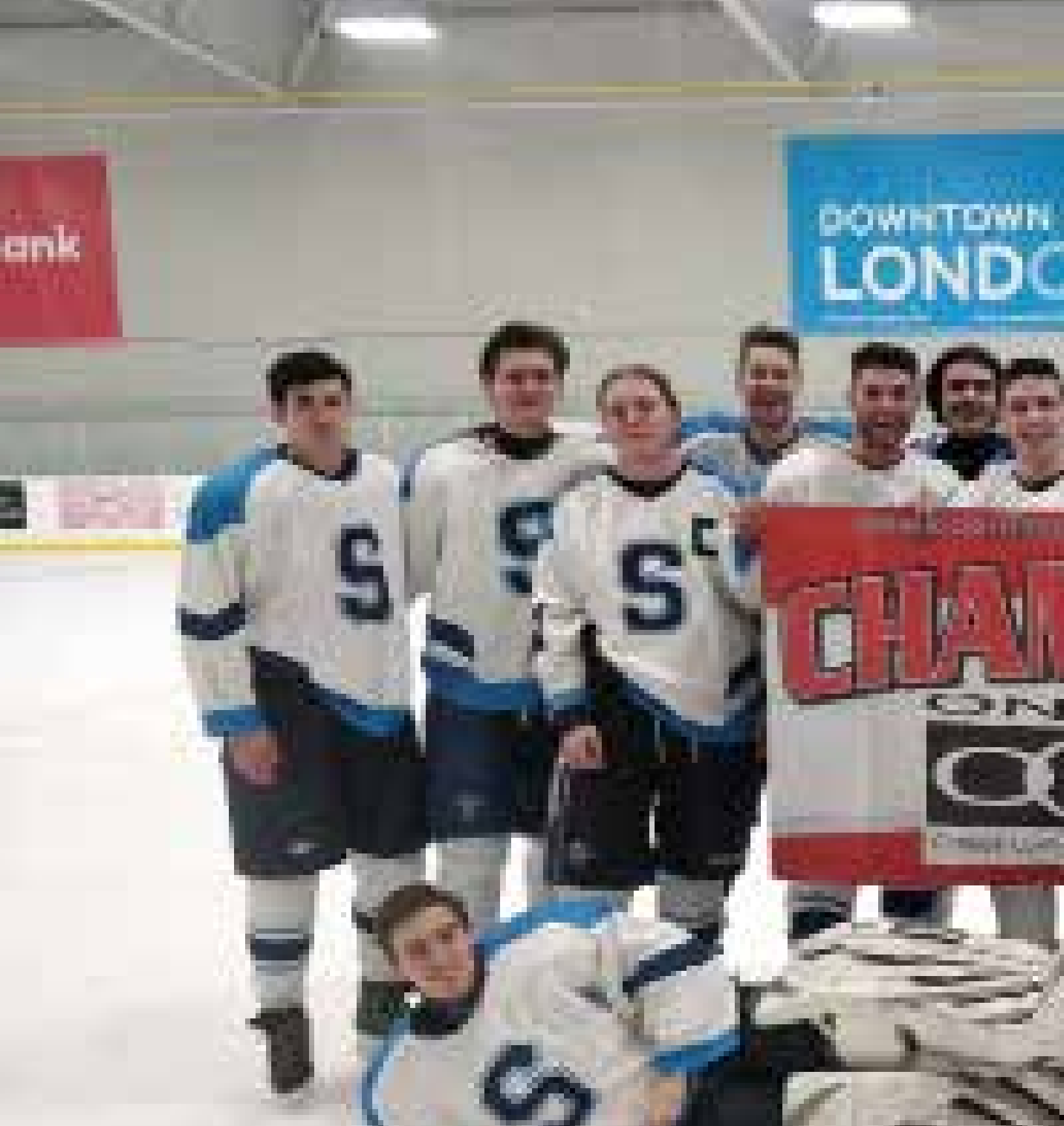




COMING SOON

The new 70,000-square-foot student and athletics expansion at the Hazel McCallion Campus (HMC) is an investment in our student life, and will enrich the extracurricular and recreational offerings for the HMC learning community. The project is a collaboration between Sheridan, Sheridan Athletics, and the Sheridan Student Union.

The new building will connect directly to the north end of HMC B-Wing, parallel to Rathburn Road. It offers a dynamic series of student-focused spaces including a specialty Athletic Centre with cardio and weight equipment, studio space, and change rooms located on the third level together with a double-height gym space and elevated running track.



Hockey is one of several extramural sports teams that compete in Ontario Collegiate Recreation tournaments.

| RECREATION





DROP-IN SPORTS

Students can play a variety of sports anytime the gymnasium is available. Options include: basketball, volleyball, soccer, floorball, badminton, table tennis and more.

Smash Stress, featuring dedicated time for badminton and table tennis, occurs one day a week at Davis and Trafalgar. Please check for current days and times as these tend to change each semester.



SWIM AND SKATE

Students are eligible to receive 1 free swimming or skating voucher per week. Vouchers can be picked up from the Athletic Centres at Davis or Trafalgar, and you must present a valid One-Card. These vouchers may be used at South Fletcher's Sportsplex in Brampton or at various recreation centres in Oakville, including:

OAKVILLE POOLS

Centennial Pool
120 Navy Street

Glen Abbey
1415 Third Line

Iroquois Ridge
1051 Glenashton
Drive

**Queen Elizabeth
Park**
2302 Bridge Road

White Oaks Pool
1330 Montclair Drive

OAKVILLE ARENAS

Glen Abbey
1415 Third Line
Joshua's Creek
1663 North Service
Road East

River Oaks
2400 Sixth Line

**Sixteen Mile Sports
Complex**
3070 Neyagawa
Boulevard



REC SPORTS LEAGUES

The Davis and Trafalgar campuses have many options for playing recreational sports in a fun, co-ed, non-competitive, organized league. These recreational sports include: Soccer, Basketball, Volleyball, Hockey, Ultimate Frisbee, and Floorball. At the end of the season, awards are presented to Rec Sports champions. All sports can be played with as little as a one hour per week commitment which makes you eligible for the Co-Curricular record.

HOCKEY

Davis • Fall/Winter
Trafalgar • Fall/Winter

OUTDOOR SOCCER

Trafalgar • Fall

VOLLEYBALL

Davis • Fall
Trafalgar • Winter

INDOOR SOCCER

Davis • Fall
Trafalgar • Winter

BASKETBALL

Trafalgar • Fall
Davis • Winter

ULTIMATE FRISBEE

Trafalgar • Fall

FLOORBALL

Davis • Winter
Trafalgar • Winter

QUIDDITCH

Trafalgar • Fall

Offerings subject to change.



EXTRAMURAL SPORTS

Extramural sports are single-day recreational sport tournaments played against other colleges and universities, hosted by Sheridan or played off campus. Depending on the number of interested participants, tryouts may be needed to select team rosters. We are always open to exploring new extramural teams, but here are some that have competed in the past:

HOCKEY

SOCCER

BASKETBALL

POWER LIFTING

CRICKET

WOMEN'S FLAG FOOTBALL

ULTIMATE FRISBEE

DODGEBALL

GROUP FITNESS CLASSES



B-FIT BOOT CAMP

A full body workout with a moderate-high intensity targeting the major muscle groups. This class will help improve aerobic fitness as well as muscular strength, power, and endurance.

YOGA

This Yoga class is a gentle to mid pace practice in which you will utilize your breath while executing a variety of yoga postures. Great for increasing flexibility, alleviating stress, and developing muscle tone.

CYCLE FIT

Cycle your way to increasing your cardiorespiratory system with speed and endurance exercises. A great choice for those who enjoy a low impact activity.

PILATES

A program that combines Latin dance rhythms with easy to follow dance moves. Dance your way to fitness with Zumba. It's so much fun, you will forget you are even exercising.

PILATES

Pilates is the art of controlled movements with an emphasis on alignment, breathing, and developing a strong core. It improves flexibility, builds strength and develops endurance in the entire body.

WOMEN ON WEIGHTS

A womens only class that teaches proper weight-lifting etiquette, technique, and routine. It will improve posture, increase strength, and tone your body.

COMBAT CONDITIONING

This class allows you to test your limits physically and mentally. Strengthening your core while increasing your agility and physical toughness.

\$40 for 1 class (10 weeks of instruction)

\$10 for each additional class (10 weeks of instruction)

Classes in the fall term begin the week of September 16, 2019.

Classes in the winter term begin the week of January 20, 2020.

Offerings subject to change.

PERSONAL TRAINING

We want to offer no-hassle personal training. You can sign up for a multi-pack at a discounted rate, individual sessions, or for group training. We also offer a complimentary consultation to assess your goals and to determine if personal training is right for you. A personal training session consists of a 1 hour workout that includes a warm-up and cool down, as well as exercises that will help you reach your fitness goals. Our trainers are not just focused on your training sessions, but will also educate you when it comes to technique, safety, lifestyle changes, and nutritional advice.

Type	Single Session	10 pack
Student	\$25	\$200
Staff	\$35	\$300
Community	\$45	\$400
Group Training*	N/A	\$10/person

** Group training consists of 5 or more people, all prices are per session*

HOW TO GET INVOLVED

There is more to the Sheridan experience than just the classroom. Our objective in Athletics and Recreation is to create a safe, fun, inclusive environment where everyone can find the activities that will fuel their passion, drive their interest, and keep them active. We believe in a holistic wellness model that strives to make all members of Sheridan healthy, happy, and fit. This will create a cohesive community that celebrates what it means to be a Bruin.

To get involved in any of our recreation and fitness programming, speak with one of our client services representatives at the front desk of the Trafalgar or Davis Athletic Centres, or connect with one of our dedicated campus-specific recreation coordinators.

CAMPUS RECREATION COORDINATORS

DAVIS

Rory Cooper

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TRAFALGAR

Nadene Boothe

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905.845.9430 ext. 2086



After defeating the Humber Hawks in the OCAA Championships last season, the Men's Basketball team will look to defend their title in 2019.

IVARSITY SPORTS





BASKETBALL HOME SCHEDULE

October

22 | W 6pm • M 8pm

29 | W 6pm • M 8pm

vs. Fanshawe

vs. Humber

November

9 | W 2pm • M 4pm

23 | W 4pm • M 6pm

vs. Lambton

vs. St. Clair

January

10 | W 6pm • M 8pm

14 | W 6pm • M 8pm

19 | M 1pm

vs. Mohawk

vs. Niagara

vs. Canadore

February

1 | W 4pm • M 6pm

8 | W 1pm • M 3pm

vs. Redeemer

vs. Conestoga

ALL HOME GAMES PLAYED AT THE DAVIS CAMPUS IN BRAMPTON

CROSS COUNTRY SCHEDULE

September

14

22

28

St. Clair Invitational

Fleming Invitational

Seneca Invitational

October

5

19

26

Fanshawe Invitational

Centennial Invitational

OCAA Championship

November

8-9

CCAA Championship



MEN'S RUGBY SCHEDULE

September
28 | 2pm vs. Humber

October
11 | 3pm at Conestoga
19 | 11pm at Mohawk

ALL HOME GAMES PLAYED AT THE
TRAFALGAR CAMPUS IN OAKVILLE



WOMEN'S RUGBY SCHEDULE

September
21 Conestoga
28 Sheridan

October
5/6 Fleming
19 Seneca

November
2 OCAA Championship



SOCCER HOME SCHEDULE

September

14 | W 2pm

14 | M 4pm

15 | W 12pm

15 | M 2pm

vs. Lambton

vs. Lambton

vs. St. Clair

vs. St. Clair

October

5 | W 12pm

5 | M 2pm

9 | W 4:30pm

10 | M 4:30pm

vs. Niagara

vs. Niagara

vs. Mohawk

vs. Mohawk

ALL HOME GAMES PLAYED AT THE TRAFALGAR CAMPUS IN OAKVILLE

VOLLEYBALL HOME SCHEDULE

October

19 | W 1pm • M 3pm

vs. Mohawk

November

10 | W 1pm • M 3pm

vs. Humber

30 | W 6pm • M 8pm

vs. Boreal

December

1 | W 1pm • M 3pm

vs. Cambrian

January

9 | W 6pm • M 8pm

vs. Fanshawe

18 | W 1pm • M 3pm

vs. Redeemer

30 | W 6pm • M 8pm

vs. Conestoga

February

9 | W 1pm • M 3pm

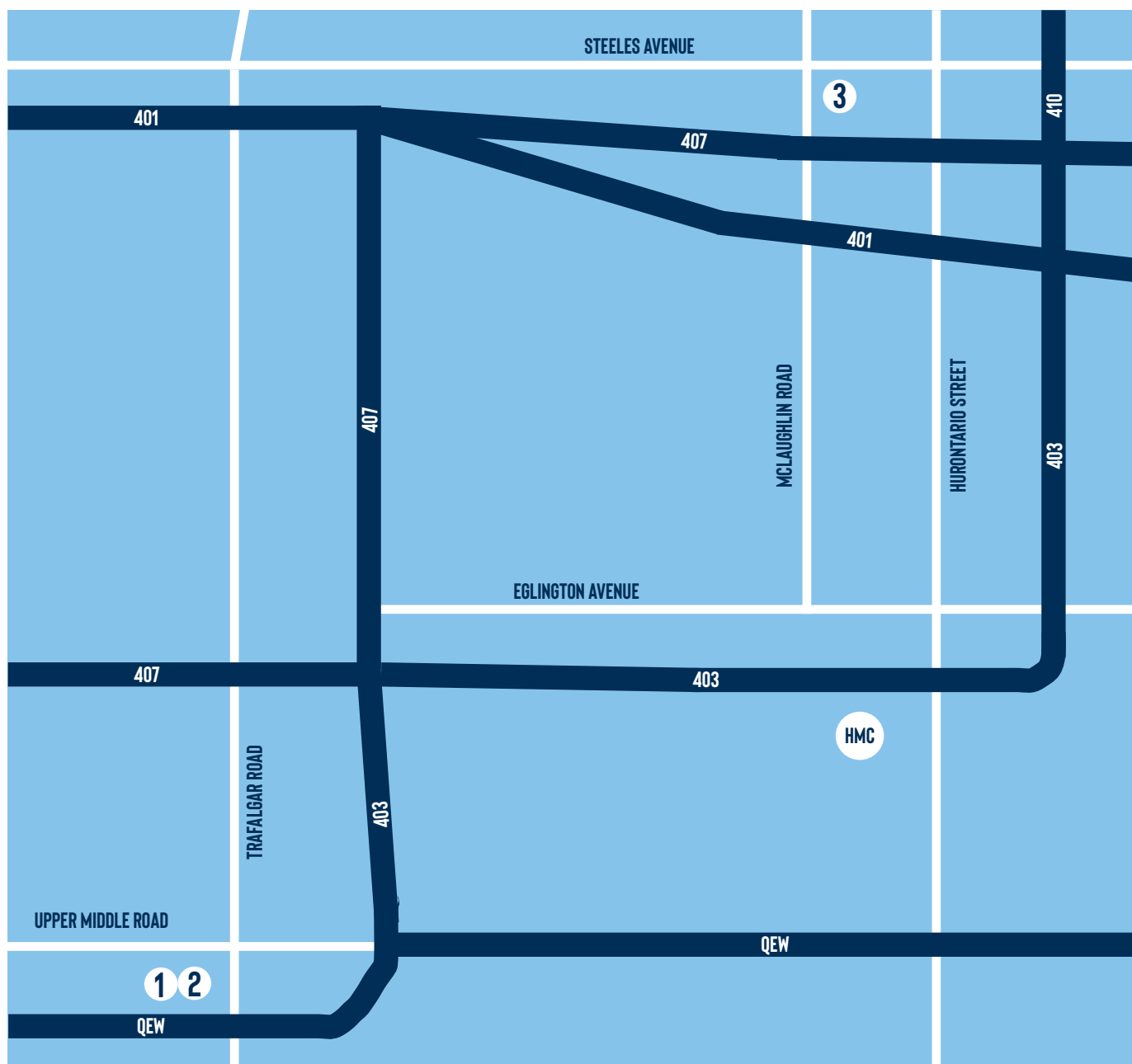
vs. Niagara

15 | W 6pm • M 8pm

vs. St. Clair

ALL HOME GAMES PLAYED AT THE TRAFALGAR CAMPUS IN OAKVILLE





HOME GAME LOCATIONS



SHERIDAN STADIUM | TRAFALGAR
HOME OF SHERIDAN RUGBY AND SOCCER



JM PORTER ATHLETIC CENTRE | TRAFALGAR
HOME OF SHERIDAN VOLLEYBALL



DAVIS CAMPUS GYM | DAVIS
HOME OF SHERIDAN BASKETBALL



**GET ATHLECTICS INFORMATION
IN THE PALM OF YOUR HAND.**