

RECREATION GUIDEBOOK



FALL/WINTER 2019-2020



 |  |  @MacRecreation
rec.mcmaster.ca | #macmoves



WELCOME.



We're committed to building a safe and inclusive space where diversity is celebrated. All members of our community are welcome to play, learn, and cheer with us.

www.marauders.ca/welcome

Welcome

Welcome to Athletics & Recreation at McMaster!

We are entering an exciting new era at McMaster with construction starting this fall on an expansion of A&R's facilities. And, thanks to our partnership with the McMaster Student Union, there will be some improvements you will love which are starting right now:

- A Pulse Fitness Centre membership is now included in your supplementary fees, so no need to buy a membership at the beginning of the year (for students represented by the MSU only). Just bring your student card with you when you enter David Braley Athletic Centre and the Pulse.
- Please check our dress code, gym etiquette and policies before your first workout, posted outside the Pulse and on our website: marauders.ca.
- Reduced fees for yoga, pilates and intramural programmes.
- An expansion of the Pulse with construction expected to start in spring 2019. You will have an opportunity to give us your feedback on what you want! Details to be announced.

We are also proud that McMaster has recently joined the world's health-promoting universities and colleges in signing the Okanagan Charter, dedicated to advancing human and societal health and wellbeing. The Charter encourages higher education institutions to embed health into all aspects of campus culture, across the administration, operations and academic mandates as well as to lead health promotion action and collaboration locally and globally. A&R will be playing a key role in this very important call to action for our university community.

Statement of Dignity & Inclusion

As the Department of Athletics & Recreation at McMaster University:

- We're committed to building a safe and inclusive space where diversity is celebrated.
- We recognize, value and encourage celebration of the human differences that surround us.
- We ask all members of our community to participate in fostering this spirit.

Any expressions of bigotry, hatred, prejudice or disrespect are inconsistent with the ideals of preserving human dignity and our goal of cultivating the human potential in everyone, and have no place in our community.

LGBTQ Inclusion in Sport & Recreation

As leaders in sport and recreation, and as a key player in U Sport's Pilot Project to Address Homophobia in University Sport, it is important that we expressly note that all members of our community, including lesbian, gay, bisexual, trans-gender and queer athletes, students and staff, are welcome to play, learn and cheer with us. If you need support, have new program ideas, have concerns or want more information, please contact the Manager of Recreation Services, Debbie Marinoff Shupe at marinof@mcmaster.ca or the QSCC Coordinator at qsc@msu.admin.mcmaster.ca.

Accessible Sport & Recreation Programs

We are committed to working proactively to ensure members of all abilities are able to access our facilities, programs and events. We welcome feedback on ways to better serve all members, especially with respect to accessibility. Some specific services and equipment that are available include:

- Accessible lift is available for use in the pool.
- Two Sport Wheelchairs are available for sign out at the service desk.
- The Hippocampe All Terrain Wheel Chair (contact Wayne Terryberry at terryber@mcmaster.ca to sign it out).
- SNAP (Special Needs Assistance Program) – details can be found on page 35 of the guide.
- Parasport options and accommodations in our Intramural Sports programme (contact intramurals@mcmaster.ca for details).

Please notify program area staff or contact Debbie Marinoff Shupe, Manager of Recreation Services, at marinof@mcmaster.ca or 905.525.9140 x24640 if you require support or accommodations accessing any of our programs or facilities.

McMaster University sits on the traditional Territories of the Mississauga and Haudenosaunee Nations, and within the lands protected by the "Dish With One Spoon" wampum agreement.





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McMASTER RECREATION

Open House



Join us for our
"Free To Try Mac"
Open House!

We've got Yoga,
Martial Arts, Dance
Classes, & more!

September 15 - 21, 2019 | David Braley Athletic Centre
Open to the Public | Schedule at rec.mcmaster.ca

#MacMoves



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Facilities and Information

HOURS OF OPERATION

August 27, 2018 – April 21, 2019

David Braley Athletic Centre Ivor Wynne Centre:

905.525.9140 x24612
reconline@mcmaster.ca

Monday to Friday:
6:00am–12:30am
Locker rooms open until 1:00am

Saturday and Sunday:
8:30am–10:30pm
Locker rooms open until 11:00pm

Address:

McMaster University
Department of Athletics and Recreation
David Braley Athletic Centre
1280 Main Street W.
Hamilton, ON L8S 4K1

The Pulse (WB110 – DBAC):

905.525.9140 x27644
thepulse@mcmaster.ca

Monday to Friday:
6:00am–12:30am
Locker rooms open until 1:00am

Saturday and Sunday:
8:30am–10:30pm
Locker rooms open until 11:00pm

The Pop-up Pulse

Monday to Thursday
10:00am–10:00pm
Friday
10:00am–5:00pm

Registration Office (WG101 – DBAC):

905.525.9140 x24464
reconline@mcmaster.ca

Monday to Friday:
9:00am–5:00pm

Extended Hours:

September 3–6 & January 6–10

Monday to Thursday:
9:00am–6:00pm

Friday:
9:00am–5:00pm

Holiday Closures:

September 2, 2019
October 14, 2019
December 24, 2019 to January 1, 2020
(December 24 open 6:00am–12:00pm)
February 17, 2020
April 10, 12, 2020

For programme or membership
information contact:

905.525.9140 x24464
or email reconline@mcmaster.ca

Note: Significant construction, renovations
and special events may also affect access.
Schedule is subject to change without notice.

Exam Building Hours:

December 16–23 & April 20–May 1

Monday to Friday:
6:00am–11:00pm
Locker rooms open until 11:30pm

Saturday and Sunday:
8:30am–5:00pm
Locker rooms open until 5:30pm



RECREATION APP! *Quick Info At Your Finger Tips*



Building Hours



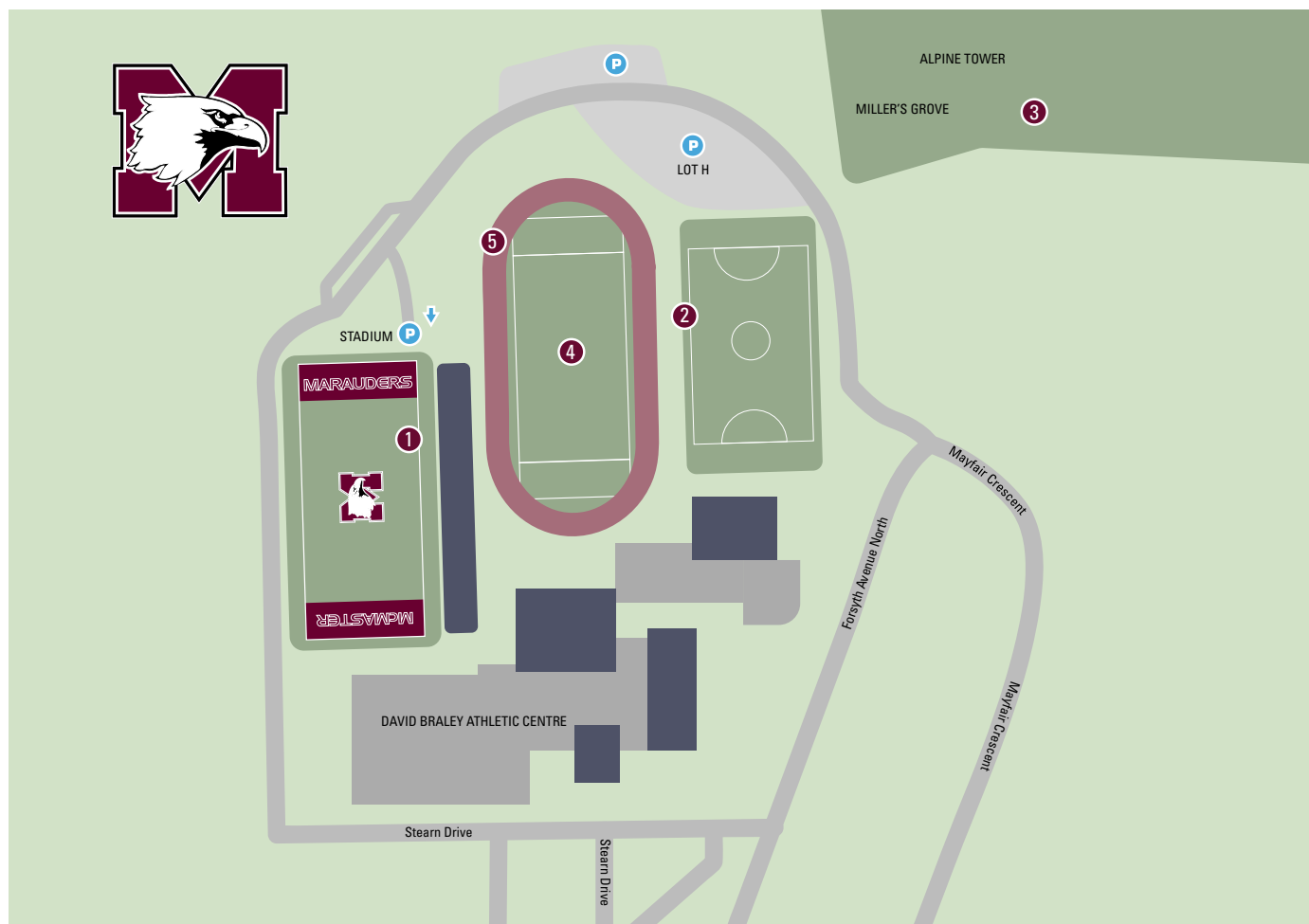
Get information on last
minute cancellations or
closures



Schedules for all
recreation offerings.
Create your own favourite
schedule.



Search: McMaster Recreation



Fields	
1. Ron Joyce Stadium Les Prince Field	Seating Capacity: 5,500 (Soccer, Football, Ultimate)
2. Alumni Field	Seating Capacity: 750 (Soccer, Football, Lacrosse, Field Hockey, Ultimate)
3. Back 10 Natural Turf Fields	(Soccer, Football, Ultimate)
4. Track Turf Field (Field B)	(Soccer, Football, Ultimate)
5. Outdoor Track	Track includes Field B
Field Lights	Ron Joyce Stadium, Alumni, Field B

RENTALS

For more information, please see rec.mcmaster.ca/facilities or contact: TJ Kelly, kellyt@mcmaster.ca.

We recommend parking in the Stadium Parking Lot or Lot H to access all Athletics & Recreation Facilities.





CONSTRUCTION UNDERWAY

Please be aware that construction will cause some activity space closures, and possible disruption of programs and services.

COMING IN 2021

60,000 square foot expansion of the
David Braley Athletic Centre

New 40,000 square foot Student
Activity Building

Facility closures will be announced on
marauders.ca or on **@MacRecreation**
@McMasterPulse & @McMasterSports



Facilities and Information

GENERAL INQUIRIES & REGISTRATION INFORMATION

Registration

Begins August 1 (fall) and Dec 1 (winter) for instructional programs. Registrations are in-person, mail, fax or on-line. To avoid disappointment, register early. Registration will be accepted on a first-come, first-serve basis.

Cancellations/Changes

Class sizes, in most cases will be limited. You will be contacted by phone if the program is cancelled or full. Recreation Services reserves the right to cancel or combine any class with insufficient registration or change the time, location or fee if necessary.

Fees/Payment

All instructional fees quoted include the H.S.T. unless otherwise noted. Accepted forms of payment are cash, cheque, debit card, VISA, Mastercard and AMEX.

Refunds

Refunds are subject to prorating and refunds will not be processed after the half way point of a program. Refunds less than \$10.00 will be credited to your account. NSF cheques are assessed a \$55.00 administrative fee.

Facilities

50 metre - 6 lane pool, 200 metre indoor track, 400 metre outdoor track, indoor climbing wall, sprung hardwood and composite floor gymnasiums, 50 ft Alpine Tower, sprung hardwood floor dance studios, squash courts, practise fields, sauna, Mindfulness Center and outdoor fitness circuit. The Pulse Fitness Centre is an extensive supervised facility containing stationary bikes, stair climbers, treadmills, rowing machines, free weights, weight machines, a group fitness studio, the Hank Ray Cycling Studio and the Feather Family Climbing Wall.



“You can always count on us.”™

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SERVICE PACKAGES

Must have validated McMaster Student ID or current recreation membership to purchase any of the following services. Other terms are available, please contact the Registration Office at x24464.

For non-student rates (alumni, employees, community, etc.) please call 905.525.9140 x24464 or refer to rec.mcmaster.ca.

Pulse membership includes access to all cardio equipment, climbing wall, fitness classes including cycling and weight equipment in the Pulse only.

* Please ensure your belongings are secured at all times. Management is not responsible for lost, damaged or stolen personal property.

Category	Monthly	Annual
Pulse Membership McMaster Undergraduate Student represented by the MSU	Free (included in supplementary fees paid to the university)	Free (included in supplementary fees paid to the university)
Pulse Membership All other students (Graduate students, Part-time undergraduate students and all students not represented by the MSU)	\$26/month (\$23.01 + 2.99 HST)	\$260/year (\$230.09 + 29.91 HST)
Towel Service	\$7/month (\$6.19 + 0.81 HST)	\$70/year (\$61.95 + 8.05 HST)
Half Locker*	\$6/month (\$5.31 + 0.69 HST)	\$60/year (\$53.10 + 6.90 HST)
Full Locker*	\$8/month (\$7.08 + 0.92 HST)	\$80/year (\$70.80 + 9.20 HST)

*Limited lockers are available and will be sold on a first come, first served basis.

I. Administrative Fees

- a. Clean out of lockers **\$10**
- b. A One Time Grace Pass is provided once per term for misplaced Rec Cards, fee will apply for each subsequent misplaced rec card. **\$2**
- c. Refunds or payroll deduction cancellations prior to completion commitment **\$15**
- d. NSF cheque returned fee **\$55**

II. Rentals

- a. Guest locks or guest towels per visit
Towels **\$2**
Locks **\$1**
- b. Squash Racquets **\$5**

III. Replacement Charges/Lost Apparel

(not including H.S.T.)

- a. Basketball, Football, Rugby ball, Soccer ball or Volleyball **\$50**
- b. Badminton shuttle **\$5**
- c. Lock & Tag **\$20**
- d. Squash/Badminton Racquets **\$60**
- e. Squash Goggles **\$10**
- f. Table Tennis equipment **\$10**
- g. Towel **\$15**

IV. One Day Membership (including H.S.T.)

(allows Pulse access for a full day, not including Indoor Track)

- a. Students (High School and Visiting), Alumni **\$10**
- b. Community **\$13**



OPERATING GUIDELINES

Please follow these rules while using the Athletic & Recreation Centre. Other A&R rules applicable to a specific area are posted throughout the building and must be followed.

1. All visitors must report to the Joan Buddle Service Desk. Service Staff may ask you to present proper ID. You may be asked to leave the building if you fail to provide the proper identification or proof of membership.
2. Recreation Members may keep articles locked in temporary day lockers only during period of facility use (rental lockers excepted). Day lockers left overnight with locks attached will have their locks removed and contents will be secured by staff. There is a fee to retrieve secured articles. Management is not responsible for lost, damaged or stolen personal property. We strongly recommend you secure all your belongings at all times in the facility.
3. Guests are welcome to use the Athletics & Recreation Centre but must be sponsored by a current member to purchase guest passes. Guest fee payments are made at the Service Desk.
4. Facility use privileges are non-transferable. Recreation/ Pulse memberships are for use by purchasing member only. If a Non-member is found fraudulently using a membership, both member and Non-member will lose current and future membership privileges and the Student Code of Conduct protocols will be followed.
5. No personal locks are permitted on rental lockers unless authorized by the Department of Athletics & Recreation. All personal belongings must be removed from rented lockers by the expiry date of your service. Any and all articles left behind are assumed unwanted by their owner and will be disposed of after two months in accordance with the University policy regarding lost and found articles. Management is not responsible for lost, damaged or stolen personal property. We strongly recommend you secure all your belongings at all times in the facility.
6. It is important that participants wear appropriate foot wear when participating in the activity areas within the ARC. "Street Wear" shoes are not allowed in indoor play areas.
7. Inappropriate behaviour such as swearing and physical or verbal abuse will result in the immediate loss of all current and future membership privileges.
8. Please read all posted signage. Signs are posted to inform users of rules, proper etiquette, and upcoming events/ closures.
9. For your safety: Equipment set-up is to be performed by trained staff only. Unauthorized movement or set-up of equipment will result in a request to leave and possible membership suspension.
10. Use of Cellphones and cameras is prohibited in the change room areas. Please refrain from using your phone/cameras while in these spaces.

Play Safe

We want your experience in the Athletics and Recreation Complex and Stadium to be fun, enjoyable and good stress relief from the pressures of studying! There are many inherent risks of sport and activity. By following some simple safety rules you can help prevent injuries and play safe.

1. Have you eaten today? Make sure you eat a healthy meal and hydrate well before any kind of work out or activity (usually an hour or more prior to exercise).
2. Drink water while working out to prevent dehydration.
3. Warm up adequately for the sport or activity you are playing. If you need some ideas, speak to the personal trainers in the Pulse.
4. Wear all mandatory and recommended safety equipment for your sport – eye goggles are mandatory for playing squash, wear a helmet while skate boarding, cycling or in-line skating. Use safety harnesses during climbing activities.
5. In the locker rooms, wear flip flops in the shower and dry off after showering before entering the locker area.
6. In the Pulse, remember to put your equipment away after use and take extra precautions when putting dumbbells back onto the rack to avoid pinched fingers. Ask a trainer if you are unfamiliar with the use of a particular piece of equipment. They are there to help!
7. Moving soccer, basketball and volleyball nets can be dangerous if you are not trained. Please do not move them, just ask for assistance from the Service Desk.
8. Know your limit! Everyone has good days and bad days. Listen to your body and only push yourself when it is appropriate and take days off of activity when it makes sense for you.
9. Remember it's just a game! **There is zero tolerance for aggressive physical or verbal abuse.**
10. Remember - If you do get injured, assistance is available at the Pulse front desk and the DBAC Service Desk. The Sport Medicine and Rehabilitation Centre can help you get back to playing through a variety of health care services.

OPEN RECREATION: PICK UP

Unstructured and informal sports occur in most facilities at various times of the day and week. The schedule and location for all drop in activities can be found on the Get Rec'd McMaster App, the marauders.ca website or by calling 905.525.9140 x24612.

Please note that your student card/membership card must be presented on request.

- Badminton
- Basketball
- Climbing Wall (see page 37 for hours)
- Meditation
- Outdoor Boulder Climbing and Fitness Circuit (north side of the track)
- Outdoor Field Sports – Football, Soccer, Rugby and Ultimate Frisbee
- Squash – Please note that eye protection is mandatory and shoes must be non-marking
- Skateboarding – Please note helmets and wrist guards are mandatory
- Soccer, indoor and outdoor
- Swimming (see page 18 for hours)
- Table Tennis
- Tennis, Indoor
- Track, Indoor and Outdoor
- Volleyball



905.525.9140 x24612



rec.mcmaster.ca



reconline@mcmaster.ca

Registration Information

REGISTRATION NOW AVAILABLE ONLINE:

How do I get started?

1. To find dates and information about our programs, go to rec.mcmaster.ca/programs and choose **Classes**
2. Choose a class type to get details first, then proceed to **Register Online**

For Students

1. Click on **Sign In**
2. Click on **McMaster Login** and use your Mosaic username and password to log in
3. Click on **View Programs**
4. Select the desired program and **register**

For Non-Students

1. All non-students must create a new account to be added onto our new system. On the top right corner, click **Sign Up**
2. After signing up, an email will be sent to your email address with a link to **activate your account**
3. After activating, **log in**
4. Click on **View Programs**
5. Select the desired program and **register**

Who Can Register?

Instructional Programs are open to everyone; highschool age and up, unless otherwise noted.

For more information or assistance, e-mail us at reconline@mcmaster.ca or call us at 905-525-9140 ext 24464

Please note: First Aid courses are not available for online registration and must be done via fax, mail or in person.

Forms can be found under Instructional Programs, First Aid on our website www.marauders.ca/instructional

marauders.ca/instructional

Instructional Programs open to everyone!

**McMASTER STUDENTS
RECEIVE MEMBER RATES!**

Swimming

Swim to Survive Swimming Lessons for Adults

Do you want to learn how to swim in a safe and inclusive environment? It's not too late to learn! This program is designed for adults who need special attention to overcome their fear of the water. You will receive private or semi-private instruction during a quiet time in the pool with patient instructors who have a passion for teaching people how to swim. We accommodate requests for women and men only lesson time. Space is limited. There are 5 classes per session and missed classes are not rescheduled.

Mac Student or Member: \$55.00 Non-Member: \$96.00

Starts	Ends	Day	Time
11-Sep-2019	9-Oct-2019	Wed	Choose from three half hour options: 9:30am; 10:00am; 10:30am
23-Oct-2019	27-Nov-2019	Wed	Choose from three half hour options: 9:30am; 10:00am; 10:30am
8-Jan-2020	5-Feb-2020	Wed	Choose from three half hour options: 9:30am; 10:00am; 10:30am
26-Feb-2020	25-Mar-2020	Wed	Choose from three half hour options: 9:30am; 10:00am; 10:30am

*No Class Nov 6

Lifesaving Society (LSS) Swim for Life Adult Lessons

Whether you're just starting out or just want help with your strokes, our Adult Program is for you. No matter your age, you can set your own goals and work with a certified instructor to learn to swim, or improve your current swimming ability and fitness in a group format. 10 Lessons per term and missed classes are not rescheduled.

Mac Student or Member: \$55.00 Non-Member: \$96.00

LSS 1: This program works towards a 10–15m swim on your front and back. You will do jump entries from the side and recover an object from the bottom of chest deep water. Improve your fitness and flutter kick throughout this course.

Starts	End	Day	Time
15-Sep-2019	1-Dec-2019	Sunday	6:15pm–7:00pm
15-Sep-2019	1-Dec-2019	Sunday	7:00pm–7:45pm
15-Sep-2019	1-Dec-2019	Sunday	7:45pm–8:30pm
12-Jan-2020	29-Mar-2020	Sunday	6:15pm–7:00pm
12-Jan-2020	29-Mar-2020	Sunday	7:00pm–7:45pm
12-Jan-2020	29-Mar-2020	Sunday	7:45pm–8:30pm

*No Classes Oct 13, Oct 20, Feb 16, Mar 15

LSS 2: Kick it up a notch working towards lengths of front and backcrawl. You will work on doing dive entries, as well as working on breaststroke arms and breathing over 10–15m. Additionally, you will practice supporting yourself at the surface of deep water for 1-2 minutes.

Starts	Ends	Day	Time
15-Sep-2019	1-Dec-2019	Sunday	7:00pm–7:45pm
15-Sep-2019	1-Dec-2019	Sunday	7:45pm–8:30pm
12-Jan-2020	29-Mar-2020	Sunday	7:00pm–7:45pm
12-Jan-2020	29-Mar-2020	Sunday	7:45pm–8:30pm

*No Classes Oct 13, Oct 20, Feb 16, Mar 15

Private and Semi-Private Swimming Lessons

McMaster University offers private or semi-private lessons for all ages consisting of one, two or three participants. Lessons can be tailored to suit personal goals, such as stroke improvement or can follow the Lifesaving Society Program. Please note that participants must generate the groups for semi-private lessons themselves and that the participants should be close in swimming ability. Contact the Lessons Coordinator at mcmasterpool@gmail.com or at 905.525.9140 x27526 for details. 10 Lessons per term and missed classes are not rescheduled.

Private (1 participant):	\$26/lesson	\$260.00
Semi-private A (2 participants):	\$21/lesson/person	\$210.00
Semi-private B (3 participants):	\$18/lesson/person	\$180.00

Starts	Ends	Day
15-Sep-2019	1-Dec-2019	Sunday
12-Jan-2020	29-Mar-2020	Sunday

*No Classes Oct 13, Oct 20, Feb 16, Mar 15

Time

Choose from nine half hour options:

4:00pm; 4:30pm; 5:00pm; 5:30pm;
6:00pm; 6:30pm; 7:00pm; 7:30pm, 8:00pm

RECREATIONAL SWIM

Swimming Drop-in Times

All recreational swims are open to McMaster students and recreation members only. We encourage all members of the McMaster community to use the pool. For all pool users who require additional change room privacy, we suggest using the Alternative Change Room and lockers off the pool deck. Modesty swimwear (full or partial body covering) is welcome at McMaster.

Note: The Drop-in Recreation Swim schedule is subject to cancellations due to special events.

Email mcmasterpool@gmail.com to be added to the update schedule or download the McMaster Recreation App for up-to-date weekly schedules.

SCHEDULE IN EFFECT September 9, 2019–April 26, 2020 | **Closed** December 24, 2019–January 1, 2020

Day	Time	Pool Set-up
Monday	7:30am–8:30am 11:30am–1:30pm 4:30pm–5:30pm 8:00pm–8:45pm 10:30pm–11:30pm	Shallow End Lengths Shallow End Lengths, Deep End Leisure Shallow End Lengths Shallow End Lengths Deep End Lengths
Tuesday	7:30am–8:30am 11:30am–1:30pm 1:30pm–2:30pm 4:30pm–5:30pm 8:15pm–9:15pm 10:00pm–11:00pm	Long Course Lengths Long Course Lengths Women's Only Long Course Lengths (2 lanes) Shallow End Lengths Deep End Lengths
Wednesday	7:30am–8:30am 8:30am–9:30am 11:30am–1:30pm 1:30pm–2:30pm 4:30pm–5:30pm 10:30pm–11:30pm	Shallow End Lengths Men's Only Shallow End Lengths, Deep End Leisure Women's Only Shallow End Lengths Deep End Lengths
Thursday	7:30am–8:30am 11:30am–1:30pm 4:30pm–5:30pm 8:15pm–9:15pm 10:30pm–11:30pm	Long Course Lengths Long Course Lengths Long Course Lengths (2 lanes) Shallow End Lengths Shallow End Lengths
Friday	7:30am–8:30am 11:30am–1:30pm 4:30pm–5:30pm 10:00pm–11:00pm	Shallow End Lengths Shallow End Lengths, Deep End Leisure Shallow End Lengths Deep End Lengths
Sunday	8:30pm–10:00pm	Shallow End Lengths & Leisure, Deep End Leisure

Trans Friendly Swims

Everyone is welcome to join in an open social swim for students and friends. All sexual orientations, and all gender identities are welcome. The pool will be set up for innertube waterpolo and other games and activities.

Saturday, September 21: 7:30pm–8:30pm

Saturday, January 18: 7:30pm–8:30pm

LIFESAVING LEADERSHIP

Bronze Medallion and Emergency First Aid (Fall Term)

Prerequisite: Must be 13 years old by the last day of course or completion of Bronze Star.

This course will teach advanced lifesaving techniques for rescues involving conscious and unconscious victims in varying water depths. Applications of resuscitation techniques and emergency procedures are learned as well. Participants will develop stroke efficiency and endurance in timed swims. 100% attendance is recommended.

Mac Student/Member: \$205.00 Non-Member: \$220.00

Starts	Ends	Day	Time
15-Sep-2019	1-Dec-2019	Sunday	6:00pm–8:30pm

*No Classes Oct 13, Oct 20

Bronze Cross and Standard First Aid

Prerequisite: Proof of completion of Bronze Medallion and Emergency First Aid with CPR B.

Bronze Cross builds on the water rescue skills and first aid knowledge gained during Bronze Medallion. This course will also provide an introduction to safe supervision of aquatic facilities. It is a prerequisite for all advanced training programs including National Lifeguard and Instructor certifications. 100% attendance is recommended.

Mac Student/Member: \$211.00 Non-Member: \$223.00

Starts	Ends	Day	Time
12-Jan-2020	29-Mar-2020	Sunday	6:00pm–9:30pm

*No Classes Feb 16, Mar 15

National Lifeguard (NL) Re-Certification (Pool Option)

Prerequisite: Proof of previous national Lifeguard Certification not exceeding 3 years from certification date.

NL re-certification provides an opportunity to demonstrate your skills and recertify your awards. Class will run based on demand. Contact mcmasterpool@gmail.com to be added to the interest list.

Swim Training For All (including Masters and Triathletes)

If you are looking for a swimming experience that is more intense than recreation then this is the program for you! This program is adapted for participants from novice to advanced swimming abilities. Workouts are offered 5 times a week so participants have a greater flexibility to choose which and how many workouts they would like to attend. Create the program that works best for you. Swimmers should be able to complete a minimum of 200m.

This programme is offered through the Golden Horseshoe Aquatic Club. A variety of days and times are available.

See ghacswimming.ca for details.



Children/Youth Programs

Superhero Training Academy (STA)

The Superhero Training Academy is a fitness program designed specifically for children and youth with special needs. The program focuses on improving fitness fundamentals, such as balance, flexibility, coordination and strength, while also promoting the development of social skills, such as listening to instructions and working co-operatively in groups. In order to achieve these goals, children receive the undivided attention of one or two dedicated McMaster student volunteers. Parents are welcome to stay and observe. For further details contact the program coordinator at sta@mcmaster.ca.

DBAC Member: \$110.00 Non-Member: \$130.00

STA (ages 5–12)

Starts	Ends	Day	Time
21-Sep-2019	30-Nov-2019	Saturday	9:30am–10:30am
18-Jan-2020	28-Mar-2020	Saturday	9:30am–10:30am

*No class October 12, 2019 and February 15, 2020

STA (ages 13–20)

Starts	Ends	Day	Time
21-Sep-2019	30-Nov-2019	Saturday	10:40am–11:40am
18-Jan-2020	28-Mar-2020	Saturday	10:40am–11:40am

*No class October 12, 2019 & February 15, 2020

VOLUNTEER OPPORTUNITY:

If you are interested in volunteering with the Superhero Training Academy program please contact us today!

Email: sta@mcmaster.ca.

Altitude – Youth Climbing Club

Youth Climbing Club is a fun and challenging introduction to rock climbing. This course is designed for youth ages 8–12 with a desire to climb and learn the skills required to get started in the world of climbing. You will learn: how to tie knots, proper belay technique: climbing techniques; and team skills all under the guidance of experienced rock climbers. Designed for both experienced and non-experienced youth climbers. The course is nine sessions including a session on our Alpine Tower.

Fee: \$149.00

Starts	Ends	Day	Time
21-Sep-2019	23-Nov-2019	Saturday	10:00am–11:30am
11-Jan-2020	21-Mar-2020	Saturday	10:00am–11:30am

*No class October 12, 2019 & February 15, 22, 2020



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Dance

Instructional dance classes are designed to help you develop your skills over a series of lessons. Many of our instructors are highly experienced in their field with professional backgrounds. These classes give you an opportunity to learn from some of the best at discounted rates. All classes are open to try the first week. Registered McMaster students receive the member rate.

Ballet – Beginner

An introduction to ballet techniques. Posture, foot and arm placements, steps and gestures are included, both on the floor, at the barre and in the centre.

Instructor: Irina Aoucheva – Monday

Evguenia Sergueeva – Tuesday

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
16-Sep-2019	25-Nov-2019	Monday	4:00pm–4:55pm
17-Sep-2019	26-Nov-2019	Tuesday	10:30am–11:25am
13-Jan-2020	23-Mar-2020	Monday	4:00pm–4:55pm
14-Jan-2020	24-Mar-2020	Tuesday	10:30am–11:25am

Location: Mindfulness Centre

Ballet – Beginner/Intermediate

This 75 minute class is designed for students whose level is between beginner and intermediate levels. Aspects of each level will be included.

Instructor: Irina Aoucheva – Monday

Evguenia Sergueeva – Tuesday

Mac Student/Member: \$65.00 Non-Member: \$119.00

Starts	Ends	Day	Time
16-Sep-2019	25-Nov-2019	Monday	2:30pm–3:45pm
17-Sep-2019	26-Nov-2019	Tuesday	11:30am–12:45pm
13-Jan-2020	23-Mar-2020	Monday	2:30pm–3:45pm
14-Jan-2020	24-Mar-2020	Tuesday	11:30am–12:45pm

Location: Mindfulness Centre

Ballroom – Beginner 1

Join us and learn many of the traditional social dances – Tango, waltz, foxtrot, samba, rumba, cha cha and jive. No partner needed. Instructor: Sheri Gay.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
20-Sep-2019	29-Nov-2019	Friday	5:30pm–6:25pm
17-Jan-2020	27-Mar-2020	Friday	5:30pm–6:25pm

Location: Mindfulness Centre

Ballroom – Beginner 2

This class is for dancers who are past the basics or who have proficiency in other dance styles. Join us and work on many of the traditional social dances – Waltz, foxtrot, samba, rumba, cha cha, jive and tango. No partner needed. Instructor: Sheri Gay.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
20-Sep-2019	29-Nov-2019	Friday	5:30pm–6:25pm
17-Jan-2020	27-Mar-2020	Friday	5:30pm–6:25pm

Location: Mindfulness Centre

 **905.525.9140 x24464**

 **rec.mcmaster.ca**

 **reconline@mcmaster.ca**

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Belly Dance – Beginner

Want to learn how to Belly Dance but have never tried? This class is for you! Students will learn basic shimmies and undulations, subtle hand and hip movements and develop a personal style to Middle Eastern rhythms, with an emphasis on fun!

Instructor: Laura Varga.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
17-Sep-2019	26-Nov-2019	Tuesday	4:30pm–5:25pm
14-Jan-2020	24-Mar-2020	Tuesday	4:30pm–5:25pm

Location: Mindfulness Centre

Hip Hop – Beginner

Learn those Hip Hop moves with an emphasis on energy, rhythm and articulation. Instructor: Kevin Vong.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
18-Sep-2019	27-Nov-2019	Wednesday	5:00pm–5:55pm
15-Jan-2020	25-Mar-2020	Wednesday	5:00pm–5:55pm

Location: Mindfulness Centre

Hip Hop – Intermediate

Take your hip hop skills a step further and learn some new moves. Some hip hop experience or other dance background recommended. Instructor: Kevin Vong.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
19-Sep-2019	28-Nov-2019	Thursday	5:00pm–5:55pm
16-Jan-2020	26-Mar-2020	Thursday	5:00pm–5:55pm

Location: Mindfulness Centre

Latin – Beginner

Students are introduced to the hot ‘club style’ Latin rhythms danced in North America. Dance styles include the Salsa & Bachata with an emphasis on Salsa. Learn some steps you can do on your own, or with a partner.

Instructor: Sean Quinlan.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
19-Sep-2019	28-Nov-2019	Thursday	6:00pm–6:55pm
16-Jan-2020	26-Mar-2020	Thursday	6:00pm–6:55pm

Location: Mindfulness Centre

Latin – Intermediate

Students continue to work on the Latin rhythms of the Salsa, Bachata and Merengue. Previous experience required.

Instructor: Sean Quinlan.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
19-Sep-2019	28-Nov-2019	Thursday	7:00pm–7:55pm
16-Jan-2020	26-Mar-2020	Thursday	7:00pm–7:55pm

Location: Mindfulness Centre

Lyrical/Contemporary

Lyrical Dance is a fusion of styles that often uses techniques from jazz and ballet combined to create free movement. Students will have the opportunity to learn choreographic routines that will allow them to express various emotions. Although technique is important, this class will stress the importance of showing your style and who you are as a dancer through the movement. Lyrical can be very ‘outside the box’ allowing a dancer to get out of everyday stresses and worries and simply explore. Instructor: Melanie DeMelo.

Mac Student/Member: \$52.00 Non-Member: \$95.00

Starts	Ends	Day	Time
17-Sep-2019	26-Nov-2019	Tuesday	8:30pm–9:25pm
14-Jan-2020	24-Mar-2020	Tuesday	8:30pm–9:25pm

Location: Mindfulness Centre



905.525.9140 x24464



rec.mcmaster.ca



reconline@mcmaster.ca

First Aid

First Aid – Standard (Red Cross)

This is a comprehensive course that provides training for dealing with life-threatening situations. Topics covered include all the material in Emergency First Aid (choking treatment, CPR, severe bleeding, shock, etc.) plus poisoning, bone and joint injuries, hypothermia, moving a first aid casualty, and medical conditions such as diabetic crisis, convulsions, heart attack and stroke (CPR component is equivalent to CPR C). Certification is in effect for 3 years. A First Aid Recertification course can be taken once only before expiry, again effective for 3 years. All courses are held in DBAC, meeting room WB113. Online registration not available. Please contact our business office at 905.525.9140 x24464, or email reconline@mcmaster.ca, or go in person to DBAC, WG 101.

Mac Student/Member: \$99.00 Non-Member: \$145.00

Starts	Ends	Day	Time
28-Sep-2019	29-Sep-2019	Sat/Sun	9:00am–5:00pm
16-Nov-2019	17-Nov-2019	Sat/Sun	9:00am–5:00pm
1-Feb-2020	2-Feb-2020	Sat/Sun	9:00am–5:00pm
21-Mar-2020	22-Mar-2020	Sat/Sun	9:00am–5:00pm

Location: WB113, DBAC

First Aid – Standard Recertification

You must be currently Red Cross Standard First Aid certified to take this course. Prerequisite is proof of a Red Cross Standard First Aid certification dated within 3 years. Includes CPR level C. Upon course completion, certification is in effect for 3 years. To remain certified following that, the full Standard First Aid course must be completed. All courses held in DBAC, Meeting room WB113. Online registration not available. Please contact our business office at 905.525.9140 x24464, or email reconline@mcmaster.ca, or go in person to DBAC, WG 101.

Mac Student/Member: \$72.00 Non-Member: \$99.00

Starts	Ends	Day	Time
27-Oct-2019	27-Oct-2019	Sunday	9:00am–5:00pm
1-Mar-2020	1-Mar-2020	Sunday	9:00am–5:00pm

Location: WB113, DBAC



Instructional Classes

Fencing

Try Fencing! Improve your coordination and reflexes and have fun doing it! Dave O'Donnell, Head Coach of the McMaster Varsity Fencing Team as well as varsity members will lead these classes. This program is not offered in the winter and is restricted to McMaster students, staff and faculty only.

Fee (all participants): \$112.00

Starts	Ends	Day	Time
16-Sep-2019	18-Nov-2019	Monday	8:00pm–10:00pm

Location: Sport Hall West

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Korean Sword

Korean Sword is the art of swordfighting. Basic sword techniques and stances will be taught and drilled with emphasis on control, endurance, speed and strength. A typical session begins with extensive warmup, then basic training, a series of repetitive cuts and stances, followed by traditional patterns (forms). Students are encouraged to purchase their own wooden practice swords (bokken, mokgum), available through our Recreation Business Office WG101 after September 4, however there will be some bokkens for borrowing at the start of the course. Instructor: Stephen Smith.

Mac Student/Member: \$76.00 Non-Member: \$150.00

Starts	Ends	Day	Time
16-Sep-2019	27-Nov-2019	Monday & Wednesday	7:00pm–7:55pm 7:30pm–8:25pm
13-Jan-2020	25-Mar-2020	Monday & Wednesday	7:00pm–7:55pm 7:30pm–8:25pm

**Location:
Monday-Mindfulness Centre | Wednesday-Rosehill Studio**

Karate – *Beginner*

Join Sensei Phil McColl in this very popular and dynamic program at McMaster, designed for all belt levels that includes Goju Ryu and Kobudo (weaponry) styles. Sensei McColl has developed well over 50 quality black belts and has been a well-known, outstanding instructor for over 25 years at McMaster. Note: Monday class is from 8:00–8:55pm, Wed class is from 9:00–9:55pm.

Mac Student/Member: \$76 Non-Member: \$150

Starts	Ends	Day	Time
16-Sep-2019	27-Nov-2019	Monday & Wednesday	8:00pm–8:55pm 9:00pm–9:55pm
13-Jan-2020	25-Mar-2020	Monday & Wednesday	8:00pm–8:55pm 9:00pm–9:55pm

Location: Mindfulness Centre

Karate – *Intermediate/Advanced*

Join Sensei Phil McColl in this very popular and dynamic program at McMaster, designed for more advanced belt levels that includes Goju Ryu and Kobudo (weaponry) styles. Sensei McColl has developed well over 50 quality black belts and has been a well-known, outstanding instructor for over 25 years at McMaster. Note: Monday class is from 9:00–9:55pm, Wed class is from 8:00–8:55pm.

Mac Student/Member: \$76 Non-Member: \$150

Starts	Ends	Day	Time
16-Sep-2019	27-Nov-2019	Monday & Wednesday	9:00pm–9:55pm 8:00pm–8:55pm
13-Jan-2020	25-Mar-2020	Monday & Wednesday	9:00pm–9:55pm 8:00pm–8:55pm

Location: Mindfulness Centre

KRAV MAGA Self Defense

Krav Maga is a simple, effective form of Self-Defense designed to employ techniques based on the body's natural movements and our instinctive reactions. Krav Maga training provides a total body workout by utilizing a combination of combative striking, street fighting, ground fighting and defense against weapons. It prepares the student for a variety of scenarios ranging from multiple attackers, to defense against various forms of weapons. Contact is minimal and safe at all times. Instructor: Elvis Podvorac.

Mac Student/Member: \$42 Non-Member: \$77

Starts	Ends	Day	Time
16-Sep-2019	25-Nov-2019	Monday	8:30pm–9:25pm
25-Sep-2019	4-Dec-2019	Wednesday	8:30pm–9:25pm
13-Jan-2020	23-Mar-2020	Monday	8:30pm–9:25pm
15-Jan-2020	25-Mar-2020	Wednesday	8:30pm–9:25pm

Location: Rose Hill Studio

Meditation Introduction

The purpose of this introductory course, held in our beautiful Mindfulness Centre, is to encourage participants to adopt meditation practice as an attitude and lifestyle, and help with stress reduction. Participants will learn, through a systematic approach, to develop skills and apply concepts to achieve mental clarity and focus.

**Mac Student/Member: Free
Non-Member: \$10**

Starts	Ends	Day	Time
16-Sep-2019	21-Oct-2019	Monday	1:30pm–2:25pm
28-Oct-2019	25-Nov-2019	Monday	1:30pm–2:25pm
13-Jan-2020	10-Feb-2020	Monday	1:30pm–2:25pm
24-Feb-2020	23-Mar-2020	Monday	1:30pm–2:25pm

Location: Mindfulness Centre



Muay Thai

McMaster MuayThai Fitness program offers superb physical conditioning while you learn Thailand's revered national sport. You will learn systems of neutrality, defense, transition and attack using the strikes of the fist, elbow, kick, knee and stand up grapple. This program is designed for anyone seeking to learn and improve self-confidence, muscular endurance, flexibility and core body conditioning. Instructor: Ron Cooper.

Mac Student/Member: \$62 Non-Member: \$115

Starts	Ends	Day	Time
17-Sep-2019	26-Nov-2019	Tuesday	8:00pm-9:25pm
19-Sep-2019	28-Nov-2019	Thursday	8:30pm-9:55pm
14-Jan-2020	24-Mar-2020	Tuesday	8:00pm-9:25pm
16-Jan-2020	26-Mar-2020	Thursday	8:30pm-9:55pm

Location: Rose Hill Studio

Pilates – Beginner

Based on the pioneering work of Joseph Pilates, this class is focused on ease and efficiency of movement. Students gain knowledge of good alignment based on a stable 'centre', increased abdominal strength and free joint movement.

Instructors: Mondays Ruth Hoffman, Wednesdays Megan Pedersen.

Mac Student/Member: \$27 Non-Member: \$70

Starts	Ends	Day	Time
16-Sep-2019	25-Nov-2019	Monday	11:30am-12:25pm
18-Sep-2019	27-Nov-2019	Wednesday	12:30pm-1:25pm
13-Jan-2020	23-Mar-2020	Monday	11:30am-12:25pm
15-Jan-2020	25-Mar-2020	Wednesday	12:30pm-1:25pm

Location: Mindfulness Centre

Pilates – Intermediate

Based on pioneering work of Joseph Pilates, this class is focussed on ease and efficiency of movement. More challenging moves will help students increase knowledge of good alignment based on a stable 'centre', increased abdominal/core strength and free joint movement. Some previous Pilates experience recommended. Instructor: Ruth Hoffman.

Mac Student/Member: \$27 Non-Member: \$70

Starts	Ends	Day	Time
16-Sep-2019	25-Nov-2019	Monday	12:30pm-1:25pm
13-Jan-2020	23-Mar-2020	Monday	12:30pm-1:25pm

Location: Mindfulness Centre

Squash

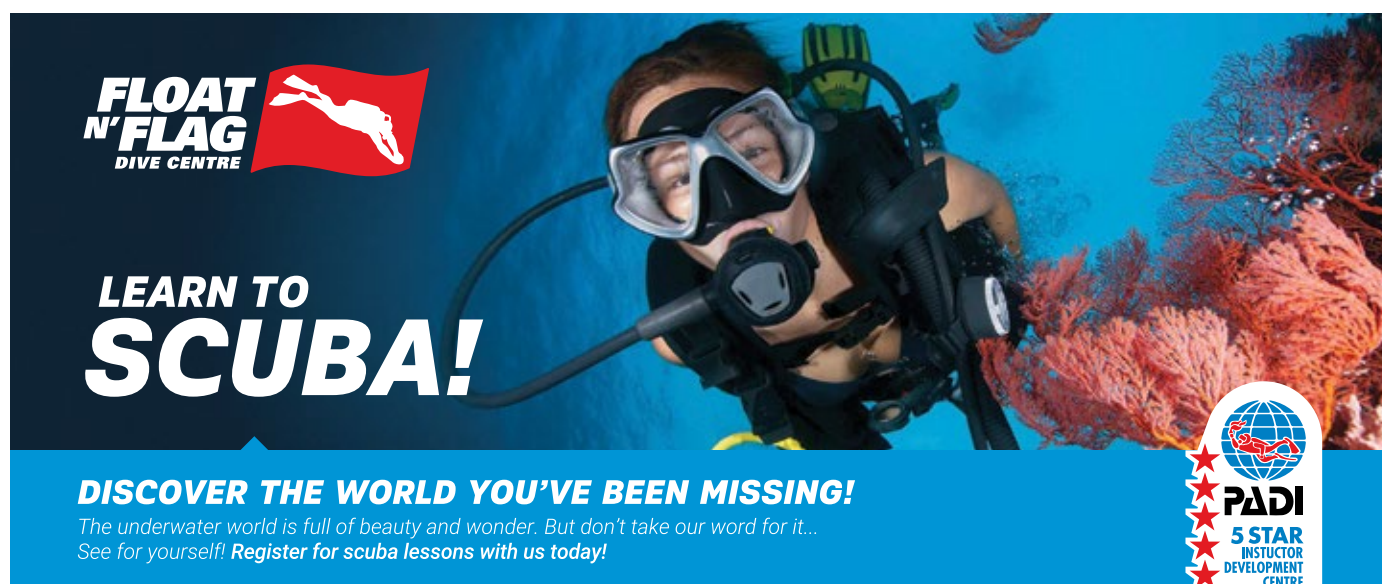
This 7-week programme will provide beginners with the opportunity to develop their squash skills or refresh skills previously learned. Lessons are 80 minutes long and no experience is necessary. Racquets and goggles provided, or bring your own. Course taught by members of our McMaster Varsity Team. For private lessons, please contact Heidi O'Brien at obrienh@mcmaster.ca.


Mac Student/Member: \$65 Non-Member: \$99

Starts	Ends	Day	Time
17-Sep-2019	5-Nov-2019	Tuesday	6:00pm-7:20pm
18-Sep-2019	6-Nov-2019	Wednesday	5:20pm-6:40pm

Winter Schedule TBA. See marauders.ca/instructional

Location: DBAC, Courts 1-3






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FLOATNFLAG.COM



Yoga – Beginner

Yoga is an ancient, non-competitive form of exercise involving breathing and relaxation techniques and posture which builds strength, increases flexibility and reduces stress and tension. Enjoy deeper levels of health and vitality through heightened body awareness and balance.

Mac Student/Member: \$27 Non-Member: \$70.00

Starts	Ends	Day	Time	Instructor
16-Sep-2019	25-Nov-2019	Monday	5:00pm–5:55pm	Kayla
17-Sep-2019	26-Nov-2019	Tuesday	1:00pm–1:55pm	Jennifer
18-Sep-2019	27-Nov-2019	Wednesday	11:30am–12:25pm	Sonia
18-Sep-2019	27-Nov-2019	Wednesday	7:00pm–7:55pm	Kayla
13-Jan-2020	23-Mar-2020	Monday	5:00pm–5:55pm	Kayla
14-Jan-2020	24-Mar-2020	Tuesday	1:00pm–1:55pm	Jennifer
15-Jan-2020	25-Mar-2020	Wednesday	11:30am–12:25pm	Sonia
15-Jan-2020	25-Mar-2020	Wednesday	7:00pm–7:55pm	Kayla

Location: Mindfulness Centre

Yoga – Beginner/Intermediate

This 75 minute Yoga course is designed for beginner participants with some yoga experience looking to learn some Intermediate poses. Enhance your practice of classical hatha yoga postures that are physically and energetically balanced, in a safe, non-competitive and inclusive environment with a choice of milder or more challenging options. Instructor: Catherine Woodrich.

Mac Student/Member: \$34 Non-Member: \$88

Starts	Ends	Day	Time
15-Sep-2019	24-Nov-2019	Sunday	7:00pm–8:15pm
12-Jan-2020	22-Mar-2020	Sunday	7:00pm–8:15pm

Location: Mindfulness Centre

Yoga – Beginner/Intermediate Flow

Beginner/Intermediate Yoga flow creates a balance between strengthening and stretching while linking your movements to your breath. Each class will include a short warm up, followed by full body strengthening and stretching. This class will introduce and hone yoga techniques and is an excellent way to increase your strength, flexibility, and overall relaxation. Instructor: Sonia Knowlton.

Mac Student/Member: \$27 Non-Member: \$70

Starts	Ends	Day	Time
19-Sep-2019	28-Nov-2019	Thursday	8:00pm–8:55pm
16-Jan-2020	26-Mar-2020	Thursday	8:00pm–8:55pm

Location: Mindfulness Centre

Yoga – Power

Power Yoga is a more vigorous form of yoga practice which is especially stimulating to the cardiovascular system. Yoga sequences will be introduced and practiced to help develop strength and flexibility, improve alignment and awareness and recharge the mind and body.

Mac Student/Member: \$27 Non-Member: \$70

Starts	Ends	Day	Time	Instructor
16-Sep-2019	25-Nov-2019	Monday	6:00pm–6:55pm	Kayla
17-Sep-2019	26-Nov-2019	Tuesday	6:30pm–7:25pm	Kerri
18-Sep-2019	27-Nov-2019	Wednesday	6:00pm–6:55pm	Kayla
13-Jan-2020	23-Mar-2020	Monday	6:00pm–6:55pm	Kayla
14-Jan-2020	24-Mar-2020	Tuesday	6:30pm–7:25pm	Kerri
15-Jan-2020	25-Mar-2020	Wednesday	6:00pm–6:55pm	Kayla

Location: Mindfulness Centre



Yoga – *Restorative*

Restorative yoga poses help us learn to relax and rest deeply and completely. During deep relaxation, all the organ systems of the body are benefited, as well as improvement in digestion, sleep patterns, the reduction of muscle tension, and lessened generalized fatigue. Instructor: Kerri Boyd.

Mac Student/Member: \$27 Non-Member: \$70

Starts	Ends	Day	Time
17-Sep-2019	26-Nov-2019	Tuesday	7:30pm–8:25pm
14-Jan-2020	24-Mar-2020	Tuesday	7:30pm–8:25pm

Location: Mindfulness Centre

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Yoga – *Women's Only*

Yoga is an ancient, non-competitive form of exercise involving breathing and relaxation techniques and posture which builds strength, increases flexibility and reduces stress and tension. Enjoy deeper levels of health and vitality through heightened body awareness and balance. This is a great way to increase your flexibility and relax. Instructor: Kerri Boyd.

Member: \$27 Non-Member: \$70

Starts	Ends	Day	Time
17-Sep-2019	26-Nov-2019	Tuesday	5:30pm–6:25pm
14-Jan-2020	24-Mar-2020	Tuesday	5:30pm–6:25pm

Location: Mindfulness Centre

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The Pulse Fitness Centre



CAUTION: You don't NEED to workout in the Pulse to be fit.

But, if you like what we've got, and could use some help on your journey, we would love to have you!

Please check out our dress code, gym etiquette and policies before your first workout.

Welcome to Mac's Fitness Centre

We are the thinking place with your heart in mind. We might be just what you need to lead a healthy active lifestyle. We have certified staff that have the skills and enthusiasm to help you #choosebetter on your health journey no matter your current fitness level, specific interest, personal goals or limited availability.

We are all about Fun, Friendship and Fitness.

Our hours

Monday-Friday
6:00am—12:30am

Saturday and Sunday
8:30am—10:30pm

Pulse Fitness Centre Highlights



Access to all cardio and weight equipment

Hours: Mon to Fri 6:00am—12:30am, Sat to Sun 8:30am—10:30pm.



Access to daily drop-in fitness and spin classes

From Step to Bootcamp, Yoga to Core, HIIT to Psychedelic Cycle, Kickbox to Strength Challenge, Zumba® to Foam Roll & Stretch. Try one, try them all* (*not all in one week – we have over 40 classes per week)!



License to climb

Pulse members get access to the Feather Family Climbing Wall; 30x36 feet of awesome!



Access to Special Needs Assistance Program (SNAP)

Let us know if you require extra assistance to complete workouts: snap@mcmaster.ca.



Additional Workout Space at the Pop Up Pulse

The pop up pulse provides additional space during peak hours.



Entrance to free workshop series

Knowledge is power, stay current on what's happening in the world of health and fitness.



Endless opportunities to ask a trainer

Our certified personal trainers aren't just around for a spot, they are also available to answer your health & fitness-related questions and help orient you to the gym.



Admission to Spin & A Movie

Because who doesn't like movies?!



Monthly bulletins & work out of the weeks

Sourced information and effective workouts done for you.



Women's Only Fitness Area

A dedicated private space within the Pop up Pulse.



Membership Appreciation Days

Let us thank you, our awesome members!
Games, Fun & Prizes, all week

Special events like our annual Stress Less Cycle

Come out, be active and have fun!

Volunteer opportunities

Strive for Health, SNAP (Special Needs Assistance Program) & Superhero Training Academy (STA).

Optional add-ons:



Fitness programs

Women on Weights, Learn to Lift, Intro to Circuit Training, TRX, Strive for Health.



Personal training (individual or group)

Affordable and tailored for you.



Discount on BODPODs

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CERTIFICATION COURSES

Interested in furthering your knowledge within the fitness industry? We are a host facility for the following courses. Search "Fitness Leadership" or the course name on rec.mcmaster.ca for full details.

Personal Trainer Specialist – CanFitPro

(Registration via canfitpro.com)

Fall Course

Starts	Ends	Day	Time	Location
29-Nov-2019	1-Dec-2019	Friday	11:00am–7:00pm	DBAC WB111,112
		Saturday	9:00am–5:30pm	
		Sunday	9:00am–5:30pm	

Exam

11-Jan-2020		Saturday	12:00pm–3:00pm	DBAC WB111,112
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Winter Course

Starts	Ends	Day	Time	Location
21-Feb-2020	23-Feb-2020	Friday	11:00am–7:00pm	DBAC WB113
		Saturday	9:00am–5:30pm	
		Sunday	9:00am–5:30pm	

Exam

28-Mar-2020		Saturday	10:00am–1:00pm	DBAC WB113
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Fitness Instructor Specialist – CanFitPro

(Registration via canfitpro.com)

Fall Course

Starts	Ends	Day	Time	Location
25-Oct-2019	27-Oct-2019	Friday	6:00pm–9:00pm	DBAC WB113
		Saturday	8:30am–8:30pm	
		Sunday	8:30am–8:30pm	

Exam

14-Nov-2019		Thursday	6:00pm–8:30pm	DBAC WB113
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Winter Course

Starts	Ends	Day	Time	Location
28-Feb-2020	1-Mar-2020	Friday	6:00pm–9:00pm	DBAC WB113
		Saturday	8:30am–8:30pm	
		Sunday	8:30am–8:30pm	

Exam

26-Mar-2020		Thursday	6:00pm–8:30pm	DBAC WB113
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FITNESS PROGRAMS*

*Dates/Times will be available on marauders.ca/thepulse or The McMaster Recreation App.

Resistance Training for Everyone

Resistance training is a great way to achieve fitness goals, reduce risk of injury and improve overall health. This program is designed to teach you to optimize the benefits of resistance training with your personal health goals in mind. In this 6 week, (1 hour per week) course, you will learn basic resistance training techniques, importance of aerobic exercise, effective goal setting, gym etiquette, proper nutrition for performance and recovery and how to design a program specific to your goals. Whether you are new to exercise or would like to improve your exercise regime, anyone can benefit from this program. Let our certified trainer help you gain confidence in your abilities and discover your strength through knowledge and practice!

Mac Student/Member: \$45.00 Non-Member: \$65.00

*Dates/times will be available on marauders.ca/thepulse or the McMaster Recreation App

Women on Weights

Women On Weights is an instructional program that has been designed to engage and teach women of all ages and abilities the importance of exercise, specifically that of Resistance Training. In this 6 week, (1 hour per week) program with a Personal Trainer, participants will learn about gym etiquette, specific resistance training techniques and more importantly you will learn about your body and yourself. It is our goal, that by the end of this program you will feel like the STRONG, POWERFUL, and KNOWLEDGABLE woman that you are and that this will translate into you being confident and comfortable within the gym setting.

Mac Student/Member: \$45.00 Non-Member: \$65.00

*Dates/times will be available on marauders.ca/thepulse or the McMaster Recreation App

stay connected!



McMASTER PULSE



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FITNESS PROGRAMS

Intro to Circuit Program

Do you have little to no experience in the gym? Do you want to get started but don't know how? This might be the program for you! Join a Pulse personal trainer for a supervised 4-week (1 hour per week) circuit program. This program will get you started and assist you to build a base of fitness. Participants will meet once per week in the private circuit area within the Pulse. You will be prescribed a 45-minute circuit program targeting the full body using machines and body weight training. You will train in a group and under the supervision of a trainer. The team atmosphere and encouragement from a personal trainer will keep you on track.

Mac Student/Member: \$25.00 Non-Member: \$45.00

***Dates/times will be available on marauders.ca/thepulse or the McMaster Recreation App**

Strive for Health

This program is a 10-week fitness, health and wellness program for adults with developmental disabilities. Participants will meet at the front desk of the Pulse Fitness Centre. Participants will have the opportunity to try a variety of recreational sports and fitness activities such as resistance training, cardiovascular training and circuits. Participants will also have the opportunity to learn about health and wellness. For further details contact Josh Dion-Broadley at the Salvation Army, Lawson Ministries JoshDionbroadley@lawsonministries.org.

Member: \$90.00 Non-Member: \$90.00

*Participants must come dressed for physical activity and a water bottle is suggested

VOLUNTEER OPPORTUNITY:

If you are interested in volunteering with this program please contact us today! **Email: snap@mcmaster.ca.**

SNAP – Special Needs Assistance Program

Getting a great workout is a SNAP! This program is designed to assist any McMaster student, or member who has special needs. If you need physical assistance to complete your workout or activity, this program is for you. The program coordinator will pair you with one of our student volunteers who will meet you for your workout and provide you with assistance. The program is free of charge to all McMaster students and members who may be challenged by a physical and/or motor impairment. For further details contact the SNAP coordinator at snap@mcmaster.ca.

VOLUNTEER OPPORTUNITY:

If you are interested in volunteering with this program please contact us today! **Email: snap@mcmaster.ca.**

PERSONAL TRAINING

The Pulse is pleased to offer highly qualified personal training at very affordable pricing to our members. We continue to be cutting edge in the fitness industry by providing continuing education opportunities to our staff of nationally certified personal trainers.

There are countless benefits that can come from working with a personal trainer beyond helping you set and achieve realistic and attainable goals and keeping you motivated. Browse through our trainer profiles online or in person to see who might best serve you.

Unsure where to start or have fitness-related questions? Don't hesitate to ask our friendly staff! We always have at least one trainer monitoring the Pulse at all times.

Individual Training*

Trainer Level	Students		Non-Students	
	1-9 Sessions	10+ Sessions	1-9 Sessions	10+ Sessions
Level 1	\$38.00/hr	\$35.00/hr	\$49.00/hr	\$45.00/hr
Level 2	\$41.00/hr	\$38.00/hr	\$52.00/hr	\$49.00/hr
Level 3	\$45.00/hr	\$42.00/hr	\$56.00/hr	\$53.00/hr

*First session is an assessment. Three sessions required for a program. Can add BODPOD Session for \$20.00.

Group Training

Studies have shown that one of the most effective ways to commit to an exercise program is to work with a buddy. So why not sign up (at the Recreation Business Office DBAC WG101) for personal training with a friend and train as a team. One of our trainers would be happy to design a program for you and a friend.

Fee: \$27.00/hr per person (max of 3 people)

BODPOD Testing

BMI and scales don't give you the full story. Many people have already taken the BODPOD test and received information about their body mass, fat mass, as well as their estimated resting metabolic rate. This information is very useful in the pursuit of changing your body composition; either losing body fat or building lean body mass. By getting fast and accurate information of your body composition before and after a period of training, you can fine tune your workouts and we can track your progress over time. BODPOD Tests can be purchased at the Recreation Business Office (DBAC WG101).

Pulse Member: \$25.00 Non-Member: \$40.00

Get Fit Pack

Are you a first year or returning member wanting a fitness routine created for you to suit your individual needs, schedule and fitness goals too! It is not uncommon for individuals to experience a drop in activity level when work seems to pile up. Let us help you stay committed to a training program that works for you.

Student Rate: \$127.00 Non-student Rate: \$157.00

Get Fit Pack includes:

- A fitness assessment including a BODPOD test
- An individualized program based on your goals
- 3 one-on-one personal training sessions with a level 1 trainer



905.525.9140 x24464



rec.mcmaster.ca

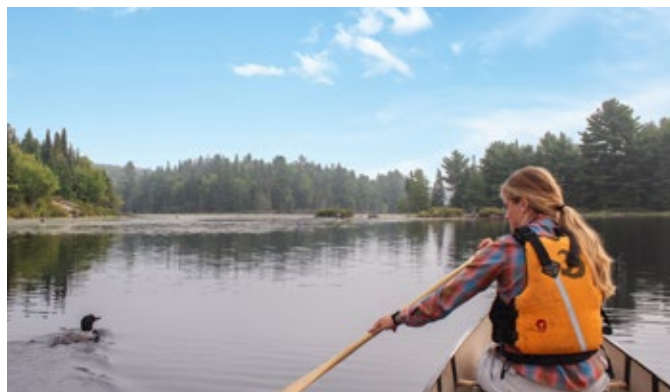


reconline@mcmaster.ca

Outdoor Recreation

Outdoor Recreation

The Outdoor Recreation program is comprised of several program areas: Outdoor Leadership Courses, ALTITUDE, Climbing Wall, and Adventure Recreation Clubs: Outdoor Club and Climbing Club. For more information, please come to DBAC W125 or call x26384 or email outdoor@mcmaster.ca.



Climbing Wall Orientation

Learn how to belay effectively and safely on a climbing wall and review climbing equipment and care. This two hour workshop will also review climbing techniques and route variations.

Mac Student or Member: \$19.00 Non-Member: \$29.00

Starts	Ends	Day	Time
10-Sep-2019	21-Nov-2019	Tuesday	9:00pm–11:00pm
		Thursday	1:30pm–3:30pm
14-Jan-2020	19-Mar-2020	Tuesday	9:00pm–11:00pm
		Thursday	1:30pm–3:30pm

Climbing Wall Open Hours:

**September 3 – Dec 6, 2019 and
January 7 – April 5, 2020**

Monday: closed
Tuesday, Wednesday,
Thursday: 4:00pm–10:00pm
Friday: 2:00pm–6:00pm
Saturday: Closed
Sunday: 4:00pm–10:00pm

Exam Schedule:

**Dec 10 – 19, 2019 and
April 7, 2019 – May 1, 2020**

Tuesday, Wednesday,
Thursday: 5:00pm – 9:00pm
Friday: 2:00pm–6:00pm
Saturday, Sunday and
Monday: closed

Hike Ontario Standard Hike Leader

Basic Hike Leader is aimed at group hike leaders who typically want to develop leadership skills for leading day hikes from 5 to 20km along blazed hiking trails in Ontario. Topics include: group dynamics, hike planning, risk avoidance, leadership and trail etiquette. This course includes a certification from Hike Ontario, our province's keenest community hiking organization. Course includes Hike Ontario manual.

Mac Student or Member: \$35.00 Non-Member: \$65.00

Start	Day	Time
5-Oct-2019	Saturday	9:00am – 4:00pm

McMaster Outdoor Club

The Outdoor Club organizes a variety of outdoor events during the spring and summer, both beginner and intermediate skill level trips ranging from two hours to one week in duration. The club is open to McMaster students and the community, and includes alumni and staff members. Join us for some outdoor summer fun! For more information on any of the following trips or others that are offered please visit www.macoutdoorclub.ca, contact 905-525-9140 ext. 23512 or 26384 or e-mail outdoor@mcmaster.ca.

Outdoor Club partial schedule

Cootes Canoe Trip - Take an afternoon or evening canoe trip that will explore beautiful Cootes Paradise.

Algonquin Park Canoe Trip - This beginner level canoe trip will head to the most famous canoe tripping area in Canada!

Bruce Peninsula Backpacking - This beginner backpacking trip will hike the scenic trails of the peninsula before camping by the blue water of Georgian Bay.

Advanced Wilderness Trip - This trip will happen towards the end of the summer, and will be either a backpacking or canoe trip. If you have somewhere you'd really like to go, email the club outdoor@mcmaster.ca

McMaster Climbing Club

The club organizes a variety of climbing events all year round. Trips will range from day trips to several days and will be suitable for all skill levels. The club is open to McMaster students and the community, and includes alumni and staff members. Join us for some climbing fun! For more information on the club or any of the trips we will be offering, please email mcmasterclimbingclub@gmail.com.

Nature at McMaster

McMaster University is surrounded by many natural areas that are easily accessible to students, staff and faculty.

For more information: visit nature.mcmaster.ca



Outdoor Risk Management and Leadership

This workshop is designed to help trip leaders recognize, assess, manage, and avoid situations of potential risk in remote settings. We will also review the importance of establishing and maintaining a healthy group atmosphere, techniques for establishing clear goals and expectations within a trip group, and the subtleties of group dynamics. Upon successful completion of the workshop, a certificate will be awarded.

Mac Student or Member: \$10.00 Non-Member: \$55.00

Starts

26-Oct-2019

Day

Saturday

Time

9:30am-4:30pm



@MacRecreation



905.525.9140 x24464



rec.mcmaster.ca



reconline@mcmaster.ca

Wilderness Advanced First Aid

A 36-hour course that prepares you for emergency situations in a wilderness setting. It is a complete introduction to wilderness medicine and the following medical protocols: ana-kit and epipen injections, wound management, and modified CPR protocol. It is designed for people who work and travel in less remote areas and assistant leaders on back-country trips. Certification from Raven Rescue. Offered over two weekends on Nov 9/10 and Nov 16/17.

Mac Student or Member: \$435.00 Non-Member: \$495.00

Starts

9-Nov-2019

Ends

17-Nov-2019

Day

Sat-Sun

Time

8:30am – 6:00pm



Intramural Sports

McMaster Intramural Sports offers affordable leagues and tournaments for the entire McMaster community, with a variety of PlayStyles and multiple skill levels.

PLAY WITH US

Serving the entire McMaster community, all abilities welcome.

If you would like to play and require an accessibility accommodation, please let us know at intramurals@mcmaster.ca.

- Teams & Free Agents welcome.
- Multiple 'PlayStyle' levels: PlayFun, PlayCompetitive.
- Leagues Offered: Open, CoRec, Men's, Women's.

WORK WITH US

- Paid student Game Officials hired and trained all year – apply online!
- Experience an asset, passion a must!
- Supervisor jobs posted in winter/spring for next season.



WOMEN IN SPORT TOUR - FALL 2019

A multi-sport experience with a focus on fun and friendship. No commitment, with Intro Try it Night

Women: Sign-up as an individual or group!

We make the teams, you play the sports, and we all go home with new friends!

The Women in Sport Tour is a great way to get active, have fun and meet new friends – and future teammates – with shared interests.

- Basketball
- Soccer
- Table Tennis/Badminton
- Ultimate
- Floorball
- Volleyball

TOURNAMENTS OFFERED

- 3x3 Basketball
- Dodgeball
- Pairs Volleyball
- Residence Cup
- Spikeball
- Unified Special Olympics Basketball
- Women in Sport Tour
- Battle of the Mountain
- Parasport Tournament



@MacIntramurals

I Want to play! What do I need to do?

Create an account on IMLeagues.com/McMaster. All aspects of Intramurals (registration, scheduling, communication) goes through IMLeagues, so whether you want to start a team, join a team, or work as an official with us, you need to be on IMLeagues.com first.

How do I register a team?

Once logged in to IMLeagues, click Register in the top-right corner of the screen. Selecting Create Team will bring you to a list of all available leagues. Choose the one you'd like to join and follow the instructions. Heads up: A Free Agent teammate (or two) may be added to your roster prior to the season's start.

What are "PlayStyles"?

A league's PlayStyle is exactly what it sounds like – the style of play expected and accepted in that league. Two PlayStyles are in place to serve a wide variety of interests and abilities:

1. PlayFun: For participants who really just want to play and enjoy the game with friends, mixing social hour and exercise into a multitasker's dream. Leagues are officiated and have playoffs.
2. PlayCompetitive: For participants who like to play competitively and expect their team and opponents to do the same. In PlayComp, no one is "elite", and everyone is respectful.

When do I have to pay?

Payment must be made online through IMLeagues at the time of registration or in-person at the David Braley Athletic Centre Business Office the next business day.

SPORTS LEAGUES OFFERED

- Badminton
- Basketball
- Cricket
- Dodgeball
- Flag Football
- Floorball
- Ice Hockey
- Innertube Water Polo
- Soccer
- Sitting Volleyball
- Softball
- Table Tennis
- Ultimate Frisbee
- Volleyball
- Women in Sport Tour
- Multi Sport League

Fall sport registration opens September 3rd for all Fall leagues.

Winter sport registration is open November 4th - 22nd.

How do I join my friend's team?

Option #1: If you know the name of the team, type it into the search bar at the top of the screen. When you select the team, you'll see a green Join Team button in the top right corner.

Option #2: If you don't know the team name, click Register in the top-right corner of the IMLeagues page once you've logged in. Select Join Team and choose the league you'd like to join. From the resulting list of teams in the league, select one and click Join Team.

I don't have a team. How can I find one?

Join as a free agent! Log into IMLeagues and click the Register button in the top-right corner. Select the league you want to play in and click Join as Free Agent. Free agents can play their luck and hope a team adds them to their roster or opt to pay a small registration fee and be guaranteed a spot in the league (all free agents will be moved onto teams prior to the season starting).

*Fun-first, friendship
and action-packed*
**– play with us
this school year!**



McMaster Performance Services

Overview

McMaster Performance offers a wide variety of training and development services for athletes of all ages and developmental levels. We offer Strength and Conditioning training to Athlete's looking to build upon their sport skills in a world class environment and facility. Led by Ben Bahrami, we have several coaches, who can work with individuals, groups and teams of all sport backgrounds. We can offer individual movement assessments, team performance testing, individualized programming, return to play programs, goal setting and more!

For inquiries please contact the McMaster Performance Services Coordinator at performance@mcmaster.ca or 905.525.9140 x24390.



Strength and Conditioning

Assessment Packages can Include: Movement Assessment (FMS, SFMA) Nutrient Timing & Selection Analysis Goal Setting Developmental Age & PHV Prediction (for youth) Body Composition (BODPOD) Performance testing	\$80-\$160 *Cost depends on the specifics of the package chosen. Please contact us for more information.
Individual Performance Assessment: Force Vs. Velocity Tests Performance/ Field Tests	\$80
Team Performance Assessment	\$20/Athlete
4-Week Program Design	\$80

Strength and Conditioning Training Sessions

Individual: (60 min. sessions)	\$80/Session
Small Group: (2-4 Athletes, 60 min. sessions)	Group of 2: \$45/Session/Athlete Group of 3: \$40/Session/Athlete Group of 4: \$35/Session/Athlete
Team: (9+ Athletes, 90 min. sessions)	Please Contact for a quote.

For inquiries please contact the McMaster Performance Services Coordinator at performance@mcmaster.ca or 905.525.9140 x24390.

Sport Medicine

The David Braley Sport Medicine & Rehabilitation Centre is a state-of-the-art facility that specializes in sport medicine and orthopaedics.

Our services are available to McMaster athletes, students, alumni, faculty, staff and members of the greater Hamilton community.

We combine extensive clinical expertise, advanced medical technology and a compassionate, caring treatment philosophy.

Our dedication to keeping the community healthy and active is evident by

the comprehensive nature of our services. We encourage a collaborative approach to the prevention, assessment, treatment and rehabilitation of injuries.

Our passionate team of experts work in partnership with other health care providers to optimize performance and help everyone from youth to elite athletes achieve their personal goals and improve their well-being.

The Clinic features:

- Salt water Hydrotherapy Pool with:
 - Underwater Treadmill
 - Resistance Swim Jets
 - Variable Water Depths
- Private Assessment and Treatment Rooms
- Large Open Treatment Area
- Large Exercise Area with Sport Specific Playing Surfaces
- Bracing and Sport Medicine Retail Store
- Fully Wheelchair Accessible

Rehabilitation:

- Physiotherapy
- Athletic Therapy
- Massage Therapy
- Chiropractic/ Active Release Therapy
- Osteopathy
- Registered Dietitian
- Custom Orthotics
- Custom and Off the Shelf Bracing
- Hydrotherapy
- Shockwave Therapy
- Laser
- Acupuncture
- Joint Injections
 - Steriod
 - Viscosupplementation
- Tendon Treatments
 - PRP-Platelet Rich Plasma Injection
 - Prolotherapy
 - Fenestration/Dry Needling
- Peripheral Nerve Treatments
 - Radiofrequency Ablation
 - Hydrodissection

Our Professional Services:

- In House Sport Medicine Physicians
- Orthopaedic Surgeons
- Pediatric Sport Medicine Physician
- Interventional Musculoskeletal Radiologist

Clinic Hours:

Monday–Thursday: 8:00am to 8:00pm

Friday: 8:00am to 4:00pm

Saturday: 9:00am to 3:00pm

For additional information regarding our services please contact:

Phone: 905.525.9140 x23575

Fax: 905.526.7397

Web: marauders.ca/sportmed



DAVIDBRALEYSPORTMED



DAVIDBRALEYSPORTSMED



McMASTERSPRTMED



MARAUDERS.CA/SPORTMED

Marauder Athletics Coaching & Club Contacts

All varsity teams and clubs at McMaster hold open tryouts.

These teams compete in Ontario University Athletics (OUA), Canadian Interuniversity Sport (CIS) or similar competition.

Recreation Sport Clubs are noted with an asterisk. Not all clubs are competitive.

Other competitive opportunities are available through the McMaster Intramural Program (found on **page 36** of the guide).

For more information please contact the coach or club contact of the sport you are interested in and visit our website at: **marauders.ca**.

Badminton – M & W	Mark Dasios	dasiosm@mcmaster.ca
Badminton *	Michelle Mei - P	meiy3@mcmaster.ca
Baseball	Adam Strongman	eibsbbaseball@gmail.com
Basketball – M	Patrick Tatham	tathap1@mcmaster.ca
Basketball – W	Theresa Burns	burnst@mcmaster.ca
Brazilian Jiu-Jitsu	Taj Gordon - P	tajgordon416@gmail.com
Cheerleading *	Emily Vinken - P	cheerleadingmcmaster@gmail.com
Cross Country & Track - M & W	Paula Schnurr	schnurr@mcmaster.ca
Curling W*	Kaelyn Gregory - P	kaelyn.gregory@gmail.com
Curling M *	Troy Stoner - P	mcmastermenscurling@gmail.com
Mac Dance Group*	Gabrielle Gilliespie - P	president.macdance@gmail.com
Fastpitch	Ken Oda	kenoda26@gmail.com
Fencing - M & W	Dave O'Donnell	odonnd@mcmaster.ca
Field Hockey *	Brianna Wice - P	mcmasterfieldhockey@gmail.com
Figure Skating *	Emma Curtis - P	figureskating@mcmaster.ca
Football	Stef Ptaszek	ptaszek@mcmaster.ca
Flag Football – W *	Madeline Deyo - P	macwomensfootball@gmail.com
Golf - M & W	John Najev	johnnajev@infinitysportsmgmt.com
Gymnastics *	Isla Turk - P	mcmastergymnastics@gmail.com
Hockey – M *	Rob Wilkinson	rhwillk@sympatico.ca
Hockey – W *	Bridget McLellan - P	womenshockey@mcmaster.ca
Kung Fu *	Sam Gardner - P	gardnes@mcmaster.ca
Lacrosse – M	Jason Tallevi	jtallevi@cogeco.ca
Lacrosse – W	Brendan Sweeney	bsween@mcmaster.ca
Lifeguarding *	Allison Huran - P	alison.hurren@rogers.com
Rowing – M & W *	Brianna Reed - P	reedb1@mcmaster.ca
Rugby – M	Dan Pletch	pletchdc@mcmaster.ca
Rugby – W	Tim Doucette	doucette.tim@gmail.com
Sailing *	Berg Ellmers - P	sailmcmaster@gmail.com
Soccer – M	Dino Perri	dperri@mcmaster.ca
Soccer – W	Anthony Costa	mwsoccer@mcmaster.ca
Squash – M	Keith Griffiths	keithgriffithssquash@gmail.com
Squash – W	Roosbeh Amirian	roosbeh.squash@gmail.com
Swimming – M & W	Grey Fairley	grey@ghacswimming.ca
Synchro Swim *	Erin Clark - P	synchro@mcmaster.ca
Tae Kwon Do *	Jae Lee - P	mcmasterkaekwondo@gmail.com
Tennis – M	Rasim Sehovic	rsehovic@gmail.com
Tennis – W	Peter Patiakas	lojp_opa@yahoo.ca
Ultimate *	Sasha Palmert - P	mcmaster.ultimate@gmail.com
Volleyball – M	Dave Preston	prestnd@mcmaster.ca
Volleyball – W	Tim Louks	louskt@mcmaster.ca
Waterpolo – M	Quinn Fairley	qfairley@hotmail.com
Waterpolo – W	Andy Duffield	andy@hammerwaterpolo.ca
Wrestling - M & W	Ahmed Shamiya	ahmed.a.shamiya@gmail.com

Pre-participation Medical Evaluation

As part of the preparation for the upcoming athletic seasons ALL McMaster Student-Athletes competing in USport, OUA or Club sports are required to complete a Pre-participation Medical Evaluation – Privit profile found at <https://mcmasterathletics.privitprofile.ca> prior to competition.

Student Athletes are encouraged to complete the questionnaires honestly, thoroughly and with accuracy.

The various modules embedded in the platform cover medical conditions that demand your attention. Their content/message is only meaningful if reviewed attentively. McMaster's Sport Medicine team is committed to providing our Student Athletes with the most comprehensive medical support available and it starts here.

Those Student Athletes competing for a McMaster USport, OUA or Club team are also required to complete a physical exam. The Physical Form will be pre-populated with the information provided as the Medical History Questionnaire is completed. The form is to be downloaded, printed and then brought to their Family Physician who will complete the exam and sign the form.

The form is then to be uploaded back into Privit where it will be reviewed by a McMaster Sport Medicine Certified Therapist. Student Athletes are encouraged

to have their exam completed by their family doctor but as an alternative, the exam can be completed by a McMaster Sport Medicine Physician in the David Braley Sport Medicine and Rehabilitation Clinic for a fee of \$100. First Year Student Athletes considering trying out for a team, should be proactive and book a physical exam as soon as possible so that there are no unnecessary delays in receiving their Medical Clearance to compete. Privit and First Year physical completion are mandatory.

Should you have any questions or concerns with the Privit platform itself please contact the Privit help desk directly at 1-844-234-HELP (4357), Monday – Friday 8:00AM – 5:00PM EST

For all medical related questions contact Chris Puskas at puskasc@mcmaster.ca



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Sexual Violence Response Protocol & Website svrp.mcmaster.ca

Hagar Akua Prah

Consultant on Sexual Violence
Prevention and Response

905.525.9140 ext. 20909 

prahh@mcmaster.ca 

Get Support. Survivors of all backgrounds and social identities can find support and information about sexual and gender-based violence.

Give Support. Learn more about how to provide support to survivors of sexual and gender-based violence.

EQUITY & INCLUSION OFFICE

Human Rights | Education | Accessibility
Complaint Resolution | Sexual Violence Support

 [EIOMcMaster](https://twitter.com/EIOMcMaster)  [/EIOMcMaster](https://facebook.com/EIOMcMaster)
905 525 9140 ext. 27581
equity@mcmaster.ca
www.equity.mcmaster.ca



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(as dry cleaners, wine shoppe) and cannot be combined
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Final drop off 10:00PM

COMMONS
PICK-UP

6PM | 7PM | 8PM
Final drop off 9:30PM



There's a lot to think about
once school is done.

We can help you set yourself up for life on campus and in the real world.

Residence or rent?

Steak and frites or just fries?

A plan to manage your student loans?

Come talk to us at the David Braley Athletic Centre.

** = Recreation Sport Club*

