

WELCOME TO THE #RAMILY

RYERSON
RAMS

WELCOME TO THE #RAMILY

Welcome to the Ryerson Recreation & Athletics Community!

As a Ryerson Rams Family or Ramily, we strive to create a community in which our members feel welcome, encouraged, and connected. We are thrilled that you have joined the Ramily and will do our best to support you in achieving your fitness, recreation, and wellness goals!

Your Membership includes unlimited Group Fitness classes and access to both our facilities. Your membership gives you access to both of our facilities: the Recreation and Athletics Centre (RAC) and the Mattamy Athletic Centre (MAC). Each facility offers the following:

Recreation and Athletics Centre:

- 4000 sq. ft. Fitness centre
- 1800 sq. ft Cardio room
- A three-lane 160 yard indoor running track
- 25 Yard pool
- 2 Dance studios
- 4 International squash courts
- 2 Multi-purpose gymnasiums
- Men's and women's dry saunas
- Day and rental lockers

Mattamy Athletic Centre:

- 5800 sq. ft Fitness centre and cardio area
- 2500 sq. ft High Performance Training Zone
- Fitness studio
- Full-size ice rink
- Multi-purpose gymnasium
- Day and rental lockers

In both the RAC and the MAC you have the opportunity to experience a variety of unique programs and services, regardless of your training level, interests or goals. In addition to the group fitness classes that are included in your membership, we offer the following **programs and services**:

- Instructional classes
- Clubs
- Open recreation sports
- Aquatics programming
- Personal training
- Massage therapy
- Summer Day Camps

Feel free to ask the front desk at either the RAC or the MAC for any information you might need. If you're not sure where to start we are happy to offer a **FREE** fitness assessment, consultation and/or fitness centre orientation. The front desk staff would be happy to register you for any of these fitness services!

We are glad that you have decided to join the Ryerson Community and we hope that you feel at home. If you have any questions or thoughts please email me at andrew.pettit@ryerson.ca. Welcome to the #Ramily!

Sincerely,

Andrew Pettit
Recreation Manager

THE BASICS

RECREATION AND ATHLETICS CENTRE (RAC)



40/50 Gould Street



(416) 979 5096



Weekdays: 6:30 AM - 10:30 PM
Weekends: 9:30 AM - 6:00 PM

MATTAMY ATHLETIC CENTRE (MAC)



50 Carlton Street



(416) 979 5339



Weekdays: 6:00 AM - 11:00 PM
Weekends: 9:00 AM - 6:00 PM

(Closure Updates at www.ryersonrams.ca)



rac@ryerson.ca



www.ryersonrams.ca

WOMEN'S ONLY HOURS* (RAC ONLY)

Mondays: 9:30 am - 11:00 am

Tuesdays: 2:00 pm - 3:30 pm

Wednesdays: 9:30 am - 11:00 am

Thursdays: 2:00 pm - 3:30 pm

Fridays: 9:30 am - 11:00 am

Applies to Fitness Centre (Weight Room) and Track only

PROGRAMS & SERVICES

There's so much more for you to discover with your membership!

GROUP FITNESS

- Up to 50+ drop-in style classes a week
- Based on your interests, needs and schedule
- Qualified, motivational and energetic instructors
- All levels are welcome

Get Rec'd App or schedule here: <https://recreation.ryersonrams.ca/>

INSTRUCTIONAL PROGRAMS

- Up to 25+ classes being offered in Sports, Dance, Mind/Body/Spirit
- Learn an entirely new skill or perfect an existing one
- Expert instructors will help master your goals
- All levels are welcome, unless otherwise specified
- Member receive a discount

CLUBS

- Over a dozen recreational and competitive clubs to join
- Run by expert coaches with a passion for the club
- Several sessions a week
- Open to all skill level, unless otherwise specified
- Members receive a discount

OPEN RECREATION PROGRAMMING

- Badminton, basketball, indoor soccer, and volleyball available
- Schedule varies, available online, through our App and in person

AQUATICS

- Group lessons available during Fall/Winter semesters
- Private sessions available throughout the year
- Family swim times

PERSONAL TRAINING

- Customized training programs to fit your needs
- Exceed your fitness and well-being goals
- Individualized training plans for members of all fitness levels

For more information and/or schedules regarding any of the above: <https://recreation.ryersonrams.ca/>, or visit the RAC or MAC front desk.

MASSAGE THERAPY

- Provides therapeutic massage therapy 5 days a week
- Boasts two registered massage therapists

DAY CAMPS

- Children ages 6-17 years are welcome
- offer safe, fun, summer experiences for over 25 years
- Renowned for its high-quality instruction and its experienced and caring camp staff

For more information on Summer Day Camps visit: www.ryersonsummerdaycamps.com

Get all of your Ryerson Rec schedules and programs available to you in one place and at all times with our Get Rec'd App. You can also visit our website at <https://recreation.ryersonrams.ca/>, call or drop by the RAC or MAC front desk.

PROGRAMS & SERVICES

MASTER'S SWIM women on weights DODGEBALL lyrical
GROUP FITNESS 3on3 Volleyball
 waterpolo JIU-JITSU CLUB karate club
 SHINNY HOCKEY bachata TRAMPOLINE
 spin, abs & stretch SMRT CORE swim lessons BALL HOCKEY cha
 bosu body FULL BODY BOOTCAMP
 NINJITSU CLUB PERSONAL TRAINING cha
RYERSON RECREATION HIIT
 ULTIMATE WORKOUT Cardio Smrt Core Combo
MASSAGE **sport clubs**
THERAPY DEEP RELAXATION YOGA
 vinyasa yoga BALLET OLYMPIC LIFTING
 KICKBOXING salsa instructional programs
 advanced yoga hatha yoga KETTLEBELL CAMP
free skate badminton club TMC
 SPINNING TOTAL MUSCLE CONDITIONING
 fencing FUSHION Women's Only abs & butt
 SOCCER Gym Hours zumba
 day camps Groove
 BASKETBALL BODYART fitness
 kendo club fight fit testing
 TAE KWON DO JAZZ RECREATIONAL
 archery club SPORTS burlesque
 FLAG FOOTBALL aquatic certification courses BALLROOM hip hop
 BELLY DANCING



For the latest Schedules, Programs and Information download our app!

“RYERSON RECREATION”



@RURecreation

TERMS & CONDITIONS

YOUR INFORMATION

- The information is collected under the authority of the Ryerson University Act and may be used for the purposes of administering the membership, including communicating with the member regarding issues related to membership status. In case of a medical emergency, contact information may be used to facilitate medical treatment.
- The member understands that his/her student, employee or community member number is used for the purpose of verifying status to determine membership eligibility.
- By attending Ryerson Athletics event, facility or program, you are providing your consent for any media (photos or video) captured at the event, venue or program to be used, as determined by Ryerson Athletics, for promotional or archival purposes. If you have questions about the collection, use, and disclosure of this information by the University please contact the Recreation Manager at (416) 979-5096.

CANCELLATION & REFUNDS

- All applicants have a ten (10) day “cooling off” period from the date of purchase of membership to request cancellation and a full refund.
- Monthly memberships and automatic successive monthly renewals may be terminated by the member at any time by providing notice of not less than fourteen (14) and not more than twenty-eight (28) days by e-mail transmission to rac@ryerson.ca, which notice shall be acknowledged.
- Annual memberships are not automatically renewed and will be terminated one year from date of purchase unless renewed by the member.
- There is NO refund and NO transferability of MAC/RAC membership or services (including Personal Training Services). All services end when membership expires.
- The purchase of any RAC clinics and/or classes indicates agreement with specific refund policies regarding them.

FEES & PAYMENT TERMS

- Member agrees to pay for the listed Ryerson Athletics Centre (RAC) fees.
- Monthly memberships are subject to automatic successive monthly renewals, unless otherwise requested by the applicant at the time of registration. The member authorizes RAC to process a monthly charge to the member's credit card for the agreed monthly membership amount.
- Member acknowledges and agrees that membership fees are subject to review and change by RAC at any time and that such changes in fees will be reflected in monthly membership charges to the member's credit card. RAC will provide to the member by e-mail no less than 60 days notice of any change in membership fees.
- Member agrees to advise RAC of any change to his/her credit card information, in order to permit this monthly credit card charge to be processed on a timely basis.
- The purchase of a membership indicates agreement to comply with all relevant Ryerson policies and procedures including Ryerson's Harassment Policies and Procedures. Failure to abide by these policies and/or for any other reason that Ryerson deems sufficient may result in immediate termination of memberships.