
Sports

Are you happy and content with your body? Can it do all the things you would like it to do? Is the tummy as flat and firm as it used to be? If not, and you feel your body is not becoming, maybe you should be coming to the Department of Athletics, Physical Education, and Recreation of UPEL.

Facilities and equipment:

Outdoor: Numerous fields and tennis courts, jogging-walking routes with distances, on and around campus.

Rink: Available approximately mid-October

Young Canada Games Sports Centre: Our campus's newest building with facilities, space and equipment for most sports and recreational needs. Janet Rogers, a highly-regarded Physiotherapist, operates a clinic in the Sports Centre. Appointments may be made by phoning 566-0725.

Intramurals-Clubs-Recreation: Phone the Program Co-ordinator at 566-0606.

Intercollegiate: Why not attend a few games and support the various Panther squads. Reserved seating for hockey and basket games can be obtained by joining the Booster Clubs.

Drop by, give us a call, we'll sit down and discuss your situation with you, maybe, just maybe, we'll be able to accomplish (if not miracles) at least something.

Facilities include:

Track: Good for walking and jogging

Weight/Aerobic

Training Area: 8 station weight machine with sit-up boards

Computerized aerobicycles

Standard exercise bikes

Stair climber

Rowing machine

Courts:

Racquetball, squash, badminton
basketball, volleyball, wally-ball
tennis

Video Room: Aerobic video tapes available for use by small groups (1-5) people

Locker Rooms: Lockers available on a daily basis, showers, sauna and hair dryers also available

Footwear: All footwear must be exclusively indoor footwear (not worn outside)

On the wood surfaces (gym, exercise room, and raquetball courts), no black soled sneakers permitted.

Tours: If you and/or a group of your friends is interested in a tour of the facility to see what is available, please do not hesitate to call us. Vince Mulligan (566-0481) will arrange tours.

Activity and Use Areas

3 regulation size basketball courts

1 varsity basketball courts (8 backboards)

3 volleyball courts

1 game volleyball courts

8 badminton courts

1 two lane, 1/8 mile walking/jogging track

1 weight room

1 exercise room

2 raquet ball courts

(also useable for "Wally-Ball")

2 squash courts

1 tennis floor

7 locker room areas (showers/lockers)

2 saunas

1 canteen area

1 conference/meeting room

1 classroom

2 public washrooms

1 sport medicine/

physiotherapy clinic

1 fitness testing room