

HOURS OF OPERATION

Fall 2010 Updated 9/1/2010

THIS SCHEDULE DOES NOT APPLY DURING WINTER BREAK

Main Office (153 SpHC)

Monday– Thursday 8:00am– 7:00pm
Friday 8:00am– 4:00pm

Rental Center (154 SpHC)

Monday 9:00am–6:00pm
Tuesday– Friday 11:00am–6:00pm

Intramural Equipment Center (199 SpHC)

Monday– Thursday 4:00pm– 11:45pm
Sunday 3:00pm– 8:45pm

Auxiliary Gym (SpHC 150A)

Mon, Wed, Friday 11:00am– 1:00pm
Tuesday, Thursday 11:00am - Noon
Saturday 9:15am– 5:45pm
Sunday 12:15pm– 8:45pm

Romano Gym (SpHC 150)

Friday 6:00am– 8:45pm
Saturday 9:15am– 5:45pm
Sunday 12:15pm– 8:45pm

Recreational Gym (155 SpHC)

Monday– Thursday 6:30am– 11:45pm
Friday 6:30am– 8:45pm
Saturday 9:00am– 5:45pm
Sunday 12:00pm–8:45pm

Jogging/ Walking Track (SpHC 195)

Monday– Thursday 6:30am– 11:30pm
Friday 6:30am– 8:45pm
Saturday 9:00am– 5:45pm
Sunday 12:00pm– 8:45pm

Free Bouldering

Monday– Thursday 6:30am– 4:00pm
Friday 6:30am– 3:00pm
Saturday 10:00am– 3:00pm
Sunday Noon– 8:00pm

North Shore Wall (Fitness Center)

Monday– Thursday 4:00pm– 8:00pm
Friday & Saturday 3:00pm– 5:45pm

Inland Wall (Ice Rink)

Monday– Thursday (on demand) 4:00pm– 8:00pm
Tuesday (North Shore Climbers) 6:00pm– 9:00pm

Pool: Lap & Open Swim

Wednesday, Thursday, Friday 3:00pm– 4:00pm
Saturday– Sunday 1:30pm – 3:00pm

Pool: Lap Swim

Mon, Wed, Fri. 5:30am– 6:30am, 11:00am–1:00pm
Tuesday & Thursday 6:00am– 8:00am, 11am–1:00pm
Saturday & Sunday Noon– 1:30pm

Fitness Center– Lower Level– Free Weights & Selectorized (SpHC 92)

Monday–Thursday 6:30am–11:30*
Friday 6:30am–8:45pm*
Saturday 9:00am–5:45pm
Sunday noon–8:45pm

*The weightroom will be closed due to classes on Tues & Thur from 8am–9:30am, and on Mon, Wed, Fri from 8–9am. The Cardio Level will remain open during classes.

Fitness Center– Upper Level– Cardio (SpHC 157)

Monday– Thursday 6:30am– 11:30pm
Friday 6:30am– 8:45pm
Saturday 9:00am– 5:45pm
Sunday Noon– 8:45pm

Ice Rink (Open Skate)

Monday– Friday 11:30am– 1:30pm
Friday 6:30pm– 8:45pm
Saturday 11:30am– 1:30pm

Open Hockey

Tue/Wed/Thu 7:00am– 9:00am
Monday–Thursday 7:15pm– 8:15pm

Open Broomball

Monday–Thursday 8:30pm– 9:30pm

Ice Rink (Open Skate)

Monday– Friday 11:30am– 1:30pm
Friday 6:30pm– 8:45pm
Saturday 11:30am– 1:30pm

Open Hockey

Tue/Wed/Thu 7:00am– 9:00am

Facilities will be closed on November 25,26,27,28.

Patrons must carry the appropriate pass at all times.