

HOURS OF OPERATION

9-6-2011

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

Fitness Center– Upper Level– Cardio (SpHC 157)

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

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

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

*The lower level weight room will be closed due to classes Monday and Wednesday from 9-10am.

The Cardio Level will remain open during classes.

Recreational Gym (155 SpHC)

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

Jogging/ Walking Track (SpHC 195)

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

Pool: Open Swim

Mon, Wed, Thur, Fri	2:30pm– 4:00pm
Saturday– Sunday	1:30pm – 3:00pm

Pool: Lap Swim

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

Free Bouldering

Monday– Thursday	6:00am– 4:00pm
Friday	6:00am– 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

Intramural Equipment Center (199 SpHC)

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

Ice Rink (Open Skate)

Monday– Friday	11:30am– 1:30pm
Monday-Friday	6:00pm–7:00pm
Friday	6:30pm– 8:45pm
Saturday	11:30am– 1:30pm

Sept 6 - Nov 1

11:30am– 1:30pm
6:00pm–7:00pm
6:30pm– 8:45pm
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
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Open Hockey

Tue/Wed/Thu	7:00am– 9:00am
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Ice Rink (Open Skate)

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

Nov 2 - Dec 15

11:30am– 1:30pm
6:30pm– 8:45pm
11:30am– 1:30pm

Facilities will be closed on November 24,25,26,27.

Patrons must carry the appropriate pass at all times.