



BURMAN UNIVERSITY PE CENTRE & GWEN BADER FITNESS CENTRE



THE GWEN BADER FITNESS CENTRE

can offer you the following:

- Up to 95 hours available workout time/week
- Private fitness consultations
- Free weights and many selectorized machines
- Treadmills
- Stair climbers & Bikes
- Rowing Machines
- Elliptical Trainers
- Air conditioned comfort
- Video and book loans to members

ELIGIBILITY POLICY

The following people may use the pool, gym or racquetball for free with student ID:

- Burman Students & Spouses
- Dependents of Students who are:
 - a) under 18 and living at home
 - b) full time students if over 18

Note: Dependents are defined as “children of.”

The Gwen Bader Fitness Centre requires a purchased pass. Student rates are available for each semester they are registered as students a Burman University.

- Contact the Recreation office to charge your membership to your account.
- As a general rule, membership refunds are not available.
- Free Weight Training Consultations are available from our Fitness Consultant. Call the gym front desk to book an appointment.

Note: Any student caught using the Gwen Bader Fitness Centre without a valid pass will be charged double the amount of the full term on their school bill.

- It is possible to “work off” a weight training membership for those that cannot afford to buy one. (Contact the PE Centre front office.)
- Most balls/racquets used in the gymnasium and/or ball field can be signed out at the front desk. Colateral is required.
- Badminton birdies are for purchase only.
- Towels are available for \$2.00 RENT ONLY.

GYM RULES

1. Only clean, dry shoes with non-marking soles are allowed on the playing surface.
 - We appreciate those who change their footwear and wear only indoor shoes in the gym.
 - If wearing outdoor shoes they must be cleaned on the shoe cleaning machines (“Boot Boys”) AND inspected visually by the user to ensure that they are clean.
 - Improper foot wear may be subject to a fine of up to \$50.
2. No food or Drink (except water) in the gym. (Note exceptions for special functions when the tarps are down).
3. No personal non-approved equipment, i.e., skateboards, wooden hockey sticks, stereo’s without headphones, etc.

1. Please monitor your own treatment of the floor as well as that of your friends and peers.
2. Shirts are to be worn in the Gwen Bader Fitness Centre and the gymnasium.
3. Personal music systems may be used only with headphones or earbuds

AVAILABLE IN THE PHYSICAL EDUCATION CENTRE

- Swimming Pool
- Saunas
- Racquetball
- Floor Hockey
- Basketball
- Table Tennis

The INDOOR CLIMBING WALL is available to Burman University students, along with their dependants and spouse to climb for FREE. Ask the rock wall worker for a waiver form. Climbers under 18 years need a parent/guardian to sign waiver form.

AVAILABLE CLASSES

Aquatic Classes

- Bronze Medallion and Bronze Cross
- Aquatic Emergency Care & National Lifeguarding
- O₂ Administration and CPR
- Assistant Water Safety Instructor /Water Safety Instructor

Recertifications

- AEC/NL & WSI

Standard & Emergency Red Cross First Aid, CPR & AED



GYM HOURS
5:00 AM - 10:00 PM (Mon-Thur)
5:00 AM - 7:00 PM (Fri)
11:00 AM - 5:00 PM (Sun)

POOL HOURS
Earlybird lane Swimming 5:30 - 8:00 AM
(Mon-Fri)
Noon-hour lane Swimming: 12:00 - 1:00 PM
(Starting Sept. 1: 11:45 AM - 12:45 PM)
Evening Open Swim: 6:30 - 8:00 PM



BURMAN UNIVERSITY PE CENTRE

WWW.BURMANU.CA/PECENTRE

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