

INTRAMURAL & CLUB PROGRAMS

Intramural & Club programs provide participants with top quality instruction tailored for all levels of ability. Register for all programs at the Customer Service Centre.

BADMINTON

When: Tuesday 7:00 pm - 10:00 pm
Sunday 3:00 pm - 6:00 pm
Where: Duckworth Centre (Main Gym)
Cost: \$50.00/UW Students, \$100.00/Public (2 terms)
\$60.00/UW Students, \$120.00/Public (12 months)

DROP-IN CO-ED VOLLEYBALL

When: Monday & Wednesday 11:30 am - 1:30 pm
Where: Duckworth Centre (Main Gym)
Cost: Free to UW students and staff

TAE KWON DO

When: Tuesday & Thursday 5:00 pm - 7:30 pm
Saturday 4:00 pm - 6:00 pm
Cost: \$40.00/UW Students, \$80.00/Public (per term)

YOGA

When: Wednesday 9:30 am - 10:30 am
Cost: \$40.00/UW Students, \$80.00/Public (per term)

LATIN DANCE

When: Friday 6:00 pm - 7:30 pm (Level1)
Friday 7:30 pm - 8:30 pm (Intermediate)
Sunday 4:30 pm - 6:00 pm (Advanced)
Cost: \$40.00/UW Students, \$60.00/Public (per term)

JUDO

When: Monday & Wednesday 7:00 pm - 9:00 pm
Saturday 12:00 pm - 2:00 pm
Cost: \$40.00/UW Students, \$80.00/Public (per term)

CAPOEIRA

When: Monday 5:00 pm - 7:00 pm
Cost: \$40.00/UW Students, \$80.00/Public (per term)

HIP HOP

When: Tuesday 7:30 pm - 9:00 pm
Saturday 2:00 pm - 4:00 pm
Cost: \$40.00/UW Students, \$80.00/Public (per term)

WOMEN'S WEIGHT TRAINING

When: Tuesday & Thursday 2:30 pm - 3:30 pm
Women Only
Cost: \$40.00/UW Students, \$80.00/Public (per term)

CHIN-NA (Self Defense)

When: Friday 5:00 pm - 6:00 pm
Sunday 1:00 pm - 2:30 pm
Cost: \$40.00/UW Students, \$80.00/Public (per term / 1 class per week)

SQUASH LADDER Sept-April \$25

INTER-UNIVERSITY ATHLETICS

The University of Winnipeg provides sport fans with the finest Men's and Women's volleyball and basketball excitement in Canada. Since the University was founded in 1967, Wesmen teams have won 19 national championships in volleyball and basketball. The 2004/05 season will be packed with plenty of action and excitement. This year the Duckworth Centre will be hosting the CIS Women's Basketball National Championships.

University sport provides fantastic value for your entertainment dollar. In addition to the excitement of top caliber basketball and volleyball action, fans get to enjoy all the atmosphere of a university sporting event. This year's home games will feature a variety of contests, prize draws, special halftime and time-out entertainment, musical performances, post game victory parties, the antics of Wes Lee Coyote, and who knows what else!

WESMEN ATHLETIC SCHOLARSHIP FUND

The University of Winnipeg provides financial support to many of its student athletes through the Wesmen Athletic Scholarship Fund. Student athletes may receive an award up to the value of their full tuition and compulsory fees.

In addition to funds received from Sport Manitoba, our student athletes participate in a variety of fund-raising activities. However, a major source of scholarship revenue comes from donations by fans and supporters of The University of Winnipeg Wesmen. Tax receipts are issued for all donations of over \$25 according to Revenue Canada guidelines.

"Join the team today and help keep the Wesmen #1 in Athletic Scholarships and National Championships."

To make a donation or to obtain more information on the Wesmen Athletic Scholarship Fund please contact Mr. Bill Wedlake (Athletic Director) at **786-9419**.

THE FITNESS CENTRE

The Fitness Centre features free weights, weight machines, an ergometer rower, a treadmill, elliptical machines, exercise cycles, and stair climbing machines.

Access to the Fitness Centre is restricted to paid members. All members will be issued a clip on key card. The key card must be worn and visible while in the Fitness Centre.

TRACK

Track Length - 1 lap = 167 meters; 9.6 laps/mile.

LOCKER AND TOWEL SERVICE

Daily lockers and towels may be rented from the Customer Service Centre at a cost of \$1.00 for either or both.

Towel service is included for all members purchasing a locker with their memberships.

There are two types of lockers available with your membership (half locker \$38.00, full locker \$43.00).

Availability of full lockers is limited. In order to ensure you receive a full locker please ask to be put on the waiting list.

Members purchasing a locker will be provided with a specific locker and combination lock for the duration of the membership.



WOMEN'S BASKETBALL FÉMININ
MARCH 10-13, 2005

FOR MORE INFO 204.786.9349 | WWW.WESMEN.CA

SQUASH, RACQUETBALL and HANDBALL BOOKINGS

The squash, racquetball and handball courts can be booked up to 2 days in advance by phone or in person. Phone **786-9349** to book your court.

AEROBICS

Monday/Wednesday/Friday 12:30 pm - 1:15 pm

Tuesday/Thursday 12:05 pm - 12:50 pm

Public Pass \$80.00/per term
U of W Student \$60.00/per term
12 Class Pass \$49.00
Drop-in Fee \$5.00/per class

1st Term Sep 13/04 - Dec 03/04
2nd Term Jan 04/05 - Apr 01/05

Location - Duckworth Centre Auxiliary Gym

ATHLETIC THERAPY CENTRE

The Athletic Therapy Centre provides care for athletes, students, staff and the GENERAL PUBLIC. A wide range of services are featured, including injury assessment, therapeutic exercise, pain management tools, hot/cold whirlpools, ultrasound, electrical muscle stimulation, preventative taping massage, and braces/orthotics.

The staff can also assist in accessing sport medicine physicians, orthopedic surgery, athletic therapy, orthotics and braces, fitness and nutrition evaluation.

The clinic is located in the lower level of the Duckworth Centre and is open Monday to Friday. Fees are very reasonable, and may be covered under various insurance plans. For an appointment or more information, call **786-9250**.

DUCKWORTH CENTRE MEMBERSHIP INFORMATION

TYPES of MEMBERSHIPS

FULL SERVICE

Full Service Memberships include: access to track, Fitness Centre, racquetball, handball & squash courts, main gymnasiums, showers, sauna, half locker & towel service.

FITNESS CENTRE

Fitness Centre Memberships include: access to track, Fitness Centre, main gymnasiums, showers, sauna.

BASIC

Basic Memberships include: access to track, racquetball, handball & squash courts, main gymnasiums, showers, sauna.

TRACK

Track Memberships include: access to track, main gymnasiums, showers, sauna.

TRIAL

Trial Memberships are now available to new Alumni, Corporate and Public Members. For your \$25.00 you can try out a Full Service Membership for 1 month. All fees paid toward your Trial Membership may be credited to any 6 or 12 month membership.

ADDITIONAL SERVICES

The following services can be added to any of the memberships.

Full Locker & Towel Service	\$43.00/ 12 mo.
Half Locker & Towel Service	\$38.00/ 12 mo.
Towel Service Only	\$25.00/ 12 mo.
Daily Locker & Towel Service	\$ 1.00
Daily Racquet Rental	\$ 3.00

CORPORATE MEMBERSHIPS

Please contact Doran Reid at 786-9817 for pricing information.

FEES

UNIVERSITY OF WINNIPEG STUDENTS, STAFF, FACULTY & OTHER FULL TIME STUDENTS

	Full Service	Basic	Fitness Centre (add to basic)
U of W Staff, Faculty, and Students	\$112	N/C	\$74
Other Students	\$147	\$35	\$74

All student, staff, & faculty memberships run for the academic year (September 1, 2004 - August 31, 2005). Students must show valid student card.

ALUMNI

	Full Service	Fitness Centre	Basic	Track
12 Month	\$237	\$196	\$125	\$84
6 Month	\$177	\$123	\$99	\$63
3 Month	\$111	\$97	\$69	\$42

PUBLIC

	Full Service	Fitness Centre	Basic	Track
12 Month	\$276	\$226	\$169	\$99
6 Month	\$197	\$157	\$129	\$75
3 Month	\$137	\$112	\$85	\$50

Trial Memberships - \$25.00



www.wesmen.ca

Frequently Asked Questions

1. When is the Duckworth Centre open?

The times are printed on the front cover of this brochure.

2. Are there any times when the track is closed?

The track is closed occasionally to accommodate events in the main gymnasiums such as Wesmen games, concerts, etc. A list of weekly track closings will be posted at the Customer Service Centre each Sunday. Phone 786-9349 or check out our website www.wesmen.ca for all track closings.

3. Can I bring guests with me?

Members are permitted to sign in guests for a daily guest fee of \$5 per visit. Guests can use all Duckworth Centre facilities EXCEPT the Fitness Centre. Members must accompany guest.

4. How do I access the Fitness Centre, track, or locker room?

When you check in at the Customer Service Centre, you will exchange your membership card (or U of W student card) for an access card*. These electronic access cards are programmed to unlock specific doors in the Duckworth Centre. Hold the card flush against the black sensor box and listen for a "click". When the door clicks, open and proceed through.

*During peak periods you may wish to speed up access to the facilities by paying a \$15 refundable deposit for your own access card for the duration of your membership.

5. How do I book a squash, racquet or handball court?

Keep the phone number 786-9349 handy, as we accept phone bookings from all members up to 2 days in advance. Members may book 1 court a day but use any unused court space to play longer

6. Is the Duckworth Centre available to rent and how do I go about renting the facility?

One fact you may not know is that the Duckworth Centre is also available for rental. Since opening the Duckworth Centre has hosted large events such as international sporting & community events as well as smaller events where a single meeting or conference room is needed. If you or your group are interested in renting the Duckworth Centre please contact Doran Reid at 786-9817.

www.wesmen.ca



THE UNIVERSITY OF WINNIPEG

DUCKWORTH CENTRE

2004 - 2005 Facility Guide

The University of Winnipeg Duckworth Centre invites you to enjoy our quality programs and services. Our broad based memberships offer - *Something for Everyone* - from learning new skills, to improving and maintaining your overall fitness.

Our programs are delivered and supported by highly qualified staff, working as a team to meet your every need.

If you have any questions please phone the Duckworth Centre Customer Service Centre at 786-9349, or visit our website at www.wesmen.ca.

REGULAR HOURS OF OPERATION

Monday - Friday 7:00 am - 10:00 pm
Saturday - Sunday 9:00 am - 6:00 pm

SUMMER HOURS (During July & August)

Monday - Friday 7:00 am - 9:00 pm
Saturday - Sunday 12:00 noon - 6:00 pm

www.wesmen.ca