

Rec

DOUGLAS COLLEGE



2010 Royals Rumble
Team Awesome

2010 Fall Brochure
'REC' YOUR LIFE!

DOUGLAS COLLEGE CENTRE FOR CAMPUS LIFE
WWW.DOUGLASCOLLEGEROYALS.CA
604-527-5775

Intramurals & Gym Schedule

Intramurals New West (Sept. 14–Dec. 7)

(register online www.douglascollegeroyals.com)

Soccer: Tuesday 2:30pm–3:30pm

Basketball: Tuesday 3:30pm–4:30pm

Open Gym

Tuesday 2:30pm–4:30pm

Table Tennis (Room 1313)

Drop In Daily 8:30am–11:30pm
1:00pm–8:00pm

Hip Hop group (Room 1313 & 1322)

Drop In Thursday 4:00pm–6:00pm

Intramurals David Lam (Sept. 14–Dec. 7)

(register online www.douglascollegeroyals.com)

Soccer: Tuesday 2:30pm–3:15pm

Basketball: Tuesday 3:15pm–4:00pm

Volleyball: Wednesday 3:00pm–4:00pm

Badminton: Wednesday 4:00pm–5:00pm

Events Schedule

Can You Dig It?

Beach Volleyball tourney
September 14 @ David Lam

Royals Rumble

Intramural Tourney
September 22 @ New West

40th Anniversary Week

Events and activities
celebrating the Douglas College
40th anniversary
September 20–25th

Badminton Tourney

4pm October 1 @ New West

Basketball Tourney

4pm October 15 @ New West

Student Night

October 16
BC Lions vs. Edmonton



Recreation Classes New West (Sept. 7–Dec. 17)

Monday	Tuesday	Wednesday	Thursday	Friday
12:00pm	11:35am	12:00pm	11:35am	12:00pm
Basic Step	Yoga	Kick Box	Core Strength	Yoga
	12:35pm	1:00pm		
	Core	Step Aerobics		
		5:00pm		
		Hip Hop		
		Sept.15–Nov.10		

Latin Dance (Sept. 20)

Mondays at 6:00pm
 \$70 Student *PRICING INCLUDES HST
 \$100 Staff/Community *PRICING INCLUDES HST
 No classes Oct.11

Belly Fit (Sept. 23)

Thursdays at 6:30pm
 \$45 per Person *PRICING INCLUDES HST
 No classes Nov.11
 HST#R118887579

Recreation Classes David Lam (Sept. 13–Dec.1)

Monday	Wednesday
12:00pm	4:45pm
Yoga	Kick Box

Fitness Centre Schedule

Fitness Centre New West (Sept. 7–Dec. 23)

closed Oct 11, Nov 11, Dec 24-Jan 3
 Monday–Thursday: 8:00am – 8:00pm
 Friday: 8:30am – 4:30pm
 Saturday, Sunday & Holidays: Facility Closed

Membership Rates

Membership	Community	CE Students & Alumni
Drop In	\$5.00	\$3.00
Monthly	\$42.00	\$32.00
Semester	\$107.00	\$80.00
Yearly	\$240.00	\$160.00

Personal or Group Training

We offer one-on-one personal training with our staff, who will work with you to identify goals, personalize a program and maximize the benefits of your training routine. Or come with a friend and sign up as a pair to get a better deal! See what difference good company can make in your training routine.

Individual Rates: 3 sessions = \$165 | 6 sessions = \$300
 Group Rates (per person): 3 session = \$105 | 6 sessions = \$180

*PRICING INCLUDES HST

Fitness Centre David Lam

Monday–Thursday: 8:00am – 9:00pm
 Friday: 8:00am – 8:00pm
 Saturday, Sunday & Holidays: 8:30am–8:00pm
 Women’s only: Mon. 7:00pm–9:00pm | Tues. & Thurs. 3:15pm–5:00pm



Health & Wellness

Wanting to make a difference on Campus?

Come and join the Student Wellness Awareness Team (SWAT). We are a group who are passionate about health and wellness, as well as creating a more vibrant campus at New West and David Lam. We are looking for fun and enthusiastic students who want to make a difference on campus. For more information please contact Scott Fraser-Dauphinee: dauphiness@douglas.bc.ca

Student Health 101

Check the latest issue of Student Health 101 online at <http://sh101.ca/douglas.html>

Student Leadership Program & Co-curricular Credit

What is it?

The Student Leadership program is for students who want to build their leadership skills and make a difference through volunteer service. To complete the program you will be required to complete a minimum number of leadership workshops/seminars along with a number of hours in a volunteer position on-campus or with a community organization.

Why should I join?

1. Get credit (non-academic) on your transcript that will give you a competitive advantage when applying for jobs, or university undergraduate or post-graduate programs.
2. Discover ways to make a difference through getting involved on campus and in the community.
3. Learn valuable professional and personal skills that you won't get in the classroom.
4. Meet great people and have fun!

What do I do next?

Check out the new DOUGlife website at www.douglife.ca

DOUGlife

*Launching
September 2010*



DOUGlife

Enjoy. Connect. Engage.

DOUGlife is a new website within the Douglas College website that will be your hub for all extra-curricular activities at Douglas. If you are ever wondering what you can do outside of the classroom, just visit www.douglife.ca and find out.

What you will find on DOUGlife

Events Calendar

Volunteer Opportunities: On-Campus // Off-Campus // Links

Student Clubs: Join a Club // Start a Club

Healthy and Active Living: Recreation // Health and Wellness

Leadership Opportunities: Programs // Workshops // Opportunities

www.douglife.ca