

UNIVERSITY OF GUELPH
COMPREHENSIVE WELLNESS INVENTORY
2010

Programs	Description	Fee	Dates Offered	Contact Information
OCCUPATIONAL HEALTH & WELLNESS				
FITNESS/PHYSICAL ACTIVITY				
Better U	Casual noon hour fitness program. Come join a group for leisure walking, power walking, learn to run and running.	Free	Mon. & Wed. 12:00 - 1:00pm., year around	Occupational Health & Wellness@ ext. 52647 or email aeleveld@uoguelph.ca
HEART HEALTH/BLOOD PRESSURE				
Blood Pressure Clinics	Occupational Health Nurses will set up a resource table and be on hand to take employees blood pressure if they desire. Emphasis is on educating employees about their blood pressure. What do the actual numbers mean, what is high blood pressure, and what are risk factors? How do healthy life style choices make a difference to your blood pressure? Multiple resources are available.	Free	Occupational Health may contact your department and suggest arranging a clinic or any department supervisor may contact us and arrange for a clinic to be set up in your area. The length of time for the clinic will	Occupational Health & Wellness@ ext.56699 or email jcrnkovi@uoguelph.ca
Blood Pressure Monitoring	Any University of Guelph employee may drop by our office without an appointment and have their blood pressure taken. The employee may already be aware that their blood pressure is elevated and their physician has asked that they monitor it more closely or the employee may be making life style or changes with their medications and are required to take their blood pressure more frequently.	Free	by request	Drop by Occupational Health & Wellness, Axelrod Bldg. 31 Rm. 179
Blood Sugar Monitoring	Any University of Guelph employee may drop by our office without an appointment and have their blood sugar checked. The employee may already be aware that their sugars are elevated and their physician may be requesting closer monitoring of their sugars, or the employee may wish to have their blood sugars checked just out of interest.	Free	by request	Drop by Occupational Health & Wellness, Axelrod Bldg. 31 Rm. 179
AWARENESS CAMPAIGN POSTERS				
Awareness Campaign Posters	Occupational Health has a number of Awareness Campaign Posters that departments can request to display in their areas. Posters: 1. Needlestick Campaign 2. Mental Health Awareness 3. Scent Awareness 4. Slips, Trips and Falls 5. Universal Precautions	Free	by request	Occupational Health and Wellness ext. 52647 or email harrish@uoguelph.ca

Programs	Description	Fee	Dates Offered	Contact Information
ERGONOMICS				
Individual Workstation Assessments	If you are setting up a new office or if you are currently experiencing pain and discomfort in your current set-up....our ergonomic specialist can help. You will be provided with an assessment of your workstation and recommendations for changes to areas that may be considered a problem.	Free	by request	Annie Eleveld, R.N. in Occupational Health and Wellness, ext. 56811 or email aeleveld@uoguelph.ca
WORKSHOPS AND TRAINING				
Injury Prevention in the Workplace	This seminar provides employees with classroom/practical instruction about hazards in the workplace associated with soft tissue injuries. Individuals will learn how forceful exertions, awkward postures, and repetitive work activities can contribute to soft tissue injury and what to do in the workplace to prevent them. The target audience is all employees, managers and JHSC members working in a non-office setting particularly those performing physically demanding activities.	Free	throughout the year, watch for fliers or check the Occupational Health Website for a list of dates and times	TBA
Office Ergonomics-Injury Prevention in the Workplace	This seminar provides employees with classroom/practical instruction about the hazards in the office workplace associated with soft tissue injuries. Individuals will learn how forceful exertions, awkward postures, and repetitive work activities can contribute to soft tissue injury and what to do in the workplace to prevent them. The target audience is all employees, managers, supervisors and Health and Safety committee members and employees working in an office setting.	Free		Annie Eleveld, R.N., Certified Ergonomic Specialist, Occupational Health and Wellness, ext. 56811 or email aeleveld@uoguelph.ca
ATHLETICS & HEALTH AND PERFORMANCE				
The following programs are offered through Athletics and Health and Performance, check their websites for updates. Performance http://www.uoguelph.ca/hpc/ -- Athletics http://www.athletics.uoguelph.ca/				Please Health and
NUTRITION/WEIGHT MANAGEMENT				
Nutritional Gold	Includes assessment, eating plan, 2 computerized diet analyses, fine tuning and progress checks, grocery store tour, and reassessment.	\$755	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Nutrition Silver	Includes assessment, eating plan, computerized diet analysis, and fine tuning and progress checks	\$450	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Nutrition Bronze	Includes assessment, eating plan, and fine tuning and progress checks *Individual visits are also available*	\$290	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca

Programs	Description	Fee	Dates Offered	Contact Information
FITNESS/ PHYSICAL ACTIVITY				
Adult Swim Courses	Offered in beginner, junior, and intermediate levels in the Red pool; two classes/week; maximum class size of 8-10 participants; 8 classes in total.	\$39 + Membership	Offered in Fall (Sept. 15-Nov.10) or Winter (Jan.12-Mar.11) on Mondays and Wednesday; Beginner: 8:00pm-8:30pm, Junior: 8:30pm-9:00pm, Intermediate: 9:00pm-9:30pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Advanced Dance Classes	Designed for those with previous dance experience; Combination of dance styles including ballet, modern jazz, and hip hop.	\$42 + Membership	Offered in Fall (Sept.16-Nov.18) and Winter (Jan.13-Mar.24) Tuesday 5:30pm-7:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Aikido Classes	Japanese art of self defense; Promotes well-being and coordination of mind and body; Practices include exercises with ken (sword) and jo (stick), but the emphasis is on unarmed defense against unarmed/armed attack; All ranks awarded at Guelph are certified by the World Aikido Federation through the Canadian Aikido Federation; Offered in 2 levels of difficulty.	\$50 + Membership	Offered in Fall (Sept.15-Nov.24) and Winter (Jan.12-Mar.30) Beginner: Monday and Thursday 7:30pm-9:00pm; Advanced: Monday and Friday 7:30pm-9:00pm.	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Aquafit - CALA Certification	Canadian Aquafit Leaders Alliance (CALA) allows for certification of Aquafit leaders; 40 hour theory course learning anatomy, kinesiology, physiology, principals of conditioning, movement mechanics, program design, basic moves in the water, etc.; Offered alongside an apprenticeship program.	Contact for more information	Contact for Fall and Winter Dates	Pat Richards EXT. 52742; Lynne Skilton-Hayes EXT> 52670
Athletics Facilities Rentals	Volleyball, Indoor Soccer, Fields, Pools, Studios, etc.	Contact for rates.	Throughout Year	Facilities Office, EXT. 53790; For Ice and Pool Rentals: Rebecca Best EXT.53790
Ballet Classes	Offered in 2 levels of difficulty, including beginner.	\$42 + Membership	Offered in Fall (Beginner: Sept. 15-Nov.24 Monday 5:30pm-7:00pm and Sept. 17-Nov.19 Wednesday 4:00pm-5:30pm; Advanced:	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Belly Dance Classes	Once a fertility rite, belly dancing is now a celebration of life; Learn subtle, intricate moves in the torso, shoulders, rib cage, stomach, and hips to music from around the World; Offered in 2 levels of difficulty.	\$42 + Membership	Offered in Fall (Sept. 18-Nov.20) and Winter (Jan.15-Mar.24) on Thursdays 4:00pm-5:15pm and 7:00pm-8:15pm.	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124

Programs	Description	Fee	Dates Offered	Contact Information
Beyond Breast Cancer	For breast cancer survivors; Consultation and recommendations are provided; Opportunity to join "Breaststrokes" (dragon boat team of Breast Cancer Survivors).	Contact for more information	Contact for more information.	Pat Richards EXT. 52742
Bike Fitting	Each athlete will benefit from knowledge and skills developed as a Certified Bicycle Fit Technician with a properly fit bicycle	\$400	Contact for Details	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Bollywood Fusion Dance Classes	A mixture of Indian and Western dance forms both traditional and modern.	\$42 + Membership	Offered in Fall (Sept.16-Nov.18) and Winter (Jan.13-Mar.24) Tuesday 8:30pm-10:00pm)	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Boot Camp	Outdoor group personal training adventure; Involves both cardio and strength training; Drop is available.	Once/Week \$64 Twice/Week \$108	Offered in Fall (Sept. 16.-Oct.21 Tuesday 12:00pm-1:00pm, Sept.18-Oct.23 Thursday 12:00pm-1:00pm, Sept.16-Oct.23 Tuesday and	Lynne Skilton-Hayes EXT. 52670
Break Dance Fundamentals Classes	Classes teach the basics of break dancing for the beginning dancer; Lessons include top rocking, simple foot working, basic freezes, and basic power moves; Both males and females welcome.	\$42 + Membership	Offered in Fall (Sept.14-Nov.23) and Winter (Jan.11-Mar.22) Sundays 8:00pm-9:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Capoeira	Blend of martial art, game, and dance; Originated in Brazil during 16th century; Combines elements of self-defense, dance, poetry, acrobatics, folklore, ritual, and music.	65 + Membership	Offered in Fall (Sept.16-Nov.18) and Winter (Jan.13-Mar.24) Tuesdays 8:15pm-9:45pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Classical Yoga	Promotes physical, mental, moral, and spiritual health through postures and breathing; Prior experience not necessary.	\$55 + Membership	Offered in Fall (Sept.17-Nov.19) and Winter (Jan.14-Mar.25) Wednesdays 4:00pm-5:30pm or 5:30pm-7:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Community Sports Leagues	Sports offered include: Indoor Volleyball, Futsal (Indoor Soccer), Parking Lot Ball Hockey, and Indoor Tennis; No athletic membership is required!; Cost varies with sport; Register as a team/individual.	Prices vary on the sport.	Offered in Fall and Winter at various time slots	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Complete Fitness Assessment	Assessment gives a complete picture of overall fitness; Includes health pre-screening and basic measures of heart rate, blood pressure, height, weight, body fat, strength, endurance, cardiovascular fitness, and flexibility; Results are then compared against the Canadian population standard.	2 Sessions Member: \$60 Non-Member: \$65	Contact to set up an appointment.	Lynne Skilton-Hayes EXT. 52670

Programs	Description	Fee	Dates Offered	Contact Information
Contact Boxing	Combines karate and boxing drills/ combinations with traditional fitness movements; Improves cardiovascular and muscular endurance, speed, balance, and coordination; 6 weeks in length; Drop-in is available.	\$54	Offered in Fall (Sept.24-Oct.29) and Winter (Jan.21-Mar.4) Wednesdays 7:00pm-8:15pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Pat Richards EXT. 52742
Everything Aquatics Course	Sessions include introduction to kayak, snorkeling, water polo, springboard diving, synchronized swimming skills, and underwater hockey; Located in the Red pool.	\$40 + Membership	Offered in Fall (Sept.16-Nov.4) and Winter (Jan.13-Mar.10) on Tuesdays 9:30pm-11:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

Programs	Description	Fee	Dates Offered	Contact Information
Fencing Classes	Offered in 2 levels of difficulty, including beginner which provides an introduction to the skills of fencing including the advance, retreat, lunge, parry, and reponse; The more advanced classes emphasizes competition and the rules of fencing; Equipment is provided.	\$50 + Membership	Beginner offered in Fall (Sept.15-Nov.24 Monday 7:00pm-9:00pm) and Winter (Jan.12-Mar.23 Monday 6:00pm-8:00pm); Advanced	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Fit in Thirty	A 30 day program for those who struggle to find the time and/or get tired just thinking of doing regular exercise; A trainger oversees your 30min. Workout 3X a week for 4 weeks to ensure you stay motivated; Progress is tracked and there is an incentive to finishing the program.	\$60	Offered in Fall and Winter at various time slots	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Lynne Skilton-Hayes EXT. 52670
Fitness Bronze	Exercise assessment, body composition, training program, and 1 training session	\$270	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Fitness Centre Orientation	Learn how to use cardio and circuit equipment in addition to basic stretches; 1 hour session.	\$50	Contact for Dates	Lynne Skilton-Hayes EXT. 52670
Fitness Consultations	Provides direction for those looking to get back into physical activity.	Contact for more information	Contact to set up an appointment.	Pat Richards EXT. 52742
Fitness Silver	Includes exercise assessment, resting metabolic rate, body composition, training program, and 2 training sessions	\$445	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Golf Classes	4-class course held at the Cutten Club; Instruction covers the basic fundamentals including the short game and full swing; Geared to all levels of play; A round of golf (9 holes) is included at the conclusion of the course; Offered in equipment provided and equipment not provided formats.	Equipment Provided: \$85 + Membership, Equipment Not Provided \$65 + Membership	Offered Fall (Sept.16-Sept.24) Tuesday and Wednesday 5:30pm-6:30pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763

Programs	Description	Fee	Dates Offered	Contact Information
Group Fitness Instructor Certification	32 hour course over a period of 2 days of theory and 2 days of in-class practical training (a 2 weekend course); Theory involves anatomy, applied kinesiology, mechanics of movement, leadership, etc.; practical training is geared towards establishing teaching skills with emphasis on musicality, transitions, cueing, choreography, etc.; There is a NFLAC standards written exam and an in-class practical assessment.	Athletic Members: \$225; Non-Member: \$300	Offered in Fall (Sept. 27, 28 and Oct.4,5) and in Winter (Jan.24, 25 and Jan. 31, Feb.1) Saturday and Sunday 9:00am-5:00pm	Pat Richards EXT. 52742; Lynne Skilton-Hayes EXT> 52670
Hatha Yoga Classes	Class features Hatha Yoga, an ancient Indian art; Participants learn 18 exercises while focusing on deep breathing, relaxation, concentration, meditation, and the development of an understanding of the philosophy of Yoga.	\$55 + Membership	Offered in Fall (Sept.18-Nov.20) and Winter (Jan.15-Mar.26) Thursdays 4:00pm-5:30pm or 5:30-7:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Highland Dance Classes	Fun, traditional Scottish dances like the highland fling and the sword dance; appropriate for all levels of experience; Advanced class available.	\$42 + Membership	Offered in Fall (Sept. 15-Nov.24) and Winter (Jan.12-Mar.23) Beginner: Mondays 8:15pm-9:15pm; Advanced: Mondays 9:30-	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Hip Hop	Classes vary with instructor, but generally follow pattern of cardio warm-up, choreography of dance combinations, and stretch and tone; Advanced class is available.	\$42 + Membership	Offered in Fall and Winter at various time slots	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Hot Tub	Available only during Gold Pool Length Swim; Kept at 104°F (40°C).	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Ice Rentals	There is a limited number of ice hours available for rent.	Contact for rates.	Throughout year	Rebecca Best: EXT. 53790

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Intramural Sports	Sports include: 3-pitch, loeball, beach volleyball, ultimate frisbee, flag football, outdoor soccer, indoor soccer, tennis, dodgeball, basketball, badminton, volleyball, floor hockey, ice hockey, innertube waterpolo; Offered in male, female, and co-ed league with both competitive and fun divisions, each with 3 skill levels; Register as a team or "free agent" (individual); Performance bonds are necessary with registration for Ice Hockey at \$250/team or \$20/individual and all other sports pay \$50/team or \$5/individual.	May be Performance Bonds (Most refundable)	Offered in Fall and Winter at various time slots	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Jazz Dance Classes	Introduction to various elements of jazz dance; Includes warm-up, rhythmic exercises, isolations, and dance combinations; For those with little or no training in modern jazz dance.	\$42 + Membership	Offered in Fall (Sept.17-Nov.19) and Winter (Jan.14-Mar.25) Wednesdays 7:00pm-8:30pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Jiu-Jitsu Class	2000 year-old martial art combining kicking, punching, throwing, joint locking, and controlling techniques; Pair and group work is common in this class; No previous martial arts experience is necessary; Also possible to enter the grading system of the Canadian Jiu-Jitsu Association for an extra cost.	\$50 + Membership	Offered in Fall (Sept.15-Nov.24) and Winter (Jan.12-Mar.30) Mondays 9:00pm-10:30pm and Wednesday 7:30pm-9:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Karate Classes	Physical and mental training with the focus of the class on Funakoshi's Shotokan principles; Participants learn self defense, self-traditional budo (warrior) respect, and ultimately greater knowledge of self; All styles are welcome; 2 levels of difficulty offered.	\$50 + Membership	Offered in Fall and Winter- Contact for Times	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Kayak Beginner Aquatics Course	Introductory level course teaching basic techniques including slipping in and out of the boat, basic strokes, braces, leans and other stabilization tricks, dressing for the river, water safety, accident prevention, and the roll; 60 min. co-ed pool session held in the Gold pool for 8 weeks.	\$76 + Membership	Offered in Fall (Sundays Sept.14-Nov.9, Thursdays Sept.18-Nov.6) and Winter (Sundays Jan.11-Mar.15, Thursdays Jan.15-Mar.12) at various	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Kayak Intermediate Aquatics Course	Participants in course learn to improve their stroke, paddling exercises, intermediate strokes, white water theory, safety, and rolling techniques; 60 min. co-ed pool session held in the Gold pool for 8 weeks.	\$76 + Membership	Offered in Fall (Sept.13-Nov.8) and Winter (Jan.10-Mar.14) on Saturdays 1:00pm-2:00pm or 2:00pm-3:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

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Kayak Open Time	Unstructured pool time to keep up your kayaking skills; There is no instructor; 120 min. session held in the Red pool.	\$76 + Membership	Offered in Fall (Sept.13-Nov.8) and Winter (Jan.10-Mar.14) on Saturdays 5:00pm-7:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Kendo Class	Also known as Kumdo, in Korea, kendo stands for "The way of the Sword"; Emphasizes the mind, body, and ki (inner energy) and utilizes them in harmony to train the way of swords; Participants must purchase a bamboo sword (a Shinai, available at the Client Service Counter in the Athletics Centre Lobby for \$40); Participants must also become familiar with Bogu (Kendo Armour) and actively train in sparring and advanced techniques.	\$50 + Membership	Offered in Fall (Sept.15-Nov.24) and Winter (Jan.12-Mar.25) Monday and Wednesday 8:30pm-10:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763

Programs	Description	Fee	Dates Offered	Contact Information
L.S.S. Bronze Cross Aquatics Course	Participants learn advanced rescue techniques, improve their swimming, and learn the basics of safe supervision in aquatic facilities; 4 hour co-ed swimming class and lecture; Held in the Gold pool and AC202; 8 weeks in length; Prerequisites are the Bronze Medallion course, Emergency First Aid, and C.P.R. B certification; Recertification course also offered.	\$81; Recertification: \$27	Offered in Fall (Sept.16-Nov.4) and Winter (Jan.13-Mar.10) on Tuesdays 7:00pm-9:00pm; Recertification course also offered in Fall (Nov.20) and Winter (Mar.26) on Thursday 7:00pm-11:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
L.S.S. Bronze Medallion Aquatics Course	Participants learn rescue techniques, improve their swimming, and finish the course earning an Emergency First Aid and C.P.R. B certification; 4 hour co-ed swimming class and lecture; Held in the Gold pool and AC202; 8 weeks in length.	\$81; Recertification: \$21	Offered in Fall (Sept.16-Nov.4) and Winter (Jan.13-Mar.10) on Tuesdays 7:00pm-8:00pm; Recertification course also offered in Fall (Nov.20) and Winter (Mar.26) on Thursday 7:00pm-11:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
L.S.S. National Lifeguard Service Aquatics Course	Participants learn how to supervise swimmers, maintain a facility, control patrons, establish and enforce rules; 40 hour course consisting of a weekly 3 hour swimming class held in the Gold pool and 60 min. lecture; Runs for 10 weeks; Bronze Cross certification is a prerequisite; Recertification course also offered.	\$167; Recertification: \$51	Offered in Fall (Sept.16-Nov.4) and Winter (Jan.13-Mar.10) on Tuesdays 7:00pm-8:00pm; Recertification course also offered in Fall (Nov.25) and Winter (Mar.31) on	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Land and Water Fitness Classes	Attend a wide variety of fitness classes at your convenience; Classes include Aquafit, Water Running, Body Blast, Bosu Chisel, Cardio Hip Hop, Flex, Step, Total Body Conditioning, etc.; See Schedule for room locations.	1 Semester: \$49 + Membership; Fit Pack (also includes Fitness Centre): \$67	See www.athletics.uoguelph.ca/ For Schedule	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Pat Richards EXT. 52742
Learn to Play Hockey	4-session long course; Learn to play and develop your hockey skills; Participants provide own equipment (only jerseys are supplied).	\$40 + Membership	Offered in Fall (Sept.15-Oct.6) and Winter (Jan.12-Feb.2) Mondays 7:00pm-9:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763

Programs	Description	Fee	Dates Offered	Contact Information
Learn to Play Hockey Goalie Instruction	4-session long course; Geared towards hockey goaltending; For all skill levels; A limited amount of equipment is available; Jerseys will be supplied; Participants provide own equipment (only jerseys are supplied).	\$40 + Membership	Offered in Fall (Sept.15-Oct.6) and Winter (Jan.12-Feb.2) Mondays 7:00pm-9:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Learn to Run Clinics	No experience required; 10 sessions of group running to reach a goal of a 5km race at the end of the clinic.	\$55 + Membership	Lunch Run offered in Fall at two time slots: Sept.16-Nov.18 on Tuesdays or Sept. 18-Nov.20 on Thursdays both 12:00pm-1:00pm,	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Learn to skate	A class for beginner skaters; Develop forward and backward skating, stops, turns, etc.; Participants must supply their own skates (either hockey or figure); Hockey helmets are an asset; Advanced class is also available.	\$40 + Membership	Beginner offered in Fall (Sept.15-Nov.24 Monday 4:30pm-5:20pm) and Winter (Jan.12-Mar.23 Monday 4:30pm-5:20pm); Advanced	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Master Trainer	Master trainers with multiple certifications and 14+ years of experience will guarantee you personal training results; Sessions include consultation, postural assessment, and gait analysis.	2 Sessions: \$160; 5 Sessions: \$400; 10 Sessions: \$800	Contact to set up an appointment.	Lynne Skilton-Hayes EXT. 52670
Masters Swim Fitness	Participants improve their fitness/skill level in all competitive strokes as well as starts/turns; Participants must be able to swim at least 12 lengths of the pool; 60 min. co-ed class, 5 times a week in the Gold pool.	\$65 + Membership	Offered in Fall (Sept.15-Nov.27) and Winter (Jan.12-Apr.3) Monday-Friday 6:00pm-7:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

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NAUI Basic Scuba Aquatics Course	Participants learn skills related to diving activities, equipment, safety and related environment; Course involves a 90 min. lecture followed by a 2 hour pool session; Runs for 10 weeks; Fee includes use of tanks, air fills, regulators, and buoyancy compensators- all other necessary equipments/needs are at separate cost (rental available); Participants must pass a swimming evaluation, complete a medical history certification, and may be required to have a medical certificate completed by a physician; Maximum class size of 24.	\$256 + Membership	Offered in Fall (Sept. 18-Nov.20) and Winter (Jan.15-Mar.24) on Thursdays 8:00pm-10:00pm.	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Noon-hour Restorative Yoga	Balance body and mind- take a break from your busy day with a class focusing on connecting with the breath to consciously release tension in the muscles and joints, caused by sitting at a desk for extended periods, reading, or working on a computer; Gettle restorative class; All levels welcome; No prior yoga experience required.	\$55 + Membership	Offered in Fall (Sept.18,19-Nov.20,21) and Winter (Jan.15,16-Mar.26,27) Thursdays or Fridays 12:00pm-1:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Partner Yoga	Interactive yoga practice; Asanas (postures) are performed, perhaps with adaptation, together by two people; Partners may differ in size, shape, strength, flexibility, and experience.	55 + Membership	Offered in Fall (Sept.16-Nov.18) and Winter (Jan.13-Mar.24) Tuesdays 5:30pm-6:30pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Personal Training	Minimum package include 2 Sessions each consisting of a 1 hour consultation and a 1 hour program follow-up in the gym with a trainer.	2 Sessions: \$100; 5 Sessions: \$225; 10 Sessions: \$450	Contact to set up an appointment.	Lynne Skilton-Hayes EXT. 52670
Personal Training Certification	32-hour course aimed at giving participants the confidence to work with clients one-on-one or in a small group setting; Course involves anatomy, applied kinesiology, movement mechanics, postural assessment and correction, goal setting, injuries, etc.; Includes apprenticeship program; Weight Training Supervisor's Course is strongly recommended; There is a written and practical exam.	Athletic Members: \$325; Non-Member: \$400	Offered in Fall (Nov. 8,9,15,16) and Winter (Mar.7,8,14,15) Saturday and Sunday 9:00am-5:00pm	Pat Richards EXT. 52742; Lynne Skilton-Hayes EXT> 52670
Pilates Classes	A unique system of stretching and strengthening exercise that addresses the body as an integrated whole system to enhance functional stability and movement throughout the body; Offered in 2 levels of difficulty.	\$50 + Membership	Offered in Fall and Winter at various time slots	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124

Programs	Description	Fee	Dates Offered	Contact Information
Pilates on the Ball Classes	Uses exercise ball to add challenge and variety to the pilates mat work routine.	\$50 + Membership	Offered in Fall (Sept.17-Nov.19) and Winter (Jan.14-Mar.25) Wednesdays 9:30pm-10:30pm or 10:30pm-11:30pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Power Yoga Classes	Based on traditional Ashtanga Yoga, a physical type of yoga that enhances muscular strength and flexibility; This yoga is often described as a slow, continuous dance; Offered in 2 levels of difficulty.	\$55 + Membership	Offered in Fall and Winter at various time slots	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Programs For Arthritis, Fibromyalgia, Osteoporosis, Diabetes, and Others	Consultation and pool training to assist those with health conditions/diseases.	Contact for more information	Contact for more information.	Pat Richards EXT. 52742
Recreation Badminton	Pick-up and reservation; located in West Gym; Racquets available for rental at \$2.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Baseball	Located in Main Diamond North of East Residence.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Basketball	Located in Main Gym.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Beach Volleyball	Located on courts beside Maritime Hall.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Boxing	Heavy bag Boxing in a shared space in AC173.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Dance	Shared space in AC173.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

Programs	Description	Fee	Dates Offered	Contact Information
Recreation Disc Golf	In the Arboretum.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Indoor Run/Walk	Located on Dome Track.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Indoor Soccer	Located within dome.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

Programs	Description	Fee	Dates Offered	Contact Information
Recreation Rugby	Pick-up touch rugby in the Dome.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Squash	Located on North and South Courts (beside West Gym); Court reservations must be made in person at the Client Service Counter; Advance Bookings of court times (up to 3 time slots) is available Tues. 4:30-5:30p.m. for the following Mon.-Sun.; Regular Bookings (1 court per day) available after 7a.m. two days prior to use, Sat. & Sun. courts may be booked on Thur., Mon. courts may be booked on Fri.; Racquets available for rent for \$2.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Swimming	Various Times available; See <i>Gryph Guide</i> , by the Department of Athletics for times and pool locations.	Daily Pass: \$4/Adult; Semester for Non-Members: \$67; Free for Athletic	Various Times	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Volleyball	Pick-up; located in the West Gym.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreation Water Polo	In the Gold Pool.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreational Hockey	Located in Red arena; Payment through ticket machine in rink lobby; Schedules subject to change on short notice; Monthly schedule posted in arena lobby.	Daily Pass: \$3; Athletic Member- 1 Semester: \$46, 2 Semesters: \$90; Non-	Monday-Friday 1:00-2:50p.m.	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreational Skating	Noon, evening, and family recreational skating; Child and family rates also available; Schedules subject to change on short notice; Payment through ticket machine in rink lobby; See <i>Gryph Guide</i> , by the Department of Athletics for arenas; Monthly schedules posted in arena lobby; No skate rental available.	Daily Pass: \$4/Adult; Semester for Non-Members: \$67/Adult; Free for Athletic Members	Noon Skate Monday-Friday 11am-12:50pm (Red Arena); Evening Skate Monday, Tuesday, and Wednesday 7:30pm-8:20pm (Gold Arena) and Friday,	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

Programs	Description	Fee	Dates Offered	Contact Information
Recreational Swimming	Gold Pool (8 lanes, 80 degrees, for lane swimming) and Red Pool (5 lanes, 85 degrees, for recreational swimming)	Daily Pass: \$4/Adult; Semester: \$67/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreational Table Tennis	Shared space in AC173.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Recreational Ultimate Frisbee	Located on the Dome Field.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Rock Climbing Courses	5-week, 2-hour long course; Offers participants a safe and positive environment in which technical know-how and introductory climbing technique will be taught; Learn gym climbing safety, belay methods, rock climbing for fitness, technique, games, indoor route finding, bouldering, skill and strength training, and team building; An advanced class offers more instruction on rescue & repel techniques, outdoor belay set-up, slacklining/low ropes setup, environmental ethics, etc.; all equipment is provided.	\$0 + Membersh	Beginner offered in Fall (Sept.18-Oct.16) and Winter (Jan.15-Feb.12) Thursday 5:30pm-7:30pm; Advanced offered in Fall (Sept.16-Oct.14) and Winter (Jan.13-Feb.10) Tuesday 5:30pm-7:30pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Safe Cycling- A "Green" Commuters Dream	Gain confidence and knowledge of cycling safely and enjoyably on the road; Abbreviated version of the CAN-BIKE cycling safety program; Bring a bicycle in good working condition with a bell/horn and a lock, an approved bicycle helmet (CSA, Snell, ASTM, or ANSI), lunch/money, water; Taught by Special Constable, Campus Community Police, and CAN-BIKE Instructors, Steve Forbes and Elizabeth Bouchard.	Free	Oct.28 or Oct.30 from 9:00am-4:00pm; UC103	Register through Human Resources Training and Development: www.uoguelph.ca/HR/training/coursereg.htm on or after Thursday Oct.2, 2008

Programs	Description	Fee	Dates Offered	Contact Information
Salsa Dance Classes	Sexy, spicy, and stylish; Learn basic footwork, partnering, timing, turning, and crossing techniques; Offered in 2 levels of difficulty; Not necessary to have a partner.	\$42 + Membership	Offered in Fall (Sept. 16-Nov.18 and Sept.18-Nov.20) and Winter (Jan.13-Mar.24 and Jan.15-Mar.26) Beginner: Tuesdays or	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Sauna	Located within both men's and women's locker rooms.	Daily Pass: \$4/Adult; Free for Athletic Members	For Current Weekly Schedule, See gryphons.ca/Recreation/Drop-In_Recreation	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Seductive Dance Classes	Fun, flirty, and playful; Class provides an upbeat stretching, cardio, and strength training workout; Participants develop a positive body image.	\$42 + Membership	Offered in Fall and Winter at various time slots	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Social Dance Classes	Ballroom and Latin Dances (tango, rumba, fox trot, cha-cha, waltz, jive, polka, and meringue); Emphasis on technique; Offered in 2 levels of difficulty; Not necessary to register with a partner.	\$42 + Membership	Offered in Fall (Sept.18-Nov.20) and Winter (Jan.15-Mar.26) Thursdays 7:00pm-8:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124

Programs	Description	Fee	Dates Offered	Contact Information
Special Aqua	Water workout designed for individuals with specific health issues including arthritis, fibromyalgia, chronic fatigue, M.S., etc.; Must have the approval of Pat Richards	\$50	Contact for more information.	Pat Richards EXT. 52742
Spin/Skip Fusion	Blends spinning with skipping.	\$40	Offered in Fall (Sept. 17-Nov.26) and Winter (Jan.14-Apr.1) Wednesday 12:10pm-12:50pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Pat Richards EXT. 52742
Spinning Classes	Aerobic and anaerobic instructor-led training; Schwinn bikes provide an off-road ride; Drop-In available, but not guaranteed.	\$75 + Membership	Offered in Fall and Winter at various time slots	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Pat Richards EXT. 52742
Spinning Instructor Certification	Participants learn the basics of coaching students through a workout; U. of G.'s own certification course.	Athletic Members: \$125; Non-Member: \$150	Offered in Fall (Sept.14) and Winter (Jan.11) Sunday 9:00am-5:00pm	Pat Richards EXT. 52742; Lynne Skilton-Hayes EXT> 52670
Springboard Diving	Geared toward beginner and intermediate level; Individualized instruction in a 120 min. co-ed class held in the Red pool for 8 weeks.	\$51 + Membership	Offered in Fall (Sept.15-Nov.10) and Winter (Jan.12-Mar.9) Mondays 8:00pm-10:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
Squash Classes	Offered in 2 levels of difficulty; Participants will pick time slot for duration of 6-week long course at registration; Not necessary to register with a partner; Participants must have protective glasses (may be borrowed from the Client Service Counter); Racquets may be rented for \$2 from the Client Service Counter.	\$7 + Membership	Beginner offered in Fall (Sept.29-Nov.10) and Winter (Jan.19-Mar.2) Monday 6:20pm-9:40pm; Advanced offered in Fall (Sept.24-Oct.29) and Winter (Jan.21-	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Strength Training and Fundamentals	6 weeks of strength training fundamentals; Designed for beginners to intermediates; Sessions include introduction to theory and anatomy and application in weight room.	\$54	Offered in Fall (Sept. 23-Oct.28) Tuesdays 7:00pm-8:00pm	Lynne Skilton-Hayes EXT. 52670
Sunrise Yoga	Start the day with a class that promotes flexibility, tones the body, enhances vitality, cultivates balance, and calms the mind; No prior yoga experience necessary.	\$55 + Membership	Offered in Fall (Sept.17-Nov.19) and Winter (Jan.14-Mar.25) Wednesdays 7:30pm-8:30pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124

Programs	Description	Fee	Dates Offered	Contact Information
Swing Dance Classes	A lively, fun class providing an introduction to the basics of swing dancing with a focus on the dances of the 30's, 40's, and 50's; Dances include the charleston, balboa, jitterbug, shim-sham-shimmy- all amalgamated into lindy-hop; Not necessary to register with a partner.	\$42 + Membership	Offered in Fall (Sept.18-Nov.20) and Winter (Jan.15-Mar.26) Thursdays 8:30pm-10:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Tae Kwon-Do Class	Korean art of hand and foot fighting; Training achieves mental discipline, self defense, and physical fitness; Emphasis is on speed and accuracy, not physical strength; All skill levels are accommodated; Grading opportunities are offered at the end of each semester.	\$50 + Membership	Offered in Fall (Sept.15-Nov.24) and Winter (Jan.12-Mar.25) Mondays and Wednesdays 7:00pm-8:30pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Tai Chi Class	Slow-moving, meditative, and gentle exercises of Tai Chi help to restore and maintain fitness, flexibility, and natural health; Regular practice exercises every part of the body without strain; All you need is loose clothing and flat shoes; Outdoor class offered in the summer.	\$50 + Membership	Offered in Fall (Sept.15-Nov.24) and Winter (Jan.12-Mar.25) Mondays and Wednesdays 5:30pm-6:45pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Tap Dance	Fun and energetic way to develop coordination and rhythmic skills; Tap/clean running shoes are recommended.	\$42 + Membership	Offered in Fall (Sept.13-Nov.22) and Winter (Jan.10-Mar.28) Saturdays 11:00am-12:00pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
The New You	For those beginning or getting back into being active; Learn basic aerobics, water training, and strength training; Log book provided; Led by experienced certified instructor; 16 classes.	\$62	Offered in Fall (Sept. 23-Nov.13) and Winter (Jan.20-Mar.19) Tuesdays and Thursdays 12:05pm-12:45pm	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Pat Richards EXT. 52742
Triathlon Specialized Stroke Improvement Swim	Allows opportunity for participants to improve their Freestyle stroke mechanics for the upcoming triathlon season; 120 min. co-ed class in the Gold pool. No Membership required.	\$50	Offered in Fall (Sept.21-Nov.16) and Winter (Jan.18-Mar.22) on Sundays 9:00am-11:00am	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Triathlon Workshop	The University of Guelph is the Ontario Provincial Training Centre for Triathlon; workshops are offered in beginner through to advanced levels; Sessions build on each other, but drop-ins are accommodated as well; Wind trainer is required- rental is available- for cycling sessions;	\$40 per session	Swim: 8:00am-10:00am, Bike: 10:00am-12:00pm, Run: 12:00pm-1:00pm; Dates: Oct.12, Nov.2, Nov. 30, Jan.4, Feb.1, Mar.1, Apr.5, May 3	*See <i>Gryph Guide</i> , by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

Programs	Description	Fee	Dates Offered	Contact Information
Water Therapy	Provides assessment and design of individual programs as well as training (post rehabilitation) when needed; Will work with insurance companies; All trainers are CALA certified.	Contact for more information	Contact for more information.	Pat Richards EXT. 52742
Weight Training Supervisors Course	16 hour course to educate and prepare for a career as a weight room supervisor or to enhance personal interest in general fitness; Education in anatomy, basic cardiovascular, flexibility, and strength training theory and guidelines, equipment analysis, spotting techniques, etc.; There is a written exam.	Athletic Members: \$175; Non-Member: \$225	Offered in Fall (Sept.20-21) and Winter (Jan.17-18) Saturday and Sunday 9:00am-5:00pm	Pat Richards EXT. 52742; Lynne Skilton-Hayes EXT> 52670
Women on Weights	Addresses strength training for women; For those with and without weight training experience; Postnatal workshops incorporating your baby are also available.	\$54	Offered in Fall (Sept.19-Oct.31) Fridays 5:00pm-6:00pm and Sept.22-Nov.3 Mondays 12:00pm-1:00pm) and Winter (Jan.19-	Lynne Skilton-Hayes EXT. 52670
Yoga for Beginners	Focuses on breathing and simple yoga postures.	\$55 + Membership	Offered in Fall (Sept.14-Nov. 23) and Winter (Jan.11-Mar.22) Sundays 8:00pm-9:30pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Yoga for Healthy Living	Focuses on techniques to alleviate the challenges we may face due to our busy lifestyles; Offers prevention and treatment of common conditions such as headaches and migraines, colds, body aches and pains, carpal-tunnel, constipation, etc.	\$55 + Membership	Offered in Fall (Sept.18-Nov.20) and Winter (Jan.15-Mar.26) Thursdays 7:00pm-8:30pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Yoga for Runners	For runners of all levels; Increase flexibility and learn to incorporate yoga into daily life to improve sitting, standing, and running postural alignment; Learn to relax and re-focus through breathing exercises; No prior yoga-experience required.	55 + Membership	Offered in Fall (Sept.16, -Nov.18) and Winter (Jan.13-Mar.24) Tuesdays 6:45pm-8:15pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Yoga for School Survival	For work too!; Learn to manage stress by focusing on yoga poses, breathing, and relaxation exercises to calm the body and mind.	\$55 + Membership	Offered in Fall (Sept.17,19-Nov.19,21) and Winter (Jan.14,16-Mar.25,27) Wednesdays 7:00pm-8:30pm or 1:30pm-3:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124

Programs	Description	Fee	Dates Offered	Contact Information
Yoga Meets Dance	Class begins with gentle flow yoga and soars into freeing dance movements; Fun, relaxing, releases stress; In addition to Asana (yoga postures), the course will include introductions to Pranayama (breathing exercises) and Dhyana (meditation); No experience required.	\$45 + Membership	Offered in Fall (Sept.19-Nov.20) and Winter (Jan.15-Mar.26) Thursdays 7:00pm-8:30pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
Yoga Teacher Training Certificate	Approved by Yoga Alliance; Offers an intensive study of Classical Yoga, its philosophy and asanas (yoga postures); Teacher training aspects include one on one mentoring, inner workings of Yoga poses, the art of teaching (practice teaching opportunity), Satangs (presentation and discussion on 4 selected philosophy topics such as stress, interpersonal relationships, self discipline, etc.); Previous yoga experience is not required; Consists of 200 instruction hours, two evenings/week.	\$2,100	Sept.14-Mar.9 Sundays and Tuesdays 6:00pm-10:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Sarah Mau EXT. 52124
STRESS MANAGEMENT				
Relaxation & Stress Management Skills Training	Receive skills training in a variety of brief and long techniques to relax the body, emotions, and mind; Consists of 12 sessions, meeting twice/week on Tues. & Thurs.; Noon hour, afternoon, and evening sessions available; Missed classes may be made up in future programs; Special department/group sessions & private training available year-round at request.	USWA Local 4120: \$60; all others: \$120	Group programs run in Jan., May, Sept., Oct.	Stress Management & High Performance Clinic; Kathy Somers at 519 824-4120 EXT. 52662; ksomers@uoguelph.ca ; www.uoguelph.ca/~ksomers
Stress Management: Strategies to Promote Wellness	Workshop that helps participants identify signs of increased distress (excess stress) and personal patterns in stress symptoms; Different patterns (ex. Tight muscles, upset stomach, worrying, or negative self-talk) with be matched with the most effective techniques for that pattern and then practiced; Wear comfortable cloths and please bring a sweater, pillow, or soft towel/mat if possible; 442 University Centre; Taught by Kathy Somers, Certified in Stree Management Education	Free	Dec.9 from 9:00am-4:30pm	Register through Human Resources Training and Development: www.uoguelph.ca/HR/training/coursereg.htm on or after Thursday Oct.2, 2008
Better Sleep Program	Provides education & strategies to decrease insomnia; Consists of 5 sessions, meeting once/week; noon hour and evening group programs available; Missed classes may be made up in future programs; Special department/group sessions & private training available year-round at request.	USWA Local 4120: \$25; all others: \$50	Group programs run in Jan., May., Oct./Nov.	Stress Management & High Performance Clinic; Kathy Somers at 519 824-4120 EXT. 52662; ksomers@uoguelph.ca ; www.uoguelph.ca/~ksomers

Programs	Description	Fee	Dates Offered	Contact Information
Managing Headaches	Provides education & strategies to reduce muscle tension & migraine headaches; Consists of 4 sessions, meeting once/week; Evening group programs available; Missed classes may be made up in future programs; Special department/group sessions & private training available year-round at request.	USWA Local 4120: \$30; all others: \$60	Group programs run in Mar., Oct./Nov.	Stress Management & High Performance Clinic; Kathy Somers at 519 824-4120 EXT. 52662; ksomers@uoguelph.ca; www.uoguelph.ca/~ksomers
STOP Worrying!	Provides education and strategies to curb worrying (in particular, about	USWA Local 4120: \$10; all	Group program in Feb.	Stress Management & High Performance Clinic; Kathy
Biofeedback	Private training, including monitoring muscle tension, breathing patterns, blood flow, heart rate variability, and skin conductance responses in order to learn to relax the body, calm emotions, settle a busy brain, and optimize health & performance; Morning, afternoon, and evening appointments available.	\$70/hr.	Throughout Year	Stress Management & High Performance Clinic; Kathy Somers at 519 824-4120 EXT. 52662; ksomers@uoguelph.ca; www.uoguelph.ca/~ksomers
INJURY PREVENTION/ REHABILITATION				
Physiotherapy	Manual techniques, therapy modalities, and exercise to increase strength, build endurance, improve range of motion, balance and coordination, and reduce the risk of re-injury.	Assessment: \$80; Treatment: \$50; Complex Treatment:\$ 80	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Chiropractic	Assesses and treats a variety of musculoskeletal conditions using chiropractic adjustments, acupuncture, active release therapy (ART), and soft tissue techniques. Also provides education on self-help strategies and prescribed exercise.	Assessment: \$70; Treatment (Adult): \$40; Acupuncture: \$40	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca

Programs	Description	Fee	Dates Offered	Contact Information
Pedorthics	Assesses (using computerized gait analysis) and treats biomechanical conditions of feet and legs with custom made orthotics and footwear, analyzes motion of feet during walking, identifies underlying biomechanical problems of feet, and provides correct footwear and/or shoe inserts (orthotics) to avoid future injury.	Orthotics: \$400	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Massage	Acts to release and stretch muscles, thereby increasing muscle range of motion, elasticity, and pliability. Also helps to decrease pain, promote relaxation, and hastens the healing process.	1 Hour: \$70; 1/2 Hour: \$42	Throughout Year	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
MALE/ FEMALE HEALTH ISSUES				
Self-Defense: The Basics for Women	Emphasis of this course is on the practice of useful skills through which greater confidence is also acquired; Course is very practical, though some discussions take place; Philosophy is to evade and escape, not to win fights; Assistants are available to act as volunteer aggressors and to monitor students to prevent injury; Those with an average fitness level may confidently take this course.	\$40 + Membership	Offered in Fall (Sept.16-Nov.18) and Winter (Jan.13- Mar.24) Tuesdays 7:30pm-9:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Grachella Garcia EXT 53763
Self-Defence for Women	Seminar to help equip women to handle various types of assault by teaching concepts and techniques employed in the RAD (Rape Aggression Defence) system that utilizes easy, effective, and proven self-defence/martial arts tactics; Please wear loose fitting clothing and running shoes; Call Occupational Health and Wellness (EXT. 52133, 54824) if you have a pre-existing medical condition that may be aggravated by participation in the course- modified participation may be appropriate.	Free	Nov.28 from 8:45am- 4:30pm and Dec.5 from 9:00am- 4:30pm UC442	Register through Human Resources Training and Development: www.uoguelph.ca/HR/training/ coursereg.htm on or after Thursday Oct.2, 2008
Physiotherapy- Osteoporosis	A six week patient exercise and education program with weight-bearing, resisted balance, postural exercises, and educational seminars.	Prices vary	Contact Health & Performance Centre for Dates	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Physiotherapy- Incontinence	Individual biofeedback and/or electrical stimulation, progressive pelvic floor muscle exercises, and education.	Prices vary	Contact Health & Performance Centre for Dates	Health & Performance Centre EXT 55011; hpc@uoguelph.ca

Programs	Description	Fee	Dates Offered	Contact Information
Physiotherapy- Post Breast Cancer	Offers exercises to restore upper limb range of motion and function and techniques to minimize lymphedema.	Prices vary	Contact Health & Performance Centre for Dates	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
Physiotherapy- Post Partum For Life	For mothers of any age; Offers specific and progressive exercises to target abdominal and other imbalanced muscles following pregnancy; Provides education and body awareness to continue exercising independently.	Prices vary	Contact Health & Performance Centre for Dates	Health & Performance Centre EXT 55011; hpc@uoguelph.ca
LUNCH & LEARN PROGRAMS				
From the Stress Management & High Performance Clinic	1-hour presentations on a variety of topics including stress management, relaxation, improving sleep, decreasing headaches, biofeedback, worrying, and preventing risk of repetitive strain at computer tasks	\$100	Group sessions at request	Kathy Somers at 519 824-4120 EXT. 52662; ksomers@uoguelph.ca; www.uoguelph.ca/~ksomers
WORKSHOPS/ TRAINING				
C.P.R. 'C' Basic Rescuer Course	4-hour long course for high-risk groups such as lifeguards, fitness instructors, and families at risk; Topics include the definition of sudden death/heart attack, recognition of signs and symptoms, prevention and action plan; 1 and 2-rescuer Adult, Child and infant C.P.R. and management of choking, both conscious and unconscious, is addressed.	\$50	Offered in Fall (Sept.25, Oct.19) 6:00pm-10:00pm and Winter (Jan.17 9:00am-1:00pm, Mar.1 6:00pm-10:00pm)	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
C.P.R. 'C' Retraining Course	3-hour course designed to update your Basic Rescuer skills; Participants must be certified in Basic Rescuer.	\$40	Offered in Fall (Nov.6 Thursday 7:00pm-10:00pm) or Winter (Mar.1 Sunday 7:00pm-10:00pm)	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
C.P.R. 'B' Child/Infant	4 hour long course for those with children, infants, or grandchildre or for those working in child care.	\$35	Offered in Fall (Sept.29) and Winter (Jan.26) Monday 6:00pm-10:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
First Aid Course	Offered through St. John Ambulance; Participants are taught how to assess situations and perform primary and secondary surveys, render first aid appropriately for trauma involving wounds and bleeding, shock, poisoning, choking, injuries to bones, muscles, ligaments and joints, head, neck, and spine, etc.; 20-hour long course; Recertification courses are also available.	\$130; Recertification: \$75	Offered in Fall (Oct.3-5) and Winter (Feb.6-8)	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220

Programs	Description	Fee	Dates Offered	Contact Information
Wilderness Survival Course	Learn how to survive in the wilderness; Topics include trip planning, map and compass, G.P.S., survival and safety kits, outdoor clothing/footwear, gear and what to do skills (survival game plan) if you become lost; Program involves a survival simulation weekend outing to a crown land preserve; Supported by the Government of Canada, funded by the NIF Program, and partnered with Emergency Management Ontario.	\$135	Offered in Fall (Sept.17-Oct.15) and Winter (Jan.14-Feb.11) Wednesday 7:00pm-10:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
A.E.D. (Automated External Defibrillation)	Covers how to use an A.E.D. in the appropriate emergency, related basic anatomy and physiology of the heart, and history and legal issues; Includes scenario practice sessions.	\$45	Offered in Fall (Nov.5) and Winter (Feb.25) Wednesday 7:00pm-11:00pm	*See Gryph Guide, by the Department of Athletics OR www.athletics.uoguelph.ca/ OR Alan Fairweather EXT 52220
From the Stress Management & High Performance Clinic	Skills-based workshops on topics including stress management, relaxation, improving sleep, decreasing headaches, biofeedback, worrying, and preventing risk of repetitive strain at computer tasks.	Prices vary with workshop length, topic, and supplies needed	Group sessions at request	Kathy Somers at 519 824-4120 EXT. 52662; ksomers@uoguelph.ca ; www.uoguelph.ca/~ksomers

WELLNESS RESOURCES

variety of wellness resources available to campus employees? Employees are welcome to come anytime Monday-Friday 8:30-4:30 to access information on

Programs	Description	Fee	Dates Offered	Contact Information
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Compatibility Report for MOST COMPLETE WELLNESS INVENTORY.xls

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