

2003-48

**MSVU  
FITNESS/RECREATION  
PROGRAM**

**SUMMER 1990  
(June 25 - August 17)**

***GET MOVING!***

Athletics/Recreation Office  
Mount Saint Vincent University  
443-4450, Ext. 152 or 420

# MEMBERSHIPS

The Athletics/Recreation membership includes use of gym, weight room, games room, badminton and volleyball clubs, and locker-rooms with showers and saunas. Current 1989/90 memberships are valid until August 31, 1990. Memberships taken out after April 1990, are valid until August 31, 1991.  
fee: \$15.00

## FITNESS CLASSES

June 25 - August 17

Tuesday and Thursday, 12-1pm, Low-Impact aerobics; Wednesday, 12:10-12:50pm, Strength & Tone.

Members Fee: \$25/9 weeks

Non-Member: \$25 + \$15 membership fee

Drop-in: \$3.00/class

(\*\*In order to run the fitness classes, we require at least 12 people to register for the 9 week program)

## OPEN GYM

Please feel free to use the games room, the gym, or the weight room during open gym and facility hours.

(\$3 drop-in; free members)

## **WEIGHT ROOM**

Global, Hydra-gym, and free weight equipment; ski and rowing machines; stationary bicycles. Drop in to the Ath/Rec. to set up an appointment for a personal training program.

Fee: Members free

Drop-in \$3.00

## **BADMINTON**

Recreational Co-Ed Badminton every Tuesday and Thursday evenings, 7-10pm.

Fees: Ath/Rec. members Free;

Community: \$25.00 for the summer session or \$2.00 drop-in fee.

## **VOLLEYBALL**

Recreational co-ed volleyball. Wednesday evening, 7-10pm. All skill levels welcome.

Fees: Ath/Rec. members, free

Community: \$2.00 drop-in or \$25.00 for the summer session.

# SUMMER DAY CAMPS

MSVU Athletic/Recreation Office is offering five Multi-Activity day camps for children ages 5-11.

CampA: July 9-14

CampB: July 16-20

CampC: July 23-27

CampD: July 30-August 3

CampE: August 7-10

Fee: Camps A,B,C,D, \$60/week, or \$15/day

Camp E, \$48/week, or \$15/day

Camp Hours: 9am-4pm with early 8:15 drop off, and late pick up 5:30pm. Contact the Ath/Rec. office for more information.  
(ext. 420)

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