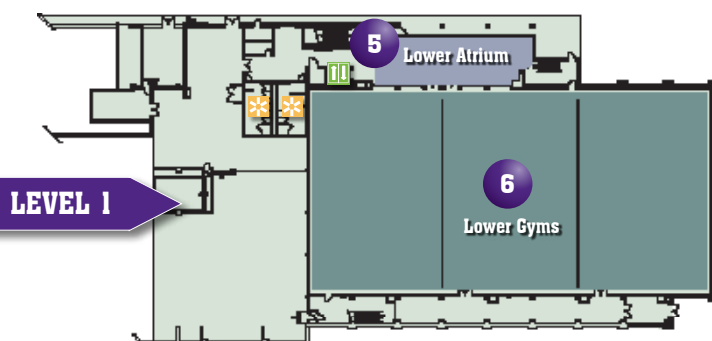




Western Campus Recreation Self-Guided Walking Tour

Western Student Recreation Centre (WSRC)



Lower Atrium



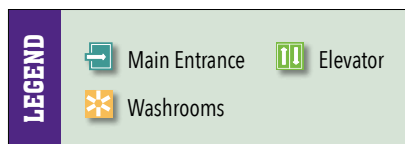
Just outside the lower gyms is the lower atrium which has open space, charging stations, washrooms, day-use lockers, as well as drop-in table tennis available for members.

Lower Gyms (Drop-in Sports)



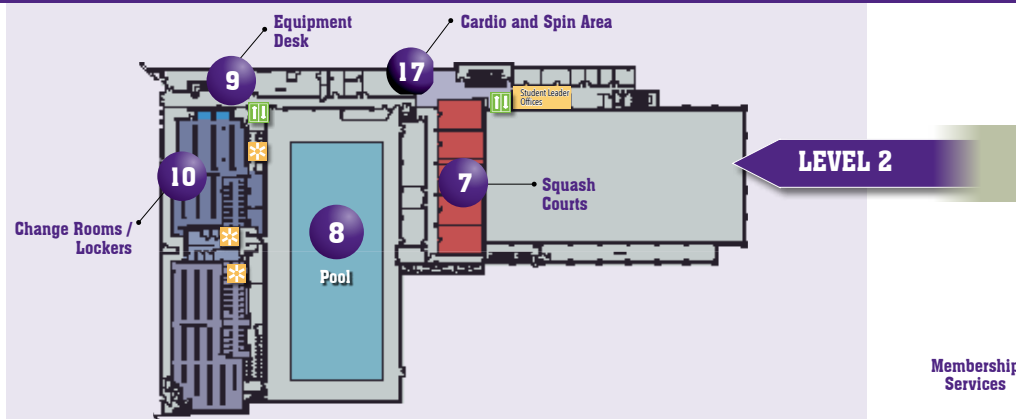
Western Student Recreation Centre consists of six gymnasias. There are three gyms on the 1st floor (lower level) and three more on the 4th floor (upper level). Just outside the lower gyms is the activity atrium, which has drop-in

table tennis available; outside the upper gym space is cardio space and drop-in spin bike equipment. Varsity team programming, drop-in basketball, volleyball, badminton and more is available in these gym spaces. See www.uwo.ca/campusrec under 'hours' for full drop-in schedule.



uwo.ca/campusrec

Hours of operation and additional information can be found on our website.



Squash Courts



There are five squash courts available for reservation. The courts are located on the 2nd floor of the WSRC towards the back of the building. They have international dimensions, with one court allowing natural light with glass sidewalls. All courts have a glass back wall and play may be viewed from above as well as from the squash court level. The courts were generously sponsored by Jack Fairs, former coach and Athletic Director.

Swimming Pool



The Western Student Recreation Centre has an 8-lane, 50-metre pool facility on the 2nd floor. There are two movable bulkheads that allow for maximum versatility. The shallow end is 1.35 metres deep and slopes quickly to 3.75 metres. The pool has an accessibility lift, barrier free locker room entrance and exit on the 2nd floor, and a pool gallery with access from the 3rd floor by the Weight Room. Many different programs are offered, visit www.uwo.ca/campusrec/aquatics for more information.

Equipment Desk



The Equipment Desk is located on the 2nd floor of the WSRC, below Membership Services and near the change rooms. Equipment needed for drop-in activities can be requested here. Towels are also available. Present your membership card each time you wish to borrow/rent and return equipment or

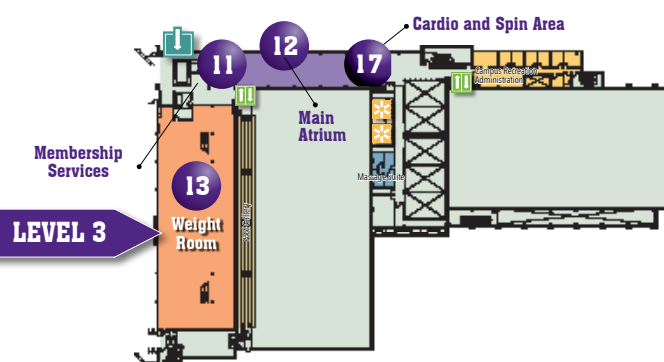
towels. Some examples of equipment available includes: badminton racquets, sport Hijabs, basketballs, squash racquets and balls, volleyballs and more.

Change Rooms and Lockers



Men's, Women's and Gender Neutral accessible change rooms are located on the 2nd floor of the WSRC, below Membership Services. Main areas of the locker rooms include benches, rental and day-use lockers, washrooms, sinks and showers. Day-use lockers are also located in other areas of the facility. Family change rooms are also available.

Main Entry Level: LEVEL 3

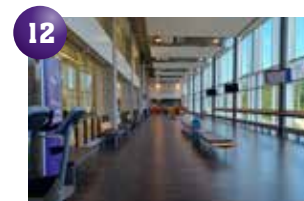


Membership Services



Membership Services is the customer centre and welcome desk for Western Campus Recreation, located at the main entrance (Welcome Desk) of the WSRC on the 3rd floor of the facility. Membership Services offer information about numerous programs to our members including access to all instructional courses and clinics, memberships, locker and towel services, and information regarding programs and facilities

Main Atrium

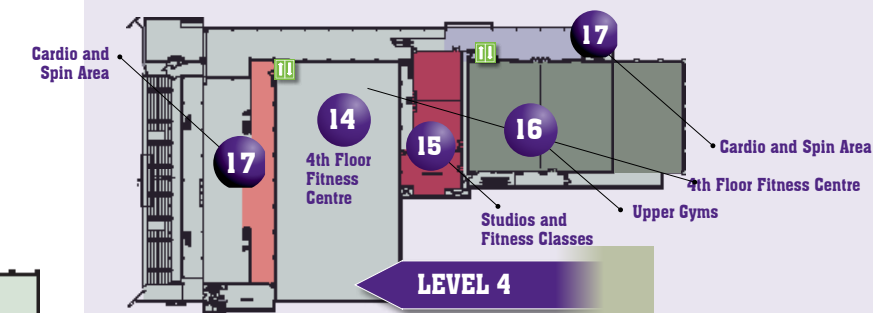


The main atrium is located on the 3rd floor (main/entrance level) of the WSRC behind the Welcome Desk. There are seating areas as well as a variety of cardio machines available for drop-in use. This area is notable by its large walls of windows, views of the Olympic sized swimming pool, charging stations, drop-in exercise equipment and study spaces.

3rd Floor Fitness Centre & Weight Room



Located inside and immediately to the right of the main entrance and Membership Services is a two-level weight and cardio space located on the 3rd and 4th floor. There are over 200 different pieces of weight equipment and individual cardio stations available for drop-in use. Also located in this area is a small climbing wall, available for members to try.



4th Floor Fitness Centre



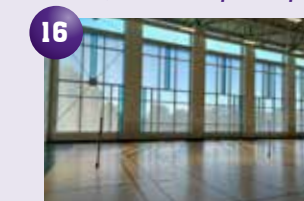
Located on the fourth floor, this newly retrofitted fitness centre features a wide range of equipment including strength machines, squat and Smith racks, free weights, benches, and functional training tools.

Studios & Fitness Classes



The WSRC has three fitness studios. Studios are used for group fitness classes. Classes are open to active Campus Recreation members by registration. Classes are available for reservation in advance. A fitness membership is an additional charge, and allows you access to attend a variety of classes. Women's Only times are also available.

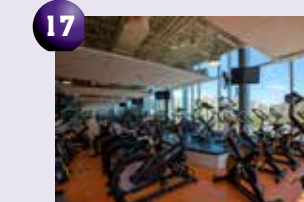
Upper Gyms (Drop-in Sports)



Western Student Recreation Centre consists of six gymnasias. There are three gyms on the 1st floor (lower level) and three more on the 4th floor (upper level). Just outside the lower gyms is the activity atrium, which has drop-in table tennis available; outside the upper gym space is

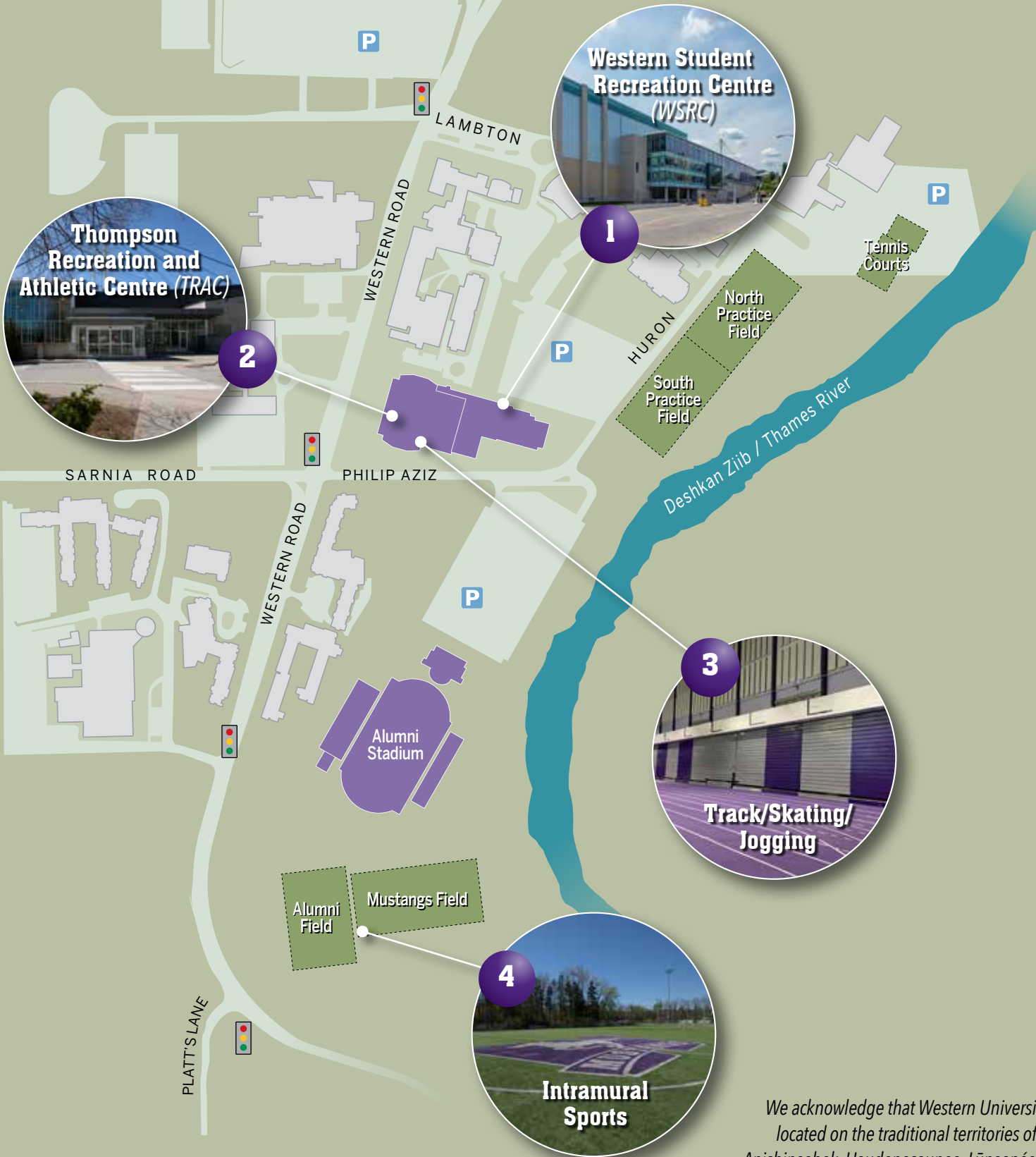
cardio space and drop-in spin bike equipment. Varsity team programming, drop-in basketball, volleyball, badminton and more is available in these gym spaces. See www.uwo.ca/campusrec under 'hours' for full drop-in schedule.

Cardio and Spin Areas



The upper atrium (4th floor) holds cardio space as well as being the destination for spin bike programming and drop-in use. There are more than 200 drop-in cardio machines located throughout the WSRC on the 2nd floor by the squash courts, the 3rd floor (main level) in the atrium space, and the 4th floor above the weight room space, and in the upper atrium (4th floor). Most pieces of equipment have QR codes that when scanned offer specific instructions on operation and usage.

Western Campus Recreation Self-Guided Walking Tour



Western Student Recreation Centre (WSRC)



The Western Student Recreation Centre (WSRC) was made possible by the largest student donation in history at a Canadian university. It features a 20,000 square-foot fitness centre with more than 200 cardio machines; an eight-lane, 50-meter pool; squash/racquetball courts; five gymnasi-ums and more. All registered Western students receive a Campus Recreation membership. Campus Recreation employs more than 400 students each year to provide leadership in our many programs.

Thompson Recreation and Athletic Centre (TRAC)



Thompson Recreation and Athletic Centre (TRAC) contains an NHL regulation-size ice surface which hosts our Mustangs Hockey Teams, as well as Figure Skating, Ringette, Intramurals, Youth Hockey Programs, Recreational Skating and more. The rink is surrounded by a newly upgraded 200-meter track that is available for recreational jogging (by reservation), Track & Field varsity team training and meets, and more.

Track/Skating/Jogging



Free skating and jogging is open to all Campus Recreation members and is located in the Thompson Recreation and Athletic Centre, attached to the WSRC. There are no ice skate rentals available, however skate sharpening is open during these times for a small fee. All participants must wear a CAS approved helmet to skate.

Intramurals



Intramural Sports at Western offers a full range of activities that allows you to participate at competitive or recreational levels. Participants can enjoy a fun, equitable and safe playing environment as well as meet new people and learn new skills. The Intramural program is open to all Western students and Campus Recreation members. Intramurals are available in Fall, Winter and Summer sessions for a registration charge.

Personal Training



Registration is available at Membership Services.

Personal training is an additional paid program. Your personal trainer will provide professional assistance to help improve overall fitness and achieve the results you want. Personal trainers are available to all members with a choice of preferred session package.

Recreational Sport Clubs



Western Campus Recreation Sport Clubs are approved groups, coordinated by Sports and Recreation, but led by students who share a common interest in a particular sport or physical activity. These clubs are designed to enhance the Western experience and promote appreciation for physical activity and leadership. A full list of current Recreational Sport Clubs is available on our website at www.uwo.ca/campusrec.

First Aid



Sports and Recreational Services provides First Aid Certification under the Lifesaving Society. Training is facilitated by our highly experienced First Aid Instructors who have both aquatic and non-aquatic experience. We offer Standard First Aid CPC-C full courses and certification courses. Training is normally held at the Western Student Recreation Centre. Exact location will be determined at time of registration.

Hours of operation and additional information can be found on our website.

uwo.ca/campusrec

We acknowledge that Western University is located on the traditional territories of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Chonnonton Nations.