Slide 1: Hey folks! Allow us to present you with a guide for getting active and getting social at Queen’s. Introducing: Keeping Fit and Social Time.

Slide 2: Grad students, we’re talking especially to you. We know that it can be difficult to get involved with campus life at a university that seems overrun by undergraduates. We’re here to tell you that Queen’s offers so many opportunities for grad students to get active and have fun doing it. This presentation will guide you through just some of the resources available to you through Athletics & Recreation. But just as a general rule of thumb for most events at Queen’s – unless it explicitly says “undergrads only,” grad students are more than welcome to participate.

Slide 3: First off, what’s in this presentation. We recommend going through each slide to learn about the opportunities that perhaps you haven’t thought of, but you’re more than welcome to skip ahead to the parts that most interest you. We’ll talk about the equipment available in each section of the “ARC,” open recreation, racquet sports, group fitness and personal training, instructional (aka Learn2) programs, intramurals, recreational clubs, varsity sports as well as health promotion and healthy living resources.

Slide 4: Before we dive into all that the “ARC” has to offer, let’s get some housekeeping out of the way. For one, the “ARC” is our main active living and physical activity facility on campus. It stands for “Athletics and Recreation Centre.” If you are a full-time student, your ARC membership is included in your student fees (and membership for grad students is valid ALL year!) Your student card gives you access to the ARC whenever it’s open meaning you do not need to reserve timeslots. Simply use your student card to swipe in through the gates beside the big ”Q”.

Slide 5: The “ARC” is a massive building so we’ll start things off by walking you through the various sections of what most people would refer to as the “gym.” From the ground up and starting on Lower Level 1, we have a lifting zone equipped with benches, squat racks, and free weights as well as whatever you would need for a more dynamic workout including a turf, kettlebells, medicine balls, monkey bars and a sled.

On the main floor, we have our stacked weights zone. This is where you would find all the machine weights.

Up on Level 2, we have a conditioning zone with equipment similar to what you would find in the Lower Level 1 lifting zone. Level 2 also houses two cardio zones furnished with treadmills, stationary and recumbent bikes, stair climbers, ellipticals and rowing machines.

Lastly, on Level 3, we have the Women’s Fitness Zone which is reserved for women-identifying “ARC” members. This section has a little bit of everything including 2 squat racks, some cardio machines, some stacked weight machines, a small turf and monkey bars as well as benches and free weights.

The “gym” is open whenever the “ARC” is open. Hours change depending on the time of year so be sure to look online to double-check opening times.

Slide 6: Next up, Open Recreation – or open rec for short. During open rec times, you simply show up to the dedicated court and play. We offer basketball, badminton, futsal, and volleyball, but exact offerings depend on the day and the time. No booking is required and you can sign-out a ball from the equipment desk on Lower Level 2 (for free, I might add). The schedule for open rec times can be found online or posted on the TV screens scattered throughout the ARC. Open rec is an easy way to get active and play a game or two of pick-up without having to commit to an organized team!

Slide 7: Locations for open rec vary so be sure to check the schedule to know where to go. If you’re in doubt about how to find the dedicated court, anyone wearing an “ARC” staff shirt or the lovely people at the QServices desks would be happy to point you in the right direction.

Slide 8: One last thing – open rec includes swimming. It’s the same idea here: check the pool schedule online, show up at the allocated time, hop in and have fun. No goggles? No problem. We have some available for purchase in the QShop.

Slide 9: For racquet sports – namely, squash, racquetball, and table tennis, you have to reserve your court online. Courts are available throughout most of the day, and they are completely free of charge to book. You can bring your own equipment or rent a racquet and ball from the Equipment Desk on Lower Level 2 for a small fee. Take it from me, racquet sports are an incredibly good workout (if you can somewhat play) and are incredibly entertaining (if you have absolutely no idea what you’re doing), especially if you’re playing with a friend.

Slide 10: Booking a court is simple and can be done by following the instructions on this slide.

Slide 11: Because the “ARC” is so massive, finding the courts can be tricky. To get to the courts, you’ll take the stairs or elevator to LL1, turn left into the main hallway, walk all the way to the end of the hallway and turn left. There will be two courts on your right as you near the end of the hallway and a whole bunch more on your left at the end of the hallway.

Slide 12: Group fitness! A great way to socialize and get your sweat on without having to plan your own workout. We offer plenty of classes ranging from yoga to full body strength to Zumba to spin, and we offer them in various formats including in-person, online, and on-demand. Take a look through the Group Fitness section of the website and explore the different types and formats of classes until you find the one that works best for you.

Slide 13: Personal training! Whether you’re new to the gym and want some guidance on technique and workout design, you’re a gym vet who wants some extra help learning new moves and breaking your own records or you just want to hang out with one of our incredible trainers, personal training may be something you want to consider. You can train 1-on-1, with a partner or with a small group of friends. Take a look at the “bios” portion of the Personal Training page of the website to meet your future trainer and get going with your consultation right away!

Slide 14: Is there an activity you’ve always wanted to try, but didn’t know how to start? Do you delay your grand debut in the gym because you just don’t know where to start?

Maybe you just need someone to guide you through an introduction to weightlifting? Or maybe you want to skip the gym altogether and learn to play Australian rules football?

Good thing the “ARC” offers introductory programs for many activities – all designed for beginners that require ZERO experience. Our instructional programs set you up with a group of individuals with a similar interest and help you feel socially connected while trying something new. Program offerings vary from term to term so check the website to view current programming.

Slide 15: To read more about our current offerings, check out getactive.gogaelsgo.com and follow the instructions on this slide.

Slide 16: There’s nothing like playing on a team to have fun while staying active. Intramurals offer you the opportunity to play a sport of your choosing as a free agent (meaning you join a team as an individual) or by forming your own team. Regardless, intramurals are a great way to meet new people and spend time with people you already know. In the past, we’ve offered sports ranging from soccer and hockey to inner tube water polo and live-sized board games. Even better, participation in most intramurals is totally free! For more information, visit the intramural page of gogaelsgo.com.

Slide 17: Next up, let’s chat about recreational clubs. Like intramurals, clubs are great because they connect you with a group of people all interested in the same activity. However, the beauty of recreational clubs is that they’re mostly competition-free zones. This allows you to rock climb, run, get outdoors, powerlift, figure skate, play quidditch, dance and so much more without any competitive stressors. Your focus is purely on loving what you’re doing and spending time with friends!

Slide 18: Follow the steps on this slide to get involved.

Slide 19: Calling all sports fans! Did you know that tickets to regular season varsity games are free for students? Check out sports like football, soccer, and rugby in the fall and be sure to cheer on our volleyball and basketball teams in the winter – all of which can be done on campus! Find out when your favourite team is playing at gogaelsgo.com, grab some buds, and head out to support our Gaels student-athletes. And yes, there are LOTS of graduate student-athletes in!!

Slide 20: Here is a list of sports with home games in Kingston. A single asterix means you can catch their game on main campus. Always check your team’s schedule to double-check the venue as these are subject to change. Also note that Queen’s has plenty of other varsity sports competing away from Kingston. Check out gogaelsgo.com to find out how you can you’re your support through live streams and social media.

Slide 21: For these last few slides, we’re moving away from the “ARC” and just a stones-throw over to Mitchell Hall where we have our Health Promotion Hub. The Health Promo hub is a fantastic resource for students looking to take care of themselves beyond physical activity pursuits. Our Health Promotion team is keen to help you set and achieve your wellness-related goals, and to connect you with resources like student-only wellness groups and other wellness events.

Slide 22: We want you to feel supported in your wellness journeys and knowledgeable about how to access resources at Queen’s and in Kingston – and the Health Promo team can help you accomplish all that and more! Visit the Health Promotion hub online or visit the team in Mitchell Hall for more information.

Slide 23: And that’s it folks! Feel free to review this presentation at any time or to explore the gogaelsgo website for more information and activity inspiration. We hope you enjoy your time at Queen’s and make the most of campus life! Now, grab a friend and get moving!