



# 2017 RECREATION OPEN HOUSE SEPTEMBER 17 – 23



## We have something FOR YOU! #CHOOSEBETTER

Programmes are 55 minutes or one hour only unless noted otherwise. Download the McMaster Recreation Get Rec'd App for full schedules or go to [rec.mcmaster.ca](http://rec.mcmaster.ca)

Sun. Sept. 17	Mon. Sept. 18 (continued)	Tues. Sept. 19	Wed. Sept. 20	Thurs. Sept. 21	Fri. Sept. 22	Sat. Sept. 23
M's Rugby vs Guelph 2:00pm Back 10 Field	Rec Swim 4:30 pm IWC Pool	Rec Swim 7:30 am IWC Pool	Rec Swim 7:30 am IWC Pool	Rec Swim 7:30 am IWC Pool	Rec Swim 7:30 am IWC Pool	Run, Jump, Throw 10:00 am (ages 6 – 12) Indoor Track
Open Climbing 4:00 - 10:00 pm Indoor Climbing Wall	Yoga - Beginner 5:00 pm Mindfulness Centre	Ballet - Beginner 10:30 am DBAC W202/203	<b>Men Only</b> Rec Swim 8:30 am IWC Pool	Rec Swim 11:30 am - 1:30 pm IWC Pool	Rec Swim & Swim Clinic 11:30 am - 1:30 pm IWC Pool	Youth Climbing Club 10:00 am (ages 8 – 12) Climbing Wall
Yoga - Beg/Int. 7:30 - 8:45 pm Mindfulness Centre	Lyrical/Contemporary Dance 5:00 pm DBAC W202/203	Rec Swim 11:30 am - 1:30 pm IWC Pool	Rec Swim & Swim Clinic 11:30 am - 1:30 pm IWC Pool	Zumba 12:00 pm DBAC W202/203	Yoga - Beg/Int Flow 12:30 pm Mindfulness Centre	
Rec Swim 8:30 - 10:00pm IWC Pool	Yoga - Power 6:00 pm Mindfulness Centre	Ballet - Int 11:30 am - 12:45 pm DBAC W202/203	Yoga - Beginner 12:30 pm Mindfulness Centre	Open Climb 4:00 pm-10:00 pm Indoor Climbing Wall	Open Climbing 2:00 pm - 6:00 pm Indoor Climbing Wall	
	Haidong Gumdo-Day 1 7:00pm Mindfulness Centre	Yoga for <b>Men, Non-Students</b> Mindfulness Centre 12:00pm	<b>Women Only</b> Rec Swim 1:30 pm IWC Pool	Meditation 4:30 pm Mindfulness Centre	Rec Swim 4:30 pm IWC Pool	
	Lindy Hop Swing 7:00 pm DBAC W202/203	Women Only Rec Swim 1:30 pm IWC Pool	Open Climbing 4:00-10:00 pm Indoor Climbing Wall	Rec Swim 4:30 pm IWC Pool	Ballroom Dance-Beginner 5:30 pm DBAC W202/203	
<b>Mon. Sept. 18</b>	Triathlon Training 7:00-8:30 pm Indoor Track	Open Climbing 4:00 - 10:00 pm Indoor Climbing Wall	Rec Swim 4:30 pm IWC Pool	Yoga - Beginner 6:00 pm Mindfulness Centre	Ballroom Dance-Beg/Int 6:30 pm DBAC W202/203	
Rec Swim 7:30 am IWC Pool	Fencing 8:00 - 10:00 pm East Aux Gym	Rec Swim 4:30 pm IWC Pool	Tai Chi Beg & Int. 5:30 pm Mindfulness Centre	Latin Dance - Beginner 6:00 pm DBAC W202/203	Haidong Gumdo-Day 2 7:00 pm Mindfulness Centre	
Meditation 9:30 - 11:00 am Mindfulness Centre	Karate - Beginner 8:00 pm DBAC W202/203	Belly Dance - Beginner 5:00 pm W202/203	Yoga - Power 6:30 pm Mindfulness Centre	Latin Dance - Intermediate 7:00 pm DBAC W202/203		
Rec Swim & Swim Clinic 11:30am - 1:30 pm IWC Pool	Rec Swim 8:00 - 8:45 pm IWC Pool	Bringing Sexy Back 6:00 pm DBAC W202/203	Hip Hop - Beginner 7:00 pm DBAC W202/203	Yoga - Restorative 7:00 pm Mindfulness Centre		
Pilates - Beginner 11:30 am Mindfulness Centre	Krav Maga Self Defense 8:30pm Rose Hill Studio	Yoga-Beginner, <b>Women's Only</b> Mindfulness Centre 6:00 pm	Triathlon Training 7:00-8:30pm Spin Studio (Pulse)	Muay Thai 7:30 pm Rose Hill Studio		
Pilates - Intermediate 12:30 pm Mindfulness Centre	Karate - Advanced 9:00 pm DBAC W202/203	Yoga - Power 7:00 pm Mindfulness Centre	Yoga - Fascial Stretch 7:30 pm Mindfulness Centre	Rec Swim/Swim Clinic 8:15 pm IWC Pool		
Ballet - Beg/Int 2:30 - 3:45 pm DBAC W202/203	Rec Swim 10:30 pm IWC Pool	Muay Thai 7:30 pm Rose Hill Studio	Karate - Advanced 8:00 pm DBAC W202/203	Rec Swim 10:30 pm IWC Pool		
Ballet - Beginner 4:00 pm DBAC W202/203		Yoga - Beg/Int Flow 8:00 pm Mindfulness Centre	Karate - Beginner 9:00 pm DBAC W202/203			
Outdoor Hike 4:00 pm Depart IWC south entrance		Rec Swim/Swim Clinic 8:15 pm IWC Pool	Rec Swim 10:30 pm IWC Pool			
		Rec Swim 10:00 pm IWC Pool				
<b>Wanna Play? Your Intramural Sports program</b> offers multiple play styles and skill levels. Badminton, Softball, Basketball, Dodgeball, Innertube H2O-Polo, Flag Football, Ice Hockey, Kickball, Floorball, Soccer, Ultimate, Volleyball, Cricket, Table Tennis, Squash, Women in Sport Tour, and Wheelchair European Handball. Find us at <a href="http://marauders.ca/intramurals">marauders.ca/intramurals</a> .						

### Also included...

- **The Pulse Fitness Centre:**
- Weekdays 6:00 am – 12:30 am
- Weekends 8:30 am – 10:30 pm
- Free trial during Open House includes:
  - All Group Ex & Spin Classes
  - Fitness Programs & Orientations
  - Indoor Climbing Wall

For details on all Pulse offerings check out the McMaster Recreation App or [www.marauders.ca/thepulse](http://www.marauders.ca/thepulse)