



Hours of Operation

September to April

Monday - Thursday	6:30 am - 10:00 pm
Friday	6:30 am - 8:00 pm
Saturday	8:00 am - 6:00 pm
Sunday	12:00 pm - 8:00 pm

May & June

Monday - Friday	6:00 am - 8:00 pm
Saturday	8:00 am - 5:00 pm
Sunday	12:00 pm - 6:00 pm

July & August

Monday - Friday	6:00 am - 8:00 pm
Saturday	9:00 am - 2:00 pm
Sunday	4:00 pm - 9:00 pm

ID Centre Hours

The ID Centre is located at the Sports Centre Front Desk.

Monday - Friday	9:00 am - 11:00 am
	2:00 pm - 4:00 pm
	6:00 pm - 8:00 pm
Saturday (during academic year)	9:00 am - 11:00 am

Sports Centre Directory

Front Desk	566-0368
Fax - Sports Centre	566-0700
CARI Complex / MacLauchlan Arena	569-4584
Athletic Director	
Ron Annear	annear@upeii.ca 566-0715

General Information

Locker Rooms - Modern locker rooms with saunas and hair dryers. Bring your own lock or purchase one at the front desk. NO charge for locker use. Please leave valuables at home or in the car. Lockers are DAY USE only! Towels are not provided.

Equipment

A wide selection of equipment may be signed out at the front desk. Your UPEI ID card is required and will be returned when equipment is returned. All equipment signed out is the responsibility of the person signing it out. If it is not returned, a replacement fee will be charged.

Footwear

Indoor footwear and shirts are mandatory.

Food/Drink

Plastic water bottles with covers are permitted. Food and drink are permitted in upstairs lobby ONLY. For safety reasons, GLASS CONTAINERS are prohibited.

Parking

Parking is provided in CARI Complex MacLauchlan Arena Parking Lot located at the rear of the building.

Extra Items ...

Limited to use by members 15 years old and up. (Members aged 12 - 14 must be accompanied by an adult)

The Sports Centre does not condone profanity or insulting of staff or other members.

Sports Centre management has the right to revoke membership privileges based on non-compliance to established policies and procedures.

Please note that no one is permitted to take any of the following into the Fitness Centre:

Chalk, kitbags, purses/handbags, coats/jackets, food or outdoor footwear.



Chi-Wan Young Sports Centre

University of Prince Edward Island

Home of the



Chi Wan Young Sports Centre
550 University Avenue
Charlottetown
Prince Edward Island C1A 4P3
Phone: (902) 566-0368
upeii.ca/athletics



Programs & Facility Coordinator

Janice Robertson robertson@upeii.ca 566-0305

Fitness & Wellness Coordinator

Angela Marchbank amarchbank@upeii.ca 566-0606

Administrative Support

Carol Heartz heartz@upeii.ca 566-0432

Communications/ Events

Lynn Boudreau lboudreau@upeii.ca 566-0991

Outdoor Facility Coordinator

Mike Redmond wsoccer@upeii.ca 566-6054

What does your Sports Centre membership get you?

Something for everyone

Full Time Students Free

Access from September 1 to April 30

- * Fitness Centre
- * Gym Access during open gym time
- * CARI Pool (Sept. 1st to April 30th)
- * Indoor and Outdoor track
- * Squash & Racquetball Courts
- * Fitness Classes
- * New "Fit Zone"
- * All UPEI Panther Home Games

Paid inside your student fees

Part Time Students

- * Fitness Centre Access
 - * Gym Access during open gym time
 - * CARI Pool Access (Sept. 1st to April 30th)
 - * Indoor and Outdoor track
 - * Squash & Racquetball Courts
 - * Fitness Classes
 - * New "Fit Zone"
 - * All UPEI Panther Home Games
- May purchase a membership by Semester (4 months) \$89.00 + gst

Faculty and Staff

May purchase an annual membership for less than 60 cents a day and will receive:

- * Fitness Centre Access
 - * Gym Access during open gym time
 - * Indoor and Outdoor track
 - * Squash & Racquetball Courts
 - * Fitness Classes
 - * New "Fit Zone"
- Adult one year \$212.00 + gst
 Family one year \$550.00 + gst
 (2 adults & 2 youth u18)

- * Membership with CARI Pool Access (Sept.1st to April 30th)
- Adult one year \$312.00 + gst
 Family one year \$650.00 + gst
 (2 adults & 2 youth u18)

A family is defined as the member, spouse and their children. Dependent children are those under the age of 18 years of age.

Community Membership

- * Fitness Centre Access
- * Gym Access during open gym time
- * Indoor and Outdoor track
- * Squash & Racquetball Courts
- * Fitness Classes
- * Parking Pass (MacLauchlan Arena Parking Lot)
- * New "Fit Zone"

Prices:

Day Pass	\$9.00 + gst
Adult 5 punch card	\$36.00 + gst
Adult 1 month	\$60.00 + gst
Adult 6 month	\$285.00 + gst
Adult One Year	\$400.00 + gst
Senior /Student	
One year	\$300.00 + gst
Family One Year	\$670.00 + gst

A Few Details.....

- Members must have a valid campus ID card (membership card) or purchase a replacement card to gain access.
- Memberships are non-transferable and membership card sharing will result in suspension of membership privileges for both the card holder and the Sports Centre member involved.
- No personal trainers, other than UPEI Personal Trainers permitted.

Indoor Track

Two-lane walking/jogging track, 9 laps to the mile

Courts

1 racquetball/2 squash (book one day in advance - 45-minute bookings)
 3 basketball/3 volleyball/up to 8 badminton/2 wallyball

NEW "Fit Zone"

V-12 T-Zone Vibration machine, workout DVD's, Wii Fit & EA Active in a small private room for 1-6 people (book one day in advance)

Fitness Centre

The Centre has a variety of equipment including:

- 43 cardio pieces (MP3 Keiser Bicycles, Life Fitness Treadmills, Bicycles, Ellipticals Cross-Trainers, Stair climbers, rowers and Cybex Cross Trainers)
- Life Fitness Signature Series
- Hammer Strength and Cybex free weight section
- Various equipment including agility ladders, hurdles, medicine balls, stability balls, bosu trainers, plyometric boxes, tubing, etc.
- Total Access chest press & lat pulldown (wheelchair accessible equipment)

Turf Field

The turf field is for rent by contacting the City of Charlottetown

Alumni Canada Games Place

New facility built for Canada Games, with an eight lane running track, grass infield, and athletics throwing and jumping pits. To rent contact the Outdoor Facility Coordinator, 566-6054.



Must have UPEI ID for access into the facilities

* No pro rating or freezing memberships
 Prices subject to change without notice