

Recreation and Wellness Services

University College of the North

September, 2015

The recreation department is comprised of one full time recreation coordinator and two part time recreation student employees. The responsibilities of this department cover many areas that directly relate to a student's physical, mental, social and emotional health throughout their academic life at UCN. Services that are offered include intramural sports, competitive sports, special events that celebrate the seasons, personal training and nutritional services, group fitness classes, weight room/cardio room access and other opportunities for skill development.

This department provides weight room services to all UCN students and staff who register for the service. Annual fees are charged for this exceptional service at low costs. One-on-one personal training sessions are also available. Group fitness classes ranging from yoga, circuit training, weight training and cardio classes are scheduled throughout the week. Certified instructors lead these classes.

Evening and after school sports and intramural opportunities are available for UCN students with the focus on team building, sportsmanship and skill development. The gym offers a great opportunity for students to socialize and build confidence. The UCN gymnasium is fully modern with air conditioning, and ladies/men's showers and locker area.

The recreation staff are involved in many special events beginning in August with the Welcome Orientation, Christmas Dinner, Curling Fun Spiel, Arts and Craft Sale, Trapper Daze, Spirit Week, Graduation and many other special events that promote student involvement, interaction and movement.

Come to the gym, register for a program, sport or become a volunteer.

Contact:

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