

►► JANUARY 2007

mystics

athletics & recreation

newsletter

HAPPY NEW YEAR!

**Start the new year off right and
join the Mount Fitness Center!**

HOW DO I JOIN?

Full-Time Students:

Full-time MSVU students are entitled to FREE access to the Weight Conditioning Centre, FREE Fitness Classes, and 50% off selected Instructional Programs.

To become a member, simply present your valid MSVU 2006-07 student I.D. card and complete a registration form. Membership is valid until August 31st, 2007.

Part-Time Students:

As a part-time student, you can now enjoy the use of the Weight Conditioning Centre and Fitness Classes for the discounted rate of \$40.00 per term.

To join, please stop by the Mount Fitness Centre, present your valid MSVU 2006-07 I.D. card and complete a registration form.

MSVU Faculty and Staff:

ALL faculty and staff are eligible to purchase a one year membership at a discounted rate. The available options are:

- **Facility Only:** **\$75.00**
This option gives you access to the Weight Conditioning Centre and the Gymnasium.
- **Fitness Only:** **\$100.00**
This option gives you access to all Fitness Classes. Please Note: Classes vary depending on the term. Please consult the current Fitness Class schedule for availability.
- **Fitness and Facility:** **\$140.00**
This option gives you access to Weight Conditioning Centre, the Gymnasium, and all Fitness Classes.



Excellence • Innovation • Discovery

WINTER SPECIALS

• **FREE** Use of the Fitness Centre

The Mount Fitness Centre opens its doors to you from January 8-14. Try a fitness class or enjoy a visit to the weight conditioning room for free this week!

• **FREE** Weight Room Orientations

Join a certified trainer for an introduction to the facility, stand alone weight stack equipment, guidelines for improving strength fitness and more!

Sessions begin on the hour and the half hour:

Dates: January 8th – 11th between 4:00-8:00pm
January 10th & 11th between 8:00-9:00am
January 14th between 2:00-4:00pm

• **FREE** Instructional Programs

Try an instructional class for free during the week of January 15-21, 2007. You are invited to try Karate, Yoga, Hip Hop or Indian Dance.

LOCKER RENTALS

With a facility and/or fitness membership, you are eligible to rent a Fitness Centre Locker.

Winter Term Rental:

Valid from January 1 – April 15, 2007

Fee: \$20 (Locks included in the fee)

We require a MSVU lock on all lockers except Day Use lockers. If you have a MSVU lock, inform the front desk staff for a discounted rate.

THE MOUNT
Fitness Centre
902.457.6420

www.msvu.ca/fitnesscentre

Instructional Programs

STOTT PILATES

Essential I - Beginner I

Mon 8:00-8:50am Jan. 15 - Mar. 19
Mon 5:00-6:00pm Jan. 15 - Mar. 19
Tues 7:10-8:10pm Jan. 16 - Mar. 20

Fee: \$125

Andrea Leigh Smith
Ruth Ellen Kroll
Margaret Galloway

Essential II - Beginner II

Mon 9:10-10:10am Jan. 15 - Mar. 19
Mon 8:00-9:00pm Jan. 15 - Mar. 19
Tues 6:05-7:05pm Jan. 16 - Mar. 20

Fee: \$125

Andrea Leigh Smith
Ruth Ellen Kroll
Margaret Galloway

Essential II Plus

Mon 6:00-7:00pm Jan. 15 - Mar. 19

Fee: \$125

Ruth Ellen Kroll

Intermediate

Mon 7:00-8:00pm Jan. 15 - Mar. 19
Tues 5:00-6:00pm Jan. 16 - Mar. 20

Fee: \$125

Ruth Ellen Kroll
Margaret Galloway

YOGA- HATHA /KRIPALU

Gentle Yoga

Fri 1:00-2:00pm Jan. 26 - Mar. 16

Fee: \$65

Jean Short

Beginner Yoga

Fri 12:00-1:00pm Jan. 26 - Mar. 16

Fee: \$65

Jean Short

All Levels Yoga

Wed 7:00-8:30pm Jan. 17 - Mar. 21

Fee: \$125

Michi Morioka

Advance Yoga

Thur 6:30-8:00pm Jan. 18 - Mar. 22

Fee: \$125

Jody Myers

DANCE CLASSES No Classes February 20 or 22, 2007

NEW - Indian Dance

Featuring Classical, Folk & Bollywood styles

Wed 7:10-8:10pm Jan. 17 - Mar. 14

Fee: \$60

Suneetra Signh

Hip Hop Dance

Tues 8:10-9:10pm Jan. 16 - Mar. 13

Fee: \$60

Jessica Sayde
Kristen Harrison

Thur 1:00-2:00pm Jan. 18 - Mar. 15

ADULT SHOTOKAI KATATE (15 yrs and older)

Instructor: Randy Veinotte

Fees:

\$275

\$100

Day	Time	Level	3 Terms	Winter Term
Mon	9:00-10:15pm	Advanced	Jan. 15-Sept. 10	Jan. 15-Mar. 19
Thur	8:15-9:30pm	All Levels	Jan. 18-Sept. 10	Jan. 18-Mar. 22
Sat	10:00-11:10am	All Levels	Jan. 20-June 9	Jan. 20-Mar. 24

Note: No adult summer sessions on Saturday in July and August.

RAPE SELF AWARENESS DEFENSE CLASS

RSAD is a self-defense system designed to be comprehensive, realistic and effective. The program uses no martial arts, no weapons and requires very little strength. This weekend workshop will teach participants how to avoid potentially dangerous situations and respond to physical and verbal assault.

Fee:

\$40 per person or \$60 for two

Date:

Friday - January 19th from 7:30-9:30pm &
Sunday - January 21st from 10:00-4:00pm

Participants must attend both days.

LEARN TO RUN (INDOOR RUNNING CLUB)

This 6 week program will introduce you to the basics of running and train you to complete 30 minutes of continuous running for approximately 5km. Sessions include warm-up, run skills, workout, cool-down, stretching and discussion of issues related to running. Takes place in Rosaria Gym.

Date: Mondays, January 22nd - March 5th from 1:30-2:30pm
No class on Monday, February 19, 2007

Fee: \$45 (\$22.50 for MSVU full-time students)

GOLF CONDITIONING CLINIC

For Golfers wishing to train and improve their dynamic flexibility, co-ordination, strength and power for the upper body, core & lower body.

Date: Sundays, Jan. 21st - Feb. 25th from 11:00-12:00pm
OR Sundays, Mar. 18th - Apr. 29th from 11:00-12:00pm

No Class April 8

Fee: \$99

REFUNDS

No refunds will be given after the first week of your program or class. Prorated refunded will be given with medical documentation only. All refunds will be processed with 2-3 weeks of initial request. All requests for refunds should be made by phoning 457-6152 or visiting Rosaria Student Centre Room 127.

**FULL TIME MSVU STUDENTS,
STAFF AND FACULTY
(WHO HAVE A CURRENT FACILITY MEMBERSHIP)
RECEIVE 50% OFF
YOGA, KARATE AND
DANCE CLASSES**

Varsity Programs



VARSITY SPORTS

MEN'S SOCCER

After capturing their first ACAA title in MSVU history, the Mystics Men's soccer team traveled to Langara College in British Columbia to represent the ACAA at the 2006-07 CCAA National Championships.

Although the team failed to win a game, losing 4-0 to Capilano, 5-2 to Champlain College and 2-0 to the host Langara squad, the team gained valuable experience for next season when they will host the 2007-08 CCAA Championships.

Congratulation to CCAA players of the game: Joseph Frangie and Mark Harnish, and to the entire team on a memorable and historic season.

WOMEN'S BASKETBALL

The MSVU Women's basketball team will begin the second half of the season in first place in the ACAA. The team is currently 8-0 and off to their best start in team history. Second year sensation Katherine Brien and team captain Jenna Dunn will continue to demand the teams best, knowing a good regular season does not mean successful playoffs.

Come out to support the team as they host UNBSJ on January 13th at 6pm.

Cheer on the Mount Mystics!!

Join us at any of our home games.
Free of charge for Mount students
upon presentation of their student ID.
Admission \$3 for others.

MEN'S BASKETBALL

The Mystics Men's basketball team is playing confident basketball as they begin the second term with a 8-0 record league record. Leading the way is fourth year post Damian Gay, who is among the league leaders in points per game and rebounds per game. Head Coach, Rick Plato, attributes the teams' early success to team chemistry and good preparation for games. The team will continue to work hard as they prepare to defend their ACAA Championship. Come out to the Rosaria Centre to join the frenzy of enthusiastic fans to cheer on our Mystics.

Women's and Men's Basketball

Sat	Jan 13	UNBSJ @ MSVU	6pm(w) & 8pm(m)
Wed	Jan 31	NSAC @ MSVU	6pm(w) & 8pm(m)
Sat	Feb 10	MTA @ MSVU	3pm(w) & 5pm(m)
Wed	Feb 14	NSAC @ MSVU	6pm(w) & 8pm(m)
Sat	Feb 24	KING @ MSVU	2pm(w) & 4pm(m)
Sun	Feb 25	ABU @ MSVU	1pm(w) & 3pm(m)
Mar 2-4: ACAA Championships at MTA			
Mar 12-14: CCAA Men's Championships at NSAC			
Mar 15-17: CCAA Women's Championships at Grant MacEwan.			

WOMEN'S VOLLEYBALL

This years MSVU Women's volleyball team is currently in 4th place in ACAA standings. After jumping out to a quick 4-0 start, the team had a minor set back and lost two matches to a much improved UNBSJ team. Head Coach, Susanne Dittmer, is confident the games will refocus the team as they prepare for a very difficult second term of play. Candace Garland, the teams' only senior, is confident the team will come together and play inspired volleyball for the remaining games of the season. Come out to support our team as they play host to the UNBSJ Sea Wolves on January 13th at 3:30pm.

Women's Volleyball Home Schedule

Sat	Jan 13	UNBSJ @ MSVU	3:30pm
Sat	Jan 20	STU @ MSVU	7pm
Sun	Jan 21	STU @ MSVU	11am
Wed	Jan 24	KINGS @ MSVU	7pm
Wed	Feb 7	NSAC @ MSVU	7pm
Sat	Feb 10	UNBSJ @ MSVU	12pm
Sun	Feb 11	MTA @ MSVU	11am
Sat	Feb 17	USTEA @ MSVU	4pm
Sun	Feb 18	USTEA @ MSVU	11am
Sat-Sun Feb 24-25 ACAA Championships at NSAC			

Fitness News

January 2 – April 8, 2007

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:30 to 10:30	Step 'n Pump*	Strength 'n Tone*	Cardio Combo*	Yoga Lates*	Step*	Step 'n Pump*
* Child care service is available from 9:15-10:30am for \$2 per child.						
12:15 to 1:00		Yoga Fit	Core 'n More	Yoga Fit		
5:15 to 6:00	Intro Step 'n Pump	Kickbox/ Pump	Toning Express			
6:00 to 7:00	Cardio Combo	Toning Express 6:15-7:00	Ultra Cardio	Toning Express 6:15-7:00		
7:00 to 8:00		Step		Step		

Body Composition Assessment

This assessment measures the amount of fat to lean muscle on the body. A specially designed caliper is used by a trained fitness professional to measure three, five or seven different sites on the body.

These measurements are then put into an equation that calculates the total percentage of body fat. Measurement includes explanation of results and recommendations for fitness programming.

Fee: \$30

Location: Mount Fitness Centre

To book your appointment, phone 457-6420.

Appointments are 1½ hours in length.

Basic Fitness Theory & Specialty Exams

Are you interested in challenging the Basic Fitness Theory Exam? Do you need to re-write the exam to gain the National pass? Specialty modules (Group Fitness Leader and Resistance Leader also available).

Exam Dates: Sundays, January 28 OR March 4 OR April 29

Time: 2:00-4:00pm

Fee: \$25

FITNESS LEADERSHIP TRAINING & CERTIFICATION

Basic Fitness Theory

Module 1

This theory course is the entry level training module for certification of fitness professionals (Group Fitness Leader and/or Resistance Leader).

Date: Tuesday to Thursday, February 20-22

Time: 10:00am-4:00pm

Fee: \$105 – includes manuals and materials.

Basic Fitness Theory Prep Course

This three hour seminar will cover all aspects of the Basic Fitness Theory Module and prepare you to write the National Fitness Theory exam. Good for those wishing to challenge the exam, pursue specialty modules (ex: Group Fitness Leader, Resistance Leader, etc) and/or for those who need to re-write the exam.

Dates: Sunday, January 28 OR March 4 OR April 29

Time: 10:00-1:00pm

Fee: \$25

Sign Up For Any One Of These Training Or Certifications By:

Phone:

902-457-6420

Drop In:

MSVU, Rosaria Student Centre
The Mount Fitness Centre

Personalized Weight Room Programs!

Would you like to speak one-to-one with one of our on staff trainers? Personalized weight room programs can be designed based on your goals. Programs include: consultation, program set-up, demonstration, performance and feedback.

One-to-One Session Rates:	One-to-One Sessions can be purchased in a Package:
■ 1 Session is \$20 (\$15 for MSVU Students)	■ 2 Sessions is \$40 (\$30 for MSVU Students)
■ 2 Persons, 1 Session is \$30 (\$20 for MSVU Students)	■ 4 Sessions is \$60 (\$50 for MSVU Students)

Campus Recreation & Intramurals



SKIING at MARTOCK!

WEDNESDAY, JANUARY 31

Enjoy your day off on the slopes this Caritas Day! Downhill skiing and snowboarding packages are available. **Lessons are included in each package.** This is a great opportunity for beginners to experience skiing and snowboarding for the first time. Bring your family and friends. Sorry no children on this university trip.

TRAVEL INFORMATION:

Depart MSVU at 10:00am. Return to MSVU at 6:00pm.

PACKAGE INFORMATION:

#1	Transportation Only	\$11
#2	Lift Ticket Only	\$14
#3	Equipment Only	\$14
#4	Lift Ticket & Equipment Rental	\$24
#5	Lift Ticket & Transportation	\$25
#6	Lift Ticket, Equipment, Helmet, Lesson & Transportation	\$35

** Those traveling on their own must meet the group at the Martock Chalet at 11am to receive their lift ticket and equipment rental passes.



Welcome Back Gym Party

Wednesday, January 10th from 7:00pm-11:00pm.

Join the Recreation Society
for a free evening of fun, games & prizes.

Schedule of events include:

- 7:00pm: Basketball
- 7:30pm: MOVIE- The Devil Wears Prada (Rosaria Exercise Room)
- 8:00pm: Soccer
- 9:00pm: Volleyball

INTRAMURAL SCHEDULE

- REC NIGHT: Monday's- 9:30pm-11:00pm
- BADMINTON: Monday to Friday- 12:00pm-1:30pm & Tuesday's Badminton Club- 8:00pm-10:30pm
- BASKETBALL: Monday to Friday- 12:00pm-1:30pm & Thursday Night Intramurals- 9:30pm-11:00pm
- INDOOR SOCCER: Thursday's- 1:30pm-3:00pm & Saturday's- 7:00pm-9:00pm
- VOLLEYBALL: Tuesday's- 1:30pm-3:00pm



RIGHT TO PLAY
AWARENESS DAY

*Creating a healthier
and safer world for
children through
the power of sport
and play*



The Athletics & Recreation Office
invites you to "PLAY"

FRIDAY, JANUARY 26

9:30am-4:00pm, Rosaria Gym

Right To Play is an athletic-driven international humanitarian organization that uses sport and play to help refugee children, former child combatants and young people at risk or orphaned due to war or HIV/AIDS (Right To Play, At A Glance, 2006).

Join us in Rosaria Gym for a day of fun and education.

- 9:30am Fitness Class
- 10:30am Childs Play: Child Study Centre
- 11:15am Low Organized Games Workshop
- 12:00pm Badminton Tournament
- 1:30pm Right To Play Address
- 2:00pm Soccer Tournament

For more information on this event, please contact
Joanne.Burns-Therault@msvu.ca, #457-6369
Or Tara.MacPhee@msvu.ca, #457-6420

FREE MOVIE NIGHTS

TALLADEGA NIGHTS

Starring Will Farrell
Sunday January 14th, 7:00pm
Seton Aud. D



THE LAST KISS

Starring Zach Braff from Scrubs
& Rachel Bilson from the O.C.
Sunday January 28, 7pm - Seton Aud. D

Campus Recreation Continued...

1st Year Students' Assembly

Thursday, January 11, 12:30-1:30pm
Seton Faculty Lounge, Room 404

Attention 1st Year Students:

The Student Life Taskforce wants to hear how you're doing and help you get a good start on second term:

- Do you have any questions?
- Is there anything bothering you?
- Do you have ideas on how to improve the quality of student life for you and other Mount students?

Don't miss this opportunity to meet with student leaders and administrators and have a direct role in enhancing the quality of student life at MSVU. Feel free to bring your lunch. For more information contact:

E-Mail: joanne.burns-theriault@msvu.ca

Phone: 457-6369

MSVU Rosaria Student Centre, Room 127.

Student Leadership Workshop

Thursday, January 18th and 25th
12:00-1:30pm, Rosaria Room 105

This three hour workshop will cover team building, participant motivation, communications, budgeting, event planning and promotions. This is an excellent workshop for society executives or anyone interested in leadership development and event planning.

Upon completion of the workshop, participants will receive a certificate of participation!

Instructors:

Kenney Fitzpatrick

General Manager MSVU Students' Union

&

Joanne Burns-Theriault

MSVU Recreation Co-ordinator.

Registration is \$5.00

Register at the Fitness Centre Front Desk
or by phone at 457-6420.

Staff Contact:

Fitness Centre Front Desk , Registrations & general inquiries.	457-6420
June Lumsden , Director of Athletics & Recreation	457-6370
Joanne Burns-Theriault , Recreation Co-ordinator	457-6369
Dyrick McDermott , Athletic Officer & Women's Basketball Head Coach	457-6462
Pat MacDonald , Fitness Officer	457-6563
Susan Burrell , Member Services Officer	457-6152
Tara MacPhee , Member Services Assistant & Recreation Programmer	457-6551

Hours of Operation

Monday - Thursday	6:30am - 10:00pm
Friday	6:30am - 8:00pm
Saturday	7:30am - 8:00pm
Sunday	8:00am - 10:00pm

The Mount Fitness Centre
Rosaria Student Centre
Mount Saint Vincent University
166 Bedford Highway
Halifax, Nova Scotia B3M 2J6
Phone: 457-6420 Fax: 457-1694
E-Mail: mount.fitness@msvu.ca
Web: www.msvu.ca/fitnesscentre