



# FALL UPDATES

## POOL & SAUNA REOPENING!



The pool has officially reopened as of Oct 28th! The lane swim schedule will be available online at [thunderwolves.ca/lane-swim](https://thunderwolves.ca/lane-swim).

The Men's Sauna repairs have been completed and it is now open.

## VARSITY BASKETBALL & VOLLEYBALL

Basketball and Volleyball regular seasons have begun! Come cheer on your Thunderwolves here at the Thunderdome. Be sure to join us for our Indigenous Cultural Celebration Night on Nov 23rd.

Check out our website for the season schedules and ticket information! A reminder the parking lot will be busier on game day evenings, so plan your gym visits accordingly

## FACILITY POLICY REMINDERS

To ensure a safe and clean environment in our fitness spaces, we ask all members to adhere to our updated guidelines as the colder weather approaches:

### OUTDOOR SHOES

Please remove outdoor shoes before entering any of our fitness spaces, including weight rooms, gymnasiums, track, and field spaces. Indoor shoes are required for all activities.

### COATS

Storage of outdoor apparel is not permitted in the gymnasiums or weight rooms, and must be stored in the locker rooms.

### BAGS

Backpacks, duffel bags, and other personal bags must be stored in the locker rooms.

Members may keep workout essentials (e.g. water bottles, resistance bands, lifting belts, etc.) with them as long as they are kept with members at all times, and members ensure they are not causing an obstruction to other gym users.

### LOCKERS

All locker rooms have free day use lockers available to members. Overnight lockers are available for rent at the front desk. Locks are available for purchase at the front desk.

Please note that day use lockers are for use during facility hours only. Items left in day use lockers overnight will be removed.

## OPEN GYM/FIELD TIMES, AND DROP-IN PROGRAMS

Check out our Open Facility calendars on our website at [thunderwolves.ca/hours](https://thunderwolves.ca/hours). Courts are available for basketball, badminton, and volleyball on a first-come first-serve basis!

### DROP IN PROGRAMS:

Badminton drop-in time runs on Sunday Nights from 6:00 pm to 8:00 pm in the Fieldhouse Gym

Cycle classes run on Mondays, Wednesdays and Thursdays at a discounted rate to facility members! Class schedule & drop-in information is available at [thunderwolves.ca/group-fitness](https://thunderwolves.ca/group-fitness)