



WINTER 2024 PROGRAM GUIDE

What's Inside

General Information	1
Memberships	2-3
Pilates	4-6
Registered Programs	7-11
Drop-in Group Fitness	12-15
Personal Training	16
Nutrition	16
Squash	17
Drop In Sports	18

General information

FACILITY WINTER HOURS (Sept - Dec)

Monday to Friday
Saturday & Sunday

6 a.m. – 10:30 p.m.
8 a.m. – 8 p.m.



Check out smufit.ca for our holiday hours, closures, and any updates.

Staff Directory

Homburg Centre for Health & Wellness	Front Desk	902-420-5555
Director of Athletics & Recreation	Scott Gray	902-420-5427
Assistant Director, Athletics & Recreation	Greg Knight	902-420-5425
Administrative Manager	Karen Habib	902-420-5429
Facility Scheduler	Linda Gould	902-420-5440
Fitness Coordinator	Lindsay McFarlane	902-420-5556
Life Mark Physiotherapy Clinic	General Information	902-420-5061

Free Recreation Services

Group Fitness Classes	SMUfit offers over 30 group fitness classes per week that are free with your membership.	Go to athletics.smu.ca to register for our group fitness classes.
Drop-in Sports	SMUfit offers drop-in sports throughout the day as well as open gym time that are free with your membership.	Check out smufit.ca or call 902-420-5555 for availability or ask the Front Desk for availability
Squash Courts	Available with any of our Plus Memberships.	Reserve your court online at athletics.smu.ca

** Prices do not include HST*

	SMUfit Basic		SMUfit Plus		
	4 month (\$240*)	1 year (\$600*)	1 month (\$85*)	4 month (\$288*)	1 year (\$720*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)	1			2	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

	Family Basic		Family Plus		
	4 month (\$480*)	1 year (\$1200*)	1 month (\$170*)	4 month (\$576*)	1 year (\$1440*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)	1			2	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

ADD-ON OPTIONS for Basic Membership Package

Towel service
(\$3/day, \$25/month, \$200/year)

Half locker rental
(\$25/month, \$75/4 months, \$175/year)

Parking
(\$42.75/month)

MULTI USE PASSES

5 Punch Pass - \$42.75 +HST

10 Punch Pass - \$89.25 +HST

Day Pass - \$11.55 +HST

SMUFit's Pilates Studio

SMUFit's Pilates Studio is fully equipped with top-of-the-line Stott Pilates equipment and props that help instructors to focus on postural alignment and engaging sequential exercises.

Get started with our Starter Package or chose one of many package options to experience the benefits that Pilates can bring to your life. Package and Drop In options allow clients to attend any class on the schedule (within the ability level of the client).

Purchase either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

To see our full schedule of class offerings and book a maximum of 7 days in advance go to: athletics.smu.ca

** Prices do not include HST*

Starter Package

This package is designed especially for those new to SMUfit Pilates. Included are two private lessons, and three group equipment classes. This allows you to become acquainted with both the equipment and the way in which we want you to move. It also allows you to experience the variety of class options available at SMUfit.

Member = \$167 | Non-Member = \$209

Individual/Duet Lessons			
Sessions	Member	Non-Member	Description
Individual	\$72	\$90	Personalized one on one private lesson with access to the complete studio.
NEW 6 Private Sessions	\$408	\$513	6 one on one private lessons with access to the complete studio.
NEW 12 Private Sessions	\$780	\$972	12 one on one private lessons with access to the complete studio.
Duet	\$87	\$109	Two on one private lesson with access to the complete studio.

Group Class Pricing			
Classes	Member	Non-Member (Per Person)	Description
Drop In	\$25	\$25	Drop in to try out one of our many class options
Package of 6	\$108	\$135	Packages are flexible and any class on the schedule can be attended, (within the ability level of the client)
Package of 12	\$194	\$237	Make a bigger commitment and save per class!

Group Mat Pilates Classes

Mat Pilates - Beginner

This is a Contemporary Pilates Mat class for Beginners and people who want to emphasize proper postural alignment, core stabilization, muscle balance and control at a easier pace.

Thursdays	9:30-10:30am	Studio A	Instructor: Ocean
-----------	--------------	----------	--------------------------

Mat Pilates – Intermediate/Advanced

Join us on the mat for this Intermediate/Advanced level contemporary Pilates mat class. The instructor uses small props to increase the challenge and connection to each exercise. These classes emphasize proper postural alignment, core stabilization, muscle balance and control. Be ready to burn your core!

Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Mondays	9:15-10:15am	Studio A	Instructor: Jackie
---------	--------------	----------	---------------------------

Pilates Strength – All Levels

This Pilates Workout is a full body workout adhering to the Pilates Principles of alignment. This class will incorporate heavier weights to build muscle while paying specific attention to form. While the traditional Pilates classes are designed to build long lean muscles, this class is designed to build power and strength.

Tuesdays	8:30-9:30am	Studio A	Instructor: Ocean
----------	-------------	----------	--------------------------

Pilates 4 Seniors

This Senior Mat Pilates class focuses on precision movements, strength, balance and control allowing participants to move a little slower to focus on finding form. This class is suitable for adults and seniors (55+).

Mondays	10:30-11:30am	Studio A	Instructor: Jackie
---------	---------------	----------	---------------------------



Group Reformer Pilates Classes

Reformer Pilates - Beginner

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate needing a review of some basics, this is the class for you. Move slowly and ask questions in this beautifully designed level 1 class.

Tuesdays	9:30-10:30am	Studio B	Instructor: Ocean
----------	--------------	----------	--------------------------

Reformer Pilates – All Levels

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate, this class is adapted to who ever is in the room. Suitable for all levels.

Thursdays	10:40-11:40am	Studio B	Instructor: Ocean
-----------	---------------	----------	--------------------------

Reformer Pilates – Intermediate/Advanced

This is a contemporary Pilates Reformer class involving creative reformer series' while following Joseph Pilates principles of movement. Every class will be a bit different. These classes build strength, stamina, coordination, and postural alignment.

Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Wednesdays	9:15-10:15am	Studio B	Instructor: Jackie
Thursdays	9:15-10:15am	Studio B	Instructor: Jackie
Fridays	9-10am	Studio B	Instructor: Ocean

NEW! Pilates Equipment Circuit – All Levels

This circuit-style class allows you to move through the different pieces of Pilates equipment including: the Wunda Chair, Cadillac, Reformer, and box. The instructor will breakdown the exercises on each piece encouraging you to think about the relationship between your feet, pelvis, and spine.

Fridays	10-10:40am	Studio B	Instructor: Ocean
---------	------------	----------	--------------------------



Registered Programs

Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

Note: Below prices do not include taxes | A refund will be issued to you if the program is cancelled due to low registration | No other refunds are permitted

Pickleball Foundations

[Jan 14 – Mar 24]

Join Halifax's certified Pickleball Instructors for a comprehensive and structured program designed to introduce beginners or novice players to the rules and techniques to master the fundamentals of one of the worlds fastest growing sports! Whether you've never held a pickleball paddle before or have limited experience, this program is tailored to help you build the necessary skills, knowledge, and confidence to enjoy this fast-paced and social game.

Registration opens Dec 11th and will remain open until Jan 27th. This program will run for 10 weeks starting on Jan 14, 2024. **NO CLASS on Feb 18th.**

Member/ Student = \$111 | Non-Member = \$139

Sunday's	9:30-10:30am	Court B – Main Gymnasium	Instructors: Paul & Michael
----------	--------------	--------------------------	------------------------------------

Intermediate Pickleball

Member/ Student = \$100 | Non-Member = \$125

This Intermediate Pickleball Program is for players who know the basic shots, elementary tactics and rules of the game but want to learn more about this great sport and play at a higher level. Focusing mainly on doubles, Pickleball participants will be introduced to more advanced concepts through drills and "in-game" situations.

Registration opens Dec 11th and will remain open until Jan 27th. This program will run for 6 weeks starting on Jan 14th, 2024. **NO CLASS on February 18th.**

Sunday's	Jan 14 – Feb 25	10:30-12pm	Court B – Main Gymnasium	Instructors: Paul & Michael
----------	-----------------	------------	--------------------------	------------------------------------

Member/ Student = \$66.68 | Non-Member = \$83.2

Registration opens Dec 11th and will remain open until March 16th. This program will run for 4 weeks starting on March 10rd, 2024. **NO CLASS on March 31st.**

Sunday's	March 10 – April 7	10:30-12pm	Court B – Main Gymnasium	Instructors: Paul & Michael
----------	--------------------	------------	--------------------------	------------------------------------



NEW! Private Pickleball Sessions

For anyone looking to improve their pickleball game quickly through one-on-one instruction. Join our qualified pickleball coach for customized lessons designed to suit your needs and your schedule. These sessions can be private or offered to pairs or a group of 3-4 players.

Private/Semi-Private/Small Group Lessons			
Sessions	Member (Per Person)	Non-Member (Per Person)	Description
Private (one on one)	\$35	\$42	Personalized One on One private lesson with a qualified Pickleball Instructor.
Semi-Private (two on one)	\$28	\$33.5	Two on one private lessons with a qualified pickleball instructor.
Small Group (3-4 people)	\$23	\$27	Private lesson for a group of 3-4 people with a qualified pickleball instructor.

Pickleball Workshops

Pickleball 101

Pickleball is a fun and fast-growing sport that combines elements of tennis, badminton, and ping pong. Whether you're new to the game or looking to improve your skills, this workshop will introduce you to the fundamentals of pickleball and provide you with the knowledge and techniques to enjoy the game to the fullest. By the end of this "Pickleball 101" workshop, you'll have a solid understanding of the game, be equipped with essential skills, and be ready to have a blast on the pickleball court! Let's play some pickleball!

Member/ Student = \$44 | Non-Member = \$53

Saturday	January 13th	10am-12pm	Gym, Court B	Instructors: Paul Kelly and Michael Lanuevo
Sunday	February 25th	12:30pm-2:30pm	Gym, Court B	Instructors: Paul Kelly and Michael Lanuevo
Saturday	March 16 th	2-4pm	Gym, Court B	Instructors: Paul Kelly and Michael Lanuevo



NEW! Latin Partner Dance

Salsa

This 6-week Salsa program is perfect whether you are a complete beginner, or a more experienced dancer. Salsa is the most popular of all Latin dance styles for a good reason. This program starts slowly with the basics and progresses each week focusing on technique and tricks to keep the dance fun even as a beginner.

Member/ Student = \$49 | Non-Member = \$60
[NO Class on February 19th]

Mondays	Jan 15 – March 4	7pm-8pm	Studio A	Instructors: Abdel Loukan
Mondays	March 11 – April 15	7pm-8pm	Studio A	Instructors: Abdel Loukan

Sensual Bachata

This is a sensual dance style of Bachata popular in Europe. Partner up through this 6 week dance program, starting with the basics and progressing to intermediate movements. This program will focus on body movements, energy and man & lady styling. You'll be ready to step onto any floor and dance Bachata with confidence. Perfect for beginners and people who want to upgrade their sensual dance style.

Member/ Student = \$49 | Non-Member = \$60

Tuesdays	Jan 16 – Feb 27	7:45pm-8:45pm	Studio A	Instructors: Abdel Loukan
Tuesdays	March 5 – April 9	7:45pm-8:45pm	Studio A	Instructors: Abdel Loukan



Heart 4 Life

Included in Heart for Life Membership

This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take you through a strength training circuit and the group will chose to do some cardio of choice.

Mondays & Wednesdays [All Year]	6-7:30pm	Community Room & Fitness Centre	Instructors: Zena & Mikaela
---------------------------------	----------	---------------------------------	------------------------------------



Karate

[Jan 9 – April 4]

The Saint Mary's University Shotokan Karate Club offers the opportunity for members to learn the art of Shotokan karate in an enjoyable, inclusive class atmosphere. The SMU dojo has a strong sense of community where self-respect and respect for others is fostered while members work towards their goals of greater confidence, fitness, coordination, self-defence, or to pursue karate for competitive aims.

Karate - Beginner

New beginner members will learn the basic fundamentals of traditional karate including kata (forms), kumite (sparring) and kihon (basic techniques).

Please contact: shannon.doane@smu.ca with any questions or visit universitykarate.ca

Registration opens December 11th. This program will run for 12 weeks starting on Jan 9, 2024. **NO CLASS on March 28th.**

Member/ Student = \$65 | Non-Member = \$110

Tuesday's & Thursday's	6:30-7:30pm	Community Room	Instructors: Shannon & Andrew
------------------------	-------------	----------------	--------------------------------------

Karate – Intermediate/Advanced

Intermediate and Advanced members will perform free sparring where students are able to perform any number of combinations of attack and defense against their opponent. We support members who wish to pursue Karate for traditional training and fitness, but also those who would like to excel in Karate as a competitive sport.

Please contact: shannon.doane@smu.ca with any questions or visit universitykarate.ca

Registration opens December 11th. This program will run for 12 weeks starting on Jan 9, 2024. **NO CLASS on March 28th.**

Member/ Student = \$65 | Non-Member = \$110

Tuesday's & Thursday's	7:30-9:00pm	Community Room	Instructors: Shannon & Andrew
------------------------	-------------	----------------	--------------------------------------



Group Fitness Classes

All Group Fitness Classes are FREE with Membership or the purchase of a Day pass. Please show up a minimum of 5min prior to the class start time to get checked in with the instructor. Class registration opens 72hrs prior to the class start time. To book for a class and reserve your spot, go to athletics.smu.ca.

Mind & Body

Yoga

Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.

Mondays	12:15-1pm	Studio A	Instructor: Sonja
Mondays	5-6pm	Studio A	Instructor: Ash
Tuesdays	12:15-1pm	Studio A	Instructor: Ash
Tuesdays	6:30-7:30pm	Studio A	Instructor: Anne
Fridays	1-1:45pm	Studio A	Instructor: Sonja
Saturdays	11am-12pm	Studio A	Instructor: Anna
Sundays	4-5pm	Studio A	Instructor: Sonja

Gentle Yoga

This Gentle Yoga class is suitable for anyone wanting to stretch, breath and relax. This is the perfect class for beginners, seniors and anyone requiring a modified program.

Thursdays	9:30-10:30am	Studio A	Instructor: Alesia
-----------	--------------	----------	---------------------------

NEW! Deep Stretch

Deep Stretch predominately focuses on stretching and releasing tight muscles and tendons. In this class you will slowly flow through poses with emphasis on the legs, back and hips. This class takes you deeper on the mat helping you to become more aware and mindful of your own body and posture.

Thursdays	6:15-6:45pm	Studio A	Instructor: Alesia
-----------	-------------	----------	---------------------------



NEW! Unwind 30

A combination of 3 techniques that can help reduce physical tension, anxiety, stress, and improve sleep. This class combines Progressive Muscle Relaxation, Breathwork, and Guided Meditation in just 30 minutes to help you wind down from a busy day.

Thursdays	7:30-8pm	Studio A	Instructor: Alesia
-----------	----------	----------	---------------------------

Tai Chi

The "Tai Chi for Health – Set of 24" is a simplified and widely practiced routine within the realm of Tai Chi, designed to provide numerous health benefits through a sequence of 24 movements. This set is often used as an introductory or beginner-friendly form due to its shorter length and focus on fundamental Tai Chi principles. It can be practiced by individuals of various ages and fitness levels, promoting relaxation, balance, flexibility, and overall well-being.

Tuesday's	1:15-2:00pm	Studio A	Instructor: Ping
-----------	-------------	----------	-------------------------

Cardio

Spin

Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valley's all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.

Mondays	5:15-6pm	Studio C	Instructor: Ashoke
Tuesdays	6:15-7am	Studio C	Instructor: Anne
Tuesdays	5:30-6:15pm	Studio C	Instructor: Anne
Wednesdays	6:15-7am	Studio C	Instructor: Donna
Wednesdays	5:15-6pm	Studio C	Instructor: Ashoke
Saturdays	8:30-9:15am	Studio C	Instructor: Ashoke

Zumba

Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun you won't even realize how hard you worked!

Mondays	7-8pm	Studio C	Instructor: Leticia
Tuesdays	6:30-7:30pm	Studio C	Instructor: Leticia
Wednesdays	7:30-8:30pm	Studio C	Instructor: Tina
Thursdays	6:30-7:30pm	Studio C	Instructor: Tina



NEW! Fast Merenge (rapido)

Whether you are already a seasoned Merengue dancer, or a complete beginner drop in and enjoy this exciting and easy to follow Latin partner dance. This is a fast-paced dance so be prepared to burn calories, get sweaty and have a blast.

Mondays	8:15-9pm	Studio A	Instructor: Abdel
---------	----------	----------	--------------------------

Strength & Conditioning

Body Sculpt

Abs, Legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.

Tuesdays	9:30-10:15am	Studio C	Instructor: Zena
Wednesdays	6:30-7:15pm	Studio C	Instructor: Zena
Thursdays	5:15-6:00pm	Studio C	Instructor: Zena
Fridays	9:30-10:15am	Studio C	Instructor: Zena

Gentle Fitness

This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.

Mondays	9:30-10:15am	Studio C	Instructor: Zena
Wednesdays	9:30-10:15am	Studio C	Instructor: Zena

Heart & Muscle

This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

Sundays	9:30-10:30am	Studio C	Instructor: Zena
---------	--------------	----------	-------------------------

Core Strength

This class focuses on core conditioning, stabilization, and strength through a variety of exercises. Be prepared to work on proper movement, challenge your core and feel the burn through core targeting compound movements and mat exercises.

Thursdays	12:15-1pm	Studio C	Instructor: Lindsay
-----------	-----------	----------	----------------------------

Synergy Circuit

Join us for a challenging, fun, and inviting new workout on our "adult playground", the Synergy 360! This circuit training workout combines both strength and conditioning stations using a variety of equipment both on and around the Synergy to develop muscular strength and endurance, with an emphasis on functional movement and proper execution. Burn calories while toning arms, legs, abs and glutes with this team training style workout!

Wednesdays	12:15-1pm	Cardio Room	Instructor: Rick
Fridays	12-12:45pm	Cardio Room	Instructor: Sonja

Strong 45

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Thursday	6:15-7am	Studio C	Instructor: Bobi
----------	----------	----------	-------------------------

Total Body HIIT

An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!

Mondays	6:15-7am	Studio C	Instructor: Bobi
---------	----------	----------	-------------------------

*Classes are subject to change and will always be up to date on our reservation site: athletics.smu.ca



Personal Training & Nutrition Services (NEW! package options)

Purchase your sessions in person at the Front Desk or over the phone at 902-420-5555.

Are you ready to get on track with your fitness goals and overall health? Look no further than SMUfit Personal Training. Consultation and Assessment is included in all Personal Training Packages.

For more information or to schedule a free consultation, email our Fitness Coordinator, **Lindsay McFarlane**, lindsay.mcfarlane@smu.ca

**Taxes not included*

INDIVIDUAL PERSONAL TRAINING			
Package	Member (Per Person)	Non-Member (Per Person)	Description
4 Sessions	\$60 per session/ \$240 total	\$72 per session/ \$288 total	4, 1hr private sessions, with personalized programming, consultation, and assessment
8 Sessions	\$55 per session/ \$440 total	\$66 per session/ \$528 total	8, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
12 Sessions	\$50 per session/ \$600 total	\$60 per session/ \$720 total	12, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
24 Sessions	\$48 per session/ \$1,152 total	\$57.6 per session/ \$1,382 total	24, 1hr private sessions, with personalized programming, consultation, and ongoing assessment

BUDDY PERSONAL TRAINING (2 people)			
All the benefits of personal training, with a buddy! (Pricing is per person)			
Package	Member (Per Person)	Non-Member (Per Person)	Description
4 Sessions	\$38 per session/ \$153 total	\$46 per session/ \$183 total	4, 1hr semi-private sessions, with personalized programming, consultation, and assessment
8 Sessions	\$33 per session/ \$264 total	\$40 per session/ \$317 total	8, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
12 Sessions	\$30 per session/ \$360 total	\$36 per session/ \$432 total	12, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
24 Sessions	\$28 per session/ \$672 total	\$34 per session/ \$816 total	24, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment

Purchase our Nutrition Services in person at the Front Desk or over the phone at 902-420-5555.

For more information, contact Registered Dietitian, Madison Lawrie, RD.: madisonlawrie.rd@gmail.com

NUTRITION OFFERING	PRICE	DESCRIPTION
Initial Consultation	\$95*	1hr consultation with a Registered Dietitian.
Follow up Consultation	\$63*	30min follow up session with a Registered Dietitian.
Nutrition Starter Pack	\$195*	Initial 1hr consultation and two 30min follow up sessions.

Squash Information

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts.

Squash clubs and leagues

SMUfit coordinates with 5 different squash groups to ensure that our facility is offering a variety of organized league options. Please see our league schedule below.

For more information about league play please email: squash@smu.ca.

LEAGUE	DAYS	TIME	COURTS
Ladies Night	Monday's	7-9pm	1,2&3
Premier League	Tuesday's & Thursday's	Court 3 – 6-7pm Court 2&3 – 7-10pm	2&3
Halifax Squash League	Wednesday's	7-10pm	1&2
Junior Squash	Thursday's & Friday's	4-6pm	3&4
	Saturday's & Sunday's	9-11am	3&4
	Sunday's	1-3pm	3&4
Club Night	Friday's	6-10pm	1&2

Squash Court Bookings

Call 902-420-5555. Members with a SMUfit Plus membership may book courts up to a week in advance through athletics.smu.ca. Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close, unless playing in a league program.

Squash Nova Scotia:

If you want the most recent news on squash in Nova Scotia, a complete list of the upcoming seasons' tournaments in Atlantic Canada, results and information about all the city leagues, info about other squash clubs in the province and the most up to date list of provincial rankings, please visit squashns.ca.



Drop-In Sports

SPORT	DAYS	TIME	LOCATION
Basketball	Mondays & Wednesdays	12-1pm	Main Gym, Court A
Badminton	Mondays & Wednesdays	11-12pm	Main Gym, Court B
Pickleball	Mondays & Wednesdays	2-3pm	Main Gym, Court B

NOTE: Table Tennis is now available anytime we are open in the upstairs lobby area. Check out your ball and paddles at the Programs and Services desk.

We recommend checking the athletics.smu.ca calendar or checking with the front desk before coming for any drop-in sports as times and locations are subject to change.

For more information, email our Fitness Coordinator at Lindsay.mcfarlane@smu.ca

