

# Bee Prepared

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Please bring/wear:

- Athletic Shoes (running shoes, training shoes)
- Athletic Clothing (shorts, athletic pants, t-shirt, tank top)
- Water Bottle
- Lock
- Seneca virtual OneCard

All bags/backpacks, jackets and outdoor footwear must be stored in a locker.

## Bee Prepared - FAQs

### **Which facilities are open?**

Newnham Fitness Centre, Field and Gymnasium, King Fitness Centre and Gymnasium, S@Y Fitness Centre and Gymnasium, Markham Fitness Centre.

### **How do I gain access to exercise or play basketball?**

Please complete our registration form (available on the website, via the link in our IG bio, or in person).

### **How much does it cost to register?**

Registration at this time is free for full-time Seneca students. Full-time staff cost is \$50 +HST per semester.

### **Can I bring my friend/family member?**

Only full time Seneca students and staff are able to use our facilities.

### **Are the showers available for use?**

Yes. Showers and change rooms are available for use.

**What is appropriate athletic clothing/attire?**

We highly recommend track pants, athletic pants, shorts, athletic tights, t-shirts and tank tops. Any type of clothing which may get caught in or damage equipment in the fitness centres like jeans should not be worn.

**What are considered athletic shoes?**

Any shoe with a rubber non marking sole. Shoes which may damage the flooring or equipment like high heels, boots etc cannot be worn.

**Are there personal trainers available?**

Unfortunately, not at this time. But we do have knowledgeable staff working in the fitness centres who can assist you with any questions you may have.

**Do I need to bring my own equipment like a basketball if I want to visit the gymnasium?**

No, we do have basketballs available to borrow.

**Can I use Newnham, King, Markham and S@Y facilities?**

Yes! You can use any of the facilities at this time. You do not have to fill out another registration form to visit another campus.

**How can I stay updated on new programming, hour changes etc?**

Either visit the website or follow us on IG:

@senecanewnhamrec

@senecakingrec

@senecayorkrec

@senecamarkhamrec