

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

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).

How much does it cost to register?

Registration is free for full-time Seneca students. Full-time staff, part time students and students on semester break: cost is \$55 +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 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](#)

[@Senecayorkrec](#)

[@SenecaKingrec](#)