Western Student Recreation Centre (WSRC)

Lower Atrium
Just outside the lower gyms is the activity atrium, which has drop-in table tennis available outside the upper gym space, as well as drop-in spin bike equipment.

Lower Gyms (Drop-in Sports)
Western Student Recreation Centre consists of six gymnasia. There are three gyms on the 1st floor (lower level) and three more on the 4th floor (upper level). Just outside the lower gyms is the activity atrium, which has drop-in table tennis available, and other gym spaces. See www.uwo.ca/campusrec under 'hours' for full drop-in schedule.

Upper Atrium
The Upper Atrium is located on the 4th floor of the WSRC where gyms and studios for fitness classes are also located. There are a variety of drop-in cardio machines, free weights, mats and other equipment available for use. This space is often used for spin classes.

Cardio and Spin Areas
There are five squash courts available for reservation. The courts are located on the 2nd floor of the WSRC behind the Welcome Desk. They have international dimensions, with one wall allowing natural light with glass sidewalls. All courts have a glass back wall and play may be viewed from above as well as from the squash court level. The courts were generously sponsored by Jack Fairs, former coach and Athletic Director.

Swimming Pool
The Western Student Recreation Centre has an 8-lane, 50-metre pool facility on the 2nd floor. There are two movable bulkheads that allow for maximum versatility. The shallow end is 1.35 metres deep and slopes quickly to 3.75 metres. The pool has an accessibility lift, barrier-free locker room entrance and exit on the 2nd floor, and a pool gallery with access from the 3rd floor by the Weight Room. Many different programs are offered, visit www.uwo.ca/campusrec/sjacquatics for more information.

Equipment Desk
The Equipment Desk is located on the 2nd floor of the WSRC, below Membership Services and near the change rooms. Equipment needed for drop-in activities can be requested here. Towels are also available. Present your membership card each time you wish to borrow/return equipment or towels. Some examples of equipment available include: badminton racquets, sport Hijabs, basketballs, squash racquets and balls, volleyballs and more.

Membership Services
Membership Services is the customer centre and welcome desk for Western Campus Recreation, located at the main entrance (Welcome Desk) of the WSRC on the 3rd floor of the facility. Membership Services offer information about numerous programs to our members including access to all instructional and drop-in classes, memberships, locker and towel services, and information regarding programs and facilities.

Upper Gyms (Drop-in Sports)
Western Student Recreation Centre consists of six gymnasia. There are three gyms on the 1st floor (lower level) and three more on the 4th floor (upper level). Just outside the lower gyms is the activity atrium, which has drop-in table tennis available, as well as the destination for cardio space and drop-in spin bike equipment. Varsity team programming, drop-in basketball, volleyball, badminton and more is available in these gym spaces. See www.uwo.ca/campusrec under ‘hours’ for full drop-in schedule.

Studios & Fitness Classes
The WSRC has three fitness studios. Studios are used for group fitness classes, varsity training and more, and classes are open to active Campus Recreation members by registration. Classes are available for reservation in advance. A fitness membership is an additional charge, and allows you to access a variety of classes.

Fitness Classes
The WSRC has three fitness studios. Studios are used for group fitness classes, varsity training and more, and classes are open to active Campus Recreation members by registration. Classes are available for reservation in advance. A fitness membership is an additional charge, and allows you to access a variety of classes.

Change Rooms and Lockers
Men’s, Women’s and Gender Neutral accessible change rooms are located on the 2nd floor of the WSRC, below Membership Services. Main areas of the locker rooms include benches, rental and day-use lockers, washrooms, sinks and showers. Day use lockers are also located in other areas of the facility. Family change rooms are also available.

Hours of operation and additional information can be found on our website.

www.uwo.ca/campusrec
We acknowledge that Western University is located on the traditional territories of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Chonnonton Nations.

Western Student Recreation Centre (WSRC)

The Western Student Recreation Centre (WSRC) was made possible by the largest student donation in history at a Canadian university. It features a 20,000 square-foot fitness centre with more than 200 cardio machines; an eight-lane, 50-meter pool; squash/racquetball courts; five gymnasiaums and more. All registered Western students receive a Campus Recreation membership. Campus Recreation employs more than 400 students each year to provide leadership in our many programs.

Thompson Recreation and Athletic Centre (TRAC)

Thompson Recreation and Athletic Centre (TRAC) contains an NHL regulation-size ice surface which hosts our Mustangs Hockey teams, as well as Figure Skating, Ringette, Intramurals, Youth Hockey Programs, Recreational Skating and more. The rink is surrounded by a newly upgraded 200-meter track that is available for recreational jogging (by reservation), Track & Field varsity team training and meets, and more.

Track/Skating/Jogging

Free skating and jogging is open to all Campus Recreation members and is located in the Thompson Recreation and Athletic Centre, attached to the WSRC. There are no ice skate rentals available, however skate sharpening is open during these times for a small fee. All participants must wear a CAS approved helmet to skate.

Intramurals

Intramural Sports at Western offers a full range of activities that allows you to participate at competitive or recreational levels. Participants can enjoy a fun, equitable and safe playing environment as well as meet new people and learn new skills. The Intramural program is open to all Western students and Campus Recreation members. Intramurals are available in Fall, Winter and Summer sessions for a registration charge.

Personal Training

Personal training is an additional paid program. Your personal trainer will provide professional assistance to help improve overall fitness and achieve the results you want. Personal trainers are available to all members with a choice of preferred session package.

Recreational Sport Clubs

Western Campus Recreation Sport Clubs are approved groups, coordinated by Sports and Recreation, but led by students who share a common interest in a particular sport or physical activity. These clubs are designed to enhance the Western experience and promote appreciation for physical activity and leadership. A full list of current Recreational Sport Clubs is available on our website at www.uwo.ca/campusrec.

First Aid

Sports and Recreational Services provides First Aid Certification under the Lifesaving Society. Training is facilitated by our highly experienced First Aid Instructors who have both aquatic and non-aquatic experience. We offer Standard First Aid CPR-C full courses and certification courses. Training is normally held at the Western Student Recreation Centre. Exact location will be determined at time of registration.

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