

GLC NEWSLETTER

www.glcfitness.com

February 2012



GLC

for recreation & fitness

Welcome to the GLC Newsletter, for members and guests of the George Leach Centre! In this monthly publication, our aim is to keep members up-to-date on GLC news and events. We also hope to develop a forum where you can provide staff with feedback about all aspects of the facility!

UPDATES

- * As part of an increased safety initiative, we ask that all members please swipe their membership cards at entry. If you do not have a card, your membership will be verified by staff at sign in.
- * The GLC is **NOT** responsible for lost or stolen items! We are working to ensure that the facility remains a safe place for you and your belongings. PLEASE assist by ensuring your belongings are properly secured in a locker.
- * Please help keep the facility looking its best, and wear **ONLY INDOOR SHOES INSIDE THE FACILITY**. Staff will check for outdoor shoes on the courts, aerobics room and cardio rooms, and those found violating will be asked to bring more appropriate attire. Please see the [GLC Program Guide](#) for the full list of GLC Rules and regulations.
- * We would like to thank you for your continued patronage and cooperation!

FACILITY REMINDERS

The GLC would like to remind members and guests to kindly swipe all cards at the desk for entry, or check in with desk staff for entry. Guests of members must present card to Reception staff for passes to be used.

Parking gates are now down for the semester and require a valid card for exit. Parking tokens will **only** be available for a cost of \$2.00 at the Reception Desk. GLC Staff will **NOT** sell or give away tokens to AU Students. Student parking must be purchased at the Student Accounts office.

GLC Welcomes New Gold Club Members

Staff at the GLC welcomed more GOLD CLUB members this month! The GOLD CLUB is a free lifetime membership for members of the community 80 and over! We express our continued appreciation to those members of the community who have dedicated and accomplished so much by promoting a healthy and active lifestyle!



AU Thunderbirds Update

The AU Thunderbirds played host to the Redeemer Royals and the Niagara Nights in late January. The Lady T-Birds soared over the Royals 74-44, while the Men scored an impressive 83-37 win. The following day the teams continued their winning ways beating Niagara College Knights in a pair of games. The Women defeated the Knights 64-54 while the Men topped the Knights with a score of 82-62. **The T-Birds next home games will be held February 4th & 5th versus the Mohawk Mountaineers and Fanshawe Falcons. Come Out and Cheer them on!**



Bon Soo!



February 3rd – 12th the GLC will be offering Free Coffee in the lobby as part of the annual Bon Soo Festivities. The GLC will also be offering a Free Day Pass to community members (13+) that show a Bon Soo Button! Come join us at the GLC and celebrate Bon Soo by getting active!

GLC MEMBERS' SURVEY

Members are encouraged to complete and submit this form to the Front Desk.

Contact us directly at glcdesk@algomau.ca or 705-949-2301 ext. 4500

1. How did you hear about the GLC Centre?

- c Algoma University (staff, student, etc)
- c Media Advertisement
- c Family Member
- c Friend
- c Special Event (Tenaris Gala, Pace Program)
- c Other:

2. Approximately what time do you typically use the facilities ?

- c 6:30am-9:30am
- c 9:30am-11:30am
- c 11:30am-3:30pm
- c 3:30pm-5:30pm
- c 5:30pm-close

3. What type of membership do you have?

- c Algoma University student
- c Algoma University employee
- c Algoma University alumni
- c Regular (no tennis)
- c Inclusive (tennis)
- c Aerobics (group classes only)
- c Walking club

4. If applicable how long is your current membership?

- c Four months
- c Eight Months
- c Twelve Months

5. Please rate the following characteristics of the GLC on a scale of one to five

- Cleanliness 1 2 3 4 5
- Quality of equipment 1 2 3 4 5
- Quality of instruction 1 2 3 4 5
- Staff initiative 1 2 3 4 5
- Maintenance 1 2 3 4 5

6. If you are a Program Participant (Zumba, Kettlebell, Yoga, Pilates, ATB, etc) please rate the following characteristics on a scale from one to five

- Instructor Qualification 1 2 3 4 5
- Length of Session 1 2 3 4 5

7, Please rate the facilities equipment on a scale of one to four

1 = unsatisfactory 2=satisfactory 3=very good 4=excellent

- Cardio room 1 2 3 4 5
- Track & surrounding 1 2 3 4 5
- Aerobics equipment 1 2 3 4 5
- Weight room/stretch 1 2 3 4 5

8. What type of radio station do you typically listen to?

- c 99.5 YES FM
- c 100.5 EZ Rock
- c 101.3 ROCK 101
- c 104.3 Q104
- c 105.5 Big Country

9. General Feedback/Comments: