

Dundonald Hall Access Rules

For everyone's safety and enjoyment, we ask all users to follow the rules and regulations while using the facilities. Please enter and exit by the main (front) doors of the building. All other doors are for emergency exit and are connected to an alarm system. We encourage everyone to take advantage of our great facility and find out why PSP is all about **Fitness...Family...Fun!**

Members of the regular and reserve force have open access times, but should be prepared to produce a valid ID card. CAC members also have access to Dundonald Hall at all times, however, military members have precedence. Public Service and PSP employees have free access from 0900 to 1600 Monday to Friday. Drop in pass for the day or a single event is \$5.00 and can be obtained at Dundonald Hall or the North-side Recreation Complex.

Children under 12 years of age must be accompanied by a person 16 years of age or older who must remain with them at all times while inside the facility. No children under the age of 18 are permitted inside the weight and cardio room. Unless they provide proof of taking the teen weight and cardio seminar. Parents are not permitted to bring infants into the weight and cardio room.

Access to Dundonald Hall may be suspended for a specified period or revoked permanently for offensive behavior. This may include but not be limited to disorderly conduct; disruptive behavior; persistent disregard for rules and regulations; default in payment of membership fees; and conducting or soliciting of business within the facility (such as personal training or private lessons).

Squash courts can be booked up to 24hrs in advance by calling 687-5511 ext 7114. Members are required to supply their own squash balls and are reminded to wear non-marking soled sport shoes and to wear appropriate goggles during play. The weight room is open whenever the facility is open, however there may be military classes scheduled during the week.

Military personnel interested in a fitness program should contact the Fitness Staff at ext. 7113. A detailed schedule is available at Dundonald Hall that outlines military unit and recreational timings.

Dundonald Front Desk and Information 687-4500, or 687-5511 ext 7114.