

# SOUSA NEWSLETTER

Fall 2015 issue 1



## A Student's Guide to Surviving Midterms

At the beginning of the school year midterms may seem like just a date in a syllabus, but the next thing you know the weeks start to pass and the exam dates seem closer than you originally thought. If you're looking for some tips on how you can be better equipped to ace those tests, here are some pointers for you!



Written by: Sydney

### 1. Start early

Yes, we've all been there, you push off studying to the last possible minute and next thing you know, you have 8 lectures to go over and not enough time to do it all. Cramming will likely lead to panicking so not only will you be more stressed but there will also not be enough time to let the material actually sink in and be stored to memory. To avoid this, it may seem obvious but it works: study regularly. Rather than choosing to spend hours at a time in the library, break it up into smaller more frequent sessions. Whether it's reviewing right after a lecture what you just covered or doing textbook readings in between classes, taking advantage of free time helps. As the exam dates get closer, you will feel much more confident if you've already started than if you realize how little you've done since the first week of the semester.

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## 2. Plan ahead

When you begin your studying it can seem pretty overwhelming. There is so much lecture material to review, textbooks to read and problems to solve that students often stress themselves out more just by figuring out where to begin. Make a list of everything you need to go over, (writing it down helps to make sure you don't forget anything), and make yourself a schedule. Having a detailed plan of when and what you're doing as the exam approaches can help you pace yourself so everything gets done and you'll spend less time deciding what to do when it comes time to study. Make sure you give yourself some spare time because it's always better to be ahead and have time to review than realize you underestimated and get stuck leaving material uncovered.

If you're having some trouble getting organized, McGill can help! Visit the student services website on time management where they can help you with creating a calendar and planning your study sessions, along with other tips for balancing a weekly schedule. With other resources provided, [this site](#) is definitely something to check out.

## 3. Take care of yourself

Less sleep and poor eating choices are all side effects of midterm season to save time for studying, but don't let that happen to you! Your brain will work so much better when you get enough sleep and treat your body to the proper food. During exams you want to be at your peak performance, not run down and out of it so it is extremely important to be mentally and physically prepared. Simple things like taking healthy snacks to the library or scheduling enough time for sleep will make a difference and help you from getting sick. Pulling an all-nighter may seem like the only option to get that A at the time, but if you're falling asleep the next day or can't focus on your test all the studying you did will go to waste, find your perfect balance!

## 4. Study spaces

Everyone works better in different environments and it's important you find yours (see our article on how to find the best locations to study). Do you work better in a silent library where you can hear a pin drop? Or do you prefer having a slight background noise like in a café? To each their own, but it's important you spend time in the places where YOU will be most productive because it's crucial that you're free of distractions and able to focus on what needs to get done. Using the same study space will make it easier to get into studying mode and help to avoid student's biggest nemesis: procrastination.





## 5. Get the most of offered resources

There are so many resources out there to get the most of your studying. Meeting with professors, TAs or other classmates will help make sure you truly understand the material. Show up to tutorials and meet others in your class to form study groups or share notes. Spending time outside the classroom to go over points you might've missed or topics you don't quite grasp will make sure you know everything inside out. If you're interested in some extra help with courses, tutoring sessions for one hour are offered for free to all undergraduate students in their first term and you can find out more about this info at the [Tutorial Service website](#).

Besides meeting to discuss course work, McGill also offers many workshops to improve your exam-taking skills. Seminars on topics such as how to take multiple choice tests, essay and term paper writing techniques or exam preparation and study skills, are a few of the free workshops offered for McGill students. Taking advantage of [these](#) will make sure you can take your best test.

Going forward into midterms, remember to relax; one of the most important things to do is stay calm. If you focus and work hard you'll have nothing to worry about because you'll know your stuff! Just remember that crunch time only lasts for so long, think of how happy you'll be when the exams are over. For now, good luck and you can do it!





## The Library

With midterms quickly approaching, it's time to hit the books! Rather than holing up in the library for days on end, why not study efficiently and still have time to have fun? The libraries offer tons of services to help you study more effectively. The library website has a list of "course reserved" books, which the professors of classes have requested to make available to their students. Just bring the book call number to the library information desk, and you will be able to use to the book for a few hours. If you do this right, you will never have to drag your heavy textbooks across campus again!



### Did you know?

The library also allows you to book group study rooms online for up to two hours, which is perfect for a cramming session or group project! Bookings can be made at [this web link](#).

There is also an eExams database that can be accessed from McGill wi-fi, which includes past exams from physics and any others that professors have decided to make available, which are great for extra practice!

The library computers also allow you free access to specialized software such as Adobe Photoshop, R, and MATLAB. In addition, you get free access to electronic copies of scientific journals, databases, and textbooks just from being logged into the McGill wifi.

The only downside is that the traditional libraries like Redpath, McLennan, and Schulich can get crowded this time of year. Fear not, there are plenty of other places to study!

### Birks

If you're looking for something non-traditional, the Birks Reading Room on the second floor of the Birks building is a nice hide-away. If the beautiful stained glass windows and absolute silence isn't enough to boost your productivity, perhaps the fact that there are no shoes allowed will be!



Birks Reading Room

### The Neuro

The Montreal Neurological Institute also has a little known library that houses a collection of over 12,000 books!





## Strathcona

As long as running into the occasional skeleton doesn't scare you, the third floor of the Strathcona Anatomy and Dentistry Building contains an ornate reading room, complete with stained glass windows and portraits of past medical faculty.

## McIntyre

Lastly, if you're up in McIntyre Medicine and too lazy to come down, there are a few group study rooms with computers on the second floor.



## Burnside

Of course there's also Burnside, which houses the office of the Science Undergraduate Society. While its basement can be a little off-putting to some, it has some amazing resources open only for science students! It's open 24/7 just for you, and there is free black and white printing (up to 375 pages a year) in B16, B17, and B18. Not to mention that it has a café, abundant couches and vending machines, it can be the perfect place to hunker down and get stuff done. Burnside is also home to the Geographic Information Center on the 5<sup>th</sup> floor is nice sunny room filled with maps, windows, quiet chatter, and a great view of downtown. The 11<sup>th</sup> floor is also home to the Rosenthal Mathematics and Statistics Library.



## Off-Campus

If you enjoy having white noise while you study or just like to get off campus, there are two 24 hour Second Cups within blocks of campus. El Mundo on Parc also has great food, and Café Pi on Saint-Laurent and Rachel is a great place to hang out if chess sounds like a fun study break! If you're willing to venture out of the McGill Bubble, the Bibliotheque et Archive national du Quebec at the corner of Berri and St. Catherine's streets is huge, and a great place to explore and get away from the tense atmosphere that pervades campus around exam

# Student Services

...because despite all your courses, you still need to take care of yourself!

## Office for Students with Disabilities

The Office for Student with Disabilities offers lots of resources (such as workshops to help you make a schedule or learning how to use study apps, mentoring program, study partner program, scholarships, and even an alternative location to write your exams) for students experiencing difficulties such



as mental health issues, anxiety disorders, learning disabilities, ADD or ADHD, Asperger’s and autism. Note: to access these services you must be registered at the Office for Student with Disabilities. There is also the possibility to volunteer for the mentor program as a McGill Student. If you are interested, you can complete an online application available below.

**How do I become registered with the Office for Students with Disabilities?**

Complete an On-line Appointment Request Module as soon as possible (do not complete it a few days before your exams)! In order to become registered with the office for Students with Disabilities you must meet with an Access Advisor to evaluate the learning barriers that you are currently facing. The first meeting can either be done in person or online via skype. On-line Appointment Request Module can be found [here](#).

**What are the Mentoring Program and the Study Partner Program?**

The goal of the mentoring program is to make the transition to university easier by pairing you up with an upper year student studying in a familiar field and interest as you. The study buddy program also pairs you with another student to organize regular study sessions.

[Mentee Application](#)

[Study Partner Application](#)



How can I volunteer to be a mentor?  
Complete an On-line form available [here](#)!

**What types of resources are available?**

There are free workshops available such as Work Hard Play Hard to help you make your own personalized schedule or Organizing Your Digital Clutter to teach you how to properly use study apps. For more information, can you visit this [web-site](#). You also have access to the OSD Main Office Computer Lab and the Computer Lab in Redpath Room-16 who has an OSD technician that holds office hours to answer questions about computer skills. Adapted workstations that have scanners, screen readers and large print software at various libraries are also available. Please visit [this website](#) for a full list of technological resources. [Scholarships](#) for students with disabilities such as ADHD, visual impairment, deaf and hard of hearing are also available

**Can I attend the workshop even if I am not registered with the office for student with Disability?**

Unfortunately, you cannot have access to the workshops unless you are registered with the office for student with disabilities. However, there are plenty of online [resources](#) available for everyone that covers

topics such as time management and organizational skills, goal setting, reading skills and writing skills, stress management activities, learning styles, test taking skills and assistive technology in either videos, audio files or in a word document medium.





Image: bucketofhopemisia.com/counseling

## **Counselling Service**

The Counselling Service offers lots of support for psychological, emotional and academic difficulties. Whether your calculus course is giving you an anxiety attack or you are depressed because you are missing your home, Counselling Service can help you manage that personal situation. You can take a look below at the different resources available.

**Booking an Appointment:** Based on first come first serve, you can book an appointment directly at the Counselling Office in the Brown Building on the 4<sup>th</sup> floor starting at 11:30 AM from Monday-Friday during the academic year. However, it would be better if you lined up earlier. You can also request a male or female counsellor.

**Workshops:** Afraid of public speaking or do you want to develop better study skills? Workshops are a great way to start! They last between 1-2 hours and are often offered in a series of 2-3 sessions. Some examples include [Skills for Assertiveness](#), [Skills for Coping with Perfectionism](#) or [Skills for Developing a Healthy Body Image](#). There is honestly something for everyone! ([Workshops on Academic Success & Group Counselling](#))

**Vocational Exploration:** Do you need help choosing a major, determining your professional direction or simply developing your identity? PACE (Program for the Advancement of Career Exploration) offers a series of workshops for a minimal cost of \$50. For more information, [visit this site](#).

**Substance Misuse Program (SMP):** This program provides different approaches such as treatment centers and support groups to help you with substance misuse and other relevant issues. For more information, [visit here](#).

**PRIDE Counselling Team:** Therapists that help Lesbian, Gay, Bisexual and Transgender students to face challenges they face in their life or coming out. Several support groups are also available. For more information, [visit here](#).

**Self-help:** You are not comfortable talking to someone? No worries! There are online resources about Relaxation & Mediation, Academic life, mental health, social life and taking care of yourself available for you. Simply click this [link](#) to access the website.

## **Afters-Hours Support**

Suicide Action Montreal  
514-723-4000  
(24-Hour Service)

Depressed Anonymous  
514-278-2130

Drug and Alcohol Help Line  
514-527-2626 (24-hour service)

For the full list please visit [here](#).



## Difference between Mental Health Service and Counselling Service

Remember during Discover McGill when you got to see the Brown building and said “We love student services and campus life & engagement” for the Faculty Cup challenge? You were probably told that the Brown building includes services such as the Urgent Care Clinic, Counselling Service and Mental Health Services. However, you may wonder what is the difference between mental and counselling services. Below are the main points you should keep in mind:



Image: [http://www.architem.ca/en\\_inst\\_mcgillbrown.html](http://www.architem.ca/en_inst_mcgillbrown.html)

- ✓ Different approach for achieving of mental wellness
- ✓ The primary resources from the Mental Health Services are psychiatrists for psychiatric disorders and prescribing psychopharmacological medication for more severely impaired students.
- ✓ Consultation Appointment will access your personal situation to see which service is best for you



## Mental Health Service

As mentioned above, the mental health services tend to provide support to students in more critical situations such as eating disorder and addictions. Even if you do not currently need the services below, you should become familiar with them in case that you need them one day for yourself or a friend. There is also a section on the mental health website called “Learn More” where you can watch a video for each disorder, including anxiety.

### Making an appointment:

Appointments can be made in person, by phone or e-mail

Where to go: Brown building room (Monday to Friday 8:30 am to 5:00 pm)

514-398-6019

[mentalhealth.stuserv@mcgill.ca](mailto:mentalhealth.stuserv@mcgill.ca)

### Peer Support Network (PSN):

You can speak to trained student peer supporter about your personal problems

Drop in: Tuesday, Wednesday, Thursday 5 to 7pm  
Brown Student Services room 2100



### McGill Students' Nightline:

Another support group where you can discuss your concerns on the phone 6pm to 3 am every night during school year (514-398-6246)

### Sexual Assault Centre of the McGill Student Society (SACOMSS):

A peer support group for sexual assault.  
Mon-Fri 12pm to 12am Shatner Building Room B-27 (514-398-8500)

### Office of the Dean of Students:

Go see them if you have a concern that involves McGill Students (Mon-Fri 9am to 5pm Brown Building Room 4100)

### McGill Office of Religious and Spiritual Life:

Team of interfaith chaplains and students that you can discuss and explore spiritual wellness with you Monday to Friday 9am to 4:30 pm at Brown Student Services Building Room 2100

**Mental Health First Aid Training:** Did you ever wanted to help someone with a mental health issue, but you did not know what was the right thing to do? Now is your chance! Mental Health First Aid Training (MHFA) is a 12-hour course divided into two 6-hour days that provide the necessary skills to help a person suffering from mental health issue. For more information, visit [here](#).



### Eating Disorder Program:

Lots of resources are available for students suffering from conditions such as anorexia, bulimia and binge eating disorder. Some of these resources include support groups, consultations with a psychiatrist, individual psychotherapy, nutritional counselling and a medical follow-up. For more information, please visit [here](#).

## Student Health Services

Do you need stitches? Or perhaps you need a renewal of your prescription because you forgot it to bring it to Montreal. Do you need a general check up, STI testing or a PAP smear? Then, you are at the right place! Check the chart on the next page to see who you should see.



What do you need?	Who to see?
Condoms, pregnancy tests, menstrual products, lubricants, massage & toys and/or diaphragms & non-hormonal contraceptive options	<b>Shag Shop (McGill's online safer sex and health boutique)</b> When: Opens Mid September Where: <a href="http://www.mcgill.ca/healthymcgill/shagshop/ordering">http://www.mcgill.ca/healthymcgill/shagshop/ordering</a>
Immunization updates, pre travel health consultation, routine STI Testing, routine Pap Testing, Hormonal Contraception prescriptions, IUD Consultations, regular allergy shots, wound care, ear lavage, blood pressure monitoring, pregnancy testing, suture removal, medication administration and general questions about your health	<b>Nurse</b> When: Monday-Friday 10:00 am to 4:00 pm Where: Brown Building room 4508 To make appointment: call 514-398-6017 Drop-in: available by Urgent Care
You can book an appointment for a general check-up, prescription renewals, STI testing, PAP smears and referrals	<b>Doctor</b> Where: Brown Building room 4508 To make appointment: Call 514-398-6017 Drop-in: available by Urgent Care
A walk-in clinic where you can see a Nurse or Doctor for urgent care only	<b>Urgent Care</b> When: 8:30 am to 4:30 pm Where: Brown Building room 4508 Drop-in: Be there early!
A dietician will help you with your nutritional health, which includes <ul style="list-style-type: none"> <li><input type="checkbox"/> Lactose intolerance/food allergies</li> <li><input type="checkbox"/> Low iron status</li> <li><input type="checkbox"/> Gastrointestinal conditions</li> </ul>	<b>Dietician</b> When: Monday to Friday, 10:00 am to 4:00 pm To make appointment call 514-398-6017 Drop-in: available
A dentist will help you with: <ul style="list-style-type: none"> <li><input type="checkbox"/> Check-ups and cleaning</li> <li><input type="checkbox"/> Wisdom tooth related problems</li> <li><input type="checkbox"/> Whitening your teeth</li> </ul>	<b>Dentist</b> When: Monday-Friday 9:00 am to 4:00 pm Where: 752 rue Sherbrooke Ouest To make appointment call 514-398-3155
You need immediate medical help or all other services offer a too long delay. Note that you will have to pay for your hospital visit if you are not a resident of Quebec.	<b>Hospital or Dial 911</b> Montreal General Hospital Royal Victoria Hospital (Glen site) Jewish General Hospital





## Exploring the McGill Macdonald Campus



Ever feel like you need break from the city life and want to get out of the downtown area for a while? The Macdonald Campus in Sainte-Anne-de-Bellevue is a perfect place to go for a quick day trip. Forty minutes away from the downtown campus, “Mac” occupies 650 hectares on the water of the western tip of the island of Montreal. Here you will find the Faculty of Agricultural and Environmental Sciences, the School of Dietetics and Human Nutrition, as well as numerous research centers.

Besides the beautiful scenery around campus you can find bike paths, an arboretum (nature park) complete with walking and cross-country ski trails, along with a farm and greenhouses, all perfect if you’re looking to leave the city for a bit of fresh air. The canal you can walk along off of campus has many restaurants and bars and in warm weather they open their terraces for visitors. It is considered a National Historic Site of Canada so you should consider checking it out!

Also, while you’re there, try and stop by the Mac Market! This fruit and vegetable shop is open from July - November and offers an assortment of produce grown on campus. Go on a Friday and take advantage of their Friday basket promotion; any McGill student is welcome to fill up a large paper bag with yummy fruits and veggies for only \$20!

Getting to Mac is a simple trip for McGill students downtown thanks to the inter-campus shuttle bus. Running directly between the two campuses all that you need to take advantage of this express bus is your McGill ID card and a shuttle pass. To get this, drop by Service Point and they will help you out by giving you a sticker to put on your ID card. For the school year of September 2015 to August 2016 the stickers will have a purple bus on an orange background, so make sure you get the right one. The shuttle leaves from the north side of Sherbrooke St., just west of the Roddick Gates and when boarding show the driver your ID card and you’re good to go!

ACADEMIC YEAR	
Monday - Friday	
Aug. 31, 2015 – Dec. 8, 2015	
Jan. 5, 2016 – April 15, 2016	
DEPARTURE TIMES	
MACDONALD CAMPUS	DOWNTOWN CAMPUS
7:00	7:20
7:45	7:45
8:40	8:30
9:15	9:15
10:00	10:00
10:45	10:45
11:30	11:30
12:15	12:15
13:00	13:00
13:45	13:45
14:30	14:30
15:15	15:15
16:00	16:00
16:45	16:45
17:45	17:45
18:15	18:15
<b>Note:</b> there will be no service Sept. 7, 2015 & Oct. 12, 2015 March 25 & 28, 2016	

The buses run Monday to Friday and carry a maximum of 48 passengers at a time. Priority is for students taking classes at Mac campus and it runs at a first come first serve basis. Buses will be busy during exam times and other rush periods so take that in consideration when you’re thinking of going. (See [shuttle schedule](#))





## Perks Around Montréal

Whether you have been in Montreal for a while, or have just arrived in town to study at McGill, you would all probably agree that Montreal is an exciting place to live in! There's always something going on that would fuel your inspiration. Don't we all want to make the most of our years at McGill? Here are a few perks that may be helpful to you!



## Getting Around the City

Fresh St. Viateur's bagels from the Mile End, thrift stores and pubs in the plateau, delicious AA special sub from St. Henri, the galore of local produce at the Atwater Market, classic maple beavertail from Old Montreal...the list can go on! And the best way to get to any of these unique places, we recommend using the Metro system with an OPUS card!

OPUS card offers you affordable student fares for taking the Société de transport de Montréal (STM) public transit in Montreal. It is a reusable card - valid until October 31st of the following year - that you may purchase single, 2-trips, one day, weekend, weekly, monthly, or 4-month passes. The most popular option for getting to the airport is the one-day pass that costs only \$10 for unlimited traveling within 24 hours. If you are living in Solin Hall, you probably already taking advantage of the reduced student fares for a monthly or a 4-month pass with your photo ID OPUS card. For students who are 16-25, the OPUS card costs \$15, and you may get it by simply dropping in at the STM photo studio located at 1717 Berri Street (Station Berri-UQAM).



## Trouble Finding Proof of Enrollment?

Go on Minerva > Student Menu > Student records > letters - proof of enrollment > select the term of Fall & Winter 2015/2016 (Full-time) > click submit/print

You can also show it directly to the studio staff on their electronic tablet

### Make Sure to Bring:

- 1 • \$15 in cash for the OPUS application fee
- 2 • Proof of enrollment as a full time student (Access electronically with the tablet, which is provided at the studio)
- 3



## Getting Home Safely

There are two services provided for McGill students to get home safely after the STM metro operating hours: Walksafe and Drivesafe.

### WALKSAFE

514-398-2498

9PM - 2AM Sun - Thu | 9PM - 3AM Fri - Sat

Walksafe is a SSMU student organization with wonderful volunteers that provide accompaniment service to walk you home at night. They provide service on the entire island, as well as accompaniment on the metro or a taxi if you feel unsafe.

### DRIVESAFE

514-398-8040

11PM - 3AM Thu - Sat

Drivesafe is a Student Society of McGill University (SSMU) student organization similar to Walksafe, except they drive you home in a van. It is full of great volunteers who would love to help to get you home safely. They are mandated to prioritize emergency cases, and are not a privilege so please do not try to use it as a free taxi service.

## Frugal Living

### Cheap Eats Around Campus

Montreal is a true paradise for food options beyond the residence cafeteria.

There is **Yui Ramen** that offers a variety of vegetarian and non-vegetarian options with unassumingly low prices. Here you also get to see the noodle dough being slammed and stretched right before your eyes! **Restaurant Boustan** also offers a quick way to snack in or grab a full meal. They deliver until 4am and offers a satisfying greasy, garlic smothered mouthful. **Saigon** is a cheap, close to home, Chinese and Vietnamese option. It gives 10% discount to students and provides an easy, quick way to satiate your MSG cravings. A cheap place for crepes would be **Crepe 2 Go** that gives both sweet and savoury crepes to indulge whatever cravings you have.

The best vegan option is the **Lola Rosa cafe**, which serves a variety of options for your vegan cravings. They serve their nachos in super sizes. Located around the Guy-Concordia Saint Mathieu exit, there is **Restaurant Antep** that offers a great way to enjoy Turkish-style grilled meat sandwiches that would not make a dent in your wallet. For some home-made style Chinese food, there is the **Cafeteria**, located above a set of staircase on Maisonneuve. A value meal with three selections over rice is only \$8! It is cash only. Right around the corner of St.Marc and Saint Catherine is the infamous **Thali** that offers a satiating Indian/Pakistani curry plate for around \$10. A little further away in the Plateau, there is the **Cagibi**, that is frequently described as the hipster haven. They also host talks, shows and movie nights. On a late night out, there is the **Two-Chow**, which serves chow mein for around 2-3 dollars, on St-Laurent.

For a free (or pay what you can) lunch on campus, there is the **Midnight Kitchen**, which serves vegan and gluten-free options right in the SSMU building. Lunches are available on weekdays during the school year, and it is run by student volunteers! We recommend bringing your own plates and utensils, or you can use one of theirs. Another pay what you can lunch option near campus is the **Rabbit Hole**, offered by the Yellowdoor on Fridays. Their vegan brownies are one of the best I've had.



## Groceries

### Eden | 2375 Ave. du parc

With a plethora of fresh organic stuff, Eden truly lives up to its name. It is relatively cheap for organic food, and they have an array of vegan, gluten and lactose free options.

### Segals | 4001 Blvd St-Laurent

Segals may look sketchy at first appearance, but it is a hidden gem if you take a closer look. They have amazing sales on a variety of things, from yogurt to spices. It may not be the best place to shop for fresh meat, fruits and vegetables, but it might just have everything else you need!

### Frigo Vert | 2130 Rue Mackay

This is a Concordia run grocery store with cheap dried fruits, nuts, and snacks! It is close to campus, and may be your next favourite place to shop for your daily cravings.

### Provigo | 3421 Ave. du parc



Conveniently located at several locations near campus, it offers most of your standard needs. Although the prices are not the cheapest, it does offer a good selection of fresh vegetables and a 10% student discount if you spend over \$50 from Monday to Wednes-

### Surpermarche PA | 1420 Rue du Fort

For many students who live on the west side of campus, PA is probably the to-go place for groceries. It has relatively cheap prices, and you can get your groceries delivered for a small fee. Even better, PA allows you to order groceries online with a service fee depending on your order. Find out more [here](#).

### DID YOU KNOW?

Pharmaprix has the cheapest eggs you can find compared to everywhere else. If you are purchasing something else from Pharmaprix, get some eggs too while you're at it. You can also get the free [Shoppers Optimum Rewards Card](#) for more savings at Pharmaprix.





# Get Active! Your Fitness Guide

## McGill Gym Access

The McGill gym membership is paid for as part of your student fees, and the McGill Gym offers a variety of services including access to the Memorial Pool which all McGill students are welcome to use. Make sure to look for “recreational hours” throughout the week! Aside from that, the gym also offers indoor gyms (except the Fitness Centre which requires the purchase of a membership), tennis courts, and squash courts that you may use. See recreational hours [here](#). There are also the indoor track located in the Tomlinson Fieldhouse as well as outdoor tracks inside the Molson Stadium. The hours for the tracks are subject to change according to the operating hours of the gym, as well as the game schedules in the stadium. You may look up the track hours [here](#) for more information.

The gym provides a decent fitness centre with an affordable membership price for those who don't want to waste hundreds of dollars a season in a private gym. You may check out their operating hours and more information [here](#).



## Courses

For a more routine way to burn those calories, McGill offers a variety of courses ranging from yoga, ballet, zumba, tennis and martial arts. You may register for most of the courses throughout the year with a fee about \$30-\$80. Classes may meet once, twice or three times a week. Click [here](#) for more information.

## Intramurals

If you are a little competitive, and would like to immerse yourself among other players like you, joining an intramural may be a good choice for you. McGill has a variety of intramural sports for full-time students to participate in competitive sports in different levels of play. Whether you are a novice or just a little rusty, or super amazing but do not have time for varsity teams, intramural is a great way to brush up your skills, make new friends and play the sports you like! Make sure to check out the [website](#) for more detail on registration and game times.

## Mountain Climbing & Yoga

Even when the winter hits, there are still a variety of ways to get active! Venues like Allez Up, Shakti and Hirozon Roc, offer indoor climbing facilities for \$10 a day to make you a happy climber. They also give climbing lessons and equipment rentals if needed.

There are also various free or donate-what-you-can yoga studios around the McGill area that offer community classes given by student teachers. There is HappyTree that offers classes on Tuesdays, Wanderlust on weekdays at 8:30 am, and Moksha at various hours depending on the teacher.