



Office Of Sports,
Wellness & Recreation
**Syed Maratib Ali
Sports Complex**



Lahore University of Management Sciences

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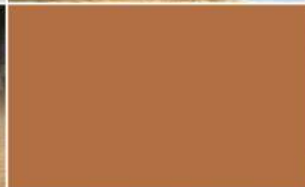
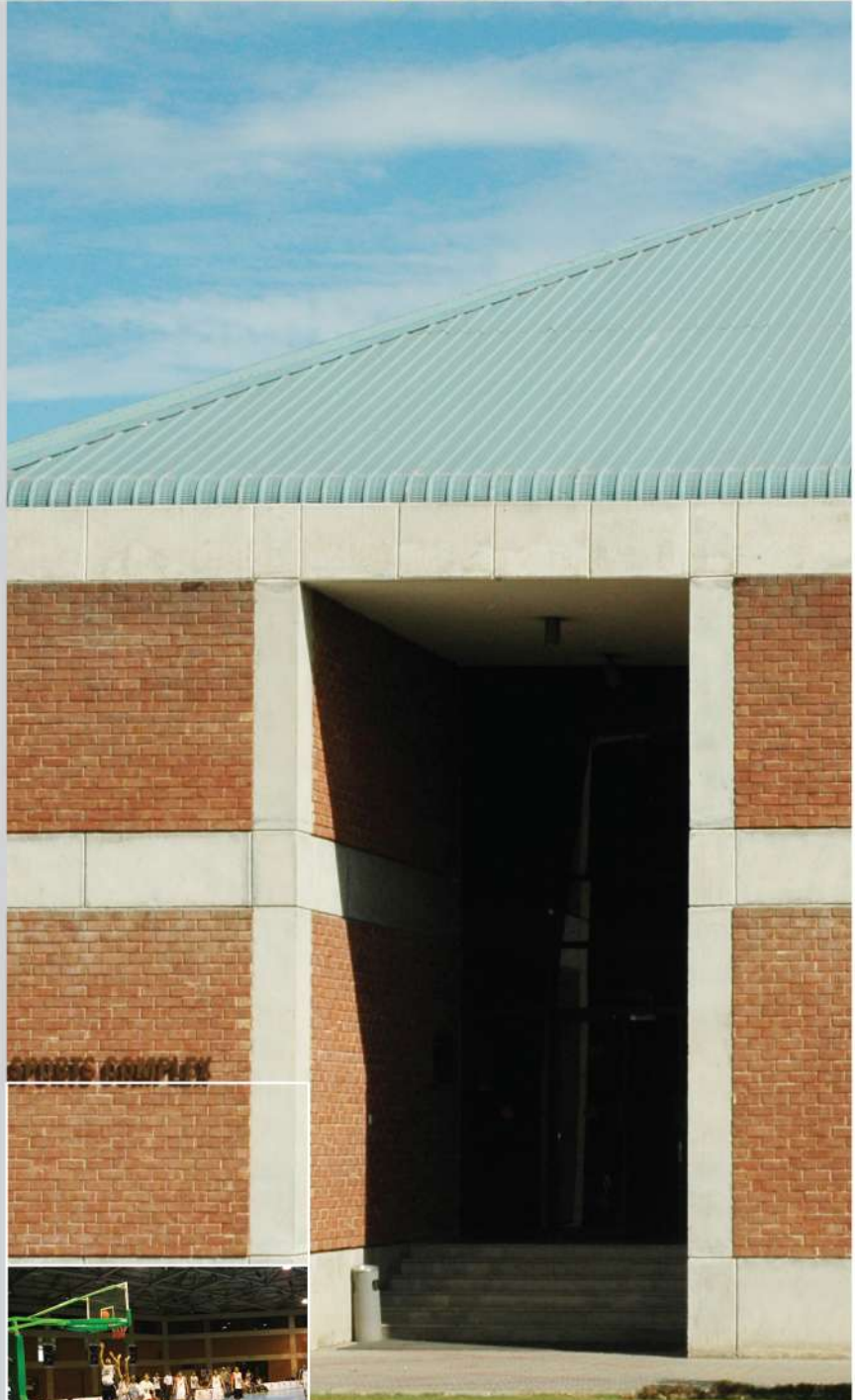
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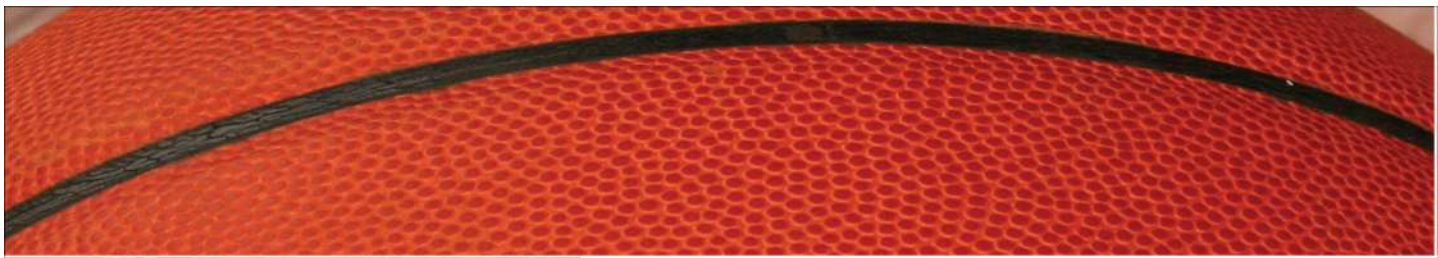
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WELCOME

Welcome to sports program at Syed Maratib Ali Sports Complex Lahore University of Management Sciences, which is situated at 5 acre site east part of the main campus. Office of Sports, Wellness and Recreation aims to provide a quality sports and recreation opportunity for the whole community of LUMS, whether you are a member of staff, faculty, student and alumni, and provide variety activity program within its excellent indoor and outdoor sports provisions.



Our dedicated and friendly staff is here to help you to get the best out of your stay at LUMS University whether you are regular user or visiting user. Our service and activities include training to our players of basketball, badminton, boxing, cricket, football, hockey, rugby, squash; tennis, table tennis and volleyball etc. Our excellent sports facility offers a range of exercise opportunities and sporting activities for students.



The year 2008-09 has seen another busy year for LUMS with the achievement of prestigious landmark in the sports programs where we offer a wide variety of wellness opportunities for LUMS community.

We have also added more activities aerobics, taekwondo, darts game, gymnastic in response to your comments.

Whatever your aims, whether you are young or old, or you want to play recreational sports or to become an elite player, there is something here at LUMS for everyone.



Babar Asad Khan
Head of Sports,
Wellness & Recreation

FACILITIES

**Syed Maratib Ali Sports Complex
Indoor Facilities**

A newly build indoor sports arena which complies with international standards houses a number of sports facilities. Syed Maratib Ali Sports Complex is located to east part of LUMS University offering one of the best sporting facilities in the country and fully accessible to whole LUMS community.

All users require a card to access the indoor facility which can be obtained from IT department after fulfilling the requirement.

Sports facilities include:

- Four squash courts
- Two badminton courts
- A basketball court
- Table Tennis tables
- Aerobics suit
- Fully equipped male & female gyms
- Games room
- Dart game board
- Two tennis hard courts with floodlight facility
- Jogging track alongside cricket ground
- Clay and sand volleyball courts with floodlight facility
- Grass football & rugby ground with floodlight facility
- Grass hockey ground with floodlight facility
- Two practice wickets with floodlight facility
- Standardized cricket ground
- Two changing rooms
- Boxing ring
- 150 lockers are available





OPENING HOURS

Syed Maratib Ali Sports Complex operational hours are as follows.

DAY

TIMES

Monday to Friday 8:30 a.m. to 12:00 p.m.

Saturday 4:00 p.m. to 12:00 p.m.

Sunday Male/Female gyms are available

- Please note that sports complex will be closed on all Government official holidays.
- Booking of courts are accepted two days in advance Monday to Friday through e-mail.
- Booking will only be given to regular members at LUMS University.
- Lockers will be available for day scholars on yearly rental basis. Forms are available at the reception desk of Syed Maratib Ali Sports Complex.

Basketball Court

We have International standard basketball court with imported goal post having glass back boards. These are equipped with synthetic flooring. Intra mural competitions are held yearly in which entire student body participates enthusiastically in both men and women divisions.

Badminton and Table Tennis Facility

The main arena also harbors two badminton courts and a couple of table tennis stations. Enthusiasts are encouraged to bring their own racquets, shuttles and ping pong balls for training session. We also have very professional qualified instructors to support talent and train potential athletes. Here again intramurals are held yearly in both men and women division.

Squash Courts

Four imported glass squash courts with wooden floors and synthetic front wall are prominent feature at our sports complex. Our maintenance staff work hard to service these international standards courts. Hence squash players are advised to enter these courts only after wearing the recommended shoes and sports wear. We only recommend that transparent rubber sole shoes that do not soil or leave marks on the sensitive surface of these courts should be worn by the individuals.

Fitness Rooms

The complex is also equipped with two separate fitness rooms one each for men and women. Each room has multiple exercise weight stations to build and form the human muscular structure under the watch full eye of an instructor. There is also free weight available for body building and weight lifting. The fitness room facility is also equipped with cardiovascular treadmills, recumbent cycles, upright bicycle, stepper and cross trainer. It is recommended that all cardiovascular machines be used for no more than 20 minutes by one individual. It is recommended that individuals working with free weights should always wear weight belt to reduce the chances of back injury during training.

Aerobic Exercise Room

An individual aerobic exercise is exclusively provided for female enthusiastic for dance, yoga and aerobics. We offer dance and aerobics course which are supervised by a qualified female instructor. The participants enjoy aerobics and dance to the melodious sounds of our newly installed Audio system.

Outdoor Facilities

Two outdoor cemented tennis courts with floodlight facility are available for tennis enthusiastic. As we all understand that energy is a precious commodity hence floodlight facility can only be provided to individuals who request us in advance. This facility would only be provided for a maximum of 30 minutes time slot.

Volleyball Courts

The university offers volleyball facilities to students also in a floodlight setting. Presently, we have a clay volleyball court and also a beach volleyball court. Floodlight facility would be given to individuals provided there are at least eight players available for the game.

Football & Hockey Facilities

We have one hockey field and one football field both of these facilities are offered on grassy surface. Flood light facility is also available for both sports and shall be provided to the players on request.



Cricket Ground

Our international standard cricket ground is available for teams in the day time hours. Individuals using this facility must cater for their own bats, pad cricket balls and other related equipment.

HEALTH AND FITNESS

Regular exercise can be fun as well as helping to make you feel better, strengthening joints, reducing the risk of heart disease, reducing the effects of arthritis and probably making live longer.

A range of fitness classes with fully qualified and experienced instructors are offered by SWR, most of which take place in weight and aerobics suits. These range from more gentle yoga, taekwondo, aerobics and circuit training.

DANCE AEROBICS CLASSES (female only)

Monday Wednesday & Friday

Staff / Faculty & Family members 6:00 – 7:00 p.m.

Students 8:00 – 9:00 p.m.

TAEKWONDO CLASSES

Monday Wednesday & Friday

Staff / Faculty & Family members 6:00 – 7:00 p.m.

Students 8:00 – 9:00 p.m.

CIRCUIT TRAINING FOR FITNESS

Regular students, faculty and staff member are offered in a group to join the training session under the instructions of our gym instructors. The program schedule is as under

Monday, Wednesday & Friday

Staff/faculty 6:00 – 7:00 p.m.

Students 8:00 – 9:00 p.m.

SLIMING AND BODY TONING CLASSES

We offer a special training program for those who have gained weight and need expertise from professionals. We are very enthusiastic to help them and provide special instruction and care providing exercise and diet plan assistance.

Tuesday, Thursday & Friday

Staff/faculty 6:00 – 7:00 p.m.

Alumni 7:00 – 8:00 p.m.

Students 8:00 – 9:00 p.m.





Sports Facilities

General Rules & Regulations

Membership & Users

There are three categories of membership:

- a) Regular students, faculty and staff are entitled to use the facilities.
- b) Alumni are invited to use the facilities upon paying the Alumni Membership fee of 12000/- per annum.

Guests

All users must bring a valid membership/university card to gain entry and use of the sporting facilities, and are required to sign in at the reception register.

Opening Times

NAME OF FACILITY	DAYS	DAILY SCHEDULE
Sports Complex (Male / Female Gyms)	Mon to Sat	8:30 a.m.– 11:45p.m.
Tennis Courts	Mon to Sun	8:30 a.m.– 11:45p.m.
Squash Courts	Mon to Fri Saturday	8:30 a.m. to 11:45 p.m. 4:00 p.m. – 11:30p.m.
Main Hall (Basketball, Badminton & Table Tennis)	Mon to Sat	8:30 a.m.– 11:45p.m.

The Management shall have the right to close all the facilities or part of the Sports Complex due to repairs, maintenance or expansion of the facility or in case of special events, without advance notice. Management can re-adjust the operating hours of the facility without any prior notice.

Booking, Scheduling & Lighting

In general for most facilities you are advised to book in advance, particularly during peak periods.

Booking of facilities vary across sports, see relevant rules, regulations and procedures for each sport. Lighting times and procedures also vary across facility – rules, regulations & procedures are available separately.

NOTE:

Lighting facility will be available if the minimum 12, 12, 10, 4 numbers of players are available to play football, hockey, volleyball & tennis respectively.

Coaching

The University provides coaches for most sports; visit the reception desk for details.

Instructors for tennis, table tennis, badminton, squash and for the fitness gym will be available between 1700 hrs to 2300 hrs from Monday to Friday.

Lockers

Lockers are available on a first come first served basis. If a student wishes to obtain a locker key he / she must pay the following subscribed charges. Lockers will only be issued to day scholars.

Locker Rental Fees:

1 year	:	Rs. 7 per day
Six month	:	Rs. 10 per day
Quarter	:	Rs. 15 per day
One month	:	Rs. 20 per day

If lockers are not available, students may leave their equipment bag at the reception. They will be issued a token as a receipt.

Personal belongings and valuables stored in the lockers will be at the owner's risk.

Equipment

There is a limited quantity of sporting equipment available for users to borrow. These shall not be removed from the premises.

Clothing

Members are required to dress in appropriate sports wear according to the sport they are playing.

However, the following is mandatory:

A sweat / T-shirt must be worn to cover the upper body

Shorts must be mid-thigh or longer

Socks must be worn

Appropriate non-marking footwear is essential

The following are strictly prohibited:

Casual clothing i.e. front open shirts, jeans, jean shorts, very small shorts.

Open-toed shoes, open-backed shoes, sandals, or any types of equipment which can damage the facilities – this determination is to be made by the management.

Note: Specific Sports have additional clothing requirements.



Food and Drink

Water in closed, plastic containers is allowed. All other drinks and glass containers are prohibited. Outside food is not permitted inside the facilities.

Smoking, tobacco, and gum are strictly prohibited.

Fines

Any damage caused to the Sports Complex property is to be paid at the replacement cost decided by the management. Persistent breaches of rules & regulations shall be liable to fines (Rs. 500) and possible barring.

First Aid

First Aid and Emergency Medical Services are available in the sports complex.

A doctor is also available between 3:00 to 7:00p.m Monday to Friday.

Disclaimers

All exercise and sports sessions will be undertaken at the member's own risk. The Management will not be responsible in cases of injury or accident.

Members are advised to get a medical doctor's clearance before starting any serious exercise program.

All personal belongings brought into the premises shall be kept at the owner's risk.

The University reserves the right to remove individuals from recreation facilities and to revoke membership based on that individual's actions.



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