

Chapter One Introduction

Chapter one will guide you to find places for Recreation, Registration, Reading and Recording. The week of registration begins a challenging term of academic learning and strategies. MacEwan includes many places to sit, read and study, but on the third floor of the L.R.C. is the library filled with many sources of reading or research materials. The L.R.C. also has private group study rooms available for booking.

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Finding Recreation (Weight Room)

The weight room gives students an opportunity to keep their bodies in top physical condition. By having the room in the college they do not have to leave the premises and may exercise on their breaks. These steps will help you find your way whether you are able-bodied or physically challenged.

Finding Recreation (Weight Room)

From the green room on third floor



Able-Bodied

1. Exit green room into the **main hallway**.
2. Pass the **Student's Services & Information Centre**.
3. Walk left through the **doors to the stairs**.
4. Climb steps to the **first floor**.
5. Walk down the **main hallway**.

6. Pass the **theatre lab**.

7. Go into the **weight room**.

The big production is coming up. You want to be in the best shape so you will be able to lift your dance partner effortlessly. You walk out of the green room and into the main hallway. The information centre is quiet at this time of the day. The stairs are quiet as classes are going on. On the first floor you walk into the main hallway. The theatre lab's door is open and you can see a class rehearsing for another production. You clear your mind and go into the weight room.

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Mobility Challenged

1. Exit green room left into the **hallway**.
2. Turn right past the **multi-purpose room**.
3. Go forward through **two sets of doors**.
4. Drive wheelchair/scooter or push walker over to the **elevator area** (pass billboard postings on the right).
5. Enter the elevator and go to the **first floor**.
6. Exit the elevator, go left through the hallway area to the **double sets of doors**.
7. Pass the **stairs and open seating area**.
8. Pass the production lab until you reach **a set of doors**.

9. Follow hallway past the **Student's Services & Information Centre**.
9. Drive your wheelchair, scooter or push walker into the **weight room 194**.

Your friend is in a pre-production party in the green room. After wishing them good luck, you head to the weight room to get your arms and lungs in shape. You leave the green room and proceed down the noisy hallway. As you turn past the multi-purpose room, some students are practicing their dance moves. You go through the two sets of double doors and over to the elevator. It is just you and a man holding an abstract piece of artwork. On the first floor he goes one way and you go through another two sets of doors. With the weight room in sight you pull into the room.