

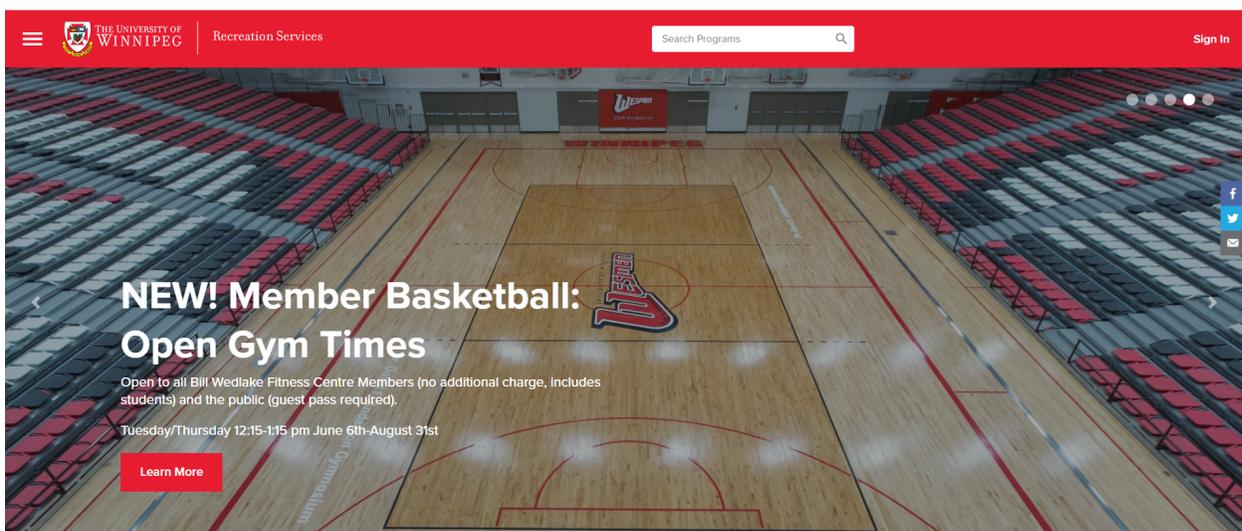


Email Opt-In Options

The following are step-by-step instructions to show you how to update your email opt-in preferences on the member portal. If you decide not to opt-in, you will continue to receive informational emails from Recreation Services. If you decide to opt-in, in addition to receiving informational emails, you will also receive emails for promotions, new programming and additional services.

****These step-by-step instructions assume that you have already created an account on our Member Portal. If you need help creating an account or logging in, please visit our Site Help Page****

1. To start, open a browser and go to the Member Portal at: <https://recreationservices.uwinnipeg.ca/>
From here, you'll want to select the **"Sign In"** option in the upper right corner.



2. Enter your credentials and click the **"Sign In"** button.

← ×

Welcome Back!

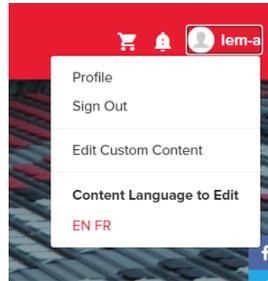
Email or Username

Password

[Trouble signing in?](#)

Sign In

Once you have logged in, your screen name will appear in the upper right hand corner. Select **"Profile"**.



3. Click on the toggle under **"Email Opt-In"** to adjust settings (Turn this on to opt-in or off to opt out):

Email Address

a.lem@uwinnipeg.ca

Email Opt-In



Subscribe to marketing and promotional emails.

Email Address

a.lem@uwinnipeg.ca

Email Opt-In



Subscribe to marketing and promotional emails.

*Need assistance with the Recreation Services Member Portal?
Contact recreationsservices@uwinnipeg.ca*