

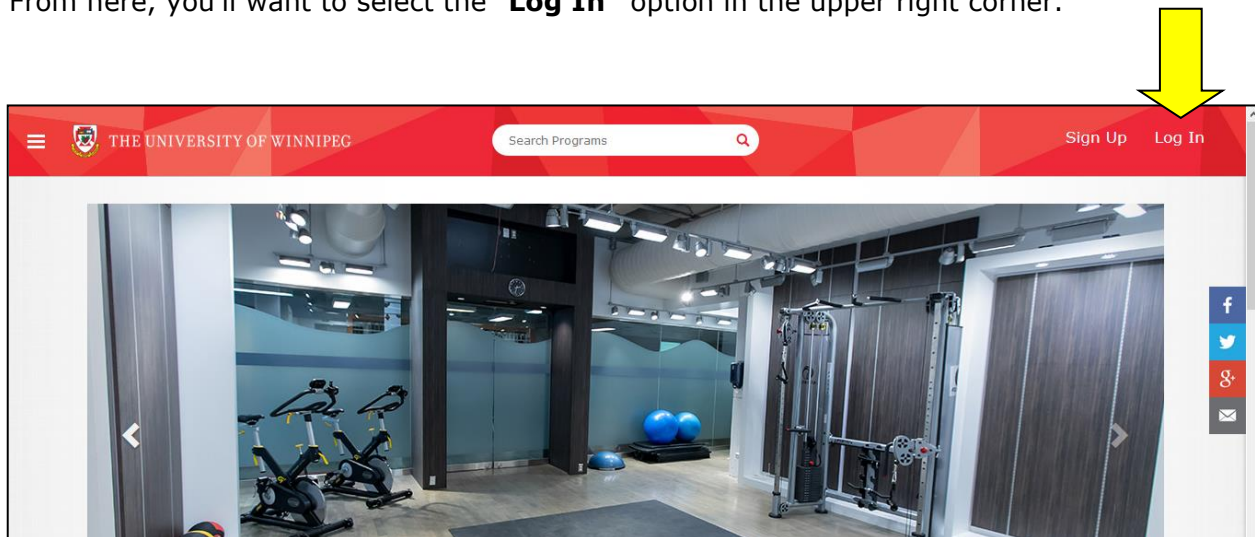


## Email Opt-In Options

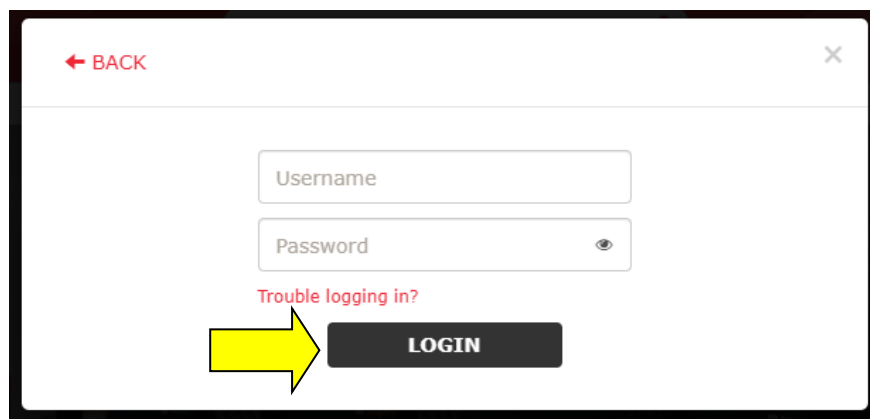
The following are step-by-step instructions to show you how to update your email opt-in preferences on the member portal. If you decide not to opt-in, you will continue to receive informational emails from Recreation Services. If you decide to opt-in, in addition to receiving informational emails from Recreation Services, you will also get emails about our 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 [Help Page](#). \*\*

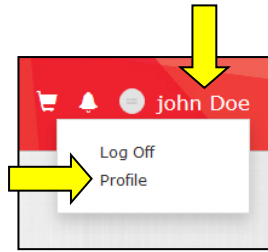
1. To start, open a browser and go to the Member Portal at: <https://recreationservices.uwinnipeg.ca/> From here, you'll want to select the "**Log In**" option in the upper right corner.



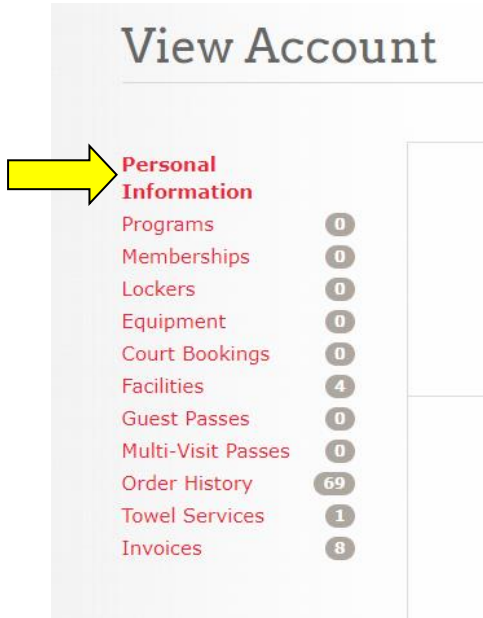
2. Enter your credentials and click the "**Log In**" button. You will be directed back to the Member Portal homepage.



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



3. From the profile page select **"Personal Information"**:



4. Select **"Email Opt-In"** and **"Submit Opt-In Changes"**:



*Need assistance with the Recreation Services Member Portal?  
Contact [recreationsservices@uwinnipeg.ca](mailto:recreationsservices@uwinnipeg.ca)*