Recreational Services Orientation

Introduction
University of Iowa Recreational Services is located on campus to serve the University community through recreational activities. Within the Recreational Services Programs, there are potential opportunities for physical, mental, and social growth for students, faculty/staff, youth, and seniors which may be realized to varying degrees by each participant in the many competitive or informal recreational activities the department offers. Programs are geared to develop an appreciation of the meaningfulness and importance of the use of one’s leisure time.

Fitness Programs
There are five different fitness centers available for use on campus including those at the CRWC, the Fitness Loft in the Field House, Fitness East, Fitness West, and the Recreation Building Weight Room. Free group exercise classes are available to everyone who has a membership or purchases a day pass. There is a wide variety of classes including step aerobics, cycling, Zumba, and interval exercises. Mind & Body classes such as Yoga and Pilates are also included. Along with these classes, UI Recreational Services offers personal training options for a fee. Our goal is to provide education, guidance, instruction and motivation to clients who want to achieve their personal fitness goals. Our Personal Trainers provide resources and supervised progress so that you become confident and comfortable in any fitness or weight room environment.

Intramural Sports
The University of Iowa Intramural Sports Program offers an extensive range of sport leagues, tournaments, and events for University of Iowa students, and faculty and staff. Intramural Sports are designed for the competitive and experienced athlete, as well as those looking to participate in a fun activity or want to try a new sport. The primary goal of the UI Intramural Sports Program is to provide sports programs and events that can be fun and competitive, all while maintaining an emphasis on good sportsmanship. Participation in intramural sports programs will provide many personal benefits and add to the success of the college experience of the UI students. This is a great way for all levels of athletes to begin, or continue, participating in organized sporting events. Intramural Sports provide a great
opportunity to cultivate positive leadership qualities, develop a sense of cooperation and fair play, and form lifelong friendships. Winners in each sport receive a champion t-shirt, their picture on the championship wall in the Field House, and most importantly...bragging rights!

**Touch The Earth**
The Touch the Earth Outdoor Recreation and Education program provides opportunities for members of The University of Iowa and surrounding communities to introduce themselves to a variety of outdoor activities. Through a focus on adventure based learning, the aim is to educate participants with the necessary technical skills as well as the ethical guidance to ensure these activities are carried out with a maximum level of concern for the participants and the environment. The Outdoor Rental Center located at the Hawkeye Tennis & Recreation Complex provides quality outdoor equipment available for rent for winter and summer activities. Adventure Trips offer the opportunity to travel to other parts of Iowa as well as other states for a night or up to a week. You can canoe the Maquoketa River or travel to Florida’s West Coast to paddle the everglades. Recreational Services offers courses in outdoor recreation, martial arts, and dance for academic credit as part of the touch the earth program. Each course is worth one credit hour and you register online in the lifetime leisure skills department. The University of Iowa High Adventure Challenge Course is an effective tool in helping student leaders, University departments, public school groups and agencies, and business enterprises become effective leaders and teams. Fun is what brings the experience to life: it helps keep people focused, engaged, and connected to each other. And that kind of active involvement helps participants benefit long after their day ends. The new climbing wall located in the Campus Recreation and Wellness Center is over fifty feet of amazing climbable features. With bulges, arêtes, roofs and cracks, this massive new wall, with a separate bouldering wall, boast twelve top rope stations while every square inch is also open to lead climbing! It is designed to look and climb like real rock, this new wall will inspire seasoned climbers and beginners alike. MNRA is a 485-acre tract of land leased by the U.S. Army Corps of Engineers to the University of Iowa since 1984. There are several hiking and cross-country skiing trails totaling ten kilometers. MNRA is also the home of the Environmental Education Programs: School of the Wild, Wildlife Camps, and Macbride Raptor Project. MNRA is located 15 miles north of Iowa City on Mehaffey Bridge Road, near Solon, Iowa.
Lesson Programs
The Lesson Programs are non-credit, semester-length instructional classes. These are offered in a wide variety of martial arts, gymnastics, baton twirling, as well as salsa, Bollywood, and Ballroom dance.

Tennis
Tennis classes are offered for all levels and all ages from three through adult in a fun, challenging environment. Tennis leagues are available for joining. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate high-energy workout. If you’re looking for a great way to get in shape and burn calories, then Cardio Tennis is a must. Or there is always the option to rent an indoor or outdoor tennis court at the Hawkeye Tennis & Recreation Complex.

Rowing
With easy access to the Iowa River, rowing is a great option for a total-body exercise that challenges the body and mind in a team environment. UI Recreational Services offers Learn to Row camps to those adults who have never rowed before and are enthusiastic to try a new activity. There are also options for experienced adults and high school rowers as well. Rowing is an easily adaptable sport for persons with physical and intellectual disabilities. Modifications to equipment, instruction, and the rowing stroke can be made as needed with our Adaptive Rowing program.

Aquatics
UI Recreational Services offers a wide variety of aquatic programs. Learn to Swim classes are offered to those of any age who are interested in learning how to swim or want to improve their swimming abilities. Private lessons are also available. Water Aerobics through our Group Exercise Program is free for anyone with a membership or for those who purchase a day pass. The Iowa Flyers Swim Club is a registered USA Swimming member swim club operated by University of Iowa Recreational Services. The youth club is a competitive age-group swim club open to members and the general public. Adult Masters Swimming is a diverse group, swimmers range in skill from beginning lap swimmers to triathletes and elite swimmers. All levels are welcome and will be accommodated. Swimmers may come to any practice that is offered as they see fit. Masters swimming helps adult swimmers continue to develop their stroke mechanics, stay fit, and have fun through exercise. Swim meets and open water races are available but not required.
From time to time, UI Recreational Services also offers inflatables, which are an inflatable slide from the 7 ½ meter diving platform as well as an inflatable obstacle course located in the natatorium pool at the CRWC.

**Sports Clubs**
A sport club is a group of students, faculty, and staff along with the general public that voluntarily organize to participate in a particular sport activity. More specifically, sport clubs are formed so participants in each sport club can learn new skills, improve existing skills, potentially engage in competition, and enjoy recreational and social fellowship. There is a wide variety of sports club options including sports such as Baseball, Fencing, Lacrosse, Rowing, and Soccer.

**Facilities (CRWC)**
This facility opened during the summer of 2010. It boasts 20,000 square feet of fitness space over three levels, a 52 ½ foot climbing wall, a 50-meter competitive swimming pool, an 18 foot diving well, along with a Leisure Swimming Pool, a 1/9 mile jogging track, two basketball/volleyball courts, 1 multi-activity Gym, a café, locker rooms, upgrade locker rooms, a Wellness Suite and the Recreational Services Administrative Suite. The Natatorium is 9ft deep and can be used as either a short course or a long course. There is also a 17 foot diving well with a diving board and five diving platforms. The Leisure Pool features include zero-depth entry, bubble benches, a 25-person spa, a Vortex, a current channel (also known as a Lazy River), Water Volleyball, Water Basketball, a climbing wall and a Video Board. There are two floors of cardio equipment with varying styles and makers including: Precor, Matrix, Life Fitness, Star Trac, and Technogym. Weight machines as well as free weights can be found on all levels of this facility. The gymnasium has two basketball courts that can be used for volleyball as well. A third court used as a multi-activity gym is ideal for other sports as well such as indoor soccer.

**Facilities (Others)**
The Field House has basketball, volleyball, badminton, racquetball, and squash courts. It also houses the Fitness Loft, activity rooms, and swimming pool. Indoor and outdoor tennis courts along with an indoor turf area, fitness center, and Outdoor Rental Center are located at the Hawkeye Tennis & Recreation Complex near the Hall of Fame. Other facilities include the
Recreation Building, Fitness East, Hawkeye Recreation Fields, Hawkeye Softball Complex, and Macbride Nature and Recreation Area.

**Membership**
Faculty and staff of the University are offered a membership at a discounted rate. UI Wellness Services also offers a discount to those who are 50% or greater and use the facilities regularly. Daily walk-in rates are available for those not interested in purchasing a membership. The daily rate allows access to all facilities as well as group exercise and mind & body classes for the duration of that day.

**Benefits of Membership**
Those with memberships to UI Recreational Services have access to all campus facilities along with group exercise and mind & body classes. There are reduced fees for program registration and reduced tennis court rental fees.

Recreational Services has something for everyone, for more information on programs, facilities, and current offerings visit the website, call, or stop in. We hope to see you soon.

**End: Recreational Service Orientation**