Welcome to the Campus Recreation Guide, your comprehensive source to the recreation facilities, programs, and services available to Colorado State University students and employees. Please visit our website for more information – www.campusrec.colostate.edu.

MEMBERSHIPS
Visit the membership page of our website for more information regarding the types of memberships offered, prices, and dates they are available. All memberships can be purchased through the Service Center. Call (970) 491-6359 for questions and information regarding memberships.

HOURS
Student Recreation Center Hours*
Service Center closes 15 minutes before building.
Monday-Friday 6:00 a.m.-11:30 p.m.
Saturday 8:00 a.m.-6:00 p.m.
Sunday Noon-11:30 p.m.
*For special hours and facility closures, please visit our website at www.campusrec.colostate.edu for more information.

Pool Hours
The Rec Center Pool opens at the same time as the building and closes 30 minutes prior to building closure.

Family Hours
Student Recreation Center Members may bring their spouse/partner and up to four dependents, defined as children less than 18 years of age, into the Recreation Center from 3:00 p.m. Fridays through 5:00 p.m. Sundays for FREE. Supervision of dependent(s) by Student Recreation Center Member is required. All break and summer hours are considered Family Hours.

Equipment
• Equipment is available for daily checkout with valid CSU ID or Campus Recreation membership card at the Equipment Desk.
• Equipment is not available to Daily Guest Pass holders. Sponsors may check out/in equipment for guests.

Towel Service
Towel Service is available for purchase throughout the year for Student Recreation Center Members. Members can visit Service Center to purchase towel service. Please see the Member Services page of our website at www.campusrec.colostate.edu for prices.

Lockers
• Day-use lockers are available throughout the facility.
• Purchase a lock at the Service Center or bring your own for day-use lockers.
• Items left in day-use lockers and personal locks will be removed nightly upon closing.
• Locker Rentals are available by semester or for a full year from the date of purchase, please visit our website for locker rental dates, prices, and locker sizes.

Racquetball
• Courts are available in Moby Complex during Student Recreation Center hours.
• Court reservations are required.
• Reserve a court up to 24 hours in advance at (970) 491-3085.
• Racquetball Equipment is available for checkout at the Service Center and Moby Equipment Checkout Desk.

General Rules
Campus Recreation policies are designed for the protection of members, employees, and facilities.

Users are expected to act appropriately and to be respectful of others while participating in Campus Recreation programs or using the facilities. Users may not interfere with employee duties, use obscene language, or engage in verbal or physical abuse of employees or other facility/program users.

Users must observe all posted signs or verbal directions provided by Campus Recreation staff.

Campus Recreation staff reserves the right to ask users to leave and deny future facility/program access for rule violations. Violation(s) require individual(s) to meet with Campus Recreation staff prior to further program participation or access to recreation facilities. Staff may also refer users to Conflict Resolution and Student Conduct Services for further investigation and discipline.

Refer to the Policy Handbook (located at each equipment checkout station, the Service Center, or online at www.campusrec.colostate.edu) or recreation staff for a full list of specific building policies. The student and professional staff will gladly explain the rationale behind Campus Recreation policies and procedures.

Participate at Your Own Risk
Colorado State University and Campus Recreation are not responsible for financial costs related to health services resulting from ill health or injury incurred during use of Campus Recreation facilities or participation in program activities. It is recommended that participants secure accident coverage prior to exercising or program participation.
GROUP FITNESS
Spark your work out by joining our many energizing group fitness classes. Jump and punch your way through cardio kickboxing, swing your hips in hip hop, and strengthen your muscles in body strength 360. With so many new classes this year you’re sure to find something you can break a sweat to! All group fitness classes are FREE!

For current fitness class schedule, class descriptions, and prices for cycle, mind body or combo passes, please visit the Fitness Program portion of our website at www.campusrec.colostate.edu/Fitness/index.cfm.

INDOOR CYCLING
Check out our state-of-the-art cycling studio equipped with black lights and virtual screen. Pedal through the ride of your life every class as you follow your instructor through the virtual Rockies and outer space. Come sweat your stress away! All cycle classes require you to purchase a cycle pass. Visit our website to learn more about our cycle pass prices!
Call (970) 491-3085 to reserve your cycle 24 hours in advance.

PERSONAL TRAINING
We will provide creative, balanced, physical activity programs specific to your individual goals. Whether you’re new to the Fitness Center or you are training for a competitive event, we can help you! Each of our certified trainers share their expertise through their own unique style. Our services include knowledgeable staff, superior facilities, and affordable prices. Please visit the personal training portion of our website under the Fitness Program area tab to learn more!

Activity Classes
Activity classes provide an opportunity to try something new or continue skill development while having fun. Activity classes are committed to enhancing the lifestyles of CSU students, Student Recreation Center Members, and community members through health and fitness. Classes range from martial arts to pilates.
TRY the first class for FREE!
• Visit our website to see which activity classes qualify for the first class free trial.
• Please visit our website to see classes offered, times, dates, prices and how to enroll!

Massage Therapy
Take advantage of our certified massage therapists to relieve tense muscles, eliminate discomfort, prepare or recover from a strenuous workout, or induce relaxation. Our skilled, registered Massage Therapists are now offering a variety of massage techniques available in 30 minute, 60 minute, and 90 minute sessions. Massage Therapy is open to CSU Students, the CSU Community, and the general public. All massages are available for purchase through the Service Center. Massages must be scheduled 24 hours in advance.
Please visit the Campus Rec website, www.campusrec.colostate.edu/MassageTherapy/index.cfm, or call (970) 491-6359 for more detailed massage information.
Aquatics
Take advantage of our new pool facility featuring a rock wall, current channel, four lap lanes, zero depth entry with sprayers, volleyball and basketball area, spa, sauna, and steam room! To learn more about the facility and our policies, visit http://campusrec.colostate.edu/AquaticFacility.cfm.

Red Cross Training
Campus Recreation offers American Red Cross certification classes to the CSU student community*. Our classes are offered during the fall and spring semester as well as during the summer. Courses include Lay Adult CPR/AED, CPR/AED for the Professional Rescuer, First Aid, and Lifeguard Training*. For specific course content, certifications for each course type, dates, and how to register, please visit our website at http://campusrec.colostate.edu/RecCenter/RedCrossClasses.cfm.

*Lifeguard Training is open to anyone over 15 years of age including non-members.

Intramural Sports
The intramural sports program allows students and staff to compete in organized, recreational sporting activities with each other. For LEAGUES, team captains must sign up their teams in the Student Rec Center during the listed registration dates in order to be included in the league. For TOURNAMENTS, team captains must sign up their teams ONLINE at www.imleagues.com/colostate. Players may then join team rosters online at any time during the league regular season or during tournament play.

All intramural events are classified by divisions: Men’s (M), Women’s (W), Coed (C), or Open (O – no restriction on number of males/females on the roster). Some events also have Competitive and Recreational divisions.

Visit the intramural webpage for more event registration information, rules, eligibility, and captains’ meeting details at www.campusrec.colostate.edu – click PROGRAMS” – “INTRAMURAL SPORTS.”

Sport Clubs
Sport Clubs at Colorado State University are student-run organizations that are competitive sports activities that go beyond the scope of the Intramural program. Clubs are funded through student fees, dues, club fundraising, and donations. Elected student officers are responsible for the oversight of each club. Visit the Sport Clubs website for more information at www.campusrec.colostate.edu/SportClubs/index.cfm.

MAJOR ANNUAL EVENTS
CSU vs. CU Ice Hockey at the Budweiser Event Center and the Pepsi Center
Skyline Stampede Rodeo
CSU vs. CU Lacrosse at Invesco Field
Summer Ultimate Frisbee League

Congratulations
Women’s Lacrosse
2011 National Champions!
Outdoor Program
Experience the best outdoor recreation that Colorado has to offer. Explore the mountains, learn new skills, and make new friends. If planning your own adventure, stop by the Outdoor Program resource library in the Rec Center for maps, books, videos, as well as advice from the knowledgeable staff. The Outdoor Program also has outdoor gear rentals available at a low cost. Get the knowledge you need to feed your adventure by attending a free clinic and presentation with our experienced instructors. Rock Climbing, hiking, biking, or fishing, the Outdoor Program offers courses that connect you to all things authentic in the outdoors of colorful Colorado.

www.campusrec.colostate.edu/OutdoorProgram/index.cfm • (970) 491-1669

Climbing Wall
The climbing wall at Colorado State University was conceived in 2006 as part of a comprehensive addition and remodel of the Student Recreation Center. Designed and developed by Eldorado Climbing Walls of Boulder, Colorado during 2009 and 2010, the climbing wall represents a state-of-the-art climbing facility.

The surface of the wall is a mixture of Realistic Rock and High Performance textures, designed to provide a variety of surfaces to climb upon. The climbing area has 55 linear feet of bouldering, while two free-standing towers offer roped climbing, ranging in height from 38 to 40 feet high. Bouldering is available during all facility hours.

www.campusrec.colostate.edu/OutdoorProgram/ClimbingWall.cfm • (970) 491-1669

Challenge Course
Discover the power of experiential education. The Challenge Course at CSU provides the opportunity for groups to explore their full potential. Our two-acre site near campus has 19 high elements, a 44-foot climbing tower, and dozens of low elements. Staffed by experienced facilitators, the Challenge Course can handle groups up to 36 people to fit a variety of group and individual goals. For more information or to schedule a course please visit our webpage.

www.campusrec.colostate.edu/ChallengeCourse/index.cfm • (970) 491-0969

RecXperience
RecXperience is a series of summer camp programs aimed at offering participants an experiential camp experience. The RecXperience programs vary in organizational structure but are mostly focused on youth programming in the summer time. Programs are able to be customized to meet specific group needs if necessary.

www.campusrec.colostate.edu/programs/recxperience.cfm • (970) 491-2116