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

Student Recreation Center

Memberships

Students paying full student fees for the current term are automatically eligible for Campus Recreation programs and services including use of the Student Recreation Center.

Memberships are available to the Rec Center for part-time students, faculty, staff, and their spouses/partners. Visit the membership page on our website for more information regarding types of available memberships, prices, and dates available. Memberships can be purchased through the Service Center. Call (970) 491-8359 for questions and information regarding memberships.

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.

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. www.campusrec.colostate.edu

Drop-in Activities

Drop-in sports and activities are offered throughout the year including volleyball, badminton, racquetball, table tennis, and indoor soccer. Visit www.campusrec.colostate.edu/RecCenter/index.cfm for the most up-to-date drop-in schedule.

- Equipment for drop-in sports is available to members at the Equipment Desk in the Rec Center.

For racquetball (located at Moby):

- Courts are available to Student Recreation Center Members only during the specific supervised times.
- Court reservations are required and can be made up to 24 hours in advance at (970) 491-3085.
- Equipment is available for checkout at Moby Auxiliary Gym to Student Recreation Center Members during supervised times.

General Rules

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

Campus Recreation staff expects every user 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 and 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) may affect membership and 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 online at campusrec.colostate.edu. The student and professional staffs will also gladly explain the rationale behind Campus Recreation policies and procedures.

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.-8:00 p.m.
Sunday Noon-11:30 p.m.

Pool Hours

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

Climbing Wall and Outdoor Gear Rental Program Hours

Sunday-Friday 3:00 p.m.-10:00 p.m.
Saturday 3:00 p.m.-8:00 p.m.

The bouldering wall is always open during normal Rec Center hours.

Family Hours

Student Recreation Center Members may bring their spouse/partner and up to 4 dependents, defined as children less than 18 years of age, into the Recreation Center. During family hours, supervision of dependent(s) by Student Recreation Center Member is required. All break and summer hours are family hours.

Friday 3:00 p.m.-11:30 p.m.
Saturday 8:00 a.m.-8:00 p.m.
Sunday Noon-5:00 p.m.

Towel Service

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

Dance and Martial Arts
These classes enhance the lifestyles of CSU students and Student Recreation Center Members through health and fitness while providing an opportunity to try something new or continue skill development in an enjoyable setting.

Try the first class for FREE!
Visit our website to see a complete listing of activity classes offered, times, dates, prices and how to enroll.

www.campusrec.colostate.edu/DanceandMartialArts/index.cfm
(970) 491-6359

FIT Fitness Instructor Course
FIT is Fitness Instructor Training. This course will teach you the fundamental skills of fitness instruction in a variety of modalities including, kickboxing, step, and strength. This class will prepare you for the American Council on Exercise (ACE) national certification exam and provide skills necessary to teach group fitness classes. Instructor auditions and interviews will follow for CSU Group Fitness.

PFT Personal Fitness Instructor Course
Get the training you need to become an ACE certified personal trainer. Learn the skills necessary to help clients lose weight, improve their flexibility, build strength, and feel better about themselves. You will also prepare for the American Council on Exercise (ACE) national certification exam.

Fitness

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 the weight lifting classes. With so many new classes this semester, you’re sure to find something you can break a sweat to! All Group Fitness classes are FREE!

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. Come sweat your stress away! Look for fusion classes which combine cycling with another from of fitness such as yoga, strength, or plyo. There is something for everyone. 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.

Mind Body
Unite mind and body to support your optimum wellness. By developing a mind body practice, it will transform your body, clear and refresh your mind, and enlighten your spirit. We offer a variety of yoga and Pilates classes throughout the week to help you maintain a balanced lifestyle. All mind body classes require you to purchase a mind body pass. Visit our website to learn more about our mind body pass prices.

www.campusrec.colostate.edu/Fitness/index.cfm

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!

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

Personal Trainer Boot Camps
Boot camps for you, and lead by personal trainers! You can train like a professional for sports in our sport specific camps or like a runner in the running camp. You can even train like a CrossFit junkie! Maybe you just love the challenge of pyrometrics and agility? Then these camps are for you.
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. This state of the art climbing facility has 55 linear feet of bouldering while two free-standing towers offer roped climbing, ranging in height from 38 to 40 feet high. An outdoor, free-standing boulder and an indoor swimming pool boulder provide even more exciting climbing options in the facility.

Our experienced climbing wall employees offer free instructional classes on a weekly basis including: introduction to belaying, introduction to lead climbing, and rappelling clinics from the built in teaching ledge. Throughout the year, the climbing wall also hosts a series of bouldering competitions and other fun events. Top rope routes and bouldering problems are refreshed every day and climbing shoes, harnesses, belay devices, and ropes can all be rented out free of charge!

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

Outdoor Program

The Outdoor Program offers more than 50 different workshops, classes, events, and trips throughout the year aimed at providing you with the skills and resources to experience outdoor recreation opportunities throughout Colorado. Classes and trips cover a wide range of outdoor activities including: rock climbing, backpacking, biking, fishing, snowshoeing, skiing, and camping. If planning your own adventure, the Outdoor Program offers a full-service gear rental program with an assortment of tents, sleeping bags, climbing equipment, and winter safety gear at discounted rates. Join our experienced trip instructors for a sunny autumn afternoon learning to rock climb at the world-famous Horsetooth Reservoir in Fort Collins, or a winter snowshoe trek to high alpine lakes beneath 13,000 ft. mountains. Whether you're an avid outdoors enthusiast or you're simply looking to experience a new activity, the Outdoor Program has the resources and opportunities to get you outside!

www.campusrec.colostate.edu/OutdoorProgram/index.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
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 Sports 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 Hughes Stadium
Summer Ultimate Frisbee League

Intramural Sports

The intramural sports program allows students and staff to compete in organized, recreational sports leagues, tournaments, and contests with each other during the fall, spring, and summer terms.

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

Visit the intramural webpage for event details, rules, eligibility, and registration instructions for teams and Free Agents at www.campusrec.colostate.edu - click “PROGRAMS” – “INTRAMURAL SPORTS.”

For more information, contact the Intramural Sports office at (970) 491-6671, or via email at campusrec_imsports@mail.colostate.edu

Congratulations!

Women’s Lacrosse
2013 WCLA National Champions

Mens’ Lacrosse
2013 MCLA National Champions
Aquatics
Take advantage of our pool facility featuring a rock wall, current channel, four 25-yard 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 year round. Courses include 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

Massage Therapy
Release Tension and Relieve Stress!
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 offer 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. Massages are available for purchase through the Service Center and must be scheduled at least 24 hours in advance.

Please visit the Campus Rec website www.campusrec.colostate.edu/MassageTherapy/index.cfm for more information. To schedule a massage, call (970) 491-6359 and press 9 when prompted. Payment due at time of scheduling.

Registration Information
Campus Recreation
Student Recreation Center
8027 Campus Delivery
Fort Collins, CO 80523-8027
All registrations take place at the Student Recreation Center Service Center.
Payment must be made at the time of registration.
Age requirements, refunds, and cancellation information is available online.
www.campusrec.colostate.edu

Contact Information
Service Center/Registrations/Massages (970) 491-6359
Racquetball Court and Cycling Class Reservations (970) 491-3085
Fitness (970) 491-2830
Intramural Sports (970) 491-6671
Sport Clubs (970) 491-3793
IM and Sport Club Inclement Weather Information (970) 491-6671

Follow us on:

Participate At Your Own Risk
Colorado State University and Campus Recreation are not responsible for financial costs related to health services resulting from illness 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.