

CAMPUS REC GUIDE

2014 - 2015



WELCOME TO CAMPUS RECREATION

**AQUATICS
CHALLENGE COURSE
FITNESS
INTRAMURAL SPORTS
OUTDOOR PROGRAM
SPORT CLUBS
STUDENT REC CENTER**

Campus Recreation Vision

Campus Recreation actively promotes the pursuit of a balanced, healthy lifestyle to a diverse university community.

Inclusive Spaces

Campus Recreation is dedicated to providing a safe, welcoming space to members from all backgrounds and fitness levels. Our award-winning recreation facility features gender inclusive restrooms and locker rooms, a lactation room for nursing mothers, and braille on a variety of fitness machines.

Memberships

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

Memberships are available to the Student 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, or call (970) 491-6359.

Hours**

Student Rec Center Hours:

Monday-Friday	6:00 am - 11:30 pm
Saturday	8:00 am - 8:00 pm
Sunday	Noon - 11:30 pm

**Service Center closes 15 minutes before building. The pool opens at the same time as the building, and closes 30 minutes prior to the building closure.*

Climbing Wall & Outdoor Program Hours:

Sunday-Friday	3:00 pm - 10:00 pm
Saturday	3:00 pm - 8:00 pm

**The bouldering wall is open during normal business hours.*

Family Hours:

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

Thursday	3:30 pm - 6:30 pm (pool only)
Friday	3:00 pm - 11:30 pm
Saturday	8:00 am - 8:00 pm
Sunday	Noon - 5:00 pm

*** Hours will vary based on holidays, breaks, and summer schedules. Check the website for more info.*





FITNESS

Group Fitness

Spark your workout 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 classes each semester, you are sure to find something you can break a sweat to! All group fitness classes are FREE to members!

Indoor Cycling

Come by our state-of-the-art cycling studio and pedal through the ride of your life! Sweat your stress away as you enjoy the group atmosphere. Look for fusion classes which combine cycling with another form of fitness such as yoga, strength, or core. All cycle classes require you to purchase a cycle pass. Call (970) 491-3085 to reserve your cycle 24 hours in advance.

Mind Body

Unite mind and body to achieve your optimum wellness. By developing a mind body practice, you will transform your body, clear and refresh your mind, and enlighten your spirit. We offer a variety of yoga classes throughout the week to help you maintain a balanced lifestyle. All mind body classes require you to purchase a mind body pass.

Dance & Martial Arts Classes

Campus Recreation offers a variety of fee-based Dance and Martial Arts classes, providing opportunities to try something new or continue skill development. Classes include ballroom dance, studio dance, judo, muay thai kickboxing, traditional tae kwon do, and more.

Personal Training

Whether you are new to the fitness center, or you are training for a competitive event, Campus Rec's certified Personal Trainers can share their expertise to fit your needs. Trainers can work one-on-one, with partners, or in one of the group PT Camps offered throughout the year.



AQUATICS

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!

Red Cross Training

Campus Recreation offers American Red Cross certification classes to CSU student members. 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.



OUTDOOR PROGRAM

Outdoor Program

The Outdoor Program (OP) offers over 50 different trips, clinics, and events throughout the year aimed at providing you with the skills to experience outdoor recreation opportunities throughout Colorado. Trips and clinics cover a wide range of outdoor activities, including rock climbing, ice climbing, mountaineering, backpacking, fishing, snowshoeing, skiing, and camping. Join our trip instructors and learn 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.

Climbing Wall

CSU's state-of-the-art climbing facility offers 55 linear feet of bouldering, two free-standing towers for roped climbing, an outdoor, free-standing boulder, and an indoor swimming pool boulder. Our experienced Climbing Wall employees offer free classes on a weekly basis, including top-rope belaying, lead climbing, and rappelling clinics. Throughout the year, the Climbing Wall also hosts bouldering competitions and other fun events. Climbing routes and bouldering problems are refreshed weekly, and climbing shoes, harnesses, belay devices, and ropes can all be rented free of charge!

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.



CAMPUSREC.COLOSTATE.EDU

Connect with Campus Rec

Visit the Campus Recreation website to easily locate fitness class schedules, drop-in activities, Student Rec Center cameras to check out how busy the facility is, and much more. Then, join one of Campus Rec's social media pages to get the latest news, event photos, giveaways, and schedules.



facebook.com/CSUCampusRec

twitter.com/CSURec

instagram.com/csurec

youtube.com/user/ColoStateCampusRec



INTRAMURAL SPORTS

The Intramural Sports program allows students and staff to compete in organized, recreational sports leagues, tournaments, and contests 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 page on the Campus Recreation website for event details, rules, eligibility, and registration instructions for teams and free agents.

IM Events & Divisions

C, M, W:

- 3v3 Basketball
- 3v3 Outdoor Basketball
- 4v4 Indoor Flag Football
- 4v4 Indoor Soccer
- 4v4 Outdoor Soccer
- 4v4 Outdoor Flag Football
- 4v4 Volleyball
- Dodgeball
- Flag Football
- Golf
- Racquetball
- Tennis
- Tube Water Polo

Open:

- Bowling
- Kickball
- Online Fantasy Sports
- Paintball
- Pumpkin Carving
- Sand Volleyball
- Ultimate
- Wiffleball
- XBox Tournaments
- Floor Hockey
- Badminton
- Table Tennis
- Softball

M, W:

- Combine
- Benchpress



SPORT CLUBS

Sport Clubs at CSU are student-run competitive sports organizations, which 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, providing opportunities for budget management, trip scheduling, and much more.

2014-15 Sport Clubs

- | | | | |
|-----------------|---------------------|-----------------------|---------------------------|
| Alpine Ski | Figure Skating | Rodeo | Tennis |
| Baseball, Men's | Ice Hockey, Men's | Rugby, Men's | Triathlon |
| Bowling | Ice Hockey, Women's | Rugby, Women's | Ultimate Frisbee, Men's |
| Climbing | In-line Hockey | Shotgun Sports | Ultimate Frisbee, Women's |
| Crew | Lacrosse, Men's | Soccer, Men's | Volleyball, Men's |
| Cycling | Lacrosse, Women's | Soccer, Women's | Volleyball, Women's |
| Disc Golf | Logging Sports | Swimming | Wrestling |
| Field Hockey | Polo | Synchronized Swimming | |



MEMBER SERVICES

Equipment Rentals

Campus Recreation offers a full-service gear rental program at discounted rates. 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 and rentals are available by semester or for a full year. Purchase a lock at the Service Center or bring your own for day-use lockers. Locks and items left in day-use lockers will be removed nightly. Visit our website for locker rental dates, sizes, and prices.

Drop-in Activities

Drop-in sports and activities are offered throughout the year including volleyball, badminton, racquetball, table tennis, and indoor soccer. Visit our website for the most up-to-date drop-in schedules. Equipment for drop-in sports is available to members at the Equipment Desk in the Student Rec Center.



Massage

Take advantage of our Massage Therapy Program to relieve tense muscles, eliminate discomfort, recover from a strenuous workout, or induce relaxation. Our skilled, registered therapists offer a variety of massage techniques available in 30 minute, 60 minute, or 90 minute sessions. The Massage Therapy program is open to CSU students, the CSU community, and guests. Massages are available for purchase through the Service Center and must be scheduled at least 24 hours in advance. To schedule a massage, stop by the Student Rec Center, or call (970) 491-6359 and press 9 when prompted. Payment is due at time of scheduling.

Registration Info

Campus Recreation
Student Recreation Center
8027 Campus Delivery
Fort Collins, CO 80523-8027

All registrations take place at the Student Rec Center Service Center. Payment must be made at the time of registration. Age requirements, refunds, and cancellation info is available online.

Contact Info

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
Aquatics	(970) 491-6359
Challenge Course	(970) 491-0969
Outdoor Program	(970) 491-1669

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.