

# Informal Recreation Schedule

## Fall 2017

Get started on the path to good health and create memorable experiences with **Campus Recreation**. For just \$15 per semester, your **Campus Recreation** membership provides access to all intramural programs, recreational swimming, fitness classes, weight and fitness rooms, and recreational open gym.

### How to pay a recreation fee:

- Campus Recreation Office anytime during the semester, charge your Bursar account.
- Paid during registration for IUPUI academic classes.
- All cash/credit card at the IU Natatorium Pro Shop (pool deck level, PE/NT building).

### Campus Recreation Office: (PE 043; Phone: 317-274-2824)

- Monday-Friday, 8:30 am - 5:00 pm

### Pro Shop hours:

- Monday-Thursday, 5:30 am - 8:00 pm
- Friday, 5:30 am – 7:00 pm
- Saturday, 8:00 am - 11:00 am.

\*You must carry your valid IUPUI ID/Jag Tag in this facility at all times for entrance and access to all of the facilities.

## RECREATION SEMESTER MEMBERSHIP FEE

add to your Bursar account at the Campus Recreation Office or cash/credit card at the IU Natatorium Pro Shop

IUPUI Student	\$15.00	Valid thru January 5
IUPUI Faculty/Staff	\$83.00	Valid thru January 5
IU Health Staff	\$84.00	Valid thru January 5

All Fitness Classes, Swimming, Open Gym, the [Department of Kinesiology Strength and Conditioning Lab PE061](#) in the PETM facility are all included in membership at no additional cost.

The Department of Kinesiology, with its continued commitment on promoting a physically active lifestyle, is proud to announce it is making available their academic space known as the *Kinesiology Strength and Conditioning Lab* (PE 061) to Campus Recreation for their student-centered programming efforts.

In an effort to promote lifelong wellness and support academic success, IUPUI and Campus Recreation have partnered with NIFS to provide discounted fitness opportunities to NIFS for all full- and part-time IUPUI students. For more information about NIFS fee visit our website under "Memberships."

## JOIN OUR TEAM

Get paid to hit the gym. **Campus Recreation** employs more than 60 students, giving you the opportunity to gain valuable work experience and be a part of the inclusive IUPUI community. Lead the action as a fitness instructor, official, or scorekeeper, or join the team as an area supervisor, intramural supervisor, student coordinator, or office assistant.

Join our team at [campusrec.iupui.edu/Work with Campus Rec](http://campusrec.iupui.edu/Work%20with%20Campus%20Rec)



## INTRAMURALS FALL 2017

Have fun, build teamwork, and sharpen your leadership skills through IUPUI's intramural and club sports programs. With nearly 15 intramural leagues and 10 club sports participating in year-round activities, the opportunities are endless.

Sand Volleyball	•	Entry Deadline	September 6 <sup>th</sup>
Flag Football League	•	Entry Deadline	September 6 <sup>th</sup>
Soccer League	•	Entry Deadline	September 6 <sup>th</sup>
Indoor Volleyball	•	Entry Deadline	October 18 <sup>th</sup>
Basketball Tourney	•	Entry Deadline	November 8 <sup>th</sup>

## Get in the game

Intramural Sign-Ups & Register Intramural Team Online at: [www.imleagues.com/iupui](http://www.imleagues.com/iupui)



## INFORMAL RECREATION FALL 2017

Meet your fitness goals with a variety of **Campus Recreation** classes. Whether you're looking to ramp your heart rate with indoor cycling or Zumba, or you're interested in building strength and flexibility with weights and yoga, **Campus Recreation** has the class for you.

### OPEN GYM (PE 150) (BASKETBALL & VOLLEYBALL)

Available for use on an informal basis when intramural league play and athletic events are not scheduled. Subject to change. Check out monthly online calendar for notices & closures.

- Monday- Friday • 8:00 pm – 11:00 pm
- Saturday-Sunday • 2:00 pm – 7:00 pm

### DEPARTMENT OF KINESIOLOGY STRENGTH AND CONDITIONING LAB (PE061)

Lifting platforms, power racks, plate loaded strength, selectorized strength, and body weight machines, resistance bands

- Monday- Friday • 4:00 pm – 11:00 pm
- Saturday-Sunday • 2:00 pm – 7:00 pm

Note: room capacity for Campus Recreation hours does not exceed 28 participants at any one time

Note: no cardiovascular equipment (no treadmills, no ellipticals)

### IU NATATORIUM-RECREATIONAL SWIMMING

(LAP SWIM • NAT FRONT DESK 274-3518)

All swimming is included in membership at no additional cost.

#### PRO SHOP

- Monday- Thursday 5:30 am – 8:00 pm
- Friday 5:30 am – 7:00 pm
- Saturday 8:00 am – 11:00 am
- Sunday CLOSED

#### POOL HOURS

- Please see the Natatorium website for Lap Swim hours. [www.iunat.iupui.edu](http://www.iunat.iupui.edu)
- Closing schedule published monthly.

### CAMPUS REC. OUTDOOR FACILITIES (CROF)

Softball Fields, South Quad Fields and Campus Rec Outdoor Facility at Lockefield Green

#### CROF Sand Volleyball and Outdoor Basketball Courts Hours:

- Monday- Sunday • 8:30 am – 10:00 pm

The National Award winning outdoor recreational facility is available for informal use when intramural league events are not scheduled. Outdoor facilities available as weather permits.

**FITNESS CLASSES** All classes are included in membership at no additional cost

Get up-to-date lists of Campus Recreation fitness classes  
at:



### **INDOOR CYCLING TRAINING**

SPIN YOUR WHEELS with Indoor Cycling Training. Indoor Cycling is a high-energy class with great music. This class consists of riding a varied mixture of flats, hills & sprints while burning calories all the way!

### **TURBO KICK**

Fast paced kick boxing workout mixed with hip hop moves for a cardio workout!

### **YOGA**

All Yoga classes are included in membership at no additional cost.

### **ZUMBA®**

All classes are included in membership at no additional cost.

### **IMPORTANT DATES**

(LOOK FOR POSTED MONTHLY CALENDARS FOR UPCOMING EVENTS & CLOSINGS.)

#### **Campus Recreation Fall Schedule Begins**

August 21<sup>st</sup>

#### **Labor Day**

September 1<sup>st</sup> - September 4<sup>th</sup> ----- CLOSED

#### **Fall Break**

October 13<sup>th</sup> - October 17<sup>th</sup> ----- CLOSED

#### **Thanksgiving Break**

November 22<sup>nd</sup> - November 26<sup>th</sup> ----- CLOSED

#### **Last Day of Informal Recreation:**

Friday, December 15<sup>th</sup>

#### **Spring 2018 Campus Recreation Schedule Begins**

January 8<sup>th</sup>

The above schedule is SUBJECT TO CHANGE according to changes in the physical education academic schedule, the general recreation schedule and the athletic schedule. Changes will be posted as much in advance as possible.



**IUPUI**  
CAMPUS RECREATION  
Division of Student Affairs



Get up-to-date lists of Campus Recreation fitness classes



Indoor Cycling  
Classes by

**MATRIX**

