Welcome to Recreation Services
Spring 2019
Fit For Life
The mission of Recreation Services is to enhance the personal, professional, and academic lives of university students, faculty, and staff through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus-wide initiatives. Recreation Services staff are committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

UNI Recreation Services plays an important role in the lives of students, faculty, staff, and the UNI community. Recent re-search shows that students who frequent collegiate recreation centers improve time management skills, develop friendships, and have higher GPAs. Recreation Services strives to help the UNI community through programs which address one’s health, wellness, and recreation needs. We complete this through a comprehensive collegiate recreation program including: aquatics, certifications, fitness, intramurals, outdoor recreation, sport clubs, and youth programs. I hope that you find information about your desired programs in this publication. If you have questions, I urge you reach out to one of our staff via phone, email, social media, or by stopping by the main office at WRC 101.

Christopher B. Denison, Ed.D.
Recreation Services Director
(319) 273-7160
christopher.denison@uni.edu
Facility and family hours are posted in a number of locations including signage in the WRC and Health Beat, on the Recreation Services website and the Fusion App. See program pages for program-specific hours. Hours are subject to change by semester.

**Family Hours**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>5pm – 8pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8am – 6pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1pm – 8pm</td>
</tr>
</tbody>
</table>

Additional hours during break periods.

**Activity & Racquetball Courts, Fitness Area & Indoor Track**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Thursday</td>
<td>6am – 8am</td>
</tr>
<tr>
<td></td>
<td>12pm – 1pm</td>
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<tr>
<td></td>
<td>3pm – 11pm</td>
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<tr>
<td>Friday</td>
<td>6am – 8pm</td>
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<tr>
<td>Saturday</td>
<td>8am – 6pm</td>
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<tr>
<td>Sunday</td>
<td>1pm – 11pm</td>
</tr>
</tbody>
</table>

WRC Paid Users may bring community members to the WRC as guests (up to four guests per host). The cost of a day pass is $8 per guest, which the WRC Paid User may purchase at the WRC welcome desk via uBill charge or payroll deduction.

**Facility Rental & Rates**

The WRC may be rented for family, corporate, or other special events. Contact Luke Bartlett for facility rental pricing or visit www.recreation.uni.edu/reserve for more information.

**Membership Information**

**WRC Users**

Use of the Wellness/Recreation Center (WRC) plus satellite facilities that offer programs and services provided by Recreation Services are available during scheduled recreation hours to the following recognized university personnel:
- Currently enrolled students (& spouses).
- Hawkeye Community College and Allen College students living on campus in the Residence Halls.
- Faculty/staff, retirees, alumni (& spouses).
- A student not enrolled in summer classes, a university-sponsored visiting professor/artist, or a student from another college in town during the summer or interim periods.

Check with the Recreation Services office for WRC pass options and costs or prices. If there is an accommodation you need in order to participate in a Recreation Services program or activity, please contact WRC 101 at (319) 273-6275.

**User Fees**

Check our website for current WRC User Fees: recreation.uni.edu/membership

**How to Join**

Eligible users may register for an annual pass, towel service, and other recreation programs/services via online registration links on our website (recreation.uni.edu) or by stopping by the Recreation Services office in WRC 101.

**Guest Sponsorship**

WRC Paid Users may bring community members to the WRC as guests (up to four guests per host). The cost of a day pass is $8 per guest, which the WRC Paid User may purchase at the WRC welcome desk via uBill charge or payroll deduction.
FIT CLASS PASS

Pay one fee and attend any class (excluding the Powerlifting Competition). Bring a friend, try something NEW and then register for the Fit Class Pass! Pay by U-Bill, payroll deduct, credit card, or cash. Register online or in WRC 101 starting December 10, 2018. No refunds! Free week: January 22 — 25
No classes Jan. 21st (MLK Day) or March 18 – 22 (Spring Break).

FITNESS CLASSES INCLUDED IN THE FIT CLASS PASS

<table>
<thead>
<tr>
<th>Difficulty Level</th>
<th>Course Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Jassercise Express</td>
<td>30 mins. 12:15pm, MW, WRC 85 Take a 30-minute break over your lunch hour. Jassercise uses body-blasting music mixes and fuses cardio, strength, Pilates, hip hop, and kickboxing to get a quick but effective workout.</td>
</tr>
<tr>
<td>Moderate</td>
<td>Kettle and Core</td>
<td>30 mins. 5:30pm, TTH, WRC 176 This class is designed to build core muscle groups and upper body while improving posture through performing a variety of exercises.</td>
</tr>
<tr>
<td>Challenging</td>
<td>Butts &amp; Guts</td>
<td>30 mins. 6:05pm, TTH, WRC 176 A super thorough, super effective, lower body solution. If you’re looking to slim your hips, tighten your thighs, tone your butt and engage your abs this class is it. The instructor will lead you through a great mix of exercises, effectively sequenced to keep the fat burning and muscles screaming.</td>
</tr>
<tr>
<td>Advanced</td>
<td>Hydro—Fit</td>
<td>45 mins. 12:05pm, MW, Leisure Pool This invigorating class improves your cardio endurance and muscular strength using the buoyancy and resistance of the water.</td>
</tr>
<tr>
<td>Advanced</td>
<td>Aqua Zumba</td>
<td>45 mins. 12:05pm, TTH, Leisure Pool Add spice to your regular workout by diving into Aqua Zumba. Using energizing music with specific movement patterns, this class is a complete workout without high impact on your joints.</td>
</tr>
</tbody>
</table>

PRICES

<table>
<thead>
<tr>
<th>Students</th>
<th>Employees</th>
<th>Alumni/Affiliate</th>
<th>FREE WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>$35</td>
<td>$50</td>
<td>$70</td>
<td>January 22 - 25</td>
</tr>
</tbody>
</table>

FREE WEEK

January 22 - 25
### WEEKLY CALENDAR

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>6:10 am</strong></td>
<td><strong>6:10 am</strong></td>
<td><strong>6:10 am</strong></td>
<td><strong>6:10 am</strong></td>
<td><strong>6:10 am</strong></td>
</tr>
<tr>
<td>Cardio HIIT WRC 176</td>
<td>Fighter Body WRC 87</td>
<td>Cardio HIIT WRC 176</td>
<td>Fighter Body WRC 87</td>
<td>Cycle WRC 85</td>
</tr>
<tr>
<td>Cycle WRC 85</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>7:10 am</strong></td>
<td><strong>7:10 am</strong></td>
<td><strong>7:10 am</strong></td>
<td><strong>7:10 am</strong></td>
<td></td>
</tr>
<tr>
<td>Yoga Synergy WRC 176</td>
<td>Jump Fit WRC 87</td>
<td>Yoga Synergy WRC 176</td>
<td>Jump Fit WRC 87</td>
<td></td>
</tr>
<tr>
<td><strong>12:05 pm</strong></td>
<td><strong>12:05 pm</strong></td>
<td><strong>12:05 pm</strong></td>
<td><strong>12:05 pm</strong></td>
<td><strong>12:05 pm</strong></td>
</tr>
<tr>
<td>Hydro—Fit Leisure Pool</td>
<td>Aqua Zumba Leisure Pool</td>
<td>Aqua Zumba Leisure Pool</td>
<td>Hydro—Fit Leisure Pool</td>
<td></td>
</tr>
<tr>
<td><strong>12:10 pm</strong></td>
<td><strong>12:10 pm</strong></td>
<td><strong>12:10 pm</strong></td>
<td><strong>12:10 pm</strong></td>
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</tr>
<tr>
<td>TRX® Strong WRC 85</td>
<td>Cycle WRC 85</td>
<td>Cycle WRC 85</td>
<td>Cycle WRC 85</td>
<td></td>
</tr>
<tr>
<td>Yoga Synergy WRC 176</td>
<td>SWOLE WRC 176</td>
<td>SWOLE WRC 176</td>
<td>SWOLE WRC 176</td>
<td></td>
</tr>
<tr>
<td><strong>3:30 pm</strong></td>
<td><strong>4:15 pm</strong></td>
<td><strong>5:00 pm</strong></td>
<td><strong>5:00 pm</strong></td>
<td></td>
</tr>
<tr>
<td>Yoga Synergy WRC 85</td>
<td>Cardio HIIT WRC 176</td>
<td>Jazzercise WRC 87</td>
<td>Jazzercise WRC 87</td>
<td></td>
</tr>
<tr>
<td><strong>5:15 pm</strong></td>
<td><strong>6:05 pm</strong></td>
<td><strong>6:05 pm</strong></td>
<td><strong>6:05 pm</strong></td>
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</tr>
<tr>
<td>Zumba WRC 85</td>
<td>Butts &amp; Guts WRC 176</td>
<td>Butts &amp; Guts WRC 176</td>
<td>Butts &amp; Guts WRC 176</td>
<td></td>
</tr>
<tr>
<td><strong>6:00 pm</strong></td>
<td><strong>6:15 pm</strong></td>
<td><strong>6:15 pm</strong></td>
<td><strong>6:15 pm</strong></td>
<td></td>
</tr>
<tr>
<td>SWOLE WRC 87</td>
<td>Jump Fit WRC 87</td>
<td>Jump Fit WRC 87</td>
<td>Jump Fit WRC 87</td>
<td></td>
</tr>
<tr>
<td><strong>6:30 pm</strong></td>
<td><strong>6:45 pm</strong></td>
<td><strong>6:45 pm</strong></td>
<td><strong>6:45 pm</strong></td>
<td></td>
</tr>
<tr>
<td>AMRAP Health Beat</td>
<td>Yoga Synergy WRC 176</td>
<td>Yoga Synergy WRC 176</td>
<td>Yoga Synergy WRC 176</td>
<td></td>
</tr>
<tr>
<td><strong>7 pm</strong></td>
<td><strong>7:15 pm</strong></td>
<td><strong>7:15 pm</strong></td>
<td><strong>7:15 pm</strong></td>
<td></td>
</tr>
<tr>
<td>Bachelor Ride WRC 85</td>
<td>Butts &amp; Guts WRC 85</td>
<td>Cycle WRC 85</td>
<td>Butts &amp; Guts WRC 85</td>
<td></td>
</tr>
<tr>
<td>Fighter Body WRC 87</td>
<td>AMRAP WRC 85</td>
<td>Fighter Body WRC 87</td>
<td>AMRAP WRC 85</td>
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</tr>
<tr>
<td><strong>8 pm</strong></td>
<td><strong>7:10 pm</strong></td>
<td><strong>8 pm</strong></td>
<td><strong>7:00 pm</strong></td>
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</tr>
<tr>
<td>Fight Night WRC 87</td>
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</tbody>
</table>

**SPECIALTY EVENTS**

**Cycle for Dance Marathon**
All proceeds go to the UNI Dance Marathon
Fit Pass Members: $5 / Non-Fit Pass Members: $10
7pm — 8:15pm, Tuesday Feb. 19th, WRC 85
Join in this great cycling event, lead by UNI Fitness coaches. Workout to your favorite 80’s and 90’s music with chances to win small prizes along the way for the most sweat, trivia questions, fun competitions and much more! *Cash only and pay at the door. First come first serve.

**Zumba and Jazzercise for Try Pie**
All proceeds go to Try Pie Organization
Fit Pass Members: $5 / Non-Fit Pass Members: $10
7pm — 8:15pm, Wed. April 10th, WRC 85
Support the young girls of the Cedar Valley by joining in this special event and getting a great workout tool! All proceeds go to the Try Pie organization to support their mission of bringing young girls together in faith and community to make and sell homemade pies. Fitness coaches of UNI Fitness program will lead you in an hour of Zumba and Jazzercise for your fun and fitness.*Cash only and pay at the door.

Questions?
Contact me!
Dana Foster, Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu
recreation.uni.edu/fitness_classes
GET CERTIFIED!

HEALTH BEAT

TOWEL SERVICE

LOCKER SERVICE: FULL SIZE LOCKER

Full Year $50
Fall $25
Spring $25
Summer $20

LOCKER SERVICE: HALF SIZE LOCKER

Full Year $30
Fall $15
Spring $15
Summer $10

PERSONAL TRAINING

This instructor course is offered to students who are interested in becoming a personal trainer at the Wellness/Recreation Center. This ten-week, intensive class covers exercise physiology, anatomy, biomechanics, hands-on practical training, exercise programming, motivation, and coaching techniques.

Fee: $120 Public Fee: $150 WRC 104
Informational meeting Tuesday February 5th, 3:00-3:50 pm. Starts February 8th, ends April 19th.
Meets Tuesday's and Friday's from 12pm to 1:50pm and Wednesday's from 10am to 11am.

HEALTH COACHING

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in health coaching. Screening and assessment; guidelines for designing and implementing safe, effective, and purposeful exercise programs; and the legal, professional, and roles of the health coach.

Fee: $120 Public Fee: $150 WRC 104
Informational meeting Tuesday February 5th, 3:00-3:50 pm. Starts February 8th, ends April 26th.
Meets Tuesday's 3pm-3:50pm and Friday's 12 to 12:50pm.

GROUP X (GROUP FITNENSS INSTRUCTING)

This course is designed to provide theoretical knowledge and practical skills in group fitness instruction. Topics include guidelines for instructing safe, effective, exercise, the principles of motivation and communication for adherence in the group fitness setting. Practical training will cover kickboxing, cycling, interval training, and strength based classes.

Fee: $120 Public Fee: $150 WRC 104
Informational meeting Tuesday February 5th, 3:00-3:50 pm. Starts February 8th, ends April 26th.
Meets Tuesday's 3pm to 3:50pm and Friday's 12pm to 12:50pm.

YOGA INSTRUCTOR

This informative workshop gives you the tools to teach vinyasa yoga classes. The training includes physical execution, pose breakdowns, transitions, leadership skills with emphasis on effectiveness and safety.

Fee: $150 WRC 87 Saturday Feb. 23, 10am-5pm & Sunday Feb. 23 11am-4pm.
*All Certifications are open to the public without commitment to work at UNI. Certification upon completion.

WORKOUT FACILITIES

While the WRC fitness center is closed during academic hours, the Health Beat is open throughout the weekday for your convenience. Health Beat can be found on the ground level of the Maucker Union to the north of the food court in the tunnel connection between Maucker Union and Lang Hall. The free weight room and WRC fitness area are also open throughout the year. WRC summer and interim break hours differ from those listed below; check the Recreation Services website for those hours (recreation.uni.edu/hours).

WRC FITNESS AREA

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Thursday</td>
<td>6am – 8am</td>
</tr>
<tr>
<td></td>
<td>12pm – 1pm</td>
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<tr>
<td></td>
<td>3pm – 11pm</td>
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<tr>
<td>Friday</td>
<td>6am – 8am</td>
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<tr>
<td>Saturday</td>
<td>8am – 6pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1pm – 11pm</td>
</tr>
</tbody>
</table>

Facility Features
- Magnum strength training equipment
- Dumbbells
- Precor
- Life Fitness
- Octane
- Sci Fit
- Recumbent and upright bikes
- Expresso bikes
- AMT's
- Steppers
- Elliptical machines
- Cross trainers
- Treadmills
- Rowers

HEALTH BEAT

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Thursday</td>
<td>11am – 6:30pm</td>
</tr>
</tbody>
</table>

Facility Features
- Magnum strength training machines
- Dumbbells
- Precor
- Life Fitness
- Octane
- Sci Fit
- Recumbent and upright bikes
- AMT's
- Steppers
- Elliptical machines
- Cross trainers
- Treadmills
- Rowers

FREE WEIGHT ROOM

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday – Friday</td>
<td>6am – 8am</td>
</tr>
<tr>
<td></td>
<td>12pm – 10pm</td>
</tr>
<tr>
<td>Friday</td>
<td>12pm – 5pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>1pm – 6pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>3pm – 10pm</td>
</tr>
</tbody>
</table>

Facility Features
- Squat racks
- Power lift platforms
- Cybex strength training equipment
- Dumbbells
- Benches
- Kettlebells

Questions? Contact me!
Kristy Leen, Ed.D.
Assistant Director:
Operations
(319) 273-7167
kristy.leen@uni.edu
recreation.uni.edu/wrs_facilities#fitness_area
SUMMIT THE HEIGHTS of one of the most unique features in the UNI community! The wall is 38.5 feet tall with almost 3,000 square feet of climbing on 11 different ropes. The wall even has a bouldering section! Climbing develops strength, endurance, confidence, and physical skills for all fitness levels. We provide the equipment, belaying, and coaching. Enjoy the fun and challenge of climbing!

**OUTDOOR EQUIPMENT RENTAL**

We have awesome equipment available to rent for all of your outdoor fun! Note: The asterisk (*) indicates university prices.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe/sit-on-top Kayak</td>
<td>Canoe, Paddles, PFDs, Car Top Supplies</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Canoe Trailer</td>
<td>6 and 8 Rack</td>
<td>Inquire</td>
<td>Inquire</td>
<td>Inquire</td>
</tr>
<tr>
<td>Sit-In Kayaks</td>
<td>Kayak, Paddle, PFD</td>
<td>$20*/30</td>
<td>$35*/50</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Paddleboards</td>
<td>Stand-Up Paddleboard, Paddle, PFD</td>
<td>$20*/30</td>
<td>$35*/50</td>
<td>$70*/85</td>
</tr>
<tr>
<td>2-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>3-Person Tent</td>
<td>Mountain Hardwear</td>
<td>$8*/20</td>
<td>$15*/25</td>
<td>$25*/40</td>
</tr>
<tr>
<td>3-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$8*/15</td>
<td>$12*/20</td>
<td>$22*/33</td>
</tr>
<tr>
<td>4-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$10*/18</td>
<td>$13*/23</td>
<td>$23*/35</td>
</tr>
<tr>
<td>5-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$12*/20</td>
<td>$15*/25</td>
<td>$25*/40</td>
</tr>
<tr>
<td>Dry Bags</td>
<td>Waterproof River Pack</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Backpack</td>
<td>Lowe Alpine / Deuter Internal</td>
<td>$7*/12</td>
<td>$12*/20</td>
<td>$24*/30</td>
</tr>
<tr>
<td>Sleeping Bags</td>
<td>Mountain Hardwear 0° / Marmot 0°</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>Ridgerest Foam</td>
<td>$2*/5</td>
<td>$3*/7</td>
<td>$6*/12</td>
</tr>
<tr>
<td>1-Burner Stove</td>
<td>Whisperlite</td>
<td>$3</td>
<td>$6</td>
<td>$16*/20</td>
</tr>
<tr>
<td>2-Burner Stove</td>
<td>Coleman</td>
<td>$5*/10</td>
<td>$16*/20</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Snowshoes</td>
<td>Atlas</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Cross-Country Skis</td>
<td>Various Types</td>
<td>$10*/12</td>
<td>$15*/20</td>
<td>$20*/30</td>
</tr>
</tbody>
</table>

**COMMUNITY CLIMBING**

Unlike other areas of the WRC, the climbing wall is available for use by the general community. If you have questions about community climbing, please contact Tim Klatt at timothy.klatt@uni.edu or at (319) 273-7120.

**BIKE MAINTENANCE**

Questions? Contact me!
Andy Martin, Ed.D. Outdoor Recreation Coordinator
(319) 273-7164 andrew.martin@uni.edu
recreation.uni.edu/outdoor_recreation

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Day</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil/Lube</td>
<td></td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>Bike Cleaning</td>
<td></td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>Fix—A—Flat</td>
<td>(Includes Tube)</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>Mini Tune</td>
<td></td>
<td>$35</td>
<td></td>
</tr>
</tbody>
</table>

*Hours subject to change for academic classes
Spring UNI Outdoors
Office Hours
Monday & Friday:
9am – 5pm
Tuesday – Thursday:
12pm – 5pm
Spring Climbing
Wall Hours
Monday – Thursday:
4pm – 10pm
Friday: 4pm – 8pm
Saturday: 1pm – 5pm
Sunday: 7pm – 10pm

Location: Cedar Falls, IA
Date: 5pm, Tuesday Nights Jan. 22 — Feb. 26
Cost: $10

The mountains are calling! Come with us to adventure in Teton National Park for some astonishing day hiking, and whitewater rafting on the Snake River before bidding civilization goodbye. Then we will head into the ruggedly beautiful Wind River Range where we will spend 4 days and 4 nights in the backcountry. Come ready for a moderate physical challenge, and altitude. Be ready to saturate yourself in an awe inspiring land and unleash your wild side! Pre-trip meeting July 20 at 5pm.

Location: Teton National Park, & Wind River Range, WY
Date: August 2 — 11
Cost: Student $600, Univ. $650 & Guest $700

Spend some time with UNI Outdoors while cross-country skiing on our freshly groomed west campus recreation trail. Snow permitting, meet in the outdoor recreation office WRC 174 to gear up and head out to the trails. Skis, boots, headlamps & hot cocoa provided. No experience is necessary, dress for the weather!
those willing to walk a different path. Imagine hiking into the Grand Canyon, exploring Escalante National Monument, peering up at the Tetons, cross-country skiing through a wooded forest, or canoeing down a scenic river. Through UNI Outdoors, you can do any of these activities and more! We can provide you with fun and educational experiences that you will remember for the rest of your life. No experience is necessary, so sign up today!

**NOLS WILDERNESS FIRST AID**
- **Location:** Cedar Falls, IA
- **Date:** January 26 — 27
- **Cost:** Student $255, University, Guest $255

Fast paced and hands-on, this two day course covers a wide range of wilderness medicine topics. WMI's curriculum includes many advanced topics such as dislocation reduction, focused spinal assessment and epinephrine administration. In two days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations. This course does not include CPR.

**ROCK REVOLUTION 20TH ANNIVERSARY**
- **Location:** Cedar Falls, IA
- **Date:** March 2, Competition starts at 9am
- **Cost:** Student $35, Univ. $40, Guest $50

UNI’s own 20th annual climbing competition is a sure shot for a good time! Rock Revolution is a friendly and fun spirited competition open to climbers of ALL skill levels. Early Registration (By Feb. 22): $35 Late Registration (Feb. 23 - Mar. 1): $40 Day-of Registration (Mar. 2): $50

**SANDSTONE ICE CLIMBING**
- **Location:** Sandstone, MN
- **Date:** February 1 — 3
- **Cost:** Student $120, Univ. $135, Guest $150

Have you ever wanted to climb frozen waterfalls or cliffsides? Sandstone, Minnesota’s Robinson Park has some of the best farmed ice in the region! Boots, crampons, ice axes, and other technical gear provided. Join UNI Outdoors on this awesome adventure and test your skills in the unique sport of ice climbing!

**BACKPACKING GILA WILDERNESS**
- **Location:** New Mexico
- **Date:** March 15 — 24
- **Cost:** Student $600, Univ. $650, Guest $700

Join us as we scratch the surface of what New Mexico has to offer. We will backpack one of the oldest designated wilderness areas in the country, spending 5 days and 4 nights in the backcountry, while hiking over 30 miles in pristine wilderness. $50 discount if paid-in-full by February 1. *Pre-trip meeting March 4 at 5pm.*
UNI Outdoors is dedicated to making all programs enjoyable, safe, and environmentally friendly for all adventure trip participants. We strive to educate our fellow students on the importance of being a positive steward of the natural environment.

Questions? Contact me!

Andy Martin, Ed.D.
Outdoor Recreation Coordinator
(319) 273-7164
andrew.martin@uni.edu
recreation.uni.edu/outdoor_recreation

CANOEING BLACK CANYON

Location: Black Canyon, AZ
Date: March 15 — 24
Cost: Student $650, Univ. $700, Guest $750

After touring the historic Hoover Dam, we’ll launch our canoes in its 726-foot shadow. During the next three days of canoeing through the Colorado River’s Black Canyon, we’ll stop to explore numerous side canyons which harbor thermal pools in the shadows of slot-canyon walls. In addition to canoeing, we will backpack in Utah’s Capital Reef National Park. $50 discount if paid-in-full by February 1. Pre-trip meeting March 5 at 5pm.

BACKPACKING BUFFALO RIVER

Location: Ponca, Arkansas
Date: April 4 — 7, Thursday Departure
Cost: Student $120, University $130, Guest $140

Enjoy backpacking and hiking in one of the most pristine outdoor recreation areas in Arkansas. We will backpack in the beautiful Ozark Mountains and see some of the most glorious waterfalls the area has to offer. The scenery will be breath-taking! All equipment is provided. Pre-trip meeting March 26 at 5pm.

PADDLERS TRAIL

Location: George Wythe State Park, IA
Date: January 26 — 27
Cost: Student $25, Univ. $30, Guest $35

Want a quick adventure to take a break from studying? Join UNI Outdoors as we explore the local waterways by winding and portaging through the paddlers trail in the George Wythe State Park area. We’ll supply all the gear, all you need is to bring an adventurous spirit. Please sign-up in advance!

ROCK CLIMBING

Location: Horseshoe Canyon Ranch, AR
Date: April 4 — 7, Thursday Departure
Cost: Student $120, Univ. $130, Guest $140

Come with us to the one-of-a-kind Horseshoe Canyon Ranch, nestled in the beautiful Ozark Mountains of Northern Arkansas! Horseshoe Canyon has over 300 climbing routes along with some world-class bouldering. On top of the superb climbing, you will also have a unique experience with the horses, goats, and potbelly pigs that roam free. Pre-trip meeting March 26 at 5pm.

WHITEWATER RAFTING

Location: Peshtigo River, WI
Date: April 12 — 14, Thursday Departure
Cost: Student $120, University $130, Guest $140

Join us as we travel to Peshtigo River for a weekend of whitewater rafting and camping. During this adventure you will be challenged for 4 1/2 miles and encounter seven major rapids, and guess what? Wetsuit, booties, spray jackets and gloves provided. Ability to swim is a prerequisite. Pre-trip meeting March 26 at 5pm.

WOMEN’S CLIMBING

Location: Jackson Falls, IL
Date: April 11 — 14, Thursday Departure
Cost: Student $120, University $130, Guest $140

Ladies come crank hard on the world famous sandstone for a weekend of bouldering and climbing in Jackson Falls, Southern Illinois. Featured in Rock and Ice Magazine and climbing videos, this area offers some of the best climbing around. Combine that with the natural beauty of spring, and you’ve got yourself an adventure not to be missed. Pre-trip meeting April 2 at 5pm.

ARAP CONFERENCE

Location: Horseshoe Canyon Ranch, AR
Date: April 12 — 14, Thursday Departure
Cost: TBD

The Arkansas Adventure Programming Conference is a student centered weekend for individuals who want to connect with other outdoor educational enthusiasts. Whether you are a part of a seasoned outdoor program, or simply have a passion for the outdoors, the Arkansas Adventure Programming Conference is for you!
DEVILS LAKE CLIMBING

**Location:** Baraboo, WI  
**Date:** April 26 — 28, Friday Departure  
**Cost:** Student $80 University $90, Guest $100

Elevate your sense of adventure to new heights while suspended 500 feet above Devil’s Lake. You will discover the awesome beauty and wonder of the Baraboo Range. Suspend your disbelief in preparation for this stunning world class quartzite boasting more than 1,700 routes. **Pre-trip meeting April 15 at 5pm.**

CANOE AND KAYAK

**Location:** Kickapoo River, WI  
**Date:** April 26 — 28, Friday Departure  
**Cost:** Student $80, Univ. $90, Guest $100

The Kickapoo gets its name from an Algonquin word that means “he who goes here, then there,” as its one of the nation’s most winding rivers. A journey down the Kickapoo will provide you a glimpse at one of the oldest river systems. **Pre-trip meeting April 17 at 5pm.**

CANOEING RIO GRANDE

**Location:** Rio Grande River, TX/Mexico  
**Date:** May 13 — 22  
**Cost:** Student $500, Univ. $550, Guest $600

Explore one of the last wild and remote rivers in the Southwest! This 83 mile stretch of river has over 1,000 foot canyon walls, wild burros, and lots of warm desert sunshine. We may even soak in hot springs! Swimming skills are a prerequisite. **Pre-trip meeting April 29 at 5pm.**

TRIP LEADERS

Allison  
Emily  
Faustine  
Lily  
Logan  
Noah  
Tyler

OTHER INFO

Trip/Clinic Registration  
Trip registrations take place in the UNI Outdoors office, WRC 174. Trips are open on a first-come, first-served basis. Late cancellation policies apply.

UNI Outdoors Retail  
Running low on chalk or searching for a nalgene to put some of your stickers on? Stop into WRC 174 to look at our selection of retail items.

Getting Involved  
Students interested in trips or in becoming more involved with our program should contact - at (319) 273-7163. Very little, if any, previous experience is necessary for our outdoor recreation trips/programs.

SKILLS CLINICS

Have you ever wanted to learn a new adventure skill but never had the means? We will be offering monthly clinic sets focusing on one of three skills including climbing, kayaking, and outdoor skills.

Top Rope Belay Clinic  
**Dates:** Please check Fusion for Clinic times  
**Time:** 7 PM—10 PM, WRC 174  
**Cost:** University $15, Guest $25  
Learn the basics of climbing gear, safety, and belaying on UNI’s climbing wall. This “hands-on” clinic is designed to teach you everything you need to know to become belay certified on the UNI climbing wall. Along with proper belaying techniques, this clinic covers the use of knots, belay devices, and other safety equipment.

Log Rolling  
**Date:** Feb. 4, and Feb. 18  
**Time:** 7PM—9PM, WRC Pool  
**Cost:** Free  
Log rolling was developed by lumberjacks while guiding logs downriver and is the art of balancing on a floating log. UNI Outdoors will be providing you the opportunity to channel your inner lumberjack in the comfort of the pool.
MAKE WAVES

in the Wellness/Recreation Center pools, which consist of an eight-lane 25-yard lap pool, a leisure pool, and a spa. Aquatics programs range from Paddling Panthers swimming lessons and American Red Cross Lifeguarding and Water Safety courses to adult swim lessons, water aerobics, and lap and recreational swimming.

**Lap & Leisure Pool Hours**

<table>
<thead>
<tr>
<th>Leisure Pool</th>
<th>Lap Pool</th>
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<tr>
<td>Monday–Thursday</td>
<td>Monday, Wednesday, Friday</td>
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<tr>
<td>7pm–9pm</td>
<td>6am–7:50am</td>
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<tr>
<td>Friday</td>
<td>Monday–Friday*</td>
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<tr>
<td>5pm–7:30pm</td>
<td>11:30am–1pm</td>
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<td>Saturday</td>
<td>Monday–Thursday**</td>
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<td>12pm–5pm</td>
<td>5pm–9pm</td>
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<tr>
<td>Sunday</td>
<td>Friday</td>
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<tr>
<td>3pm–8pm</td>
<td>5pm–7:30pm</td>
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</tbody>
</table>

* Pool shared with academic class until 12pm
** Pool shared with Fitness Classes

**Paddling Panthers**

**Session 1:** Saturdays
9:15am, 10:15am, 11:15am
Dates: January 19, 26, 15
February 2, 9, 16, 23
March 2, 9
Leisure and lap pool

**Session 2:**
Tuesdays and Thursdays
9:45pm, 6:30pm
Dates: January 29, 31
February 5, 7, 12, 14, 19, 21
Leisure pool

**Session 3:**
Tuesdays and Thursdays
9:45pm, 6:30pm
Dates: March 26, 28
April 2, 4, 9, 11, 16, 18
Leisure pool

Paddling Panthers swim lessons include all levels of the American Red Cross Learn-to-Swim Program. Lessons are held in the WRC natatorium and are taught by American Red Cross-certified Water Safety Instructors. All sessions are comprised of eight lessons. All participants in this program will be assessed on the first day of class to ensure proper class level enrollment.

Lessons are available to family members of UNI students, faculty, staff, and alumni.

**Private Lessons**

Private lessons may be taken at any skill level. These lessons are separate from group lessons, are offered any time the WRC is open for open rec hours, and are based on instructor availability. There is a one participant to one instructor ratio. Lessons are 30 minutes long. Students must be at least three years old to enroll. Please contact us at swimlessons@uni.edu for more information concerning private lessons.

Small personalized class for persons of all abilities who want to learn basic swimming skills or who wish to perfect their strokes. This class also offers a good environment for students preparing their swimming skills for a lifeguarding or water safety instructor course, and ROTC.

**Registration**

To register online or to view swim level information, visit recreation.uni.edu/paddling_panthers.
to save lives! Gain skills and certification through private group classes. Classes can be held at the WRC or at your location on campus. To schedule a class, please call Meredith Gregg in the WRC office at (319) 273-7263.

**CPR**

- **CPR/AED for the Professional Rescuer**
  - 12pm – 6pm, April 7th, WRC 150
  - $90 – UNI Student
  - $95 – Non-UNI Student
  - This course trains instructor candidates to teach American Red Cross Lifeguarding, Lifeguard Management, CPR/AED for Lifeguards, Administering Emergency Oxygen, Bloodborne Pathogens Training, Preventing Disease Transmission and Basic Water Rescue courses.

- **Community CPR (Adult, Child, and Infant CPR/AED)**
  - 5pm – 9pm, March 25, WRC 155
  - $80 – UNI Student
  - $85 – Non-UNI Student
  - Gain the skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, children, and infants until EMS arrives.

- **First Aid**
  - 5pm – 8pm, March 4, WRC 155
  - $55 – UNI Student
  - $60 – Non-UNI Student
  - Provides the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until EMS arrives.

- **Bloodborne Pathogens Training: Preventing Disease Transmission**
  - 5pm – 6pm, March 3, WRC 150
  - $30 – UNI Student
  - $35 – Non-UNI Student
  - Trans and provides individuals with an understanding of the intent of the Bloodborne Pathogens regulation issued by OSHA. The following topics will be covered: how disease transmission occurs, diseases of greatest concern, precautions to prevent disease transmission, and steps to take if an exposure occurs.

**Aquatics**

- **Lifeguard Training‡**
  - Feb. 1 – 3, WRC 150
  - March 1 – 3, WRC 150
  - March 29 – 31, WRC 150
  - April 12 – 14, WRC 150
  - April 26 – 28, WRC 150
  - May 17 – 19, WRC 150
  - Friday 4 – 10pm
  - Saturday 8am – 8pm
  - Sunday 8am – 6pm
  - $185 – UNI Student
  - $195 – Non-UNI Student
  - The lifeguarding program provides participants with knowledge and skills to prevent, recognize, and respond to aquatic emergencies. It also includes training in First Aid and CPR/AED for the Professional Rescuer. Must be at least 15 years of age before the end of the course.

- **First Aid**
  - May 5, 8am – 8pm
  - WRC 150
  - $105 – Non-UNI Student
  - This course is a renewal for those who hold a current (within 30 days) lifeguarding/CPR/AED/First Aid certificate. Includes CPR/AED and

**Registration**

To register or view registration policies, visit recreation.uni.edu/certifications.

Questions? Contact me!
Meredith Gregg,
Aquatics & Certifications Coordinator
(319) 273-7263
greggmab@uni.edu
recreation.uni.edu/aquatics
Sports Clubs

Engage in the sport club program, which provides students an opportunity to participate in a common sport or activity by organizing and managing clubs according to interests. Through the formation, governance, and participation in sport club activities, you can develop co-curricular leadership and sport skills, experience competitive events, travel to other schools, and enjoy social interactions. Consider joining a club that interests you or getting a group together and creating a new one!

Current Clubs

- Baseball
- Bowling
- Climbing
- Cycling
- Disc Golf
- Men's Rugby
- Men's Soccer
- Men's Ultimate Frisbee
- Men's Volleyball
- Panther Pacers Running
- Ski & Snowboard
- Swimming
- Tennis
- Triathlon
- Women's Rugby
- Women's Soccer
- Women's Ultimate Frisbee
- Women's Volleyball

Join a Club

Participation in a UNI sport club is open to all students of the University of Northern Iowa. No minimum GPA or athletic skill level is required for participation. UNI Faculty/Staff can participate in sport clubs with limited eligibility requirements. For more information, please see the eligibility section of the 2016-2017 UNI Sport Club Handbook at www.uni.edu/recreation/sport_forms.

Any student may form a new sport club if there is sufficient student interest/participation in the sport or physical activity. You may begin the process of starting a new club by submitting a UNI sport club creator form and by setting up a meeting with the UNI sport club coordinator.

Registration

If you are interested in joining an established club, go to www.uni.edu/forms/scf/join. To see the list of current sport clubs with links to their website or Facebook page, click on the Current Sport Clubs tab at www.uni.edu/recreation/sport_clubs.

Questions? Contact me!
Luke Bartlett,
Assistant Director Facilities and Competitive Sports
(319) 273-4768
luke.bartlett@uni.edu

Questions?
Cindy Klatt,
Youth Programs Coordinator
(319) 273-5528
cynthia.klatt@uni.edu
recreation.uni.edu/intramural_sports

Youth Programs

Action-Packed Days

With our programs are sure to be a blast! Recreation Services offers a variety of youth programs throughout the year including sports camps, climbing camp, babysitter certification, outdoor adventure camp, and junior lifeguarding.

Camps

All-Sports Camps
Recreation Services hosts this all-sports camp over the course of the school year. Kids participate in flag football, table tennis, rock climbing, basketball, swimming, kickball, baseball/softball, dodgeball, pickleball, ultimate frisbee, and nutritional and environmental presentations! For ages 6-12.

Climbing Camp
Recreation Services is excited to offer our very own climbing camp! Participants will learn skills and techniques in climbing, bouldering, and team building during this two-day camp, which is a great opportunity to practice communication, goal setting, and responsibility. No experience is necessary to participate. Spaces are limited and will be filled on a first come, first served basis. For ages 13-17.

Outdoor Adventure Camp
UNI Recreation Services is proud to offer its outdoor adventure camp. During these three action-packed days, participants enjoy activities such as rock climbing, canoeing, kayaking, hiking, fire building, animal tracking and identification, and more. No experience is necessary; however, an adventuresome spirit is required. For ages 9-12.

Junior Lifeguarding
This is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of Red Cross Lifeguarding courses. Objectives include prevention of accidents, fitness, rescue responses, leadership, and professionalism. Junior Lifeguarding is designed for youth ages 11-14 years.

Babysitting Training
Jump-start your teen’s first job with babysitting training. Youth will become excellent babysitters by learning practical skills and confidence through hands-on activities, video presentations, and classroom discussions. Topics covered include responding to emergencies, good decision-making, and communication with parents. Babysitting training is designed for youth ages 11-14 years.

Contact me!
Cindy Klatt,
Youth Programs Coordinator
(319) 273-5528
cynthia.klatt@uni.edu
recreation.uni.edu/intramural_sports
### MEN’S INTRAMURALS

<table>
<thead>
<tr>
<th>Sport</th>
<th>Entries Due</th>
<th>Play Starts*</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>Jan. 18-24</td>
<td>Jan. 28</td>
</tr>
<tr>
<td>5 on 5 Indoor Soccer</td>
<td>Jan. 18-30</td>
<td>Feb. 1</td>
</tr>
<tr>
<td>4 on 4 Volleyball</td>
<td>Feb. 4-7</td>
<td>Feb. 10</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Month of February</td>
<td>(TBA)</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Feb. 11-14</td>
<td>Feb. 15</td>
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<tr>
<td>Badminton</td>
<td>Feb. 18-21</td>
<td>Feb. 22</td>
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<tr>
<td>Dodgeball</td>
<td>March 4-14</td>
<td>March 25</td>
</tr>
<tr>
<td>3 Point Shoot</td>
<td>March 11-14</td>
<td>March 11-14</td>
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<tr>
<td>Free Throws</td>
<td>March 11-14</td>
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<tr>
<td>Hot Shot</td>
<td>March 11-14</td>
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### CO-REC INTRAMURALS

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### WOMEN’S INTRAMURALS

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### OPEN TOURNAMENTS

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<td>Pre-Season Basketball</td>
<td>Jan. 18-24</td>
<td>Jan. 27</td>
</tr>
<tr>
<td>Canoe Battleship</td>
<td>April 1-4</td>
<td>April 7</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>April 8-11</td>
<td>April 14</td>
</tr>
<tr>
<td>Spring Softball</td>
<td>April 8-11</td>
<td>April 13</td>
</tr>
<tr>
<td>11 on 11 Soccer</td>
<td>April 22-25</td>
<td>April 28</td>
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</tbody>
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### ONLINE MANAGERS’ MEETINGS

- Basketball: Jan. 22-24
- Soccer: Jan. 29

### OFFICIALS’ MEETINGS

- Basketball: Jan. 22-24
- Soccer: Jan. 29
The state-of-the-art Wellness/Recreation Center (WRC) offers you a wide range of drop-in recreation and fitness opportunities with multi-purpose areas, racquetball courts, fitness areas, indoor track, free weight room, climbing wall, lap and leisure pools, saunas, and lounge areas with table tennis tables. Equipment is available to check out, rent, or purchase. Outdoor facilities include multipurpose play fields, tennis courts, and an all-weather competitive track.