In accordance with the latest CDC guidelines on COVID-19, we have a few updates for our facilities.

- Face coverings are **no longer required** in the WRC.
- 5 on 5 pickup basketball play is **now allowed**.
- **Free admission** for UNI students to use the WRC this summer.

For more information regarding COVID-19, visit our [website here](#).

Looking to explore and try something new this summer? Check out what UNI Outdoors is offering for equipment and gear rental.

From a short outing, to a weekend excursion, we have a variety of rental periods and gear to meet your adventure needs this summer.

For more information regarding gear rental, policies, periods, and more, stop by WRC 174 or visit our [website here](#).
GROUP FITNESS

Check out the variety of summer fitness classes we have this summer!

WATER FITNESS
A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. Join us Tuesdays / Thursdays from 12:05pm - 12:50pm in the Leisure Pool. The class runs through July 1st and is prorated to $30 since it has already begun.

YOGA FOR YOU
This class places its emphasis on safe alignment and the maintaining balance of synchronized breathing, while still building strength, stability, and postural integrity. Join us Mondays / Wednesdays from 12:10pm - 1:00pm in WRC 176. The class runs until June 30th and is prorated to $30 since it has already begun.

For more information on group fitness and registering for classes, visit our website here.

PERSONAL TRAINING

Hire a personal trainer this summer and let us help you get on (and stay on) the road to success. Our trainers tailor to meet your fitness goals and will coach, cue, and motivate you every session.

Interested in hiring a certified personal trainer for the summer? Complete the intake form here on our website to get started!

For more information on personal training, visit our website here.
AQUATICS

PRIVATE AND GROUP SWIM LESSONS
Private swim lessons are available for any skill level and age. Group swim lessons are available this summer and are taught by our American Red Cross certified Water Safety Instructors. They include all levels of the American Red Cross Learn-to-Swim Program.

Both private and group swim lessons are available for family members of UNI students, faculty, staff, and alumni.

For more information on private lessons, fill out this interest form here. For more information on group lessons, contact swimlessons@uni.edu or visit our website here.

FACILITIES

The WRC will be closed Saturday, May 29th - Monday, May 31st (Memorial Day Weekend).

The WRC will also be closed Sunday, July 4th - Monday, July 5th (University Holiday).

For more information on our facility and program offerings, go to website here, download the Fusion App through the App Store or Google Play by searching ‘UNI Recreation Services’, or see our various postings around the WRC.