

UNI REC SERVICES / FACILITIES / COVID-19

RECREATION SERVICES

# COVID-19 PROTOCOL UPDATES

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.



UNI REC SERVICES / FACILITIES / COVID-19

## FACILITIES

In accordance with the latest CDC and University 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](#).

UNI REC SERVICES / OUTDOOR RECREATION

UNI OUTDOORS

# SUMMER EQUIPMENT & GEAR RENTALS

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.



UNI REC SERVICES / OUTDOOR RECREATION

## OUTDOOR RECREATION

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](#).

UNI REC SERVICES / GROUP FITNESS

SUMMER FITNESS CLASSES

# REACH YOUR GOALS

Try out our summer Group Fitness Classes! Our instructors can help you reach specific goals in areas of strength, balance, flexibility, and muscular / cardiovascular endurance.



UNI REC SERVICES / GROUP FITNESS

## 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](#).

UNI REC SERVICES / PERSONAL TRAINING

HIRE A PERSONAL TRAINER

# PLAN MOTIVATE GET RESULTS

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.



UNI REC SERVICES / PERSONAL TRAINING

## 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](#).

UNI REC SERVICES / AQUATICS / SWIM LESSONS

UNI AQUATICS

# SWIM LESSONS ARE BACK

Both group and private swim lessons are available for the summer. Lesson scheduling and availability will occur based on instructor availability.



UNI REC SERVICES / AQUATICS / SWIM LESSONS

## 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](mailto:swimlessons@uni.edu) or [visit our website here](#).*

UNI REC SERVICES / FACILITIES

RECREATION SERVICES

# SUMMER FACILITY HOURS

Summer hours at the WRC will begin on Sunday, May 9th and run through Friday, August 20th.



UNI REC SERVICES / FACILITIES

## 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 [our 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.*