

DEPARTMENT OF CAMPUS RECREATION ORIENTATION

The Department of Campus Recreation

- Welcome to the Department of Campus Recreation. We are a non-academic department within the Division of Student Services, which is primarily funded by student fees.

The Department areas include:

- HPER Center
- Aquatics
- Campus Outdoors (COPA)
- Fitness
- Group Exercise
- Intramural and Club Sports
- Challenge Course
- Outdoor Fields/Maintenance

Hours of Operation

- HPER Center
 - Monday- Thursday: 6am- Midnight*
 - Friday: 6am- 9pm*
 - Saturday: 9am- 6pm
 - Sunday: 3pm- Midnight

*The HPER Center will close for disinfecting, Monday – Friday, 2 pm – 3 pm.

- Swimming pool, summer, holiday/breaks, and inclement weather hours can be found on Campus Recreation website and social media.

Rules and Regulations for the HPER Center

- The HPER Center is not responsible for lost or stolen property. Personal items must be placed in a locker or cubby.
- We do provide lockers, but you must provide your own lock.
- For safety reasons, all coats, jackets, and bags may not be placed on the floor by the exercise equipment and not next to machines to avoid tripping hazards.
- Pre-workout must be mixed in the bathrooms or before entering the HPER to avoid mess in the facility.
- Only sealable drink containers are allowed.
- Allow others to “work-in” during peak hours in the weight/cardio room.
- Follow all policies, procedures and regulations for the use of HPER Center.

Proper HPER Center Attire

- Must wear proper athletic attire (T-shirt, athletic shorts or athletic pants and gym shoes) in the HPER Center.
- No street clothes, no cut-offs below the chest, and no sandals.
- For sanitary conditions, please refrain from wearing attire that exposes too much skin to contact surfaces.

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HPER Center Equipment Checkout

- Equipment is available at no charge.
- Daily equipment is not taken out of the HPER Center and is returned on the same day. Daily equipment is general sporting and weight room equipment.
- Overnight equipment may be checked-out for a maximum of seven (7) days and can leave the HPER Center. Overnight equipment is general outdoor sporting equipment.
- The Equipment Check-Out room is located in the HPER Center, at the desk between the weight room and cardio room.
- Equipment lost, broken, or damaged must be paid for at the replacement cost.

Membership

- Members may purchase a membership for their spouse or a family membership.
- Members may also bring a guest for a fee.

*No guests and no Alumni memberships.

Aquatics Center

- The pool is a 6 lane, by 25 yards and goes from 4ft. to 12ft.
- Includes a rock wall and 1 meter diving board.

Cardio Room and Mezzanine

- Types of cardio equipment includes:
- Treadmills, elliptical, step trainers, Jacob's ladder, recumbent bicycles, rowers, etc.
- Safety clips on treadmills must be worn at all times while on treadmills.
- Do not read or talk on the cell phone while on the treadmills.

Weight Room

- Types of weights and machines includes:
 - Free weights
 - Hoist Selectorized equipment, plate loaded equipment, and squat racks
- Olympic benches and flexibility area.
- Gloves must be used on punching bags.
- All equipment in the weight room must remain in the weight room.
- Cable crossover must have attachments on during use to avoid injury.
- Must rack weights after use. If you can lift it, you can rack it.
- Do not drop or slam weights.
- Flexibility areas and stretch trainers are available for stretching in the weight room, cardio room and mezzanine. Do not utilize machines or benches for flexibility training.
- Always ask for a spot if needed.
- Ask HPER staff for assistance on proper set-up and machine usage if help is needed.
- Collars must be used on all plate loaded bars.

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Fitness Assessments and Personal training

- Fitness Assessments is a free service offered to help determine current health and fitness status and gain basic guidance towards obtaining health and fitness goals. Assessments are in two sessions, initial and results.
- Personal Training is for extra motivation, accountability, a better understanding of how to workout, or need guidance beyond that of a fitness assessment.
- Packages are available for individuals and groups. Cost is dependent on package type.

Campus Outdoors (COPA)

- Equipment checkout with no fee.
- Information for campers, hikers, and state and national parks.
- Information on to hike, camp, fish, or be outdoors in Arkansas.
- Organized group trips around the state.
- Personal Bike repair and maintenance.
 - Basic repair and maintenance.
 - Free service (just pay for parts).
- Equipment can be checked out for 4 days. No reservations.
 - Examples of gear include: bikes, canoes, kayaks, tents, and sleeping bags.
 - You must pay for things that you break or lose.

Challenge Course

- The challenge course staff can structure activities to promote Team Building (communication, inclusion, fellowship, problem solving skills, and leadership development) or just Recreation (like the Climbing Walls, Zip lines, and a Giant Swing).
- The Challenge Course is available to anyone (All UCA Groups) through group reservations and a fee.
- Our facility includes:
 - 10 obstacle High Static Team Course
 - 4 High Ropes Challenges
 - 17 Low Team Challenges
 - 2 Outdoor Climbing Walls
 - 2 Dual Zip lines
- Prices may increase depending on specific services that are requested and/or your group size. The reserving organization must pay any required reservation fees before your reservation can be confirmed.

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Group Exercise Studios

- Free classes with no reservations required.
- Studios can be reserved by students (for free) for personal use.
- Types of classes offered are Zumba, Bathing Suit Prep (total body conditioning), Insanity, Kickboxing, Hip-Hop, Butts & Guts, Yoga, etc.
- The Spin Studio has 25 spin bikes and only spin classes occur in this studio.
- The Medium Studio has concurrent class offerings with large studio classes.
- The Large Studio has lights and pulsating disco balls to the beat of the music.

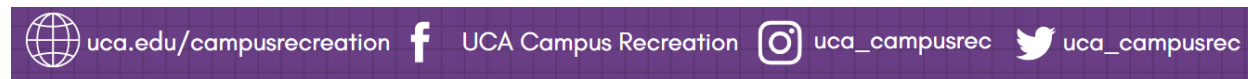
Intramural and Club Sports

- Intramural Sports provides an opportunity for every student to participate in a non-NCAA type of competitive sports activity. The rules and regulations are formatted for each activity as well as the degree of skill of each participant.
- Intramural Sports offers over 11 sports throughout the year.
 - Basketball, volleyball, softball, flag football, soccer, etc.
 - Offer co-gender sports such as soccer, volleyball, and softball
 - Aquatic Intramural games include swimming and battleship
- Club Sports are overseen through Campus Recreation and available to all students. A club sport can be started through Student Life.
- Current Club Sports:
 - Boxing, Baseball, Ultimate Frisbee, Tennis, Volleyball, and Swimming

Additional Department Information

- Open play on three basketball and racquetball courts.
- Virtual reality golf simulator.
- Play on softball and multi-use grass fields, along with sand volleyball courts.
- Walk or jog indoor track.

Social Media Information



QUESTIONS???

Ask the student worker at the desk with any questions you might have. We are all knowledgeable and helpful.