

**DEPARTMENT
OF
CAMPUS RECREATION AND WELLNESS
ORIENTATION**

Welcome to the Department of Campus Recreation and Wellness. 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
- Fitness
- Group Exercise
- Intramural and Club Sports
- Challenge Course
- Outdoor Fields/Maintenance

Hours of Operation (Fall and Spring)

- HPER Center
 - Monday- Thursday: 6am- Midnight
 - Friday: 6am- 9pm
 - Saturday: 9am- 6pm
 - Sunday: 3pm- Midnight
- Other department entities, 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.
- 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.

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.

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Membership

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

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.

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.

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Campus Outdoors

- 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.

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.

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Intramural and Club Sports

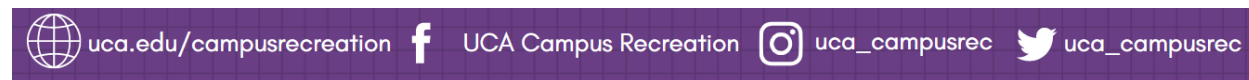
- Intramural Sports provides an opportunity for every student to participate in a non-NCAA type of competitive sports activity. The rules and regulations are formatted for each activity as well as the degree of skill of each participant.

- 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.

READ BEFORE MOVING TO NEXT PAGE

The last page is the Notice to all Persons Participating Waiver. After reading the laminated copy, you will sign the same version electronically. You can read the same waiver electronically or you can sign directly.