

IOWA

Recreational Services

Recreational Services: Your Destination for Recreation

Overview

- Mission
- Memberships
- Facilities
- Offerings
- Student Employment
- Questions



Mission

To provide diverse recreational experiences that encourage active lifestyles.



Memberships

Membership Access

Membership Categories

UI Student

UI Student – Not Enrolled/Student No Fee/2+2 Student

Faculty/Staff

Retiree/Affiliate

Alumni

Community

Facilities

Campus Recreation and Wellness Center (CRWC)

- 3 floors of cardio/strength equipment
- Indoor track
- 52 ½ ft climbing wall, bouldering wall
- 3 group fitness studios
- 3 basketball/volleyball courts
- Olympic size swimming pool
- Rec pool



Field House (FH)

- Fitness Loft
- Group fitness studios
- 8 basketball/volleyball courts
- Indoor track
- Swimming pool
 - Home of the Butterfly
- 16 Racquetball courts



Fitness East (FE)

- Located across from the Iowa Memorial Union (IMU)
- Cardio/strength equipment
- Less crowded option



Hawkeye Tennis and Recreation Complex (HTRC)

- 8 indoor and 12 outdoor tennis courts
- 2 indoor turf fields
 - 100-yard field turf
 - Field hockey turf
- Cardio/strength equipment



Outdoor Spaces

- Hawkeye Softball Complex
- Lagoon Shelter House
- Hawkeye Rugby Field
- Hawkeye Rec Fields





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Recreational Services

Offerings

Adventure Recreation



Adventure Trips

Day or weekend trips in regional areas either within Iowa or surrounding states.



Challenge Course

Build your team with low ropes, high ropes, or team bonding sessions.



Climbing Wall

Bouldering wall now open all day! Climbing memberships needed for top rope/lead climbing.



Lifetime Leisure Skills Classes

Classes for credit that are designed to engage students in fun and healthy activities that can be continued beyond college.



Outdoor Rental Center

Rent gear to explore on your own! Water, camping, biking, snow, and yard game equipment available.

Aquatics

- Aquatic areas in two facilities:
 - Campus Recreation and Wellness Center
 - Field House Pool
- Variety of programming:
 - Open lap swim and recreation
 - Swim lessons
 - Iowa Flyers Swim Club
 - American Red Cross certification courses



Fitness



Group Fitness

- No additional cost with membership
- Located in the CRWC, FH, and virtually
- Wide variety of formats
- 1-50 ratio



Specialty Fitness Programs

- Hybrid between group fitness and personal training
- Smaller fee
- 1-8 ratio



Personal Training

- Individual sessions
- Partner sessions
- Additional fee
- 1-1 or 2-1 ratio

Rowing

- Learn to Row
- Rowing Programs
 - Adult
 - Junior
- Special Events
 - Indoor Rowing Challenge
 - Iowa Chase



Sport Programs

- Intramural Sports
 - Variety of sports offered each semester
 - One-day tournaments
 - Leagues
 - Friday Night Series
 - Fees vary based on sport
 - Semester vs. year vs. tournament
 - Free agent list



Sport Programs

- Sport Clubs
 - Student-run organizations
 - Travel, host, and compete against other universities
 - Higher level of competition
 - Try-outs
 - Practices



Tennis



Drop in Play

- 8 indoor courts
- 12 outdoor courts
- Can reserve ahead



Private lessons, clinics, and camps

- Available for all ages and skill levels
- Adult beginner/intermediate



Pickleball

- HTRC
- Field House
- CRWC - soon

Employment

- 400+ part-time positions
- Flexible schedules
- Program areas
 - Adventure Recreation
 - Aquatics
 - Facilities
 - Fitness
 - Sport Programs
 - Tennis



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Questions?

→ recserv.uiowa.edu

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