

IOWA



Recreational Services

Your Destination for Recreation

Overview

- Mission
- Access
- Facilities
- Programming
- Student Employment
- Questions

Mission

To provide recreational experiences that encourage active lifestyles.



Access



Membership Access

Membership Categories
UI Student
UI Student – Not Enrolled/Student No Fee
Faculty/Staff
Retiree/Affiliate
Alumni
Community

Membership Access



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Recreational Services

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)

- Cardio/strength equipment
- Group fitness studios
- 8 basketball/volleyball courts
- Indoor track
- Racquetball courts



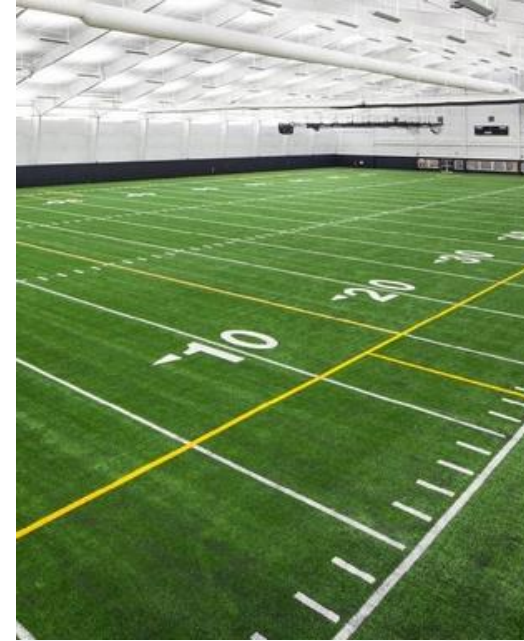
Fitness East (FE)

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



Hawkeye Tennis and Recreation Complex (HTRC)

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



Outdoor Spaces

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





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Recreational Services

Programming



Adventure Recreation



Adventure Trips

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



Challenge Course

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



Climbing Wall

Bouldering wall is 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 own! Water, camping, biking, snow, and yard game equipment available.

Aquatics

- Pools:
 - CRWC Natatorium
 - CRWC Diving Well
 - CRWC Rec 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
- 1-50 ratio



Specialized Group Training

- Hybrid between group fitness and personal training
- Smaller fee
- 1-15 ratio



Personal Training

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

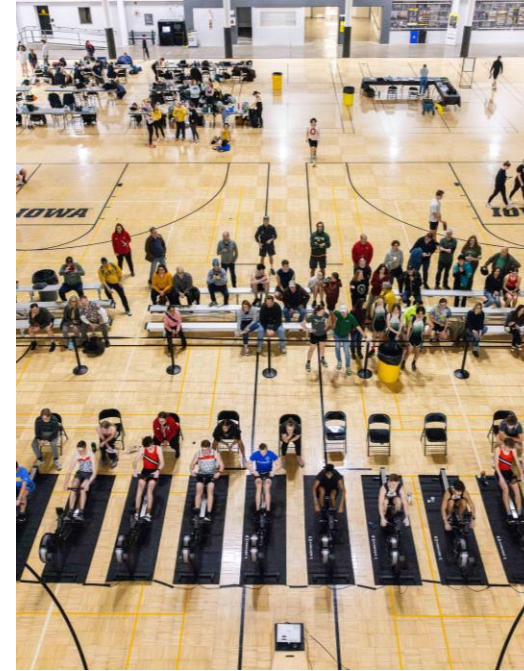


Private Group Fitness

Hire an instructor for a private group fitness experience.

Rowing

- Learn to Row
- Rowing Programs
 - Adult
 - Novice Rowing
 - Recreational Rowing
 - Advance Rowing
 - Junior
- Special Events



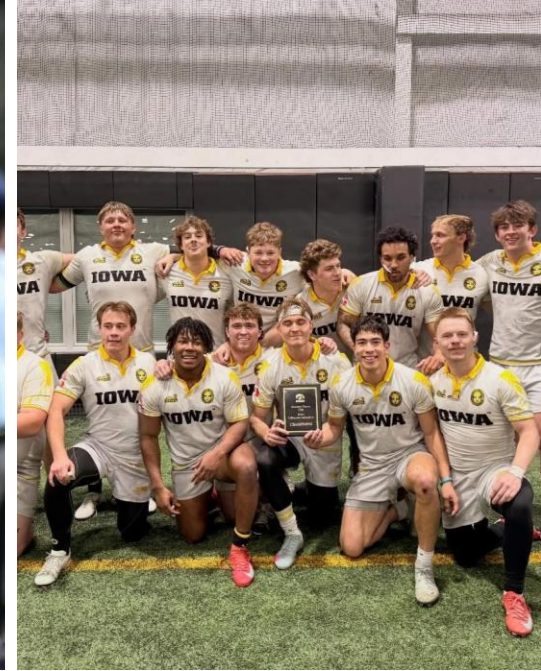
Sport Programs

- Intramural Sports
 - Variety of sports offered each semester
 - One-day tournaments
 - Leagues
 - Friday Night Series
 - Fees vary
 - Free agent list



Sport Programs

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



Tennis



Drop In Play

- Indoor and Outdoor Courts
- Utilize Court Reserve for Reservations



Programming

- Cardio Tennis
- Private Lessons
- Camps/Clinics/Leagues
- Available for all ages and skill levels



Pickleball

- HTRC
- Field House

Employment

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



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Recreational Services

Questions

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