For more up-to-date calendars and schedules, use your phone to scan the code above.
Director’s Welcome 4
IMRS Staff 5
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Instructional Programs 15
Building Hours 16
Service 17
Membership 18
Student Employment 19
Our mission is to provide a wide variety of quality recreational programs in a safe and secure environment which enhances the social, mental, and physical well-being of the entire university community. As a result, the Department of Intramural/Recreational Sports performs a vital role in the recruitment, retention, and education of students and personnel.

It is our belief, as staff members of the Department of Intramural/Recreational Sports, that we have the unique opportunity to provide within the diverse university community, opportunities in which participants can enhance their quality of life through recreational experiences.

IT IS THEREFORE OUR VISION:
• That we instill in participants the desire for a healthy and enriched lifestyle.
• That we share our knowledge in an open and professional manner.
• That we are advocates for a service ethic, which emphasizes leadership, cooperation, and partnership.
• That we consciously link our purpose to the educational goals of the university community.
• That we develop employment opportunities that emphasize ethical work behaviors, strengthen work skills, and enhance the academic mission.
• That we will continuously strive to offer diverse opportunities that heighten recreational experiences.

Programs and Activities:
Provide a diverse selection of programs that enhance the social, mental, and physical development of our participants.

Service:
Maintain courteous, attentive and efficient service in a pleasant atmosphere and maintain a professional attitude at all times.

Facilities and Equipment:
Provide and maintain the highest standards of quality and safety.

Community Responsibility:
Earn the respect of our participants by providing activities that enhance the quality of life of the university community and promote the mission of the university.

Staff development:
Promote professional growth and development while maintaining the highest morale, fellowship, and workmanship.

Participants:
Recognize each participant as the most important aspect of the program and as someone who deserves the highest quality of service at all times.
Welcome to another semester at the University of Arkansas. Whether you are a new student, transfer student, or just continuing with summer courses, Intramural/Recreational Sports has lots of activities to suit your recreational pursuits. Summer is typically a time when recreational pursuits move outdoors and whether you want a little fun in the sun or would rather stay indoors in the comfort of the air conditioning, IMRS has options to meet your needs. If your goal is outdoor fun, visit the Outdoor Connection Center for all your camping, cycling, climbing, canoeing and other outdoor recreation needs. If you need a break from the rigor of summer classes, there’s always the option to maintain that competitive spirit and participate in summer Intramural Sports. If you just need a quick study break don’t forget about stopping into the Donna Axum Fitness Center or catch a quick group exercise class to rev you up (group cycle anyone?) or relax your mind and body (Yoga or Pilates). As always, enjoy your semester and keep both your mind and body engaged with Intramural/Recreational Sports.

Jeremy Battjes, Director
Department of Intramural/Recreational Sports
The Donna Axum Fitness Center features selectorized weight machines, free weight equipment and assorted aerobic equipment. Collars, belts and headphones are available for checkout.

Fitness Center Hours
- Monday - Friday: 6:00 a.m. - 9:45 p.m.
- Saturday: 9:00 a.m. - 9:45 p.m.
- Sunday: 1:00 p.m. - 9:45 p.m.

Certified Fitness Trainers that can help you design challenging, productive and satisfying workouts.

Personal Training sessions can help you develop exercise plans, stay motivated, or overcome fitness plateaus. Sessions involve one-on-one consultation and exercise with a trainer certified by a national organization. Unless otherwise specified, all sessions are 1 hour and cannot be split into smaller time increments. Prices listed below are for individuals. Sessions and packages may be shared between two people for 1.5 times the price listed for individuals. Sessions and packages cannot be shared by more than two people.

New Clients
The following packages include a 45 minute fitness assessment that is done prior to the first session.

- **1 session + assessment: Student $36, HPER member $40**
- **3 sessions + assessment: Student $65, HPER member $75**
- **6 sessions + assessment: Student $110, HPER member $125**

Individual Sessions
One-hour sessions for those who already have an established relationship with a trainer and wish to continue training. Any quantity can be selected. Participants wishing to incorporate fitness assessments into their training sessions may utilize one session as an assessment. All sessions must be used within six months, and unused sessions may not be refunded or transferred.

**Price per Session: Students $18, HPER members $20**

Fitness Assessments
One-hour sessions for those who already have an established relationship with a trainer and wish to continue training. Any quantity can be selected. Participants wishing to incorporate fitness assessments into their training sessions may utilize one session as an assessment. All sessions must be used within six months, and unused sessions may not be refunded or transferred.

**Price per Session: Students $18, HPER members $20**
Our 50-meter pool houses three activity areas: the lap lanes, shallow sections and deep sections. The facility is open daily for use by HPER members, academic classes, group exercise, instructional programs, and OCC kayak instruction.

**LAP SWIM TRAINING**

Classes are designed for adults looking to fine tune strokes and build endurance. Participants should already be able to freestyle lap swim comfortably.

**Section offered:**
June 7 - July 7 (Tuesday/Thursday) 5:30 p.m. - 6:30 p.m.

**Cost:** $35 per section

**SUMMER 2011 NATATORIUM CLOSURE**

From July 19 through August 21 the Natatorium will be temporarily shut down for scheduled bi-annual maintenance. This event is for routine maintenance as well as the installation of an ultraviolet treatment system. The pool is scheduled to re-open as school begins in August. Thank you for your patience and cooperation as we work to maintain and improve the HPER facilities.

**Aquatics**

- **Youth** 5:30 - 6:30 p.m.
  
  Ages 5-15. Classes expand students’ locomotion, water adjustment and safety skills. Participants will learn how to hold their breath under water, float, glide, flutter kick and begin coordinated arm and leg motion.
  
  **Sections offered:** June 6 - June 29 (Monday/Wednesday)

- **Adult** 6:30 - 7:30 p.m.
  
  Ages 15 and up. Classes are for new and/or apprehensive swimmers. Lessons include breathing exercises, floating, gliding, basic arm strokes, combination swimming and basic water safety skills.
  
  **Sections offered:** June 6 - June 29 (Monday/Wednesday)

**Cost:** $40 per section

Contact Katie Helms at khelms@uark.edu or 575.4684 with questions.

Must register in person at the IMRS office, HPER 225.

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**NATATORIUM HOURS**

<table>
<thead>
<tr>
<th></th>
<th>Monday &amp; Wednesday</th>
<th>Tuesday &amp; Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>- 2:00 p.m.</td>
<td>11:00 a.m. - 9:00 p.m.</td>
<td>9:00 a.m. - 2:00 p.m.</td>
<td>11:00 a.m. - 7:00 p.m.</td>
<td>2:00 p.m. - 7:00 p.m.</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>- 9:00 p.m.</td>
<td></td>
<td>5:00 p.m. - 8:00 p.m.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Special Events provides opportunities for leisure, education, socialization, fitness, and fun through a variety of alternative events. All events are FREE and on a drop-in basis. No registration is required, just show up and have fun! Past events have included Campus Fitness Walks, Dive-In Movies, African Dance Lessons, Disc Golf Tournaments, Sand Volleyball Tournaments, and Cookouts.

HYPE Night 2011

Come check out all the HPER has to offer. During HYPE Night the HPER will be open to ALL faculty/staff, students and the community. See everything from the climbing wall to the fitness center.

Every room will have a different activity for you to try out from indoor cycling to airbrush tattoos to inflatable obstacle courses! FREE Food will be provided, so don’t forget to stop by and get FREE prizes.

Join us on Tuesday Aug. 23 as we start off the fall semester!

Up-to-date class schedules can be found at imrs.uark.edu or in the HPER building.
Group Exercise classes offer a new and thrilling way to get fit. Get your heart pumping and your muscles working with our fitness classes.

**WATER AEROBICS**

**Aqua-Kick**
Bring kickboxing poolside to tone muscles and burn extra calories.

**Aqua-Robics**
Use the resistance of deep and shallow water to get a great cardio workout without the sweat.

**CARDIO & STRENGTH**

**40/20**
Get maximum results with 40 minutes of cardio and 20 minutes of weight training.

**TurboKick™**
Kick, punch and groove your way to a safe and effective cardiovascular workout.

**Body Sculpt**
Add some variety to your weight training routine using steps, body bars, dumbbells and stability balls.

**Group Cycling**
Our new, cutting edge program that welcomes participants of all fitness levels. Get ready for a high energy workout on a stationary bike combined with a fun group atmosphere to keep you going!

**Zumba**
One of the nation's fastest-growing fitness crazes! Inspired by traditional cumbi, salsa, cha-cha, reggaeton and merengue music, paired with pulsating Latin rhythms and red-hot international dance steps!

**MIND & BODY**

**Yoga**
Evolve your technique while improving posture, balance, flexibility and strength at any fitness level.

**Yoga Appreciation**
Align your mind, body and spirit as you learn proper breathing and stretching techniques.

**Ballet Toning**
Use traditional ballet movements to sculpt a lean dancer's body. Open to all ability levels!

Session 1: Monday, May 23 - Friday, July 1
Session 2: Tuesday, July 5 - Friday, August 12

<table>
<thead>
<tr>
<th></th>
<th>Studio Pass</th>
<th>Aquatics Pass</th>
<th>Daily Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$40/Semester</td>
<td>$30/Semester</td>
<td>$3</td>
</tr>
</tbody>
</table>

Up-to-date class schedules can be found at imrs.uark.edu or in the HPER building.
The Intramural Sports Program strives to provide safe, fun and competitive activities for every member of the University of Arkansas community. Find your sport and get in the action!

**MAKE IT OFFICIAL**

Intramural Sports employs more than 100 students each year as officials, scorekeepers, sport monitors and supervisors. No experience necessary.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>REGISTRATION PERIOD</th>
<th>TENTATIVE START DATE</th>
<th>END DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Racquetball League</td>
<td>June 6 - 9</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>5 on 5 Basketball</td>
<td>June 6 - 9</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>June 13 - 16</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Ultimate Frisbee League</td>
<td>June 13 - 16</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Golf Tournament</td>
<td>June 13-16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf Tournament</td>
<td>July 5 - 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day at the Ballpark</td>
<td></td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Single Day Bowl Off</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HAVE A TEAM?**

Register your team online at uark.athleague.com during registration periods.

**NEED A TEAM?**

Join the free agent list at uark.athleague.com

**LEAGUES OF PARTICIPATION**

Men’s Open  Women’s Open  CoRec Open

For more information contact imsports@uark.edu.
The Club Sports Program provides opportunities for students, faculty and staff to pursue recreational and athletic interests not encompassed by academic or varsity athletic programs. Clubs are regulated by university policy, but remain self-administered and self-regulated. Members assume various roles within the clubs, including officers, and are called upon to assist in all aspects of club operations. Teams practice regularly and compete at regional and national levels against other universities. Club Sports are always recruiting, so contact your favorites today!

START A CLUB

**REQUIREMENTS**

**Team Sports** - Have enough eligible, interested people to field a team.

**Individual Sports** - Have at least 5 eligible, interested people.

**TAKE ACTION**

1. Contact Club Sports (clubs@uark.edu) to discuss the possibility of starting the desired club.
2. Plan and conduct an organizational meeting to share information about the proposed club and assess interest.
3. Develop and adopt a constitution.
4. Elect club officers.
5. Select a faculty advisor.

Visit our website at mrs.uark.edu/clubsports

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**CLUBS**

Ballroom Dancing
Bass Fishing
Bowling
Boxing
Cycling
Cycling for Students
Disc Golf
Flyfishing
Martial Arts
Men’s Ice Hockey
Men’s Lacrosse
Men’s Rugby
Men’s Ultimate
Officials Club
Paintball
Racquetball
Skeet Shooting
Men’s Soccer
Women’s Soccer
Tae Kwon Do
Tennis
Men’s Volleyball
Women’s Volleyball
Water Ski
Women’s Lacrosse
Women’s Ultimate

---

**CONTACT**

ballroom@uark.edu
bassteam@uark.edu
uabowl@uark.edu
boxing@uark.edu
climbing@uark.edu
cyclclist@uark.edu
discgolf@uark.edu
flyfish@uark.edu
younwha@uark.edu
hockey@uark.edu
mlax@uark.edu
uarugby@uark.edu
mensdisc@uark.edu
imsports@uark.edu
paint@uark.edu
racquet@uark.edu
uaskeet@uark.edu
msoccer@uark.edu
wsooccer@uark.edu
tkdclub@uark.edu
tennis@uark.edu
mvball@uark.edu
wvbball@uark.edu
waterski@uark.edu
wlax@uark.edu
wmnsdisc@uark.edu
BOULDERING WALL
The bouldering wall is located in the OCC Shop. Shoes and chalk are provided.

CLIMBING WALL
The Outdoor Connection Center offers a 35 foot climbing wall with various challenging features. Harnesses, belay devices, and climbing shoes are available for checkout at no additional cost.

EQUIPMENT RENTALS
The OCC offers equipment rental in the following areas of camping, sporting, picnic/tailgating, biking and water sports equipment.

CLINICS AND SEMINARS
TRIPS AND ACTIVITIES
BIKE SHOP
FUSED PROGRAM
The FUSED Program assists groups in communication skills, team building, leadership development, trust and conflict resolution. Whether it’s a teambuilding activity at the climbing wall or a float trip on a river, the OCC strives to provide a positive growth experience for any group.
Activities planned for this summer include weekly road bike rides, mountain bike rides, and sunset paddles to Lake Fort Smith and Beaver Lake, and other fun weekly activities.

A more up-to-date list of activities and trips can be found online at imrs.uark.edu

For more information Contact Kenny Williams at 479.575.CAMP or krw009@uark.edu

Check out our Facebook page!
## CAMPING EQUIPMENT

<table>
<thead>
<tr>
<th>Item</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backpack (Internal frame)</td>
<td>6.00</td>
<td>9.00</td>
<td>18.00</td>
</tr>
<tr>
<td>1 Burner Stove</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>2 Burner Stove</td>
<td>4.00</td>
<td>6.00</td>
<td>12.00</td>
</tr>
<tr>
<td>Ice Chest (soft cooler)</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Trekking Poles</td>
<td>4.00</td>
<td>6.00</td>
<td>12.00</td>
</tr>
<tr>
<td>Headlamp</td>
<td>0.50</td>
<td>1.00</td>
<td>1.50</td>
</tr>
<tr>
<td>1-2 Person Tent</td>
<td>7.00</td>
<td>10.50</td>
<td>21.00</td>
</tr>
<tr>
<td>4 Person Tent</td>
<td>9.00</td>
<td>13.50</td>
<td>27.00</td>
</tr>
<tr>
<td>6 Person Tent</td>
<td>10.00</td>
<td>15.00</td>
<td>30.00</td>
</tr>
<tr>
<td>20° Sleeping Bag</td>
<td>4.00</td>
<td>6.00</td>
<td>12.00</td>
</tr>
<tr>
<td>0° Sleeping Bag</td>
<td>5.00</td>
<td>7.50</td>
<td>15.00</td>
</tr>
<tr>
<td>Summer Sleeping Bag</td>
<td>3.00</td>
<td>5.00</td>
<td>10.00</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Hammock</td>
<td>3.00</td>
<td>4.50</td>
<td>9.00</td>
</tr>
<tr>
<td>Tarp</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Guide Cookset</td>
<td>1.00</td>
<td>1.50</td>
<td>3.00</td>
</tr>
<tr>
<td>Cookset (small)</td>
<td>0.50</td>
<td>1.00</td>
<td>2.00</td>
</tr>
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</table>

## SPORTING EQUIPMENT

<table>
<thead>
<tr>
<th>Item</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bouldering Pad</td>
<td>5.00</td>
<td>7.50</td>
<td>15.00</td>
</tr>
<tr>
<td>Bouldering Pad (Large)</td>
<td>7.00</td>
<td>10.50</td>
<td>21.00</td>
</tr>
<tr>
<td>Climbing Shoes</td>
<td>3.00</td>
<td>4.50</td>
<td>9.00</td>
</tr>
<tr>
<td>Croquet Set</td>
<td>3.00</td>
<td>4.50</td>
<td>9.00</td>
</tr>
<tr>
<td>Disk Golf Set</td>
<td>3.00</td>
<td>4.50</td>
<td>9.00</td>
</tr>
<tr>
<td>Horseshoe Set</td>
<td>3.00</td>
<td>4.50</td>
<td>9.00</td>
</tr>
<tr>
<td>Volleyball Set with Ball</td>
<td>6.00</td>
<td>9.00</td>
<td>18.00</td>
</tr>
<tr>
<td>Dining Table</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Camp Chair</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>BBQ Trailer</td>
<td>30.00</td>
<td>45.00</td>
<td>90.00</td>
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## WATER SPORTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe Set*</td>
<td>20.00</td>
<td>30.00</td>
<td>60.00</td>
</tr>
<tr>
<td>Sit-on-top Kayak Set*</td>
<td>16.00</td>
<td>24.00</td>
<td>48.00</td>
</tr>
<tr>
<td>Whitewater Kayak Set*</td>
<td>16.00</td>
<td>24.00</td>
<td>48.00</td>
</tr>
<tr>
<td>Sea Kayak Set*</td>
<td>16.00</td>
<td>24.00</td>
<td>48.00</td>
</tr>
<tr>
<td>Canoe Chair</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Helmet</td>
<td>1.00</td>
<td>1.50</td>
<td>3.00</td>
</tr>
<tr>
<td>Life Vest (PFD)</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Paddle (Canoe or Kayak)</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Padding Jacket</td>
<td>2.00</td>
<td>3.00</td>
<td>6.00</td>
</tr>
<tr>
<td>Paddling Spray Skirt</td>
<td>3.00</td>
<td>4.50</td>
<td>9.00</td>
</tr>
<tr>
<td>Dry Bag</td>
<td>1.00</td>
<td>1.50</td>
<td>3.00</td>
</tr>
<tr>
<td>River Bag</td>
<td>2.00</td>
<td>3.00</td>
<td>12.00</td>
</tr>
<tr>
<td>Wet Suit</td>
<td>4.00</td>
<td>6.00</td>
<td>12.00</td>
</tr>
<tr>
<td>Canoe Trailer (min. 4 boats)</td>
<td>30.00</td>
<td>45.00</td>
<td>50.00</td>
</tr>
</tbody>
</table>

*Canoe and sit-on-top kayak sets include paddles, PFDs, car top carrier pads, and tie down straps. Whitewater Kayak sets also include a helmet, spray skirt and floatation. Seat Kayak packages include a spray skirt and bilge pump. NOTE: You must be able to successfully wet exit at one of the following programs offered by the OCC; Roll Clinic, Kayak Polo, or the Kayak Practice session before renting equipment that utilizes a spray skirt. Please allow twenty minutes for loading.

## MOUNTAIN AND ROAD BIKES

<table>
<thead>
<tr>
<th>Item</th>
<th>Half Day</th>
<th>Full Day</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountain Bike</td>
<td>10.00</td>
<td>20.00</td>
<td>30.00</td>
</tr>
<tr>
<td>Road Bike</td>
<td>15.00</td>
<td>30.00</td>
<td>60.00</td>
</tr>
</tbody>
</table>

## CRUISER BIKES

<table>
<thead>
<tr>
<th>Item</th>
<th>Half Day</th>
<th>Full Day</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruiser Bike</td>
<td>5.00</td>
<td>10.00</td>
<td>15.00</td>
</tr>
</tbody>
</table>

Rental Explanation: A half day means that you pick up the bike and return it on the same day. A full day would be picking up a bike and returning it before closing hours the following day. Please allow an additional twenty minutes for bike rentals so we can fit the bike specifically for you! Helmets are included with rental!

The Outdoor Connection Center is making the University of Arkansas campus and the city of Fayetteville more bicycle friendly. Please join us in keeping our campus, city trails and roadways green, ride your well tuned bike safely today!

**The OCC offers:**
- Free bike safety assessments
- Bike rentals
- A full service repair shop
- Purchase parts and accessories from the shop

For more information on the bike shop and its offered services, please call 479.575.2267.
From dancing and martial arts to massage and swimming, Instructional Programs offers something for everyone. Classes are a great way for students and HPER members to learn new skills or refine existing ones, all while meeting new people. Pre-registration for Instructional Programs is required and is available on a first-come, first-served basis.

**INSTRUCTIONAL PROGRAMS**

**Summer Events**

- **Learn To Swim**  
  **$40 per section**
  - **Youth Lessons**  
    Monday/Wednesday  
    5:30 p.m. - 6:15 p.m.  
    June 6 - June 29  
  - **Adult Lessons**  
    Monday/Wednesday  
    6:30 p.m. - 7:15 p.m.  
    June 6 - June 29

- **Lap Swim**  
  **$35 per section**
  Tuesday/Thursday  
  5:30 p.m. - 6:30 p.m.  
  June 7 - July 7

- **First Aid and CPR**  
  **$30 Students**  
  **$40 Non-Students**
  - Sunday May 1, 1:30 - 5:30  
  - Wednesday June 8, 5:30 - 9:30  
  - Sunday July 17, 1:30 - 5:30

- **AFAA Primary Group Exercise Certification**  
  Saturday, June 11  
  9:00 a.m. - 6:00 p.m.

*Register at www.afaa.com

Enrollment is open to HPER members only, with the exception of Red Cross certification courses (Learn to Swim, Lifeguard Training, and CPR/First Aid). Non-members may enroll with the purchase of a guest pass and accompaniment of a HPER member.

Participants ages 12-15 must be accompanied by a parent.
The Department of Intramural/Recreational Sports is proud to feature Jennifer Nesbitt, MMT, in providing deep tissue and hot stone techniques to enhance mind, body and spirit. Appointments are available Mondays, Tuesdays, Wednesdays and Fridays. Call the IMRS office at 479.575.4646 to schedule. Only HPER members are eligible to purchase and receive massage services. A 24-hour notification is required in order to cancel or reschedule a massage. Cancellations within 24 hours of appointment time are subject to forfeit of payment.

**RACQUETBALL COURTS**
- Monday - Friday: 6:00 a.m. - 9:50 p.m.
- Saturday: 9:00 a.m. - 9:50 p.m.
- Sunday: 1:00 p.m. - 9:50 p.m.

**GYMNASIUMS**
- Monday - Friday: 6:00 a.m. - 9:50 p.m.
- Saturday: 9:00 a.m. - 9:50 p.m.
- Sunday: 1:00 p.m. - 9:50 p.m.

**JOGGING TRACK**
- Monday - Friday: 6:00 a.m. - 9:50 p.m.
- Saturday: 9:00 a.m. - 9:50 p.m.
- Sunday: 1:00 p.m. - 9:50 p.m.

**MASSAGE**
- $40.00 per hour
- $20.00 per half-hour

479.575.4950 **REC CHECK LINE**
24-hour information about all IMRS programs, activities, HPER memberships and facilities.
- Intramural sports registration
- Daily sports schedules
- Membership information and building hours
- Fitness/Wellness activities
- Outdoor Connection Center information
- Sport Club Information

Building hours found on this page represent normal hours of operation. Any changes are posted on signage within the HPER building and on the main web site at imrs.uark.edu.
The Department of Intramural/Recreational Sports is a major player in the campus-wide sustainability initiatives. We believe that it is the responsibility of every individual to actively support and practice sustainable lifestyles. Here are some examples of our sustainable practices: the use of “green” chemicals, recycling of cans, bottles, and paper goods, the purchase of organic clothing, the teaching of “Leave No Trace” ethical applications, the support of alternative transportation methods such as cycling, solar heating, and the use of recyclable office supplies. Projects in the works are solar heating, energy capture from aerobic equipment, and ultraviolet sanitation systems for the swimming pool. We are excited about our sustainable practices and the plans for more initiatives in the future. Just as important, we are excited about doing these initiatives with your help.
Current HPER Building members are permitted to purchase guest passes for friends and family. A maximum of three guests are allowed per member per visit. Members may purchase guest passes in advance. Ten-time packages are available.

**STUDENTS**

<table>
<thead>
<tr>
<th></th>
<th>Individual</th>
<th>Family</th>
<th>Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer</td>
<td>$20</td>
<td>$18</td>
<td>$38</td>
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<tr>
<td>Spring/Fall</td>
<td>included in tuition</td>
<td>$18</td>
<td>18</td>
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**FACULTY/STAFF**

<table>
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<tr>
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<th>Family</th>
<th>Combined</th>
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</thead>
<tbody>
<tr>
<td>Semester</td>
<td>$40</td>
<td>$25</td>
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<tr>
<td>Yearly (12 Mo.)</td>
<td>$120</td>
<td>$75</td>
<td>$195</td>
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</table>

**ALUMNI**

<table>
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<tbody>
<tr>
<td>Semester</td>
<td>$90*</td>
<td>$30</td>
<td>$120</td>
</tr>
<tr>
<td>Yearly (12 Mo.)</td>
<td>$240</td>
<td>$90</td>
<td>$330</td>
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*HPER Alumni memberships require current Arkansas Alumni Association membership.

For complete membership information, please visit imrs.uark.edu.

**GUESTS**

Current HPER Building members are permitted to purchase guest passes for friends and family. A maximum of three guests are allowed per member per visit. Members may purchase guest passes in advance. Ten-time packages are available.

**LOCKERS**

<table>
<thead>
<tr>
<th>Locker Rooms</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Full Size</td>
<td>$12/semester</td>
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<tr>
<td>Half Size</td>
<td>$8</td>
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<tr>
<td>Small Size</td>
<td>$4</td>
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<tr>
<td>First Level Locker</td>
<td>$5</td>
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<tr>
<td>Racquetball Court Locker</td>
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<tr>
<td>Third Level Locker</td>
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<tr>
<td>Track Locker</td>
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<tr>
<td>Daily Locker</td>
<td>$1/day</td>
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</table>

**TOWEL SERVICE**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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<tbody>
<tr>
<td>Semester</td>
<td>$12</td>
</tr>
<tr>
<td>Daily</td>
<td>$1</td>
</tr>
</tbody>
</table>

Lockers and towel service may be purchased in HPER 225.

**IMPORTANT PHONE NUMBERS**

- Intramural/Recreational Sports Office: 479.575.4646
- HPER Membership Information: 479.575.2842
- Service Center: 479.575.6382
- Racquetball Court Reservations: 479.575.6382
- Outdoor Recreation Center: 479.575.2267
- FAX Number: 479.575.7008
- Rec Check Telephone Line: 479.575.4950
The Department of Intramural/Recreational Sports employs more than 350 students each year, giving them valuable leadership opportunities in many different program areas. Student employment is uniquely designed with the flexibility to accommodate academic needs.

ADMINISTRATION
- office assistants
- technology assistants
- marketing assistants

INTRAMURAL SPORTS
- officials
- supervisors
- sport monitors
- scorekeepers
- field maintenance assistants
- concessionaires

FACILITY MANAGEMENT
- facility assistants
- lifeguards
- service center assistants
- building supervisors

CLUB SPORTS
- supervisers

FITNESS/WELLNESS
- fitness/wellness instructors
- fitness center assistant
- group exercise instructors
- group cycle instructors
- Red Cross instructors
- personal trainers

OUTDOOR CONNECTION CENTER
- climbing wall supervisors
- rental center supervisors
- kayaking, backpacking, hiking and trip leaders
- bike mechanics

FOR POSITION DESCRIPTIONS AND ONLINE APPLICATION, VISIT JOBS.UARK.EDU
Connect on: facebook Fan Page
Online at: imrs.uark.edu
Email: imrs@uark.edu
By phone: 479.575.4646