

University of Arkansas, Fayetteville

**ScholarWorks@UARK**

---

UREC

University Recreation

---

Fall 2011

## UREC, Fall 2011

University of Arkansas, Fayetteville. University Recreation

Follow this and additional works at: <https://scholarworks.uark.edu/urec>

---

### Citation

University of Arkansas, Fayetteville. University Recreation. (2011). UREC, Fall 2011. *UREC*. Retrieved from <https://scholarworks.uark.edu/urec/2>

This Periodical is brought to you for free and open access by the University Recreation at ScholarWorks@UARK. It has been accepted for inclusion in UREC by an authorized administrator of ScholarWorks@UARK. For more information, please contact [scholar@uark.edu](mailto:scholar@uark.edu).



# UUREC

FALL 2011

UNIVERSITY RECREATION

## *NEW Fitness Center*

Arkansas Union page 11

## *yoUUREC Bash*

Free food, fun and fitness page 25

## *Adventure Trips*

Outdoor Connection Center page 26



UNIVERSITY RECREATION

a department of the College of Education and Health Professions



# (contents)

<b>UREC Mission Statement</b>	<b>3</b>
<b>Director's Welcome</b>	<b>4</b>
<b>UREC Staff</b>	<b>5</b>
<b>Memberships</b>	<b>6</b>
<b>HPER Rules</b>	<b>7</b>
<b>HPER Facility Hours</b>	<b>8</b>
<b>HPER Facility Rental</b>	<b>9</b>
<b>Donna Axum Fitness Center</b>	<b>10</b>
<b>Arkansas Union Fitness Center</b>	<b>11</b>
<b>Personal Training</b>	<b>12</b>
<b>Boot Camp</b>	<b>13</b>
<b>Fitness U/Fall Wellness</b>	<b>14</b>
<b>Accessible Recreation</b>	<b>15</b>
<b>Group Exercise</b>	<b>16</b>
<b>Aquatics</b>	<b>18</b>
<b>Club Sports</b>	<b>20</b>
<b>Intramural Sports</b>	<b>22</b>
<b>Instructional Programs</b>	<b>24</b>
<b>Special Events</b>	<b>25</b>
<b>Outdoor Connection Center</b>	<b>26</b>
<b>OCC Bike Shop</b>	<b>30</b>
<b>HPER Parking</b>	<b>31</b>
<b>UREC Calendar</b>	<b>32</b>
<b>Employment</b>	<b>33</b>
<b>Pool Party &amp; Massage Therapy</b>	<b>34</b>
<b>Social Media</b>	<b>35</b>



16



26



22



9



8



# UNIVERSITY OF ARKANSAS

## COLLEGE OF EDUCATION & HEALTH PROFESSIONS

### UNIVERSITY RECREATION



## MISSION STATEMENT

Our mission is to provide a wide variety of quality recreational programs in a safe and secure environment that enhance the social, mental, and physical well-being of the entire university community. As a result, the department of University Recreation performs a vital role in the recruitment, retention, and education of students and personnel.

## VISION STATEMENT

It is our belief, as staff members of the department of University Recreation, 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, strengthens work skills, and enhance the academic mission.
- That we will continuously strive to offer diverse opportunities that heighten recreational experiences.

By dedicating ourselves to this vision we are committed to improving university life, developing lasting and meaningful recreational experiences, and sustaining our leadership role within the university community so that each participant can enjoy their collegiate experience to the fullest.

## SERVICE PLEDGE

### *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 that deserves the highest quality of service at all times.



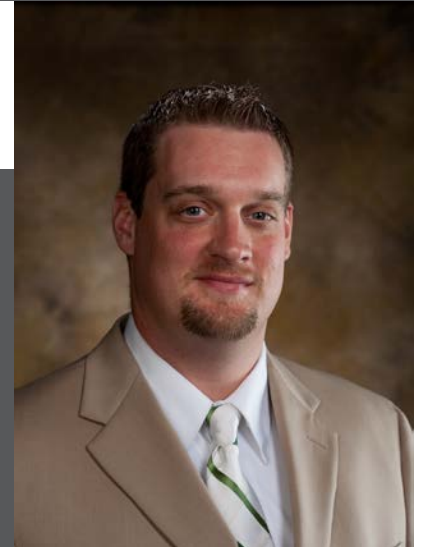
# DIRECTOR'S

**JEREMY M. BATTJES**

Director

[jbattje@uark.edu](mailto:jbattje@uark.edu)

# WELCOME



Welcome back to campus! August is always an exciting time of the year for me, as students start filling the empty campus and friendships are renewed. It's also the time of year we welcome our new class of Razorbacks and provide them a variety of new opportunities.

I want to extend an invitation to participate in any or all of the activities sponsored by the eight program areas of University Recreation. I truly believe that every student can find an activity that meets his or her recreational needs.

University Recreation is your program. It is designed to meet the needs of each and every student in some manner. UREC is the largest student service program in the College of Education and Health Professions and the University. We employ more than 350 students each year and UREC provides students with a number of leadership opportunities. The goal of UREC is to instill the desire for a healthy and enriched lifestyle within our campus community. University Recreation complements every academic program offered at the University and serves as a laboratory for unlimited educational endeavors.

The department of University Recreation staff is committed to making your program the best it can be; however, this can only be accomplished with your help. Always remember that your opinion is valued and our doors are always open. Have a great school year!

Jeremy Battjes, Director  
University Recreation

## MAGAZINE STAFF

**JEREMY GOUCHER**

Graphic Designer  
Copywriter  
[jgoucher@uark.edu](mailto:jgoucher@uark.edu)

**KRISTINA DRENCKPOHL**

Photographer  
Copy Editor  
[kdrenckp@uark.edu](mailto:kdrenckp@uark.edu)

**HOLLIANNE WILLIAMSON**

Photographer  
Copy Editor  
[hwx007@uark.edu](mailto:hwx007@uark.edu)

# University Recreation

# (staff)



**BILL MOCK**  
Associate Director, Intramural  
Sports and Special Events  
bmock@uark.edu



**KATIE E. HELMS**  
Assistant Director  
Fitness/Wellness  
khelms@uark.edu



**JENNIFER HAZELRIGS**  
Assistant Director  
Outdoor Connection Center  
jtracy@uark.edu



**BRITTANY GRINSTEAD**  
Facility Coordinator/  
Aquatics Director  
bgrinste@uark.edu



**SHANNON DERE**  
Assistant Director  
Club Sports  
sdere@uark.edu



**KRISTIN DURANT**  
Interim Assistant Director  
Fitness Facilities  
kldurant@uark.edu



**LINDSAY SMITH**  
Public Information  
Coordinator  
ltsarso@uark.edu



**LINDA FRICKE**  
Membership Coordinator  
lfricke@uark.edu



**RICK WILLIAMS**  
Athletic Facilities Supervisor  
rlwillia@uark.edu



**JANET L. WALKER**  
Accountant  
jwalker@uark.edu



**BRITTANY BEELER**  
Graduate Assistant  
Club Sports  
bbeeler@uark.edu



**SAM SCHWALLER**  
Graduate Assistant  
Facilities/Fitness Center  
sschwall@uark.edu



**CHRIS MURPHY**  
Graduate Assistant  
Intramural Sports  
cmm07@uark.edu



**KYLE SHUNKEY**  
Athletic Facility Supervisor  
kshunke@uark.edu



UNIVERSITY OF  
ARKANSAS

COLLEGE OF EDUCATION  
& HEALTH PROFESSIONS

UNIVERSITY RECREATION

## NOT PICTURED

**GARTH GERGERICH**  
System Administrator  
ggergeri@uark.edu

**GRIFFIN MCKNIGHT**  
Accountant  
gmcknigh@uark.edu

**KEITH WALKER**  
Athletic Facility Supervisor  
kawalker@uark.edu

**HILLARY PALMER**  
Account Assistant  
hmpalmer@uark.edu

**KENNY WILLIAMS**  
Graduate Assistant  
Outdoor Connections  
krw009@uark.edu

**JESSICA GRAHAM**  
Graduate Assistant  
Fitness/Wellness  
jlg027@uark.edu

**SETH DAVIS**  
Graduate Assistant  
Intramural Sports  
sed006@uark.edu

**SAM FEHR**  
Graduate Assistant  
Special Events/  
Instructional Programs  
sfehr@uark.edu



# (memberships)



## STUDENTS

Semester	Individual	Family	Combined
Fall	Included in HPER Fee	\$18	\$18
Spring	Included in HPER Fee	\$18	\$18
Summer	\$20*	\$18	\$38

\*Only available to students who were enrolled during the preceding spring semester and are pre-enrolled for the upcoming fall semester.

## FACULTY/STAFF

	Individual	Family	Combined
Semester	\$40	\$25	\$65
Yearly (12 Mo.)	\$120	\$75	\$195

## ALUMNI

	Individual	Family	Combined
Semester	\$90*	\$30	\$120
Yearly (12 Mo.)	\$240	\$90	\$330

\*HPER Alumni members are required to keep a current Arkansas Alumni Association membership.



## LOCKERS

Locker Rooms	Semester Price
Full Size	\$12
Half Size	\$8
Small Size	\$4
First Level Locker	\$5
Racquetball Court Locker	\$4
Third Level Locker	\$4
Track Locker	\$4
Daily Locker	\$1/Day

## TOWEL SERVICE

Semester	\$12
Daily	\$1

Locker and towel service may be purchased in HPER 225 or at the Service Center.



**Membership and Locker transactions are conducted in the University Recreation office located at HPER 225.**

**Guest passes, day lockers and daily towel services can be purchased at the Service Center located at HPER 205B.**

# (rules)

- Proper identification is required to enter the HPER building.

Depending on membership type, this includes a valid:

1. UA ID
2. Photo ID and HPER Membership Card
3. Photo ID and HPER Recreation Pass
4. Photo ID and HPER Guest Pass
5. Photo ID and HPER Alumni Pass

- One -Time/Month Forgiveness Policy

Members are given a one-time/month entry into the HPER without presenting the required ID. Once the limit has been met, the member must present proper ID for every entry into the HPER building until the start of the following month.

- All HPER Building users are expected to:

- A. Display appropriate behavior and follow all university codes of conduct. These can be found in the Student, Faculty and Staff Handbooks.
- B. Refrain from using inappropriate language.
- C. Follow all HPER Building policies and procedures.
- D. University Recreation staff may terminate any activity and remove any individuals in violation of building, program and university policies.

- The building must be vacated by the scheduled closing time. Personal belongings are not permitted in activity areas. Do not leave belongings unattended. Locker rental is available in HPER 225. UREC is not responsible for lost or stolen items. In the event of inclement weather, UREC makes every effort to accommodate on-campus residents who desire to stay active during university closures. Visit [urec.uark.edu](http://urec.uark.edu) for updated hours and closing information.

## 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.

<b>Daily Guest Pass</b>	<b>\$5</b>
<b>10x Guest Pass</b>	<b>\$40</b>

Members may purchase guest passes in advance. Ten-time packages are available for standard and alumni guests only.

Members are responsible for their guests and must remain with them while using the HPER Building. Dependents under age 18 cannot sponsor guests under age 15.

For complete guest pass eligibility information, visit the UREC Service Center or go online at [urec.uark.edu](http://urec.uark.edu).





# (facility hours)

## HPER BUILDING

Monday - Thursday	6:00 a.m. - 11:50 p.m.
Friday	6:00 a.m. - 10:50 p.m.
Saturday	9:00 a.m. - 10:50 p.m.
Sunday	1:00 p.m. - 11:50 p.m.



## GYMNASIUMS

### LEVELS 2 & 3

Monday - Thursday	6:00 a.m. - 11:50 p.m.
Friday	6:00 a.m. - 10:50 p.m.
Saturday	9:00 a.m. - 10:50 p.m.
Sunday	1:00 p.m. - 11:50 p.m.



## JOGGING TRACK

### LEVEL 4

Monday - Thursday	6:00 a.m. - 11:50 p.m.
Friday	6:00 a.m. - 10:50 p.m.
Saturday	9:00 a.m. - 10:50 p.m.
Sunday	1:00 p.m. - 11:50 p.m.



## RACQUETBALL COURTS

### LEVEL 1

Monday - Thursday	6:00 a.m. - 11:50 p.m.
Friday	6:00 a.m. - 10:50 p.m.
Saturday	9:00 a.m. - 10:50 p.m.
Sunday	1:00 p.m. - 11:50 p.m.

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 [urec.uark.edu](http://urec.uark.edu).

# Rec Check Line

# 479-575-4950

24-hour information about all UREC programs, activities, HPER memberships and facilities.

- Intramural Sports registration
- Daily sports schedules
- Fitness/Wellness activities
- Sport Club information
- Membership information and building hours
- Outdoor Connection Center information
- Cancellations and other information

# (facility rental)

## **HPER FACILITY/EQUIPMENT RESERVATIONS**

Located off of Stadium Drive, The University of Arkansas Health, Physical Education, and Recreation building houses many facilities that your organization can reserve. A list of facilities that the HPER offers includes: Racquetball/Wallyball courts, Table Tennis, Basketball gyms, Classrooms, a Multi-Purpose room, Dance Studios, a Conference room, a Student Lounge, an indoor track and the HPER Natatorium. Please submit your facility reservation at least 48 business hours prior to the event date and time.

In order to rent HPER facilities, there are a few steps you must follow:

1. Facility Reservation forms and price options can be found under the Facility Management link on the UREC website - [UREC.UARK.EDU](http://UREC.UARK.EDU) or in the HPER main office (HPER 225).
2. If your event requires equipment, you must also fill out an equipment request form.
3. You will receive a confirmation e-mail from the HPER with all the information you need for your event.
4. Once your event takes place, you will receive an invoice. For university departments, when billing to a Cost Center Number, the number must be on the original Facility Reservation form you submit. If you do not include a Cost Center Number, your invoice will be sent to the address located on the back of your form.

For more information please contact:

**Brittany Grinstead**  
**Facility Coordinator/Aquatics Director**

**Email: [bgrinste@uark.edu](mailto:bgrinste@uark.edu)**  
**Phone: 479-575-6381**

## **UREC OUTDOOR SPORTS COMPLEX RESERVATIONS**

The UREC Outdoor Sports Complex provides a variety of facilities to suit your organization's outdoor needs. Facilities include Flag Football Fields, Softball Fields, a Soccer Field, a Rugby Field, Volleyball pits, Horseshoe pits, a patio, restrooms and a Concession stand. The facilities can be set-up to your organization's requirements.

In order to make reservations for the UREC Outdoor Sports Complex, please fill out the reservation form found under the Facility Management link on the UREC website.

For more information please contact:

**Bill Mock**  
**Associate Director,**  
**Intramural Sports and Special Events**

**Email: [bmock@uark.edu](mailto:bmock@uark.edu)**  
**Phone: 479-575-6380**



# DONNA AXUM (fitness center)



## FITNESS CENTER HOURS

Monday - Thursday	6:00 a.m. - 11:45 p.m.
Friday	6:00 a.m. - 10:45 p.m.
Saturday	9:00 a.m. - 10:45 p.m.
Sunday	1:00 p.m. - 11:45 p.m.



The Donna Axum Fitness Center features selectorized fitness machines, free weight equipment and assorted cardiovascular equipment. Collars, belts and headphones are available for checkout.

## GUIDELINES

- Food and gum are prohibited in the fitness center.
- Water must be in closed containers.
- Non-athletic apparel, including jeans, sandals or street shoes, are prohibited.
- Unaltered shirts must be worn at all times.
- Leave equipment clean and organized and refrain from banging weights.
- No sitting or stretching against the hand rails.
- UREC is not responsible for lost or stolen items.
- Allow others to use weight machines between sets.
- Time limit on cardio machines is 30 minutes.
- Children ages 12-15 must be accompanied at all times.
- Children under 12 are not allowed in the fitness center.
- No bags are allowed.

**UREC personal trainers can help you design challenging, productive and satisfying workouts.**

## Fitness Center Orientations

● Fitness Center Orientations are one-time sessions designed to introduce new users to the equipment available in the Fitness Center. A staff member will demonstrate how to properly use cardio machines and weight equipment, and can answer specific exercise questions. Orientations are not designed to prescribe exercise plans, but rather to assist participants with proper equipment use. Orientations are complimentary; however, participants must register for an appointment by filling out the Personal Training registration packet in HPER 225 or online at [urec.uark.edu](http://urec.uark.edu).

## UREC TRAVELING TRAINER

University Recreation offers Fitness/Wellness programming options for your organization or group. The services listed below can be brought to your office or organization and can be utilized for a variety of group sizes. Pricing is based on standard services and quantities, but can be updated to fit the needs of individual organizations.

**Group Exercise Classes** Yoga, PiYo, 40/20, Zumba, Cardio Fusion, and Turbokick. **\$30 per class**

**Group Training Sessions** Individualized, on-site workouts. Ideas include "desk-ercise", walking groups, and strength and cardio sessions. **\$30 per session**

**Health/Wellness Assessments** Blood pressure, body composition, and cardiovascular fitness measured at your location. **\$30 per hour**

**Red Cross Programs** Hold these life saving modules in the comfort of your own office! Modules include Adult CPR, Infant/Child CPR, First Aid, and AED. **\$50 per person for one module.**  
**\$10 per person for each additional module (minimum of six participants)**

# (UREC satellite facility)



## COMING FALL 2011

The University of Arkansas will open a satellite fitness facility in the Arkansas Union in fall 2011. The department of university recreation (UREC) will operate the facility in addition to its main facility in the Health, Physical Education and Recreation Building.

The new fitness facility will occupy the lower floor space that was vacated by the University of Arkansas Bookstore on the second floor of the Arkansas Union.

### THE UREC SATELLITE FITNESS FACILITY WILL INCLUDE:

- ALMOST 6,000 SQUARE FEET OF FITNESS FLOOR SPACE
- 1,500 SQUARE FEET OF GROUP EXERCISE SPACE
- MEN'S AND WOMEN'S LOCKER AND SHOWER FACILITIES



For more information, contact Kristin Durant at 575-2826 or [kldurant@uark.edu](mailto:kldurant@uark.edu).



# (personal training)



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 one hour. Prices listed below are for individuals. Sessions and packages may be shared between two individuals for 1.5 times the price listed for individuals. Sessions and packages cannot be shared by more than two individuals.

## ● New Clients

Every client must complete a fitness assessment before engaging in a training session, to ensure safety and help the trainer create the most appropriate workout plan to fit the participant's goals. The following packages include a 45-minute fitness assessment that is done prior to the first session.

**Price: One session + assessment: Student (\$36), HPER member (\$40)**  
**Three sessions + assessment: Student (\$65), HPER member (\$75)**  
**Six 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 do continuous 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: Student members (\$18), HPER members (\$20)**

## ● Assessment Plus

Fitness assessments address any health related concerns and set forth goals to start new exercise programs. Physiological testing is also done to determine baseline measurements, identify areas for improvement, assess progression, and educate the client. The following software is used to perform fitness assessments:

**MicroFit:** Tests seven dimensions of fitness including weight, heart rate, blood pressure, body composition, cardiorespiratory endurance, muscular strength, and flexibility.

**Korr Meta-check:** This metabolic testing software measures resting metabolic rate, caloric output based on lifestyle and daily activity, as well as energy/calorie expenditure during exercise. This assessment is useful in determining an individual's unique caloric needs and nutrition planning.

**Price: Student members (\$25), HPER members (\$35)**

---

**Have questions? To inquire about what we offer and any other questions related to health and exercise contact Jessica Graham at 479-575-3542 or [jl027@uark.edu](mailto:jl027@uark.edu).**

# (boot camp)

## BACK TO SCHOOL BOOT CAMP

Tuesdays and Thursdays 6:30 am - 7:30 am

September 13 - October 13

To register visit the UREC membership office in HPER 225.  
Space is limited so join soon!

Cost: \$60 for HPER Members  
\$50 for Students

A combination of a moderate to intense exercise program geared toward weight loss, toning, and strengthening. This five week program is designed for those who are looking to be whipped in to shape with the combination of certified personal trainers, small group motivation, creative workouts and education on exercise techniques and wellness concepts. Fitness assessments will take place at the beginning and end of the program. Your trainer will vary the boot camp formats with workouts taking place anywhere from the indoor track to running stairs outside. Participants should arrive ready to perform physical activity in different environments specified by their trainer.



**For more information please contact Jessica Graham  
at [jl027@uark.edu](mailto:jl027@uark.edu) or 479-575-3542**





# (fall wellness)

No gym membership? Not enough time in the day? Why not make use of your lunch hour this semester? Fall Wellness is bringing the entire campus community together as one to work toward a healthier lifestyle. Start and end the semester with exercise assessments and throughout the fall drop in to our educational workshops and group fitness classes led by our certified instructors. No appointment or registration necessary. All Fall Wellness events are held in the Arkansas Union from 12:15 pm - 1:00 pm.

- **Back to School Fitness Assessments** Do you have a health or fitness goal in mind this semester? UREC can help you set your goals by assessing major fitness components with basic testing. Come back and test your progress with post-testing. No appointment necessary. All assessments are taken in AU 508.

**Pre-Assessments**

**September 27  
September 29**

**Post-Assessments**

**November 16  
November 17**

- **GroupFit on Campus** Explore group workouts available at various featured locations across campus. All necessary equipment is provided.

**October 4 (AU 512)**

**November 10 (AU 508)**

**October 13 (AU 512)**

**November 15 (AU 508)**

**October 27 (AU 508)**

- **Wellness Workshops** Learn about maximizing your wellness with various topics presented by University Recreation.  
"Healthy Eating Habits" October 6 (AU 208)  
"Designing a Workout Plan" November 8 (AU 208)

**All Fall Wellness events are FREE to faculty, staff, and students.**

## FITNESS U

**Wednesdays 5:30 pm - 7:00 pm**

**September 21 - October 12**

To register visit the UREC membership office in HPER 225.  
Space is limited so join soon!

**Cost: \$20 for 4 weeks**

A non-credit instructional program for the purpose of introducing new or apprehensive exercisers to exercise concepts. This program is appropriate for those who are interested in becoming more familiar with exercise equipment available in the HPER Building, how to use equipment, and how to design a comprehensive and effective exercise plan. Featured topics include basic exercise principles, HPER Fitness Center Orientations, and introductions to strength and cardiovascular training. Classes are led by UREC Personal Trainers, and will contain both instructional and activity-based components. Participants should come prepared to utilize the HPER Fitness Center. Available to UA students and HPER members only.

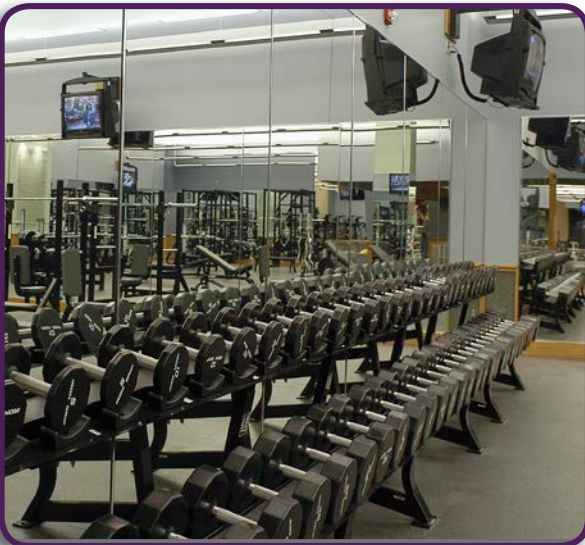
**For up-to-date schedules please visit [UREC.UARK.EDU](http://UREC.UARK.EDU)**

**For more information on the above programs please contact Jessica Graham  
at [jlj027@uark.edu](mailto:jlj027@uark.edu) or 479-575-3542**

# (accessible recreation)

**University Recreation is committed to serving the recreational needs of a diverse population of interests, skill levels, and abilities. The Accessible Recreation Program strives to meet the needs of individuals who require assistance in utilizing University Recreation facilities and programs. A variety of mat and water exercise classes are available for participants requiring non-impact activities, and the Donna Axum Fitness Center contains various equipment models that that can accommodate wheelchairs and other mobility issues.**

**University of Arkansas students, faculty, and staff who are registered with the Center for Educational Access are eligible to receive individualized fitness and recreation activity assistance. Individuals interested in receiving assistance should contact the University Recreation Office in HPER 225 by calling 575-4646 or through the online contact form at [urec.uark.edu](http://urec.uark.edu).**





# (group exercise)

University of Arkansas students, faculty, staff are eligible to take Group Exercise classes at no cost. Simply register for your semester-long pass at the UREC membership. Other HPER members may access group exercise by purchasing the Group Exercise Passes listed below.



## GUIDELINES

- All participants must fill out a health waiver form at the UREC office, HPER 225, before participating in any class.
- Only non-marking shoes are allowed in classes.
- Only water bottles with lids are allowed in class.
- Classes and instructors are subject to change.
- Group Exercise and Mind/Body classes are free to students, faculty and staff with HPER memberships. All other HPER members must purchase session passes.
- An extra registration fee is applied to those wishing to join group cycling classes.



Schedules and class locations can be obtained at HPER 225 or online at

**UREC.UARK.EDU**

**Fall 2011 Session Dates  
August 22 - December 8**

<b>Studio Pass</b>	<b>\$40/Semester</b>
<b>Daily Pass</b>	<b>\$3</b>
<b>Group Cycle Pass (1 session)</b>	<b>\$3/session</b>
<b>Group Cylce Pass (Semester)</b>	<b>\$40</b>



*Participation in all activities in the HPER Building, on the Intramural Fields, or any program sponsored by the College of Education and Health Professions or the Department of University Recreation, regardless of location, is voluntary on behalf of all participants. All participants acknowledge and agree that the University of Arkansas does not provide insurance for any of its activities and shall not be liable for any injuries that occur at any of these locations or any of its programs.*

Each semester brings a fresh schedule of classes for the Group Exercise program. Below are some of the regular class offerings. Visit [UREC.UARK.EDU](http://UREC.UARK.EDU) to view the current schedule.

## CARDIO & STRENGTH

### Rock Hard Abs

An express 30 minute workout to strengthen your abdominals, sides, and back. Work that core in a quick and easy half hour!

### TurboKick™

This program is featured at over 20,000 different health clubs and fitness chains in the U.S. and countries across the globe. You'll kick, punch, and groove the calories away in this action-packed, fun, safe and effective cardiovascular workout while listening to the latest hip-hop music!

### Cardio Fusion

A mix of all your favorite cardio formats. You never know what you're going to get: Step, Hi/Low, Kickboxing, or a combination! You are sure to get your heart rate up for a great cardiovascular workout and burn those calories!

### BOSU Blast

Bosu stands for Both Sides Up, this unique piece of equipment will be sure to test your balance and agility. This class will combine cardio and strength drill designed to tone and shape muscles while increasing cardio fitness.

### Zumba

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

### Body Sculpt

Bypass the gym with this combination of endurance and strength training. Target all major muscle groups by using barbells and plates and choosing your own weights to help get the results you want to see!

### Group Cycling

Group Cycling is our new, cutting edge program and 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!

### Ultimate Uppers

Target and tone your triceps, biceps, shoulders, upper and lower back and chest in a short 30 minute session.

### FIT

Frequent Interval Training! Come burn calories with this circuit-style workout!

### 40/20

This 60-minute class integrates 40 minutes of a cardio workout with 20 minutes of toning exercises.

### Booty Burn

This butt-burning workout combines 30 minutes of cardio with 30 minutes of glute-burning toning exercises.

## WATER AEROBICS

### Aqua-Abs

Get tight sculpted abdominals without the usual crunches and sweat by using the resistance of the water for toning!

### Aqua-Robics

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

### Aqua Cardio

Aqua Cardio is a 30-minute heart-pounding workout! Use the water to achieve a great workout in!

## MIND & BODY

### Kick/Muy Tai

Let it all out in this combination of kickboxing and Muy Tai. You will learn intense moves while punching and kicking away those extra calories.

### Yoga

Focus on balance, strength, and stretching. Purify your mind and body in this revitalizing class.

### Sunrise Yoga

Yoga will match and evolve with the difficulty level of the participant, while improving your overall posture, balance, flexibility, and strength.

### PiYo

Improve strength and flexibility with the power of Pilates and the grace of yoga and dance.

### Belly Dance

Get a great workout exploring the art of Tribal Style Belly Dance.

### Pilates

Put a twist on your typical pilates session. Get more flexibility and long, sinewy strength in this workout.

### Ballet Toning

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

### Tai Chi

Tai Chi is an ancient Chinese activity, designed to improve overall health, reduce stress, improve circulation, and increase internal energy!

### Power Yoga

All the yoga basics with an extra punch! Increase your balance, strength and stretching while adding up-tempo music for a great workout.

### Sculpt Volates

Combine yoga and pilates in this new mind/body class. You'll gain flexibility and strength in this exciting new workout!



# (aquatics)

Our 50-meter pool houses three activity areas within the lap lanes, shallow and deep sections. The facility is open daily for HPER members, academic classes, group rentals, Special Events, Group Exercise, the Outdoor Connection Center, and Instructional Programs.



<b>Sunday</b>	2:00 p.m. - 7:00 p.m.
<b>Monday &amp; Wednesday</b>	8:30 a.m. - 10:30 a.m.** 11:00 a.m. - 2:00 p.m. 5:00 p.m. - 10:00 p.m.
<b>Tuesday &amp; Thursday</b>	9:00 a.m. - 2:00 p.m. 5:00 p.m. - 10:00 p.m. 10:30 p.m. - 11:30 p.m.**
<b>Friday</b>	8:30 a.m. - 10:30 a.m.** 11:00 a.m. - 2:00 p.m. 5:00 p.m. - 9:00 p.m.
<b>Saturday</b>	11:00 a.m. - 7:00 p.m.

\*\*Times are for Long Course Swim, all others are open recreation times.

## GUIDELINES

- Individuals may not enter pool unless a lifeguard or instructor is on duty.
- Showers are required before entering pool.
- Users must wear proper swimming attire.
- Food, drinks and chewing gum are prohibited.
- Running, dunking, splashing, and other horseplay are strictly prohibited.

## POOL INFORMATION

- Lap lane area is six to seven feet deep.
- Shallow area is three to four feet deep.
- Diving well is 14 to 17 feet deep.
- Water temperature is 81 degrees Fahrenheit.

## Razorback Swimming and Diving Teams

Come and support the Arkansas Swimming and Diving Teams at their Fall 2011 home meet! □ October 20 at 5:00 p.m.

## LAP SWIM TRAINING

**Tuesdays and Thursdays 5:30 pm - 6:30 pm**

**September 13 - November 10**

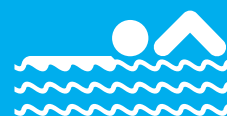
Classes are designed for adults looking to fine tune strokes and build endurance. Participants should already be able to freestyle lap swim comfortably. Limited to HPER members only.

**Cost: \$35 for 8 weeks**



# SWIM LESSONS

Mondays and Wednesdays



## Youth

5:30-6:30 p.m.

Ages 5-11. 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. Guardians are required to be present in natatorium during classes.

## Adult

6:30-7:30 p.m.

Ages 12 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.

**Session 1: September 12 - October 12**

**Session 2: October 19 - November 21**

Cost: \$40 per session

\*Registration runs up to the first week of each session.  
Contact Sam Fehr at [sfehr@uark.edu](mailto:sfehr@uark.edu) for more information.

*Visit the UREC office, HPER 225 to register.*



# (club sports)

## CLUBS

Ballroom Dancing  
Bass Fishing  
Bowling  
Boxing  
Cricket  
Cycling  
Disc Golf  
Fencing  
Ice Hockey  
Martial Arts  
Men's Lacrosse  
Men's Rugby  
Men's Soccer  
Men's Ultimate  
Men's Volleyball  
Paintball  
Racquetball  
Shotgun Sports  
Taekwondo  
Tennis  
Water Ski  
Women's Soccer  
Women's Lacrosse  
Women's Ultimate  
Women's Volleyball

## CONTACTS

ballroom@uark.edu  
bassteam@uark.edu  
uabowl@uark.edu  
boxing@uark.edu  
cricket@uark.edu  
cycling@uark.edu  
discgolf@uark.edu  
fencing@uark.edu  
hockey@uark.edu  
younwha@uark.edu  
mlax@uark.edu  
uarugby@uark.edu  
msoccer@uark.edu  
mensdisc@uark.edu  
mvball@uark.edu  
paint@uark.edu  
racquet@uark.edu  
uaskeet@uark.edu  
tkdclub@uark.edu  
tennis@uark.edu  
waterski@uark.edu  
wsoccer@uark.edu  
wlax@uark.edu  
wmnsdisc@uark.edu  
wvball@uark.edu

## Get in the Game

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-administrated 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 favorite Club Sport today!

## Facilities



**Love Sports?  
Join the Club!**

LIKE US ON FACEBOOK!



FIND OUT MORE

SCAN ME TO



## Practices

Club Sports practices begin the week of August 22. The practice schedule for each team can be found online at [UREC.UARK.EDU](http://UREC.UARK.EDU).

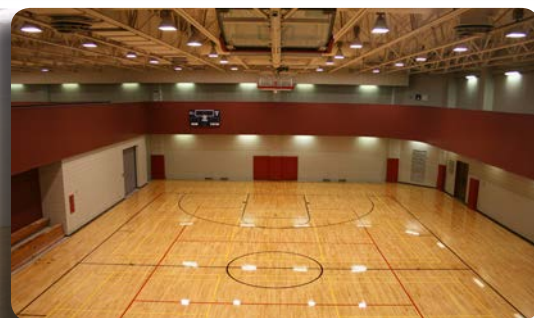


"Club Sports has given me the motivation to stay in shape!" - Samantha Esslinger, Women's Volleyball

"Club Sports gave me a sense of responsibility and pride in my school." - Brendan Desjardins, Ice Hockey

"Club Sports has given me the opportunity to experience college to the fullest." - Tony Zambrano, Rugby

**For more information contact Brittany Beeler at [sclubs@uark.edu](mailto:sclubs@uark.edu)**





# (intramural sports)



*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!*

## **HAVE A TEAM?**

*Register your team online at [uark.athleague.com](http://uark.athleague.com) during registration periods.*

## **NEED A TEAM?**

*Join the free agent list at [uark.athleague.com](http://uark.athleague.com).*

### **COMPETITIVE LEVEL**

#### **Leagues of Play**

*Men's, Women's, Co-Rec*

#### **Competitive Divisions**

*Men's Open, Women's Open,  
Res Hall, Fraternity, Sorority*

### **RECREATIONAL LEVEL**

#### **Leagues of Play**

*Men's, Women's, Co-Rec*

## **MAKE IT OFFICIAL**

*Intramural Sports employs more than 100 students each year as officials, scorekeepers, sports monitors and supervisors.*

*No experience necessary. Contact [imsports@uark.edu](mailto:imsports@uark.edu).*

# FALL 2011

SPORT	MANAGER MEETING	REGISTRATION PERIOD**
Pre-Season Football Tournament	*	August 28 - 31
Sand Volleyball Tournament	*	September 4 - 7
Flag Football League	*	September 11 - 14
Baggo Tournament	*	September 18 - 21
Putt Putt Golf (Special Event)	NONE	September 18 - 21
Horseshoe Tournament (Singles, Double, Co-Rec)	NONE	October 2 - 5
Dodgeball Tournament	*	October 2 - 5
Team Bowling League	*	October 9 - 12
Indoor Volleyball League	*	October 9 - 12
Ultimate Frisbee League	*	October 23 - 26
"Homecoming Pigskin Classic" (3 on 3 Flag Football Tournament)	NONE	October 23 - 26
Co-Rec Basketball League	*	October 30 - November 2
Racquetball Tournament	*	November 13 - 16
NCAA Bowl Pick 'Em (Special Event)	*	November 5 - 8

\*\*Registration will be done online and must be completed during the registration period. Online registration will close at 11:59 p.m. on the last day of registration. Schedules will be available online 2-3 days after registration closes. If you have any questions, email the intramural staff at [imsports@uark.edu](mailto:imsports@uark.edu)

***\*For times of mandatory manager meetings, please visit [urec.uark.edu](http://urec.uark.edu). Each team must have a representative present at one meeting or will receive a forfeit loss. Online registration closes at 11:59 p.m. the last day of each registration period. Dates are subject to modification by the Intramural Sports staff.***

**athleague**  
intramural leagues made easy

**[uark.athleague.com](http://uark.athleague.com)**

The University of Arkansas utilizes the AthLeague online system to conduct all intramural registration and scheduling. This system makes communication between captains and players incredibly easy, and provides a wealth of information on all leagues to all intramural participants. Visit [UARK.ATHLEAGUE.COM](http://UARK.ATHLEAGUE.COM) to begin your registration process.



# (instructional programs)

## Program Schedule

**FALL 2011**

### Postures of Yoga

**September 12 - November 14**  
Mondays, HPER 320  
7:00 pm - 8:00 pm  
Cost: \$35

### Swing Dancing

**September 14 - November 16**  
Wednesdays, HPER 220  
Beginner- 8:00 pm - 9:00 pm  
Intermediate- 9:00 pm - 10:00 pm  
Cost: \$35

### Ballroom Dancing

**September 14 - November 16**  
Wednesdays, HPER 216  
7:00 pm - 8:00 pm  
Cost: \$35

### Latin Dance

**September 15 - November 17**  
Thursdays, HPER 216  
8:00 pm - 9:00 pm  
Cost: \$35

From dancing and yoga to CPR and swimming, Instructional Programs offer new ways to learn 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.

### American Red Cross

**October 23 1:30 pm - 5:30 pm**  
**October 26 5:30 pm - 9:30 pm**  
HPER 323  
Cost: \$65 UA Student  
\$75 UA Community

**Adult CPR**  
**First Aid**  
**& AED**

### Lap Swim / Swim Lessons

Whether you are just learning to swim or you are an advanced swimmer, these classes offer something for all skill levels. These class selections offer everything from basic water safety skills and breathing exercises to fine tuning your strokes and building endurance.

**These Instructional Programs are featured in the "Aquatics" section on pages 18 and 19.**

**For more information contact**  
**Sam Fehr at [sfehr@uark.edu](mailto:sfehr@uark.edu) or 479-575-7382**



# (special events)

**UREC Special Events provide opportunities for leisure, education, socialization, fitness and fun through a variety of alternative events.**



## \* yoUREC Bash 2011 \*

**Tuesday August 23**

**7:00 pm - 10:00 pm**

Check out all that University Recreation has to offer. On Tuesday, August 23 from 7-10 pm, the HPER will be open to ALL faculty/staff, students and the University 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 a photo booth to inflatable games!

Food will be FREE. Don't forget to stop by and get FREE prizes. Mark your calendars for Tuesday, August 23rd!

### **More fun Special Events Details to come!**

- Welcome Week Dive-In Movie - August 26
- Family Fit Friday and Tailgate - September 16
- Distracted Driver Simulator - October 6
- Crystal Imaging - November 16
- Fall Adventure Series: Geocaching, Mountain Biking, Paddling Safety and Rescue - TBA
- Wednesday Night Membership Mixers

**For more information contact  
Sam Fehr at [sfehr@uark.edu](mailto:sfehr@uark.edu)**



# (outdoor connection



## OUTDOOR CONNECTION CENTER HOURS

Monday - Thursday 10:00 a.m. - 9:00 p.m.  
Friday 10:00 a.m. - 6:00 p.m.  
Saturday & Sunday Closed



## TRIPS & ACTIVITIES

Trips and activities are offered to all UA community members including students, faculty, staff and HPER members. Participants must be at least 17 years of age. Cost typically includes transportation, equipment instruction and trained leaders. No experience necessary. Registration deadlines and pre-trip meeting attendances are required.

**575-CAMP**      **CAMP@UARK.EDU**



# center)

## LIKE US ON FACEBOOK!



SCAN ME TO

FIND OUT MORE

### CLINICS AND SEMINARS

Learn new skills or refine old ones. Most clinics and seminars are open to the general public. For a complete list of activities and costs, visit [urec.uark.edu](http://urec.uark.edu).

### CLIMBING WALL

HPER GYM 1

Sunday - Thursday

5:00 p.m. - 9:00 p.m

Challenge yourself physically, mentally and socially. Participants must be at least five years of age and fit safely into a harness. All equipment and instruction is provided at no charge. The Climbing Wall is open to the UA community and HPER members.

### 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.

### BOULDERING WALL

LOCATED INSIDE THE OCC, HPER 102

Monday - Thursday

10:00 a.m. - 9:00 p.m.

Friday

10:00 a.m. - 6:00 p.m.

Saturday, Sunday

Closed

Focus on strength technique and grace. Participants must be at least 15 years of age. Shoes and chalk are provided at no charge. The Bouldering Wall is open to the UA community and HPER members.



# FALL 2011 CALENDAR

## Trip / Activity

## Date

## Time

## Cost

Students / UA / Non University

## Deadline

### ADVENTURE TRIPS

● Road Bike Tour Ozarks	September 9 - 10	One Night	\$10 / \$15 / NA	By Pre-Trip Meeting September 6
● Full Moon Canoe Trip Lincoln Lake	September 13	6:30pm-10:30pm	\$10 / \$15 / NA	September 12
● Sunset Kayaking Trip Beaver Lake	September 14	4:00pm - 9:00pm	\$10 / \$15 / NA	September 13
Kayaking/Camping Trip Lake Ouachita	September 23 - 25	All weekend	\$45 / \$50 / NA	By Pre-Trip Meeting September 20
● Road Bike Tour Ozarks	September 23 - 24	One Night	\$10 / \$15 / NA	By Pre-Trip Meeting September 20
● Sunset Kayaking Trip Lake Fort Smith	September 28	4:00pm-9:00pm	\$10 / \$15 / NA	September 27
Canoeing Buffalo River	September 30 - October 2	All weekend	\$45 / \$55 / NA	By Pre-Trip Meeting September 27
● Climbing Trip Lincoln Lake	October 5	3:00pm-7:00pm	\$10 / \$15 / NA	October 4
Biking/Camping Trip Katy Trail, Missouri	October 13 - 18	All Fall Break	\$290 / \$320 / NA	By Pre-Trip Meeting October 4
Backpacking Smoky Mountains, NC	October 13 - 18	All Fall Break	\$250 / \$275 / NA	By Pre-Trip Meeting October 4
● Day Hike Buffalo River Area	October 22	All Day	\$10 / \$15 / NA	By Pre-Trip Meeting October 19
Day Climb Horseshoe Canyon	October 23	All Day	\$15 / \$20 / NA	By Pre-Trip Meeting October 19
Mountain Bike Trip Syllamo Trail System	October 28 - 30	All Weekend	\$45 / \$55 / NA	By Pre-Trip Meeting October 25
● Mountain Bike Trip Hobbs State Park	November 13	All Day	\$10 / \$15 / NA	By Pre-Trip Meeting November 8
Backpacking Trip Grand Canyon N.P.	November 19 -26	Thanksgiving Break	\$450 / \$475 / NA	November 8
Winter Backpacking Trip, Ozarks	December 17 - 21	5 Days	\$85 / \$95 / NA	By Pre-Trip Meeting December 7
Ski Trip Breckenridge, CO	January 8 - 14	All week	\$489 / \$549 / NA	By Pre-Trip Meeting December 7
Ice Climbing Ouray, CO	January 9 - 15	All week	\$450 / \$500 / NA	By Pre-Trip Meeting December 6

### CLINICS AND SPECIAL EVENTS

● Kayak Roll Clinic	September 6 & 8	7:30pm - 9:30pm	\$25 / \$30 / \$35	September 5 by 9:00 pm
Kayak Practice Session	September 6 & 8	7:30pm - 9:30pm	Free / Free / \$5	September 6 & 8 by 8:00 pm
Leave No Trace Backyard Session	September 7	1:00pm - 4:00pm	Free / Free / Free	No registration Necessary
Banff Mountain Film Festival	September 16	6:30pm -10:30pm	\$10 student tickets	First 50 students signed up get \$10 rate, all others general admission
● Intro to Geocaching	September 17	9:00am - 3:00pm	\$10 / \$15 / NA	September 16 by 6 pm
● Kayak Roll Clinic	September 20 & 22	7:30pm- 9:30pm	\$25 / \$30 / \$35	September 19 by 9:00pm
Kayak Practice Session	September 20 & 22	7:30pm-9:30pm	Free / Free / \$5	September 20 & 22 by 8:00pm
● Kayak Roll Clinic	October 4 & 6	7:30pm - 9:30pm	\$25 / \$30 / \$35	October 3 by 9:00pm
Kayak Practice Session	October 4 & 6	7:30pm-9:30 pm	Free / Free / \$5	October 4 & 6 by 8:00pm
● Intro to Geocaching	October 8	9:00am - 3:00pm	\$10 / \$15 / NA	October 7 by 6 pm
AORE Conference, San Antonio Texas	November 2 - 6	All Week	TBA	October 25 by 9:00pm
● Climbing Competition	December 8	6:00pm-11:00pm	\$10 / \$15 / NA	December 7 by 9:00pm



**WIN A NORTH FACE TENT!**  
**OCC Fall Adventure Series**

Participate in any 3 of these events and be entered to win a new North Face tent and other fun prizes!

# Equipment Rentals (OCC)

Let the OCC outfit your next adventure! Rental equipment includes camping, sporting, tailgating, and cycling equipment. Reservations may be made up to two weeks in advance. Phone reservations are not permitted. Payment is required at the time of rental. Acceptable forms of payment are: check, cash, credit card, Razorbucks or a University cost center number. Rental Services offered by the OCC are available to the university community and to HPER members.

<b>CAMPING EQUIPMENT</b>	DAY	WEEKEND	WEEK
Backpack (Internal frame)	6.00	9.00	18.00
1 Burner Stove	2.00	3.00	6.00
2 Burner Stove	4.00	6.00	12.00
Ice Chest (soft cooler)	2.00	3.00	6.00
Trekking Poles	4.00	6.00	12.00
Headlamp	0.50	1.00	1.50
1 or 2 Person Tent	7.00	10.50	21.00
4 Person Tent	9.00	13.50	27.00
6 Person Tent	10.00	15.00	30.00
20° Sleeping Bag	4.00	6.00	12.00
0° Sleeping Bag	5.00	7.50	15.00
Summer Sleeping Bag	3.00	5.00	10.00
Sleeping Pad	2.00	3.00	6.00
Hammock	3.00	4.50	9.00
Tarp	2.00	3.00	6.00
Guide Cookset (large)	1.00	1.50	3.00
Cookset (small)	0.50	1.00	2.00

<b>WATER SPORTS</b>	DAY	WEEKEND	WEEK
Canoe Set*	20.00	30.00	60.00
Tandem Kayak Set	20.00	30.00	60.00
Sit-on-top Kayak Set*	16.00	24.00	48.00
Whitewater Kayak Set*	16.00	24.00	48.00
Sea Kayak Set*	16.00	24.00	48.00
Canoe Chair	2.00	3.00	6.00
Helmet	1.00	1.50	3.00
Life Vest (PFD)	2.00	3.00	6.00
Paddle (Canoe or Kayak)	2.00	3.00	6.00
Paddling Jacket	2.00	3.00	6.00
Paddling Spray Skirt	3.00	4.50	9.00
Dry Bag (small)	1.00	1.50	3.00
River Bag (large)	2.00	3.00	6.00
Wet Suit	4.00	6.00	12.00
Canoe Trailer (min. 4 boats)	30.00	45.00	50.00

<b>SPORTING EQUIPMENT</b>	DAY	WEEKEND	WEEK
Bouldering Pad	5.00	7.50	15.00
Bouldering Pad (large)	7.00	10.50	21.00
Climbing Shoes	3.00	4.50	9.00
Bocce Ball Set	3.00	4.50	9.00
Croquet Set	3.00	4.50	9.00
Disk Golf Set	3.00	4.50	9.00
Horseshoe Set	3.00	4.50	9.00
Volleyball Set with Ball	6.00	9.00	18.00
Dining Table	2.00	3.00	6.00
Camp Chair	2.00	3.00	6.00
BBQ Trailer	30.00	45.00	90.00



\*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. Sea 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.



## WHY RIDE WITH THE OCC?

- Not sure if you're a commuter cyclist, but want to try it out? Come by the OCC and get the necessary information on riding around Fayetteville from our bike-enthused staff. Check out a bike and see how it suits you.
- Can't make it to the fitness center? Renting a bike is a great way to work out and enjoy the fall foliage.
- Need a cheap date idea? Check out some bikes, ride on the Scull Creek Trail, and go to one of the many great restaurants Fayetteville has to offer. Many businesses in Fayetteville have bike racks to encourage riding!

## WE OFFER:

- **Bike Rentals/Check Out.** Road, Mountain, and Cruiser Bikes
- **Full Service Bike Shop.** Get your repair items and bike serviced at the OCC!
- **Free Air Station.** Visit the OCC to properly inflate your tires to the correct pressure.
- **Free Bike Assessments.** Determine if your bike is safe to ride.
- **Free Tools and Stand Time.** Know how to make repairs but need the tools? Stop by the OCC during bike shop hours to utilize tools, tuning stand, and bike stands.

**\*\*Services offered by the OCC Bike Shop are available to the university community and to HPER members\*\***

- Affordable Labor Prices!
- Replacement tubes starting at \$4.00
- Tune-ups starting at \$25.00

## NEED MORE REASONS?

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!

### By renting a bike from the OCC you can:

- Reduce your impact on the environment.
- Discover a new hobby.
- Get an awesome outdoor work out.
- Travel the trail system and see what Fayetteville has to offer.

For more information on the bike shop and its services, please call 479-575-2267.



## Bike Rental

BIKES	HALF DAY	FULL DAY	WEEKEND	WEEK
MOUNTAIN & ROAD	10.00	20.00	30.00	60.00
CRUISER BIKES	5.00	10.00	15.00	30.00
<i>Bike rentals come with helmet!</i>				
ACCESSORIES				
BIKE RACK	3.00	5.00	7.00	
HELMET	1.00	1.50	3.00	

## BIKE SHOP HOURS

Tuesday - Thursday

12:00 pm - 6:00 pm

# (parking)

Parking for the HPER building consists of four different zones: **Student**, **Faculty-Staff**, **Reserved** and **Metered**. All zones require a valid parking permit or meter payment corresponding to its zone during designated permit or payment times.

Designation	Lot Number	Location	Building Access	Designated Permit or Payment Required (excluding University holidays)
Student	51,55	Meadow Street	Door 1	7:00 am - 5:00 pm
Student	67	West of HPER	Door 1	7:00 am - 5:00 pm
Faculty/Staff	51,55	Meadow Street	Door 1	7:00 am - 5:00 pm
Faculty/Staff	59	North of HPER	Door 2	7:00 am - 5:00 pm
Faculty/Staff	67	West of HPER	Door 1	7:00 am - 5:00 pm
Reserved	67	West of HPER	Door 1	7:00 am - 5:00 pm
Metered	67	West of HPER	Door 1	7:00 am - 5:00 pm
Scooter/ Motorcycle	59,67	West of HPER	Door 1 & 2	7:00 am - 5:00 pm

**\*\*Parking for persons with disabilities is available near all three entrances.\*\***

Please note that change is not available for the parking meter.  
Contact the Transit and Parking department at 479-575-2459  
for additional parking regulations and information.

## ATHLETIC EVENTS & LIMITED PARKING

Razorback athletic event parking policies that affect times when HPER parking is limited or unavailable may be found on the Transit and Parking website under "Athletic Events Parking." Changes to parking availability will be posted on the UREC website and on signage inside the HPER two weeks prior to the event or as soon as information is made available to the University Recreation staff.



# (important dates)

## FALL 2011

Listed are important HPER Membership dates, restricted building hours, closing dates, and holiday hours that differ from normal hours of operation.

More up-to-date schedules, calendars, building announcements, and the UREC Inclement Weather Policy can be found online at

**UREC.UARK.EDU**

## CONTACT INFORMATION

University Recreation  
225 HPER  
University of Arkansas  
Fayetteville, AR 72701  
479-575-4646  
urec.uark.edu



UNIVERSITY OF  
ARKANSAS  
COLLEGE OF EDUCATION  
& HEALTH PROFESSIONS  
UNIVERSITY RECREATION

<b>August</b>	<b>18</b>	Fall Semester Hours Begin
	<b>22</b>	Classes Begin
	<b>23</b>	UREC Bash
<b>September</b>	<b>2</b>	Open from 6:00 a.m. to 10:00 p.m.
	<b>3</b>	CLOSED for Football
	<b>4</b>	Open from 1:00 p.m. to 10:00 p.m.
	<b>5</b>	Open from 9:00 a.m. to 12:00 a.m.
	<b>17</b>	CLOSED for Football
<b>October</b>	<b>8</b>	CLOSED for Football
	<b>15-18</b>	Fall Break Hours    Saturday 9:00 a.m. - 10:00 p.m.
		Sunday 1:00 p.m. - 10:00 p.m.
		Monday 6:00 a.m. - 10:00 p.m.
		Tuesday 6:00 a.m. - 12:00 a.m.
<b>November</b>	<b>2-3</b>	Homecoming Blood Drive, Gyms 3 & 4 (limited court space)
	<b>5</b>	CLOSED for Homecoming Football
	<b>12</b>	CLOSED for Football
	<b>23</b>	Open from 6:00 a.m. to 7:00 p.m.
	<b>24</b>	CLOSED for Holiday
	<b>25-26</b>	Open from 9:00 a.m. to 5:00 p.m.
	<b>27</b>	Open from 1:00 p.m. to 12:00 a.m.
<b>December</b>	<b>9</b>	Dead Day
	<b>15</b>	Fall Semester Hours End
	<b>16</b>	Fall Membership Period Ends/ Holiday Hours Begin
	<b>16,19</b>	Locker Pull (Friday and Monday)
	<b>23</b>	Open from 6:00 a.m. to 7:00 p.m.
	<b>24-26</b>	CLOSED for Holiday
	<b>27-30</b>	Open from 9:00 a.m. to 5:00 p.m.
	<b>31</b>	Open from 9:00 a.m. to 2:00 p.m.
<b>January</b>	<b>1</b>	CLOSED
	<b>2</b>	Open from 9:00 a.m. to 10:00 p.m.
	<b>3-15</b>	Open from 6:00 a.m. - 10:00 p.m.
	<b>16</b>	MLK Jr. Day - Open from 9:00 a.m. - 12:00 a.m.
	<b>17</b>	Spring Semester Hours Begin/ Classes Begin

## IMPORTANT PHONE NUMBERS

University Recreation Office	479-575-4646
HPER Membership Information	479-575-6381
Service Center	479-575-6382
Racquetball Court Reservations	479-575-6382
Outdoor Connection Center	479-575-2267
Donna Axum Fitness Center	479-575-2990
Intramural Fields	479-575-4386
FAX Number	479-575-7008
Rec Check Telephone Line	479-575-4950

# (employment)

University Recreation 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 demands.

## OPPORTUNITIES:

### ADMINISTRATION

- Office Assistants
- Technology Assistants
- Marketing Assistants

### FACILITY MANAGEMENT

- Facility Assistants
- Lifeguards

### SPECIAL EVENTS

- Special Events Assistants

### INTRAMURAL SPORTS

- Officials
- Supervisors
- Sport Monitors
- Scorekeepers
- Field Maintenance Assistants
- Concessionaires

### OUTDOOR CONNECTION

- Climbing Wall Supervisors
- Rental Center Supervisors
- Trip Leaders
- Program Instructors
- Bike Mechanics

### FITNESS/WELLNESS

- Fitness/Wellness Instructors
- Fitness Center Assistants
- Group Exercise Instructors
- Group Cycle Instructors
- Red Cross Instructors
- Personal Trainers

**FOR POSITION DESCRIPTIONS VISIT [UREC.UARK.EDU](http://UREC.UARK.EDU),  
TO APPLY ONLINE VISIT [JOBS.UARK.EDU](http://JOBS.UARK.EDU).**







# CELEBRATE WITH A POOL PARTY !

Included in the rental price is:

- set up/tear down of
- two 6' long rectangular tables
- water volleyball
- water basketball

Any other equipment used is an additional fee.

Food and beverages are permitted in the natatorium but are not provided.

Rental price/hour: \$20 students / \$30 university (faculty/staff)

Contact Brittany Grinstead at 479-575-2977 or [bgrinste@uark.edu](mailto:bgrinste@uark.edu) to reserve your birthday pool party or to request more information!

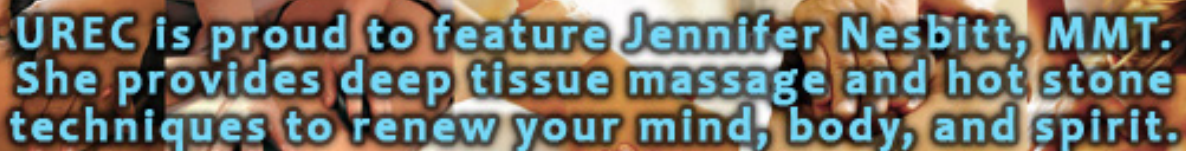
## Massage Therapy

By treating yourself to a **relaxing & therapeutic** massage, you can **release** tension and restriction from sports injuries, repetitive movement, and everyday stress. It can also help **improve** muscle recovery time as well as **increase** the **stimulation** of your circulation and enhance your **energy** levels.

PLEASE CALL 575-4646 FOR AVAILABILITY & TO RESERVE YOUR APPOINTMENT, OR VISIT THE UREC OFFICE IN HPER 225.

**PRICING: \$20 PER 1/2 HOUR / \$40 PER 1 HOUR**

**\*INCLUDES YOUR CHOICE OF DEEP TISSUE OR HOT STONE MASSAGE.**



**UREC is proud to feature Jennifer Nesbitt, MMT. She provides deep tissue massage and hot stone techniques to renew your mind, body, and spirit.**

# UREC (connected)

The department of University Recreation offers many outlets for you to stay connected including Facebook, Twitter, YouTube, our monthly UREC Newsletter, and our UREC website. These sites also act as great ways to offer comments and suggestions to the department of University Recreation.

UREC Facebook Fan Page

YouTube UARK Intramural/Recreational (uarkrec)

Twitter us (uarkrec)

Intramural Sports Facebook Group

Outdoor Connection Center Facebook Group

Special Events Facebook Group

## Become a UREC Fan!



**Receive updates on:**

- **Activities**
- **Building Hours**
- **Staff Profiles**
- **Special Events**
- **and More!**

See more at [UREC.UARK.EDU](http://UREC.UARK.EDU)



# Connect with UREC



**Online at : [urec.uark.edu](http://urec.uark.edu)**

**Email : [urec@uark.edu](mailto:urec@uark.edu)**

**By phone : 479-575-4646**



UNIVERSITY OF  
ARKANSAS

COLLEGE OF EDUCATION  
& HEALTH PROFESSIONS

UNIVERSITY RECREATION

UNIVERSITY RECREATION MAGAZINE

FALL 2011