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UREC

UNIVERSITY RECREATION

University of Arkansas • Spring 2012

A Department of the College of Education and Health Professions



UNIVERSITY OF
ARKANSAS

Q&A WITH THE DIRECTOR, JEREMY BATTJES



What are your primary job duties?

I oversee the daily operations of the department of University Recreation at the University of Arkansas. This includes planning for future growth, setting goals and initiatives, working with the program directors

in the eight program areas we offer, and providing the best experience possible for students, staff, and faculty.

Why did you choose to work in campus recreation?

I enjoy the university setting and the way in which we impact students' lives. We impact and provide programs and services to students like no other unit on a university campus; to hear students talk about the opportunities they had in college because of University Recreation is why we do what we do.

What has been your most rewarding accomplishment working in campus recreation?

Listening to students, staff, and faculty talk about their positive experiences with our department and how the programs we offer impact their quality of life. I also really enjoy working with our staff and our leadership. I'm biased, but I believe we have the best staff on campus. Our staff is focused on the student experience and makes a concerted effort to provide a once in a lifetime experience to each and every participant in our department. Additionally, we have individuals who are very supportive of our programs and activities and without them it would be impossible to do what we do.

Describe yourself in three words or less.

University centered.

What role do you see UREC serving in the university students' experience?

We provide opportunities for students to improve their quality of life, whether it is through leadership opportunities, teambuilding, socialization, conflict resolution, or service. The experience we offer provides an opportunity for a student to become involved with a campus, beyond attending classes, creating a sense of community that leads to recruitment and retention efforts.

What is new to U of A students this spring?

As always, we'll have a full calendar of outdoor, group fitness, club sport, intramural, instructional programs, and informal recreation programming. One item we are excited to open is a satellite facility in the Arkansas Union, the University Recreation Fitness Center. As many folks know, our current facility is extremely cramped. The satellite center will offer a 6,000 sq. ft. fitness center, 1,500 sq. ft. of group exercise space, and shower and locker room facilities. While this facility doesn't solve our problems, it definitely allows for more individuals to take part in the programs and activities offered through University Recreation.

Do you participate in intramural sports, group exercise classes, or other UREC programs?

I make an effort to participate in every program area we offer. What better way to share with the campus community what we have to offer, without experiencing it first-hand? I even teach a Group Cycle once a week during the semester.

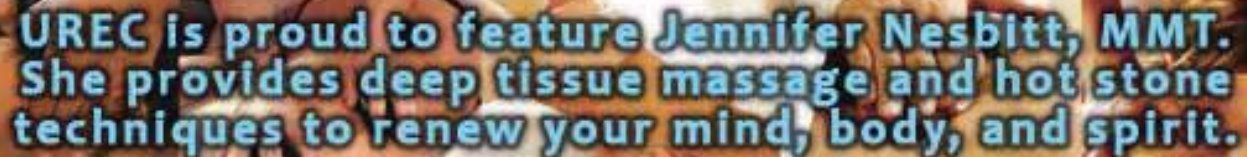
Massage Therapy

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 REGULAR 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.

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 Acuff at 479-575-2977 or bacuff@uark.edu to reserve your birthday pool party or to request more information!

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HPER MEMBERSHIP

Faculty/Staff Membership

	Individual	Family	Combined
1 Semester	\$40.00	\$25.00	\$65.00
Annual (12 Mo.)	\$120.00	\$75.00	\$195.00

Students Membership

	Individual	Family	Combined
Fall Semester	Included in Tuition	\$18.00	\$18.00
Spring Semester	Included in Tuition	\$18.00	\$18.00
Summer Semester	\$20.00*	\$18.00	\$38.00

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

Alumni Membership*

	Individual	Family	Combined
Semester	\$90.00	\$30.00	\$120.00
Annual (12 Mo.)	\$240.00	\$90.00	\$330.00
Self Sponsored Guest Pass (includes day locker and towel)	\$8.00	NA	NA

*HPER Alumni members must maintain a current membership to the Arkansas Alumni Association.

Locker Rentals

Men's or Women's Locker Room

Full Size	\$12.00
1/2 Size	\$8.00
Small Size	\$4.00
First Level Locker	\$5.00
Racquetball Court Locker	\$4.00
Third Level Locker	\$4.00
Track Locker	\$4.00

Miscellaneous Fees

Towel Service	\$12.00/semester
HPER ID Card Replacement	\$5.00
Day Locker	\$1.00
Day Towel	\$1.00

HPER Guest Passes:

Current HPER Building members are permitted to purchase guest passes for friends and/or family. All prices reflect per person rates. Only three (3) guests are allowed per member per visit.

Daily Guest Pass- \$5

10X Guest Pass-\$40

Members may purchase guest passes in advance. Ten-time packages are available for standard and alumni guest only. Members are responsible for their guests and must remain with them while using the HPER Building. For complete gues pass eligibility information, please visit the Service Center or go online at urec.uark.edu.



UNIVERSITY OF
ARKANSAS

COLLEGE OF EDUCATION
& HEALTH PROFESSIONS

UNIVERSITY RECREATION

UNIVERSITY RECREATION FITNESS CENTER MEMBERSHIP

Current HPER members will have access to the University Recreation Fitness Center, as well as the HPER building. Non-HPER members must purchase a semester or annual membership to the HPER to gain access to both the HPER and the UREC Fitness Center.

Locker Rentals*

Men's or Women's Locker Room

Full Size \$30.00

1/2 Size \$20.00

*Towel Service included

Day lockers are located at the front of the facility for free. These are only for UREC Fitness Center participants. UREC reserves the right to remove items from a locker when the patron is not using the UREC Fitness Center.



FACILITY SPRING HOURS OF OPERATION

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.

University Recreation Main Office

Monday-Friday	8:00 a.m. – 8:00 p.m.
Saturday	9:00 a.m. – 5:00 p.m.
Sunday	1:00 p.m. – 5:00 p.m.

Donna Axum Fitness Center

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.

Climbing wall (located in HPER GYM 1)

Sunday-Thursday	5:00 p.m. – 9:00 p.m.
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University Recreation Fitness Center

(located in the Arkansas Union)

Monday-Thursday	6:00 a.m. – 11:45 p.m.
Friday	6:00 a.m. – 8:45 p.m.
Saturday	9:00 a.m. – 8:45 p.m.
Sunday	1:00 p.m. – 11:45 p.m.

University Recreation Fitness Center Office

Monday-Friday	8:00 a.m. – 7:00 p.m.
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For Natatorium hours, see page 22.

For Outdoor Connection Center hours, see page 14.

Building hours on this page represent normal hours of operation.
Any changes are posted on signage within the HPER Building, the University
Recreation Fitness Center and can be found online at urec.uark.edu.

FACILITY RENTAL

HPER Facility/ Equipment Reservations

The 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 and time.

Below are the steps you must follow in order to rent a facility space or piece of equipment:

1. Facility Reservation forms and price options can be found under the Facility Management link online at urec.uark.edu or in the HPER main office (HPER 225).
2. If your event requires equipment, you must also fill out an equipment form.
3. You will receive a confirmation email from the HPER with all of 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 info, please contact:

Brittany Acuff

Email: bacuff@uark.edu. Phone: 479-575-4646

Service Center- located on the second floor of the HPER Building. The Service Center houses recreational equipment available for 1-day member checkout.

The following items may be checked out at no cost to HPER members:

- Basketballs (men's & women's)
- Volleyballs/Wallyballs
- Pull Buys
- Kickboards (small, medium, & large)
- Aqua Joggers
- Hand Paddles
- Racquetball Racquets & Balls
- Ping Pong Paddles and Balls
- Badminton Racquets & Birdies

The University Recreation Sports Complex Reservations

The University Recreation 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 and horseshoe pits, restrooms and a concession stand. **To make reservations**, please complete the reservation form found online at urec.uark.edu under the Facilities tab.

For more info, please contact:

**Bill Mock: Associate Director
Intramural Sports & Special Events**
Email: bmock@uark.edu
Phone: 479-575-6380

DONNA AXUM FITNESS CENTER

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

Did you know? Personal trainers are available to help you design challenging, productive and satisfying workouts.



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
- Altered shirts are not allowed
- Equipment must be cleaned after each use
- No sitting or stretching against the hand rails
- 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 allowed

University Recreation is not responsible for lost or stolen items.

One-day locker rentals are available to HPER members for \$1.00.

New to the Donna Axum Fitness Center? Schedule a Fitness Center orientation. 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 complimentary. Prior to an orientation, participants must register for an appointment by filling out the individualized fitness registration packet in HPER 225 or online at urec.uark.edu.

Hours:

Mon.-Thurs.	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.



UNIVERSITY RECREATION FITNESS CENTER

Located in the Arkansas Union

The University of Arkansas will open a **satellite fitness center** in the Arkansas Union in spring 2012. 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 facility will feature almost 6,000 square feet of fitness floor space, a 1,500-square-foot group exercise room, and men and women's locker and shower facilities. The facility will be available to all current HPER members. Memberships may be purchased at either the HPER main office or UREC Fitness Center office.

Hours of Operation:

Monday-Thursday	6:00 a.m. – 11:45 p.m.
Friday	6:00 a.m. – 8:45 p.m.
Saturday	9:00 a.m. – 8:45 p.m.
Sunday	1:00 p.m. – 11:45 a.m.

UREC Fitness Center Office Hours

Monday-Friday	8:00 a.m. – 7:00 p.m.
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For more information, please contact Kristin Durant at 479-575-2998 or kldurant@uark.edu.





{GROUP EXERCISE}

Group Exercise classes are instructor-led classes set to music that focus on various fitness components such as core strength or cardiovascular endurance. University of Arkansas students, faculty, and staff are eligible to take Group Exercise classes at no cost. All classes are available on a drop-in basis. Registration is required once per semester, and can be done either at the UREC membership office or at the class location.

Spring 2012 Session Dates: Tuesday, January 17-Thursday, May 3. Classes are not held on academic holidays or on other days in which the University is closed.

Cost:

Group Exercise Pass (unlimited classes during the current semester):

1. Students, Faculty, and Staff: no cost
2. All other HPER and UREC Fitness Center member membership types: \$40.00 (includes Group Exercise for all facilities in which you are a member)

Group Cycle:

1. Individual class pass: \$3.00
2. Semester class pass: \$40.00

Visit urec.uark.edu for a list of all group exercise classes offered.



SMALL GROUP TRAINING

Small Group Training

Small Group Training offers a unique opportunity to explore a new dimension of fitness by merging Group Exercise with Personal Training. Class sizes are kept small in order to focus on specialized format, individual progression, and skill development. Classes are offered utilizing a variety of current fitness equipment and methodology. To register for Small Group Training sessions, please visit the membership offices located in HPER 225 or in the UREC Fitness Center in the Arkansas Union. Classes fill on a first-come, first-served basis until capacity is reached. Participants must have a HPER membership to be eligible to attend.

Spring 2012 Small Group Training Class Offerings

Group Cycle: Ride your way through rolling hills, climbs, flats, and sprints on an indoor stationary bike. Classes limited to 15 participants.

1. Jan. 17-May 3. Days/Times: see Group Exercise schedule.
2. \$3/class or \$40/semester pass.
3. HPER 220 (Participants must be HPER members to attend.)

Zero Gravity Training: Use the Total Gym apparatus to receive a full-body workout that utilizes your body weight for resistance. Each session is 4 weeks. Limited to 6 participants.

UNION Section 1

Mar. 28-April 18

M/W; 3 p.m. – 4 p.m.

Cost: \$30 per section

Location: UREC Fitness Center in the Arkansas Union

Let's Get it Started Boot Camp: Jumpstart your commitment to fitness and healthy eating habits. In addition to group workouts, this program will include simple fitness assessments and nutritional guidance. Each session is 5 weeks. Limited to 15 participants.

HPER Section 1

Feb. 13-March 14

M/W; 4:45 p.m. – 5:45 p.m.

HPER 216

Cost: \$50 per section

UNION Section 1

Mar. 27-Apr. 26

Tu/Th; 6:30 a.m. – 7:30 a.m.

UREC Fitness Center in the Arkansas Union

Cost: \$50 per section

Advanced Team Training: For the more advanced exerciser, this class includes circuits, agility drills, and functional strength that may remind you of sports team workouts. Each session is 4 weeks. Limited to 10 participants.

UNION Section 1

March 27-Apr. 19

Tu/Th; 5:30 p.m. – 6:30 p.m.

Cost: \$30 per section

Location: UREC Fitness Center in the Arkansas Union

WELLNESS EDUCATION

Massage Therapy: By treating yourself to a relaxing and 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 stimulate circulation and enhance energy levels. Deep tissue and hot stone techniques available. Cost: \$20 for ½ hour, \$40 for 1 hour. For availability and appointments, please call 575-4646, or visit the UREC office in HPER 225. Participants must be HPER members to purchase massage services.

Traveling Trainer: University Recreation offers Fitness/Wellness programming options for your organization or group. Support the health and wellness of your staff with various topics that we can provide, or other topics that are of special relevance to your particular 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. To schedule your Traveling Trainer session, visit our website (<http://urec.uark.edu/7966.htm>) and fill out our online request form.

- a. Wellness Workshops:** Fit one of these short workshops into a staff meeting: How to exercise at your desk, posture and core strength, packing a healthy lunch. Complimentary.
- b. Group Exercise Classes:** Yoga, PiYo, 40/20, Zumba, Cardio Fusion, Turbokick. \$35 per class.
- c. Office Training Sessions:** On-site workouts for your group. Ideas include “desk-ercise”, walking groups, and strength and cardio sessions. \$35 per session.
- d. Health/Wellness Assessments:** Blood pressure, body composition, and cardiovascular fitness measured at your location. \$35 per hour.
- e. CPR, First Aid, AED:** Hold these life-saving classes at the convenience of your own office. Modules include Adult CPR, Infant/Child CPR, First Aid, and AED. \$55/person for one module. \$10/person for each additional module (minimum of six participants).

Nutrition Assessment: Learning about proper nutrition can not only enhance workout goals, but also contribute to overall wellness. Participants receive an initial fitness assessment, then record food logs and discuss them with UREC staff during a follow-up visit. Cost: \$25 for UA students/\$35 non-UA students. Register through the Individualized Fitness packet, which can be found on the UREC website at <http://urec.uark.edu/2601.htm>.

Fitness Center Orientations: Fitness Center Orientations are one-time sessions designed to introduce new users to the equipment available in the Donna Axum or UREC Fitness Centers. 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. Register through the Individualized Fitness packet, which can be found on the UREC website at <http://urec.uark.edu/2601.htm>.

Fitness U: For those who are interested in becoming more familiar with the exercise equipment available in the HPER Building or in the UREC Fitness Center in the Arkansas Union. Topics include basic exercise principles, Donna Axum/UREC Fitness Center orientations, and introductions to strength and cardiovascular training. Participants must have membership at the designated location.

Section 1

Feb. 7 –Feb. 28

Tuesdays; 5:30p.m. – 7p.m.

UREC Fitness Center in the Arkansas Union

Cost \$20 per section

Section 2

Feb. 22 –Mar. 14

Wednesdays, 5:30p.m.-7p.m.

HPER Building

Cost \$20 per section



INDIVIDUALIZED FITNESS

Individualized Fitness 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. The Individualized Fitness registration packet can be viewed and downloaded by visiting the UREC website at <http://urec.uark.edu/2601.htm>.

Individualized Fitness Sessions: One-hour sessions with a certified personal trainer. Any quantity can be selected, although new clients must purchase at least 2 sessions initially. New clients must utilize their first session as a fitness assessment. Participants wishing to incorporate fitness assessments into their training sessions may utilize one session as an assessment at any time. All sessions must be used within six months, and unused sessions may not be refunded or transferred.

Price: Student members (\$18), HPER members (\$20). 10 or more sessions purchased at a time receive 10% discount.

Individualized Yoga, Pilates, or Stretching Sessions: For a different twist on “personal training”, clients may choose non-traditional workouts for additional options related to flexibility, balance, strength, and breathing. Pricing is the same as Individualized Fitness Sessions.

Fitness Assessments: 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:

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

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, and energy/calorie expenditure during exercise. This assessment is useful in determining an individual’s unique caloric needs and nutrition planning.

Nutrition Assessments: Learning about proper nutrition can not only enhance workout goals, but overall wellness. Participants receive an initial fitness assessment, then record food logs and discuss them with UREC staff during a follow-up visit.

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

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 during registration periods.

Need a team? Join a free agent list at uark.athleague.com

Competitive Level

Leagues of Play: Men's, Women's and Co-Rec
Competitive Divisions: Men's Open, Women's Open, Fraternity, and Sorority

Recreation Level

Leagues of Play: Men's, Women's and Co-Rec

Make it Official: Intramural Sports employs more than 100 students each year as officials, scorekeepers, sports monitors and supervisors. No experience is necessary. For more information, email imsports@uark.edu.

SPRING 2012

Registration will be done online and must be completed during the registration period. Registration periods will close at 11:59 p.m. for all sports except for softball, basketball, and soccer. These sports will close at 3:00 p.m. on the last day of the registration window. Schedules will be available online 2-3 days after registration closes. If you have any questions, email the Intramural staff at imsports@uark.edu.

At the conclusion of the registration periods for Basketball, Soccer, and Softball, mandatory managers' meeting will be held to review the rules for each sport. Any team without a representative present will be dropped from the league and not allowed to participate. For the time and location of managers' meetings, please visit urec.uark.edu



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 to begin your registration process.

SPRING 2012 SCHEDULE

Sport	<u>Registration Opens</u>	<u>Registration Closes</u>	<u>Managers' Meeting</u>	<u>Officials' Training</u>
Pre-Season Basketball Tournament	1/16/12	1/18/12	1/16/2012	1/19/12
Basketball League*	1/22/12	1/25/12	1/25/12	N/A
Pre-Season Soccer Tournament	1/22/12	1/25/12	N/A	1/26/12
Soccer League*	1/29/12	2/1/12	2/1/12	N/A
3 on 3 Basketball Tournament	1/29/12	2/1/12	N/A	N/A
Free Throw Contest	2/5/2012**	2/9/2012**	N/A	N/A
Team Bowling League	2/12/12	2/15/12	N/A	N/A
Wallyball Tournament	2/12/12	2/15/12	N/A	N/A
Kickball Tournament	2/26/12	2/29/12	N/A	N/A
Racquetball Tournament	2/26/12	2/29/12	N/A	N/A
Table Tennis Tournament	3/4/12	3/7/12	N/A	N/A
Softball League*	3/11/12	3/14/12	3/14/12	3/15/12
NCAA March Madness Pick 'Em	3/11/2012***	3/15/2012***	N/A	N/A
Sand Volleyball Tournament	4/1/12	4/4/12	N/A	N/A
Tennis Tournament	4/1/12	4/4/12	N/A	N/A
Badminton	4/8/12	4/11/12	N/A	N/A
Horseshoes Tournament	4/15/12	4/11/12	N/A	N/A
Spring Golf Tournament	4/22/12	4/25/12	N/A	N/A



*For Mandatory Managers' Meeting time check website.

**The Free Throw Contest will take place February 5th through February 9th, and registration will be conducted on-site in HPER Gym 3 from 6:30p.m. – 8:30p.m.

***Registration for the NCAA March Madness Pick 'Em will open on Sunday, March 11th following the selection show, and close at 10:00 AM on Thursday, March 15th, prior to tip off of the second round games.

OUTDOOR CONNECTION CENTER

Phone: 479-575-CAMP • Email: camp@uark.edu

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 & activities are offered to all U of A 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. Pre-trip meeting attendances are required. Spots are limited, sign up today.

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, please visit 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 in a harness. All equipment and instruction is provided at no charge. The Climbing Wall is open to students 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 university 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 liquid chalk are provided at no charge. The Bouldering Wall is open to students and HPER members.

2012 TRIP CALENDAR

REGISTER NOW, SPOTS ARE LIMITED

Student/University/
Non-University

Boulder Bash	January 25; 6 p.m. – 9 p.m.	HPER 102	Free for students	No registration necessary
Ladies Night at the Climbing Wall	January 31; 6 p.m. – 9 p.m.	HPER 222	Free for students	No registration necessary
Kayak Practice Session	January 31; February 2; 7:30 p.m. – 9:30 p.m.	HPER Pool	Free/Free/\$5	No registration necessary
Kayak Roll Clinic	February 7 & 9; 7:30 p.m. – 9:30 p.m.	HPER Pool	\$25/\$30/\$35	February 6 by 9 p.m.
Bouldering Trip	February 11; all day	Northwest AR	\$10/\$15/NA	Prior to pre-trip meeting on Feb. 7
Mountain Bike Trip	February 12; all day	Slaughter Pen	\$10/\$15/NA	Prior to pre-trip meeting on Feb. 7
Wilderness First Aid	February 18 & 19; 8 a.m. – 5 p.m. both days	HPER 103	\$185/\$200/\$215	Until full
Kayak Roll Clinic	February 21 & 23; 7:30 p.m. – 9:30 p.m.	HPER Pool	\$25/\$30/\$35	February 20 by 9 p.m.
Climbing Trip	February 24-26	Sam's Throne	\$35/\$45/\$NA	Prior to pre-trip meeting on Feb. 21
Day Hike	February 26; all day	Buffalo River Area	\$10/\$15/NA	Prior to pre-trip meeting on Feb. 21
Backpacking Trip	March 2-4	Ozarks	\$35/\$45/NA	Prior to pre-trip meeting on Feb. 28
Kayak Practice Session	March 6; March 8; 7:30 p.m. – 9:30 p.m.	HPER Pool	Free/Free/\$5	No registration necessary
Grand Canyon Backpacking Trip	March 17-24	Grand Canyon, AZ	\$525/\$550/NA	Prior to pre-trip meeting on March 6
Spring Break Trip Mountain Biking (Moab)	March 17-25	Moab, UT	\$399/\$425/NA	Prior to pre-trip meeting on March 6
Spring Break Trip Paddling (Florida)	March 17-24	Suwannee River, FL	\$399/\$425/NA	Prior to pre-trip meeting on March 6
Overnight Cycling Trip	March 31-April 1	Ozarks	\$10/\$15/NA	Prior to pre-trip meeting on March 27
Backcountry Cooking	April 11; 10 a.m. – 2 p.m.	The Hill	Free for students	No registration necessary
Overnight Cycling Trip	April 13-14	Ozarks	\$10/\$15/NA	Prior to pre-trip meeting on April 10
Leave No Trace Trainer Certification	April 18-19	Buffalo River Area	\$85/\$85/\$85	Deadline March 15
Arkansas Adventure Programming Conference	April 20-22	Jasper, AR	\$40 for students prior to April 1	Until full
Canoe Trip	April 27-29	Buffalo River	\$45/\$55/NA	Prior to pre-trip meeting on April 24
Climbing Trip The Red	May 13-19	Red River Gorge, KY	\$389/\$415/NA	Prior to pre-trip meeting on May 1
Cycling Tour Atlantic Coast	May 13-20	Savannah to St. Augustine	\$389/\$415/NA	Prior to pre-trip meeting on May 1
Boundary Waters Canoe Trip	June 2-8	Minnesota/ Canadian Border	\$399/\$425/NA	Prior to pre-trip meeting on May 2

EQUIPMENT RENTAL

OUTDOOR CONNECTION 2012 PRICE LIST

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.

	<u>Camping Equipment</u>	<u>(day)</u>	<u>(weekend)</u>	<u>(week)</u>	
	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	

<u>Water Sports</u>	<u>(day)</u>	<u>(weekend)</u>	<u>(week)</u>
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

*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, or Kayak Practice sessions before renting equipment that utilizes a spray skirt. Please allow twenty minutes for loading.

<u>Sporting Equipment</u>	<u>(day)</u>	<u>(weekend)</u>	<u>(week)</u>
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
Disc 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



OUTDOOR CONNECTION CENTER BIKE SHOP



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!
- Replacement tubes starting at \$4
- Tune-ups starting at \$25
- Tools & 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 for only \$3.
- 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
- Resources to area bike paths, trails, and road routes

The Outdoor Connection Center is helping make 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!

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

**BIKE SHOP IS OPEN TO
THE UNIVERSITY COMMUNITY
AND HPER MEMBERS!**

**BIKE RENTAL
(COMES WITH HELMET)**

Bikes:
Mountain & Road
Cruiser Bikes
Accessories
Bike Rack
Helmet

<u>Half Day</u>	<u>Full Day</u>	<u>Weekend</u>	<u>Week</u>
\$10.00	\$20.00	\$30.00	\$60.00
\$5.00	\$10.00	\$15.00	\$30.00
	\$3.00	\$5.00	\$7.00
	\$1.00	\$1.50	\$3.00



ACCESSIBLE RECREATION

University Recreation strives to expand the possibilities of inclusion in all types of fitness and recreational programs for those who have temporary or permanent impairments. University Recreation can provide modified programs for participants such as: assisted personal training, modified group exercise, low-impact water exercise, outdoor connection center activities, club sports, and intramural sports opportunities. Students may also volunteer to assist with various programs offered.

Accessible Recreation is for those interested in gaining knowledge of modifying fitness and recreational programs or participating in the programs themselves. Programs can be adapted for those with permanent or temporary disabilities, which may include but are not limited to individuals with limb loss, blindness, traumatic brain injuries, wheelchair users, balance disorders, multiple sclerosis or those who have had a stroke.

Suggestions are welcome for new sport and recreation programs for students, faculty, and staff with disabilities on campus. Students interested in starting a program or are interested in participating in any programs offered at University Recreation please contact Jessica Graham Graduate Assistant for Fitness/Wellness at 479 575-3542 or jlj027@uark.edu. Below is a list of opportunities currently offered at University Recreation.

ACCESSIBLE OPPORTUNITIES AT UNIVERSITY RECREATION:

- Assisted Personal Training
- Modified Group Exercise
- Low-Impact Water Exercise
- Canoeing
- Kayaking
- Rocking Climbing
- Adventure Trips
- Clubs Sports/Intramurals



CLUB SPORTS



Club Contacts:

Ballroom Dancing
Bass Fishing
Bowling
Boxing
Cricket
Cycling
Disc Golf
Fencing
Ice Hockey
Martial Arts
Men's Lacrosse
Men's Rugby
Men's Soccer

ballroom@uark.edu
bassteam@uark.edu
uabowl@uark.edu
boxing@uark.edu
cricket@uark.edu
cyclist@uark.edu
discgolf@uark.edu
fencing@uark.edu
hockey@uark.edu
younwha@uark.edu
mlax@uark.edu
uarugby@uark.edu
msoccer@uark.edu

Men's Ultimate
Men's Volleyball
Paintball
Racquetball
Shotgun Sports
Swimming
Taekwondo
Tennis
Trialathon
Water Ski
Women's Soccer
Women's Lacrosse
Women's Ultimate
Women's Volleyball

mensdisc@uark.edu
mvball@uark.edu
paint@uark.edu
racquet@uark.edu
uaskeet@uark.edu
swimclub@uark.edu
tkdclub@uark.edu
tennis@uark.edu
triclub@uark.edu
waterski@uark.edu
wsoccer@uark.edu
wlax@uark.edu
wmnsdisc@uark.edu
wvball@uark.edu

Philosophy statement: The Club Sports Program provides opportunities for individuals who share a common interest in a specific sport to enjoy the benefits of a group experience. Clubs are regulated by program and university policy but retain the characteristics of self-administration and self-regulation. Members assume a variety of roles within the club and are called upon to assist in all aspects of club operations.

Practices:

Club Sport practices begin the week of January 17. The practice schedule can be found online at urec.uark.edu.

Club Sports Social Media:

Facebook: 'Like' us on Facebook (facebook.com/ArkansasClubSports)

Twitter: Follow us on Twitter @ARClubSports

New Clubs:

We have several groups of students currently creating clubs including a running club, softball club, and baseball club. If you are interested in any of these clubs or starting a new club sport, contact Shannon Dere at sdere@uark.edu.

Testimonials:

"Club Sports brought passion and excitement to an ordinary fall semester."-Ashfaqur Rahman, Cricket

"Club Sports has allowed me to continue being competitive in the sports I love."-Lindsey Hamm, Women's Ultimate

"Club Sports has helped me stay in the game, while still letting me enjoy college life."-Chris Fields, Tennis

For more information, contact Club Sports at clubs@uark.edu.





SPECIAL EVENTS



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

January 16 – Welcome Back Bash

January 29-February 1 – 3 vs. 3 Basketball Tournament

January 30-March 12 – Commit to Fit

February 5-9 – Free Throw Competition

February 22 – National Recreational Sports and Fitness Day

March 6 – Drunk Driving Event
(location: Arkansas Union)

March 11 – Indoor Triathlon

March 14 – Bowling Night

April 6 – National Start! Walking Day

April 11 – Strong Hog Competition

May 3 – End of the Year Event

For more information, contact Sam Fehr at sfehr@uark.edu or 479-575-7382.

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.

Natatorium Hours:

Sunday	2:00 p.m. – 7:00 p.m.
Monday/Wednesday	8:30 a.m. – 10:30 a.m.* 11:00 a.m. – 2:00 p.m. 5:00 p.m. – 10:00 p.m.
Tuesday/Thursday	9:00 a.m. – 2:00 p.m. 5:00 p.m. – 10:00 p.m. 10:30 p.m. – 11:30 p.m.*
Friday	8:30 a.m. – 10:30 a.m.* 11:00 a.m. – 2:00 p.m. 5:00 p.m. – 9:00 p.m.
Saturday	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 four to five feet deep.
- Diving well is 14 to 17 feet deep.
- Water temperature is between 80-82 degrees Fahrenheit.



Razorback Swimming & Diving Teams

Come and support the Arkansas Swimming and Diving Teams at their Spring 2012 home meets:

- Saturday, January 21st at 9:00 a.m.
- Saturday, February 4th at 1:00 p.m.

These meets are free admission and open to the public. Spectator seating is available in the balcony on the third floor of the HPER building.

Swim Lessons: Swim lessons are open to HPER members. Children must be part of a family membership to be eligible for registration.

Spring 2012 Session Dates (for both youth and adult lessons):

Session 1: February 13-March 14 (5 weeks)

Session 2: March 26-April 25 (5 weeks)

Cost: \$40 per session

Youth: Ages 5-11. Classes are designed to introduce children to swimming by teaching breath-holding, floating, and basic arm and leg stroke combinations. Guardians are required to be present in Natatorium during classes.

Day/Time: Monday/Wednesday 5:30 p.m. – 6:15 p.m.

Adult: 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.

Day/Time: Monday/Wednesday 6:30 p.m. – 7:30 p.m.

Adult Fitness Swimming: Classes are designed for adults looking to fine tune strokes, build endurance, and incorporate lap swimming into a fitness routine. Participants should already be able to freestyle lap swim comfortably. Open to HPER members.

Session Dates: February 14-April 12 (8 weeks, no class during Spring Break)

Day/Time: Tuesday/Thursday 5:30 p.m. – 6:30 p.m.

Cost: \$40



INSTRUCTIONAL PROGRAMS

Instructional Programs are classes that emphasize learning and are designed to develop skills and interests in leisure, recreation, or wellness activities. Unless otherwise specified, Instructional Programs are open to HPER members. Non-members may register with the purchase of a guest pass for each facility visit and accompaniment of a HPER member. Registration for Instructional Programs is done in person in HPER 225 or the University Recreation Fitness Center in the Arkansas Union.

ACE Personal Trainer Certification Preparatory Course: This course prepares those intending to take the ACE (American Council on Exercise) Personal Trainer Certification Exam. Lessons include communication and motivation techniques, exercise science, assessment, program design and implementation, legal guidelines, and nutrition and lifestyle modification. Participants will receive an ACE Personal Trainer Manual and Workbook. Registration for this course does not include cost of the exam. Participants must register for the ACE exam separately at www.acefitness.org. **Session Dates:** February 15-April 11 (no class during Spring Break).

Day/Times: Wednesday; 7:00 p.m. – 9:00 p.m. **Cost:** \$150

Adult Fitness 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.

Dance

Swing Dance: Learn how to dip, turn, and more with this exciting class. **Session Dates:** February 15-April 25 (no class over Spring Break). **Day/Time:** Wednesdays in HPER 216. **Cost:** \$35. **Beginner:** 8:00 p.m. – 9:00 p.m. **Intermediate:** 9:00 p.m. – 10:00 p.m.

Ballroom Dance: Learn various ballroom varieties such as foxtrot, waltz, and tango. **Session Dates:** February 21-April 24.

Day/Time: Tuesdays from 6:00 p.m. – 7:00 p.m. **Cost:** \$35

Modern/Jazz: Utilize the natural movement of the body in this class set to contemporary movement. **Session Dates:** February 15-April 25. **Day/Time:** Wednesdays in HPER 216 from 6:00 p.m. – 7:00 p.m. **Cost:** \$35

Beginning Running: Crossing the finish line of a 5K is all about taking the first step. Prepare for the Hogeys 5K Run in downtown Fayetteville on April 15 with this 8-week program. Walk/run workouts will be geared towards the beginning runner who would like to increase their running time and distance. **Session day/dates:** Wednesdays; February 15-April 11. **Times:** 5:30 p.m. – 6:30 p.m..

Cost: \$45 per participant (includes entry fee into the Hogeys 5K Run. Visit www.hogeyemarathon.com for more event information.)

Capoeira: Capoeira is a Brazilian art form that combines martial arts, cardio, and dance for a great full body workout. See the Spring 2012 Group Exercise schedule for class days and times. **Cost:** No cost for students, faculty, and staff. Group Exercise semester pass purchase (\$40) required for all other HPER membership types.

Small Group Training Classes: Small Group Training offers a unique opportunity to explore new workouts utilizing specialized techniques or equipment pieces. Classes offered during Spring 2012 include Group Cycle, Zero Gravity Training, and Boot Camp. See the Fitness/Wellness program description on pg. 11 for more information.

American Red Cross Lifeguard Certification: Become a certified Lifeguard through the American Red Cross. Participants must be at least 15 years old, able to swim 300 yards, and complete a brick dive test. Registration is open to the public.

Dates(must be able to attend all):

Thursday, April 27; 5:00 p.m. – 10:00 p.m.

Friday, April 28; 5:00 p.m. – 10:00 p.m.

Saturday, April 29; 9:30 a.m. – 8:00 p.m.

Sunday, April 30; 1:30 p.m. – 8:00 p.m.

Cost: \$200 for UA students/\$250 for non-UA students

American Red Cross First Aid, Adult CPR, and AED: Participants will learn First Aid for cuts, burns, muscle/bone injuries, and sudden illnesses. Participants will also learn Adult CPR and AED skills. Certifications are valid for two years. Registration is open to the public. **Class Dates/Times** (Classes are one day only. Each date represents a separate class.): Thursday, April 12; 5:30 p.m. – 9:30 p.m. OR Sunday, April 22; 1:30 p.m. – 5:30 p.m.. **Cost:** \$65 for UA students/\$75 for non-UA students.

IMPORTANT DATES

HPER Facility Hours:

December 23	Open 6:00 a.m. – 7:00 p.m.
December 24-26	HPER Building Closed for Holiday
December 27-30	Open 9:00 a.m. – 5:00 p.m.
December 31	Open 9:00 a.m. – 2:00 p.m.
January 1	HPER Building Closed for Holiday
January 2	Open 9:00 a.m. – 10:00 p.m.
January 3-15	Holiday Hours in Effect (see urec.uark.edu)
January 16	MLK, Jr. Holiday (Open 9:00 a.m. – 12:00 a.m.)
January 17	Spring Semester Hours Begin/Classes Begin
March 16-21	Spring Break Hours in Effect (see urec.uark.edu)
March 22	Open 6:00 a.m. – 7:00 p.m.
March 23	Open 6:00 a.m. – 5:00 p.m.
March 24	Open 9:00 a.m. – 5:00 p.m.
March 25	Open 1:00 p.m. – 12:00 a.m.
May 4	Dead Day
May 10	Spring Semester Hours End
May 11	Summer Hours Begin (see urec.uark.edu)
May 12	HPER Building Closed for Commencement
May 15	Spring Memberships/Lockers End
May 26	Open 9:00 a.m. – 5:00 p.m.
May 27	Open 1:00 p.m. – 5:00 p.m.
May 28	HPER Building Closed for Holiday

IMPORTANT PHONE NUMBERS

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

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.



Parking Lot 67 Closure

Effective December 19th

Please view this map for alternative parking lots.

Alternative Parking Lots

Student

Lots 44N, 47N, 46, 51,
56B, 60, 72,
73, 73A, 74

Faculty/Staff

Lots 44, 45, 47S,
51, 55, 59

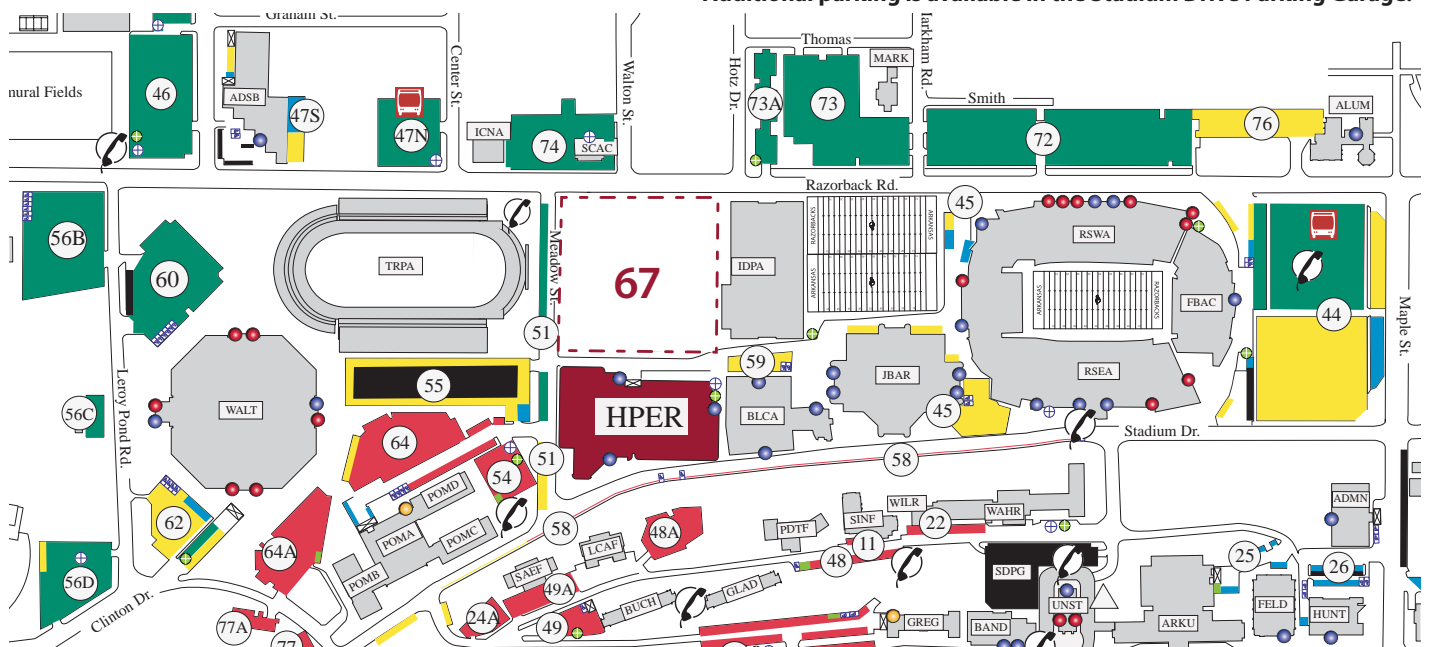
Metered

Lots 55

Reserved

Lots 55

Additional parking is available in the Stadium Drive Parking Garage.



EMPLOYMENT



Student Employment Opportunities

University Recreation is one of the largest employers of student employees on the University of Arkansas at Fayetteville Campus. We employ almost 300 students each year. Our employees do anything from serving as lifeguards at the pool to refereeing on the sports fields.

To apply for a summer/fall 2012 position, students **MUST** apply ahead of time online at <http://jobs.uark.edu/>. Only open positions are posted on the website.

Candidates will have the opportunity to interview and learn more about each position, as well as meet some of our current student and professional staff members.

Benefits of UREC employment include:

- competitive pay
- flexible scheduling
- work during school breaks
- leadership development
- fun work environment
- opportunities to work special events
- free locker/ towel service
- two free guest passes per semester

For questions, please contact:

Brittany Acuff
Assistant Director of Facility Operations
479-575-2977
bacuff@uark.edu

UREC STAFF



Jeremy Battjes
Director
jbattje@uark.edu



Brittany Acuff
Assistant Director of Facility Operations
bacuff@uark.edu



Brittany Beeler
Graduate Assistant, Club Sports
bbeeler@uark.edu



Seth Davis
Graduate Assistant, Intramural Sports
sed006@uark.edu



Shannon Dere
Assistant Director, Club Sports
sdere@uark.edu



Kristin Durant
Assistant Director, Fitness Center Operations
kldurant@uark.edu



Sam Fehr
Graduate Assistant, Special Events/
Instructional Programs
sfehr@uark.edu



Linda Fricke
Membership Coordinator
lfricke@uark.edu



Garth Gergerich
System Administrator
ggerigeri@uark.edu



Jessica Graham
Graduate Assistant, Fitness/Wellness
jlg027@uark.edu



Jennifer Hazelrigs
Assistant Director, Outdoor
Connection Center
jtracy@uark.edu



Katie Helms
Assistant Director, Fitness/Wellness &
Instructional Programs
khelms@uark.edu



Bill Mock
Associate Director, Intramural Sports/
Special Events
bmock@uark.edu



Chris Murphy
Graduate Assistant, Intramural Sports
cmm07@uark.edu



Sam Schwaller
Graduate Assistant, Facilities/ Fitness Center
sschwall@uark.edu



Kyle Shunkey
Athletic Facility Supervisor
kshunke@uark.edu



Lindsay Smith
Public Information Coordinator
ltlarso@uark.edu



Janet Walker
Accountant
jwalker@uark.edu



Rick Williams
Athletic Facilities Supervisor
rlwillia@uark.edu

Not Pictured:
Griffin McKnight
Accountant
gmknigh@uark.edu

Hillary Palmer
Account Assistant
hmpalmer@uark.edu

Alex Rich
Recreation Programmer

Kenny Williams
Graduate Assistant,
Outdoor Connection Center
krw009@uark.edu