



## Campus Recreation:

Something for Everyone



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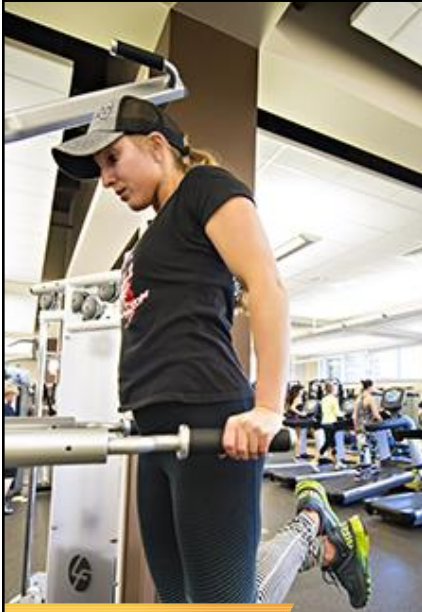
### ABOUT CAMPUS RECREATION



- Located in the state-of-the-art Half Acre Recreation and Wellness Center
- Over 2,000 members of the campus community visit Half Acre on a regular school day during the academic year.
- Campus Recreation consists of five separate programs:



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## ABOUT OPEN RECREATION

- A large variety of cardio and weight training equipment
- Indoor track
- 5 indoor multi-use courts
- 60+ group fitness classes each week
- Updated swimming pool and new heated spa



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## ABOUT THE OUTDOOR PROGRAM

- More than 100 programs, clinics and outings annually
- Rental center
- 38' pinnacle climbing wall and extensive bouldering area
- Wilderness-based orientation programs
- Student leadership opportunities



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### ABOUT INTRAMURAL SPORTS

- Over 50 activities offered throughout the year
- A wide variety of offerings from very competitive to more recreational
  - Canoe Battleships
  - Tube Water Polo
- Continues to be one of the most popular participation choices for students



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### ABOUT CLUB SPORTS

- 20 competitive sport offerings
- Clubs directed by students for students
- Over 500 student participants
- Regional and National champions



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## ABOUT THE WELLNESS CENTER

- Supports a culture of wellness at UW through a holistic approach
- Stress reduction, nutrition, sleep
- Massage therapy
- Athletic training
- Personal training



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## REC NIGHT AT HALF ACRE

- Bouldering on the climbing wall
- Volleyball
- Basketball
- Zumba®
- Spikeball
- Table Tennis
- Board Games
- Swing Dancing



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THANK  
YOU!



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