Campus Recreation:
Something for Everyone

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:
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

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
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

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

REC NIGHT AT HALF ACRE

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